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JORDAN CREEK

APRIL 2022

Living

MAGAZINE

ON THE *road*

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experiences of driving
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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■



SHANE GOODMAN

Publisher

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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.



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FEATURE

Darwin Beichley of West Des Moines has driven a Waukee school bus for 42 years.
Photo by Jackie Wilson

ON THE *road*

**Residents share their
experiences of driving
for a living**

By Jackie Wilson

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.



FEATURE

Elderly care transport

Nichole Phillips' passion for older folks stems from a love of her grandparents — a love that takes her business on the road.

Phillips is owner of Compassionate Care Transportation, where she provides transportation services, primarily for seniors.

She formerly worked for Wesley Wheels, the transportation division for Wesley Acres, a retirement community. As that company closed their transportation business, she realized a need and wanted to continue working with seniors.

"My grandparents were a huge inspiration in my life, and I wanted to give back. I have a passion for seniors," she says.

Her service doesn't include wheelchair transportation; however, she offers door-to-door drop off. For example, she'll walk her client to his or her appointment location, as many medical complexes are difficult to navigate.

Once she arrives, she'll give her phone number to the receptionist, instructing them to call when the patient is ready for pick up. That's the most challenging part — scheduling with medical professionals and a variety of locations for procedures.

"I'll have a few appointments booked, and then I find out its either four hours long or 30 minutes long. I don't want to have them wait long if I'm picking up someone else," she explains.

Phillips likes the flexibility of her job and makes her own schedule, taking time for her own family. It's especially important in the summers, since she also runs her own fruit and vegetable stand in Windsor Heights.

She says seniors like her service because they feel safe and trust her.

"Some seniors don't feel as comfortable with an Uber, as some are unreliable. I've had some wait on a taxi, and they haven't shown up. They like having an appointment booked and verifying that I'm open. Some don't feel as safe with an Uber driver."

Some adult children arrange for their parents' transportation. She's driven one woman four hours to meet her son.

"Some don't have children or family around and feel isolated if they can't get around to run errands or get to their appointments," she says. "Others are independent and don't want to rely on others."

Often, a ride with Phillips is the highlight or social aspect of their day.

"Some don't get out that often. I make their



Nichole Phillips of West Des Moines spends her day driving seniors to medical appointments and running errands with her Compassionate Care Transportation service. Photo by Jackie Wilson

day and laugh with them and make them feel a little bit better. It sounds simple, but, to them, it's a huge difference," she reflects.

If a client wants Phillips to stay during an appointment, she'll do that as an extra fee. For example, some minor surgeries require a person to remain in the building.

Phillips has her chauffeur's license and drives a Lexus SUV.

"It's a luxury transport at an affordable price. Many larger companies in Des Moines don't go outside of Polk County. Especially since COVID — they charge more because of overhead costs," she says.

Phillips enjoys the stories the seniors share with her.

"I drove a 99-year-old man to meet with his friends for lunch. He shared that he was going skydiving on his 100th birthday. I find it fascinating for his age; it made me smile."

She says having the relationships is

important.

"Hearing their stories and learning from them — they have so much wisdom. I've met a lot of wonderful people," she says.

School bus driver for 42 years

Darwin Beichley of West Des Moines acknowledges being the longest-serving bus driver for Waukee Schools. He began driving a bus in 1979 after he and his wife's first child was born in 1978.

Beichley began teaching high school math at Waukee in 1972, and his wife had quit her teaching job to raise a family. They needed extra money, and he could fit driving a bus into his teaching schedule.

He taught at the Vince Meyer Learning Center location, which formerly housed kindergarten through 12th grade students. Only seven school buses were parked behind a

building where horses used to be kept.

Today, Waukee has approximately 50 buses. Beichley drives double routes in the morning and afternoons, plus a special-needs route at midday for elementary-age kids. When he first began driving a school bus, there were no training requirements.

"The school representative showed you how to drive it. Then you took a test and you got your license. It was simple back then," he explains. "Today, drivers require more training. I was grandfathered in."

In the late 1970s, school buses were stick shift, double axel and more difficult to drive than today's automatic versions.

"The shape and color hasn't changed. We got more comfortable with higher back seating," he says. "But I'm not sure they've solved the heating problems after all these years. Although mine does pretty well today."

Since he works with rambunctious, active and sometimes noisy passengers, he's learned to ignore the banter. He's worked with kids "forever" and has learned to anticipate their next move.

"I've learned techniques of calming them down. It's just like parenting. Somedays you have the world by the tail, the next day everything falls apart," he laughs.

The most challenging part of the job isn't the noisy kids — it's the weather.

"I've had trips where we get there fine, and, on the way back, it's an ice storm. I see semis in the ditch, and here I've got 30-40 bodies in one vehicle. It's a lot of responsibility, and, if you dwell on it, it can make you tense. You don't want to be paranoid. But you get comfortable doing it after all these years."

Cameras monitor both students and the bus, as well as Beichley's driving. Recordings can be reviewed, and safety is stressed.

"The computer monitors where the buses are and how fast you're going. It's like Big Brother is watching. You go over a curb, and they know that," he says.

Beichley says that most other drivers are respectful of school buses — some being almost too polite.

"I get frustrated," he explains. "Other cars yield when they shouldn't. Or they let you go at a stop sign just because you drive a school bus. Just follow the rules of the road and take your turn on the right of way like a normal driver."

As he's driven for so long, he's had two generations of families riding his bus.

"I'll tell the kids: I remember when your dad rode my bus. Now, I might have some third generations coming up," he says.

He says his job as a bus driver has been ideal, even after he retired from teaching. Due to the bus driver shortage, drivers are needed. He recommends just two traits to become a school bus driver.

"First, you have to like kids, as you'll be dealing with them all the time," he suggests. "Secondly, you have to have the driving skills and know-how to drive a big rig down the road."

Beichley drives students to activities as well and will watch their sporting events, concerts or drama shows.

"I'm in awe to go watch them. I love to do trips. It just gets better and their skill level increases, plus you get in free," he says.

He originally started out the job for survival.

"Now I'm doing it, and I get to have fun. This is like icing on the cake. I'm retired and I get a pension, and this is fun money."

The reason why he's kept this career for 42 years is simple: the kids.

"You fall in love with the kids. It's my personality to serve other people in whatever I do. This is an occupation where you can provide for a need of others," he says. "Every day, you're helping people. Parents appreciate it, and it's heartwarming to serve other people." ■





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WEST DES MOINES Fire Department Report for February

- 2022 Total Incident Count: 856
- Fire: 20
- February Incident Count: 389
- Service Calls: 30
- Rescue & Medical Calls: 197
- Hazardous Condition Calls: 22
- False Alarms: 63
- Overpressure/Rupture Calls: 1
- Good Intent Calls: 51
- Other Calls: 5

Significant Incident Recap

Feb. 20: Residential Structure Fire

Total Estimated Dollar Loss: \$11,775

Total Estimated Dollar Saved: \$3,870,725

Fire crews responded to a residential fire in the 1100 block of Vividell Lane. As the first firefighters made entry to the home, there was heat and light smoke at the top of the stairs. Firefighters initiated fire attack and overhaul extinguishing structural materials and insulation.

Building Design for DMACC students

Many people don't think about fire safety when they are shopping at a mall. That's why, when malls are designed, the fire department assists in developing an optimum fire strategy for the building, reducing the chances of fire occurring and helping ensure staff and visitors remain safe.

Fire Marshal Whitsell took DMACC Fire Science students on a field trip to the Jordan Creek Town Center, the state's largest shopping mall. He discussed the unique fire and life safety features protecting this property and its occupants. Students visited the fire control room and riser room; discussed protected corridors and fire codes; learned about standpipes; and toured the suppression system pump house. ■

WEST DES MOINES surgeon is president elect of ACFAS

Local surgeon Eric A. Barp, DPM, FACFAS, took office as president-elect of the 7,900-member American College of Foot and Ankle Surgeons (ACFAS) on Feb. 25 during the ACFAS Annual Scientific Conference in Austin, Texas.

"I am honored to be selected president-elect of the American College of Foot and Ankle Surgeons," Dr. Barp said. "ACFAS is an organization dedicated to providing education and promoting the profession. I am privileged to be part of the College and committed to advancing our specialty."

Dr. Barp is a foot and ankle surgeon with the Iowa Clinic in Des Moines. He is board-certified in foot, reconstructive rearfoot and ankle surgery by the American Board of Foot and Ankle Surgery and is a Fellow Member of the American College of Foot and Ankle Surgeons.

Dr. Barp holds a podiatric medical degree from Des Moines University Podiatric Medical School and completed his residency in foot and ankle surgery at Broadlawns Medical Center. Dr. Barp lectures both nationally and internationally, and his research has been published in numerous textbooks and journals. ■



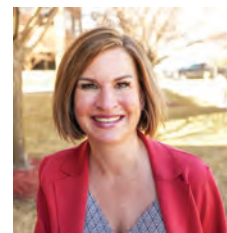
BANK IOWA hires Kathryn A. Sandie as branch manager

Bank Iowa announced it has appointed Kathryn A. Sandie as branch manager for the West Des Moines community. Sandie brings 22 years of experience in the financial industry to Iowa's second largest family-owned bank.

"We are excited for Kathryn to join Bank Iowa and bring fresh ideas to the table," said John Rathjen, Bank Iowa regional president. "Her experience in the banking industry and leading various teams will be a great asset to our retail team."

As branch manager, Sandie will help Bank Iowa by leading front line staff and assisting with day-to-day operations. She will help current and prospective clients with all retail needs. Sandie looks forward to serving the needs of the metro area and building more business connections for Bank Iowa.

A Waukee native, Sandie graduated from Grand View University in 2012 with a bachelor's degree in liberal arts. Sandie joins Bank Iowa with prior experience as head of retail banking and serving as branch manager for three local banks in the Des Moines area. ■



HISTORICAL Society acquires land

The West Des Moines Historical Society announced the acquisition of three acres of land next to the Jordan House Museum at 2001 Fuller Road. Funds for the purchase of this land were provided by the City of West Des Moines through Hotel Motel tax.

"This significant expansion will allow the West Des Moines Historical Society to utilize outdoor space for unique educational programs for our visitors. Long-term plans include a new visitor's center, restored oak savanna and prairie plantings, exhibit space and event venue, which will allow the West Des Moines Historical Society to continue to fulfill our mission of education, preservation and celebration of West Des Moines, its people, places and history," said Gale Brubaker, executive director of the West Des Moines Historical Society.

The West Des Moines Historical Society, formed in 1970, saved and restored the historic home of James Jordan and now offers the public the unique opportunity to walk in the footsteps of history during tours of this stop on the Underground Railroad. ■





A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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EVENTS IN THE AREA

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

Check for cancellations



Community Easter Egg Hunt

Saturday, April 16, 3:30-5 p.m.
St. Mark Lutheran Church,
1105 Grand Ave.,
West Des Moines

St. Mark Lutheran Church invites the public for a special Easter celebration featuring family-friendly activities and an Easter egg hunt.



Farmers Market/ Music in the Junction

Thursdays, May 5 through
September, 4-8:30 p.m.
Historic Valley Junction,
Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m.

Spring Fling at MorningStar

Thursday, April 28, 5-7 p.m.
MorningStar, 525 S. 60th
St., West Des Moines

MorningStar Assisted Living & Memory Care at Jordan Creek will host its Fourth Anniversary Celebration Spring Fling with wine, hors d'oeuvres, live music and private community tours. RSVP to Lindsey at 515-505-7155.



Spring Sidewalk Sale

Saturday, April 30, 10 a.m. to 4 p.m.
Historic Valley Junction
Shopping District

Great items at great prices will be found at the Valley Junction Spring Sidewalk Sale. Many merchants will have discounted and clearance items on sale outside their storefronts. Shop outside at the many participating merchants, eat at one of the many restaurants, and make something at one of the many DIY studios. Rain date is May 14.

Festival Cinco de Mayo

Saturday, May 7, noon to 10 p.m.
Historic Valley Junction, Fifth Street,
West Des Moines

Celebrating the Mexican heritage of many railroad workers during the establishment years of Valley Junction, this festival is an opportunity to recognize the Mexican community that helped James Jordan's vision of bringing the railroad to the Des Moines area become a reality. Enjoy Mexican food, artwork, live music, dancing and family activities. The Cinco de Mayo King and Queen will also be announced.



Stitches in Time

Through June 12
Jordan House Museum, 2001
Fuller Road, West Des Moines

The West Des Moines Historical Society and Des Moines Area Quilter's Guild present "Stitches in Time," an exhibit of modern and antique quilts at the Jordan House Museum. Nearly every room in the Jordan House will have examples of these works of color, pattern and creativity displayed for visitors.

Jordan House Museum tours

Daily
Jordan House Museum, 2001
Fuller Road,
West Des Moines

Walk in the footsteps of history at the historic Jordan House Museum, the home of the Jordan family and the only Underground Railroad stop open to the public weekly. Learn about the history of West Des Moines, beginning with rocks and fossils, through the indigenous peoples, early settlers and the development of railroads and Valley Junction. For more information, visit www.wdmhs.org/visit.

Economic Development Bus Tour

Tuesday, May 17, 3-7 p.m.

Join the City of West Des Moines and West Des Moines Chamber of Commerce for their 2022 Economic Development Bus Tour. This is a chance to see the new developments in the works, mingle with area leaders, and celebrate the strong community #WDMstrong. Charter buses will take you to key areas of the city. At the end, enjoy food, music and libations. Register online at members.wdmchamber.org/events/details/wdm-economic-development-bus-tour-1518?calendarMonth=2022-05-01.

Fight For Air Climb

Saturday, May 7
Principal Park

With a father living with asthma and a mother suffering from COPD, respectively, Jeremy Brogaard and Daniel Martinez, Jr. from the Kanawha Fire Department are raising awareness and funds to help eliminate lung disease. These local heroes will climb 834 steps up to four times in their 50-pound firefighter gear at the American Lung Association in Iowa's Fight For Air Climb, presented by EMC Insurance Companies, at Principal Park on Saturday, May 7.

The Des Moines Fight For Air Climb attracts hundreds of climbers from across Iowa who step up to increase awareness about and funding to end lung cancer and lung disease, including COVID-19, through lifesaving research, local programs and advocacy. For more information, and to register, visit FightForAirClimb.org/DesMoines.

EVENTS IN THE AREA

'Of Gravity and Light'

Friday, April 22 at 7 p.m.

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

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light." Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of education and outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at www.dmpa.org.



'Pippi Longstocking'

April 22 - May 8

Des Moines Playhouse, 831 42nd St., Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at www.dmpplayhouse.com.



Kathleen Madigan's

'Do You Have Any Ranch?' Tour

Friday, April 22 at 7:30 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at www.hoytsherman.org.

GDP Music Festival

Saturday, April 23

Downtown Des Moines

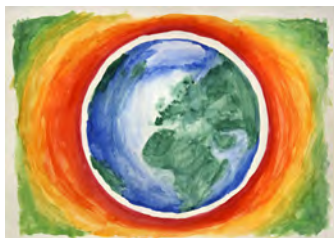
The Des Moines Music Coalition presents Gross Domestic Product (GDP), an all-Iowa music festival featuring 12 new and emerging artists from across the state, including LVMAKING, Wave Cage, Bouquet and Good Morning Midnight. Performances will take place at various venues in Downtown Des Moines. Buy tickets at www.desmoinesmc.com.

Earth Day at the Garden

Saturday, April 23, 10 a.m. to 5 p.m.

Greater Des Moines Botanical Garden,
909 Robert D. Ray Drive, Des Moines

Celebrate Earth Day among breathtaking florals, verdant foliage and towering trees in the Botanical Garden. Featuring plants from Iowa and around the globe in its signature conservatory plus seven acres of outdoor gardens. Free admission on this day only. Find more information at www.dmbotanicalgarden.com.



Drake Relays

April 27 - 30

Drake University

Drake Stadium will welcome high school, collegiate and professional athletes for the 112th running of the Drake Relays. After being canceled in 2020 and proceeding with an altered schedule in 2021, the event is set to commence in its traditional format on Wednesday, April 27. Tickets are available at www.draketix.com/drakerelays. Before watching the best of the best compete, register to participate in the Grand Blue Mile on April 26, a community street run for athletes of all abilities and ages (www.grandbluemile.com) or the Drake Road Races on April 24 (www.drakeroadraces.org), where you can choose between a 5K, 10K and half marathon.

MercyMe's 'Inhale (Exhale)' Tour

Saturday, April 30 at 7 p.m.

Wells Fargo Arena, 730 Third St., Des Moines

MercyMe formed in 1994 and has been going strong ever since. They broke into the mainstream with their single "I Can Only Imagine," also the title of a movie based on the life of MercyMe's songwriter and lead singer Bart Millard. The band's accolades include being named Top Christian Artist of the 2010s by Billboard, Artist of the Year at the 2018 GMA Dove Awards, Artist of the Year at K-LOVE's 2018 Fan Awards and eight American Music Award nominations. The Inhale (Exhale) tour will also feature Northern Irish folk rock band Rend Collective and Andrew Ripp, a Grammy-nominated singer-songwriter from Nashville. Tickets and information at www.iowaeventscenter.com.



TOP 125 growth leaders

Monte Wyatt voted leader in Success Magazine

West Des Moines resident Monte Wyatt was recently voted among the top 125 most influential professional growth leaders for Success Magazine.

In honor of Success Magazine's 125th anniversary, they named the top 25 influential leaders to know in 2022. The list includes authors Brene Brown, Tony Robbins, Glennon Doyle and more. The remaining 100 leaders were voted by the readers and includes Wyatt.

Wyatt was recognized as a thought leader for his work advising CEOs and managers. He co-wrote a best-selling book on the Wall Street Journal and USA Today lists, "Pulling Profits Out of a Hat." It outlines how organizations can use five disciplines of exponential growth to succeed.

The book came about after his own experience with corporate America and after launching his own company, AddingZEROS.

Wyatt grew up on a farm south of Waterloo. He graduated from Iowa State University and worked various roles in ag business, sales, management and marketing. For 14 years, he gained corporate experience; however, in that time, he went through three

problematic mergers.

"I left the corporate world to help CEOs manage their organizations. I wanted to make sure people didn't go through the same thing I did. The leadership in those mergers wasn't ideal," he says.

For the past 18 years, the direction for his company is helping people become better leaders. He's trained his own staff to follow his methods and use tools to help build strong leaders with clients in dozens of countries.

"Management is a role. Leadership is a behavior. Anyone can be a leader. You don't need to have a title, such as president or CEO. Nobody went to school to become a vice president," he says.

Wyatt is developing a TED Talk which stems from the pandemic.

"The great excuse — or the great resignation — means executives are using COVID as an excuse instead of creating a culture. CEOs need to know employees want to be part of something," he explains. "People stay at a company because of future opportunities. If they don't feel part of the future, why stick around?"

He feels people often over complicate



Monte Wyatt

things.

"When you become a manager, it's you who needs to help the team become successful. It always starts with the management team," he says.

Wyatt is thankful for the accolades.

"The readers of Success Magazine voted, and it was a big honor to receive the award," he says. ■

NEWS BRIEF

FOUNDATION donates \$100,000 in toys to day cares

The Deb and Jeff Hansen Foundation and Iowa Select Farms donated \$100,000 in toys to Iowa day cares through Henry's Heroes Little Farmer Toy Box program. These colorful toy boxes were filled with farming-inspired books, toys and learning materials uniquely curated for 1- to 4-year-old children. In total, 100 Little Farmer Toy Boxes were delivered to day care providers nominated by Iowa Select Farms employees and contractors for their care, dedication and support to those who work in agriculture.

"We were blown away by this thoughtful gesture," said Rhonda Messerly, a day care provider in Moorland. "The last two years of doing extra COVID precautions like bleaching and cleaning has taken a toll on our toys. We've been bringing in items from our homes or

purchasing new ones with our own money. This toy box stuffed with brand new toys and books means a lot."

The goal of the Little Farmer Toy Box initiative is twofold: to uplift a sector that is essential to agriculture and offset the costs of new toys that help cultivate a fun and engaging learning experience.

"While delivering, we took the time to listen to the struggles this sector has been facing," said Ali Kraber, director of Public Affairs at Iowa Select Farms. "We heard stories about the ups and downs, the long hours, the late evenings, the early mornings and what it was like to maintain a safe yet fun environment during a global pandemic."

From Feb. 16 to March 16, Iowa Select Farms delivered Little Farmer Toy Boxes to day



Representatives of Iowa Select Farms and the Deb and Jeff Hansen Foundation, Eleanor Korum and Ali Kraber, with the Little Farmer Toy Box, along with many of the donation items given to day cares across Iowa.

cares utilized by their employees or contractors. The effort spanned 47 communities in 33 counties. ■

NEWS BRIEFS

UNITYPOINT Health announces new chief nursing officer

UnityPoint Health announced that Dr. D'Andre Carpenter has been selected as chief nursing officer. Dr. Carpenter will start with UnityPoint Health during National Nurses Week on May 9, 2022.

As chief nursing officer, Dr. Carpenter will lead enterprise-wide initiatives to ensure safety, quality, and exceptional patient experience in alignment with the strategic direction of UnityPoint Health. He will focus on a culture of continuous improvement, specific to patient care services, nursing and clinical care operational workflows and moving toward a consumer-focused care delivery system. Carpenter will also align nursing and clinical workforce priorities to meet future needs, adopt best practices and build upon recruitment and retention efforts.

Carpenter most recently served as the Senior vice president and associate chief nurse executive at Jefferson Health/Thomas Jefferson University in Philadelphia, Pennsylvania's largest academic medical center, an \$8 billion, 18 hospital integrated delivery health network. He also served as senior vice president, enterprise chief nursing informatics officer and enterprise analytics with oversight of nursing clinical practice, business operations, finance, enterprise clinical informatics and data analytics for the entire enterprise, including acute care hospitals, ambulatory care sites, surgery and rehabilitation centers, long-term care, acute rehab, and several professional schools under Thomas Jefferson University. Additionally, Carpenter was a key member of the organization's COVID-19 Executive Command team, tasked with creating policy and guidelines to protect patients, staff and communities throughout the pandemic.

"We're excited to welcome Dr. Carpenter to our team," said UnityPoint Health President and CEO Clay Holderman. "He is an inspirational leader with proven experience around innovative models for developing talent, mapping career paths and identifying opportunities for nurse practice advancement. As we continue to support our workforce through the COVID-19 pandemic, Dr. Carpenter will be instrumental in finding ways to elevate our nurses and clinicians in order to better serve our patients and communities."

"I'm excited to be back in the Midwest, joining the UnityPoint Health team," said Dr. Carpenter, a Chicago native. "Creating a positive practice environment for nursing while promoting growth in our future nursing workforce through education, mentorship and leadership development is a passion of mine." ■



HUPY and Abraham moves to West Des Moines

Hupy and Abraham, S.C., P.C., the Midwest's largest personal injury law firm, has relocated its Des Moines location to the Sonoma Building and opened March 1. The new office address is 1089 Jordan Creek Parkway, Suite 265, West Des Moines. Hours are Monday – Friday, 8 a.m. to 5 p.m.

"Our continued growth and success as a firm has pushed us to relocate our Des Moines office to this larger location," said Managing Partner Jason Abraham. "Hupy and Abraham has been growing rapidly in Iowa, and we owe that to the strength of our experienced team, which is committed to getting our clients every dollar they deserve. We need more space to better service our growing client base. We are excited about this move and look forward to welcoming our clients to this new location."

Hupy and Abraham, S.C., P.C. has 11 offices located in Wisconsin, Illinois and Iowa. The firm has been representing injured clients for decades and is continuously voted and rated best in public opinion polls. More than \$1 billion has been recovered for clients through verdicts and settlements. The firm's headquarters will remain in Milwaukee. ■



IPA presents Johansen with 2022 Legislative Champion Award

Greg Johansen, RPh, FACA, of West Des Moines was named the recipient of the 2022 Legislative Champion Award. The Iowa Pharmacy Association (IPA) Legislative Champion Award was established in 2020 to recognize an IPA member who has shown exemplary service in partnering with the association to advance the profession of pharmacy through advocacy efforts.

Johansen is a 1976 graduate of Drake University College of Pharmacy and Health Sciences and has had a long and successful career in pharmacy operations. Johansen is president of GRX Holdings, LLC, which owns and operates several Medicap Pharmacy locations, a long-term care pharmacy, and a compounding pharmacy in central Iowa.

Johansen was selected for this award by the IPA Board of Trustees in recognition of decades of service as an advocate for the pharmacy profession in the state. This includes his willingness to be involved at a grassroots level, as well as his financial contributions in pursuit of pharmacy priorities. Johansen has delivered contributions from the Iowa Pharmacy Political Action Committee (IPPAC) to local legislators; hosted numerous state legislators, members of Congress and policy makers at Medicap/GRX pharmacies; and is willing to contact a legislator when needed. He has given a personal testimony in the Iowa House of Representatives on the impact of harmful Pharmacy Benefit Manager (PBM) practices, which was instrumental in enacting change for pharmacy practice in Iowa. ■



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HVAC

By Scott Bontrager

HVAC: Repair or replace?

Do you have an HVAC system that is more than ten years old? If so, you may be debating whether or not you need to replace or repair it. While there are many variables to this question, the most common variable is simply the age of your system. If you have an outdated HVAC, replacing it usually makes the most sense, but there are instances when repairing it may be a better option. Let's find out which route is best for you.

With routine maintenance, your system can last 15 to 20 years, but having an old system can come at a cost. Having an outdated system is similar to outdated electronic devices. They might work perfectly fine, but they have outlived their economic life. Does your system constantly need repairs to keep up? Are your energy bills increasing every month? If so, it would probably be cheaper to replace.

On the other hand, if service calls are rare, and, overall, your system is performing well, it's likely that replacement isn't necessary in the near future.

Does your system release odors, make strange noises or compromise your safety? If the answer is yes, it's time for a new system. Examples of hazardous repairs could be cracks or holes in your HVAC system that can lead to a carbon monoxide leak.

Most air conditioners that are older than 10 years use R-22 Freon refrigerant, which is now illegal to produce. Because of this, it's very expensive to add, and the cost increases every year by hundreds of dollars. Additionally, if you continue to need refrigerant, that signals a leak, as a properly running AC system maintains the same amount of refrigerant.

A good guide to follow: If your unit is more than 10 years old, you're experiencing more frequent problems, or the quotes you've received for repairs are high, purchasing a new unit may be the better choice. If your system is less than 10 years old, is well-maintained, and has not experienced a major failure, then it might be better to have the unit repaired.

Choosing to repair or replace your system is a big decision. When deciding whether to repair or replace, no two situations are alike, but I hope these tips aid in making your decision less complicated and confusing. If you have more questions, contact your HVAC trusted professional today. ■

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



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WONDERING how to pay for assisted living?

Daily personal routines play a major role in shaping our identity and purpose. While always in flux throughout our lives, familiar routines take abrupt shifts when we reach advanced age. Activities once simple to complete now require more time and thought and increasingly require assistance from a nearby family member or friend.



When a senior reaches the point of needing more help than adult children are at liberty to offer, assisted living communities can step in with a 24/7 care team ready to lend support.

As health conditions edge in, finances naturally enter the discussion. Seniors and their adult children must consider how they will cover the cost of retirement and related health care. Here are some ideas:

Long-term Care Insurance (LTC) can cover a variety of costs related to senior communities, including services that aren't covered through Medicare or Medicaid. With many reputable providers offering different packages, seniors can shop for the plan suited to them. Some LTC plans offer benefits that cover 50% to 100% of daily costs for a specified period. Other policies offer cash benefits instead of cash reimbursement, enabling seniors to pay a smaller fixed amount per month in exchange for a large sum put toward care. Some plans offer immediate coverage with no initial waiting period.

Life insurance policies work by accumulating a cash reserve that, in some situations, can provide immediate cash. These funds can be accessed through conversion actions such as cash surrender, life or viatical settlements, or through selling the policy itself on the open market. Once the funds are received, the policyholder stops paying monthly premiums and can focus entirely on enjoying residency in a retirement community.

When it's time for retirement funding, many turn to their largest asset: amassed home equity. The location and condition of the property factor significantly into the value proposition. You can minimize the challenges and maximize the profit by working with an agent who specializes in representing senior clients. From start to finish, seniors real estate specialists have vast experience, bringing to bear local resources each step of the way.

A senior (or family members helping to pay for care) can recoup some of the cost of retirement living through certain federal tax deductions if they have a chronic illness or are unable to live without assistance. A physician must certify that the patient is unable to perform two activities of daily living without assistance for at least 90 days.

Assisted living communities are proud to welcome veterans and support them with resources provided by the Department of Veteran Affairs. If a senior has been in military service (or is the surviving spouse of a veteran), they could be eligible for Aid and Attendance which provides a tax-free monthly income paid directly to the recipient. This well-earned reward helps to cover retirement costs. For assistance, reach out to an accredited VA agent. ■

This post is intended for informational purposes only. Please contact your health care provider with any questions or concerns you have regarding your health. Information provided by Paula Spidell, executive director, MorningStar at Jordan Creek, 525 S. 60th St., West Des Moines, 515-505-7155.

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NEW Literacy at the Library series kicks off

While we might think of “literacy” as simply knowing how to read, literacy also means knowledge on a particular subject or field. Would you like to become literate in certain music genres? Learn how to “read” a prairie? Become a craft beer expert?

Once a month, our series of events will explore interesting new topics or work to deepen your understanding. We’ll have a lineup of presenting speakers who know their topic inside and out while staying engaging (and fun). Many topics will also include a follow-up, hands-on portion where you can try a new skill or get more in-depth learning.

We kicked off the series at the beginning of April with Financial Literacy. Our theme for the month of May is Voter Literacy. On Monday, May 9, the League of Women Voters of Metropolitan Des Moines, a non-partisan organization that aims to educate community members on how to be empowered participants in government elections, will join us for a presentation. They’ll cover how to register to vote, why participating in elections is important, how to use absentee ballots, and more.

Other upcoming monthly topics include: Prairie/Environmental Literacy, Book Literacy, Music Literacy, Astronomical Literacy and others to be announced.



OTHER UPCOMING EVENTS

• **Adult Craft Night: Paper Beads**, Thursday, April 21, 6:30-8 p.m.: Join us every third Thursday for a fun and simple craft. You’ll be shown the steps and given hands-on help as you create a unique item to take home. All materials are provided, and the program is free. Registration is required at wdmlibrary.org/events.

• **Abraham Lincoln: A Birth of Freedom** (all ages), Tuesday, May 10, 6:30-8 p.m.: We are happy to host a first-person presentation of President Abraham Lincoln (portrayed by Kevin Wood). Mr. Lincoln will be joining us in period dress and speaking about his own life from his childhood on the frontier to the 12 turbulent years from 1854 to 1865 which nearly destroyed our young nation but instead eventually resulted in a “new birth of freedom.”

• **Summer Escape** at West Des Moines Library – Summer Reading (all ages), Monday, May 23 – July 30. Registration begins on May 23 for our 2022 Summer Escape at the library. This year, we are expanding our traditional reading program to include a series of fun “escapes” for all ages. Each person who registers will get an exclusive WDM Library Summer Reading tote bag or reading journal, a fine forgiveness coupon and a coupon for a free item from our year-long book sale. For information on registering groups (such as classes or daycares), send a message to youthservices@wdm.iowa.gov. ■

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SOCIAL Security SSI vs. SSDI

Social Security Disability is a program managed by the Federal government. This program provides income to those who are unable to work due to physical or mental conditions that will last more than a

year or result in the individual's death, and the conditions prevent the individual from performing any type of work activity. The two main programs of Social Security Disability are Social Security Disability Insurance and Supplemental Security Income.

Social Security Disability Insurance, which is also referred to as SSDI, is a program that provides benefits based on the individual's work history and the amount that he or she has paid into Social Security. Applicants under this program must be younger than 65 and have



enough "work credits" earned.

Supplemental Security Income, which is also referred to as SSI, is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

The application and appeal process are similar for the two programs. The first step is the initial application, where the applicant submits an application and all medical evidence to the Social Security Administration. If the initial claim is denied, then the applicant has 60 days to file an appeal, which is referred to as a request for reconsideration.

Next, if the request for reconsideration is denied, then a request for a hearing may be

filed. This hearing will allow the applicant to appear before an administrative law judge. After the hearing, the administrative law judge will issue a decision regarding the individual's disability status. If the administrative law judge issues an unfavorable decision, an appeal to the Appeals Council may be submitted. The final appeal step is to request the Federal District Court to review the decision. An applicant may be represented by an attorney at all levels.

In certain cases, an individual may be eligible for both programs. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes. ■

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

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HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

IS IT neuropathy?

More than 20 million people in the United States suffer with neuropathy. If you do, then you know the devastation it can cause to your everyday life. Many people either don't know that they have neuropathy or, if they do, they don't know it can be successfully treated. If left untreated, neuropathy can get worse.

Neuropathy is a result of nerve damage and can cause numbness, prickly or tingling feeling, pain, burning, electric shock-like pain, loss of coordination or balance, muscle weakness, and sensitivity to touch. Because neuropathy affects people differently, your neuropathy symptoms may not be the same as someone else's. Typically, older Americans have neuropathy, but even younger people can suffer because of traumatic injuries, surgery, chemotherapy and other causes.

How do you know if you have neuropathy? That's part of the problem. Since neuropathy presents itself with different symptoms, getting an accurate diagnosis can be difficult. Your physician has limited evaluation techniques to get to the root cause. Depending on your symptoms and how much information you give your physician, leaving out certain details can lead to a misdiagnosis or no diagnosis. Many physicians resort to prescribing medications that just mask the symptoms and never fix the problem.

If you experience any of the symptoms, it's time to find out if it is neuropathy. There's no reason to suffer and even more reasons to get back to living your life. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 5525 Mills Civic Parkway #120, West Des Moines.



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HEALTH

By Dr. Tara Federly

APRIL showers bring May flowers — and spring allergies

Spring is here, and so is tree pollen. More than 50 million Americans struggle with sneezing and wheezing thanks to seasonal allergies. Allergies can cause itchy red eyes, congestion and runny nose as well as fatigue, itchy throat and trouble breathing. If you struggle with allergies, here are a few helpful tips:

- Keep windows closed and use air conditioning in your home and car.
- Avoid window fans that can draw pollen and mold into your home.
- Consider staying indoors from 5-10 a.m. and on dry, windy days when pollen counts are highest.
- The best time to go outdoors is after a good rain, which helps clear pollen from the air.
- Consider wearing a mask when mowing the lawn, gardening or raking the leaves.
- After being outdoors, take a shower, wash your hair and change your clothes to remove pollen from your skin, hair and clothing.
- Start over-the-counter antihistamines, such as cetirizine, daily.

If allergies are getting you down, speak with an allergist for an individualized treatment plan for your allergies. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.



HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the "spring ahead" time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

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



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HEALTH

By Ashley Powell

OVERJOYED with cannabinoids

Our partner in maintaining health and wellness, the cannabis plant, has many different functions worthy of celebration, and its enthusiasts try their best to educate the public on its benefits. Noteworthy studies of CBGA (cannabigerolic acid) have shown its potential to help cardiovascular disease, as it inhibits the enzyme aldose reductase, which contributes to oxidative stress that leads to heart problems. It has also been shown to kill colon cancer cells, due to its cytotoxic effects, and could also prevent the growth of polyps, which may become carcinomas. Another warrior against cancer, CBDA (cannabidiolic acid), affects serotonin levels, which control many functions like digestion and emotions. Since it helps nausea, it is also suggested as an anti-convulsive, which helps prevent or lessen seizures. Furthermore, regarding its effect on serotonin levels, CBDA interacts with receptors the same way a selective serotonin reuptake inhibitor (SSRI) would, meaning it could assist in battling depression. Scientists have reported that the structure of CBDA is similar to non-steroidal anti-inflammatory drugs (NSAIDS), making it another powerful pain reliever. Our bodies can absorb CBDA much easier than CBD. Consider adding these cannabinoids to your routine for greater relief. ■



Information provided by Ashley Powell, CBD American Shaman of Greater Des Moines, 800 S. 50th St., Suite 106, West Des Moines, 515-380-5251.
Reference: pubmed.ncbi.nlm.nih.gov/33964342/

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ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an urgent care is a great way to get

walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, MercyOne.org/desmoines



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RECIPE

SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee



Photo courtesy of Getty Images

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.



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MEET Ann Noring

32-year teacher knits hats for students.

For 32 years, Ann Noring has taught fourth grade at Crossroads Park Elementary in West Des Moines.

Noring had wanted to be a teacher since childhood, when she played school by writing on a chalkboard and instructing her “students” — stuffed animals and dolls — lessons.

She says she chose fourth grade because it’s a fun age.

“They’re not quite teens. There’s no puberty drama, and they can dive into more content than the lower grades,” she explains. “I’m grateful for the lower grade teachers for the work they put in.”

As she’s been a long-term teacher, she’s witnessed changes in technology. But one thing remains constant is building teacher-student rapport.

“One thing that has never changed is the importance of forming relationships with kids. All the skills are important. It’s necessary to have that relationship piece first. As teachers, we’re with them six and a half hours a day. It’s an honor to have them that long,” she says.

One change she’s noticed is more emphasis on testing.

“A lot more testing and rigor is required. It’s important, but it puts a tremendous amount of pressure. I want to establish the relationship first, then get the testing skills,” she says.

Noring teaches a variety of life skills, wearing a lot of hats — and she makes hats, too.

About five years ago, Noring began knitting stocking caps for kids. She makes a variety of styles and colors, and each student chooses a hat.

“They love Ms. Noring’s hats,” she says. “One student, I made him a hat, and he said he’s worn it every day since fourth grade. He’s now in seventh grade, and he came back to school to thank me for the hat. It makes it worthwhile.”

Aside from the pandemic, teaching is a tough profession.

“All the work — the lesson planning — happens outside of work hours. People have the expectation you should be working 12 hours every day because you have the summers off.”

One of the best parts of her job is the variety that teaching brings. “No two days are the same. The curriculum changes, and I can be creative each year.”

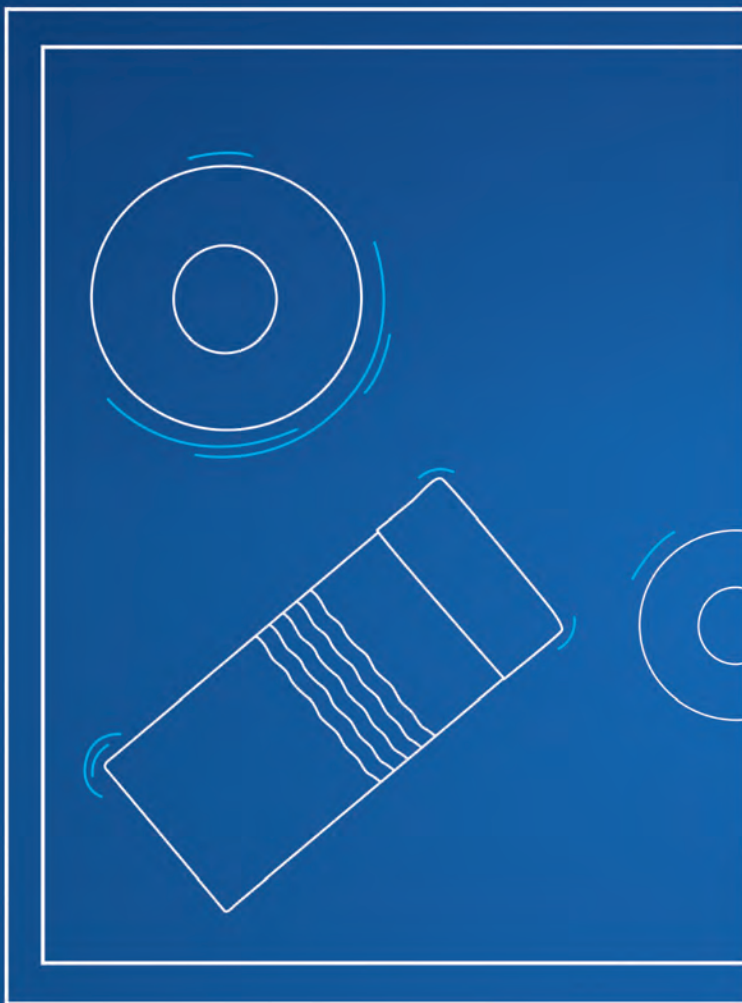
Having a supportive school staff makes her job easy. “I’m fortunate to have great coworkers. We lean on each other for support. Crossroads has great administrators, principals and teammates. They are like family,” she says. ■



Ann Noring has taught fourth grade for 32 years — and knitted a lot of hats in that time.

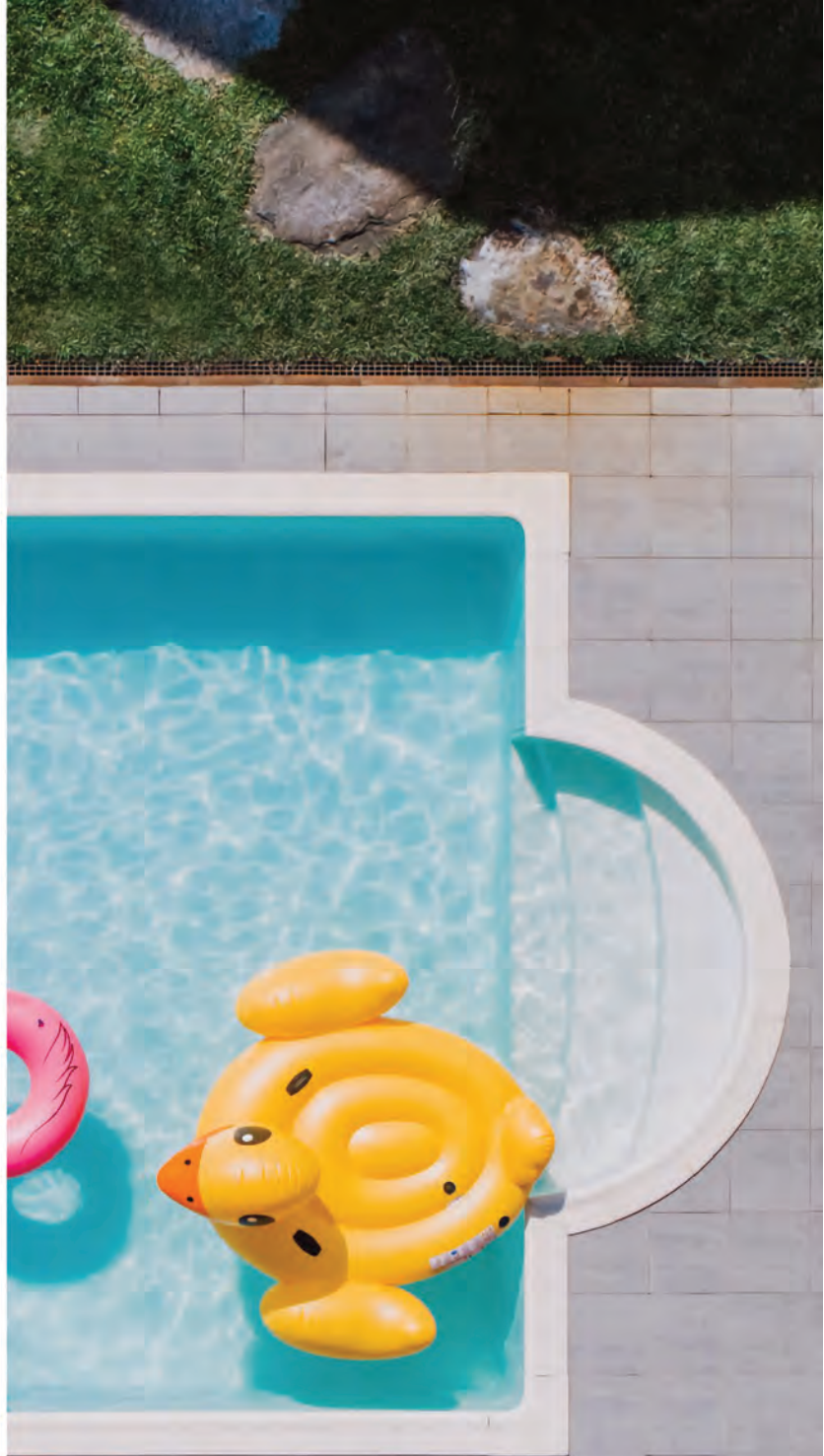


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OUT & ABOUT



The West Des Moines Chamber held a ribbon cutting at Google Fiber March 24.



Sunny Getlinger and Marcus McIntosh at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Fur Finley and Marshall Martens at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Carlos Casas, Andy Simpson and Erin Thomton at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Kate Sachse and Sarah Sparks at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Nicole Langmaid, Baillee Furst and Anna Doud at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Larry Kaster, Steve Frevert and Felicia Coe at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



Reonna Snyder and Anthony Kottke at the West Des Moines Chamber ribbon cutting at Google Fiber March 24.



The West Des Moines Chamber held a ribbon cutting at R3 Construction LLC on March 10.



Shelby Fuller, Sean Picha, Luke Hassman, Jared Harrison and Roger Hulbert at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.

OUT & ABOUT



Jenni Buchanan and Jolene Goodman at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



Gretchen Schrock and Alex Hinsch at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



Amy Croll, Roger Hulbert and Amanada Schwantes at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



Nick Abbey and Dalton Nelson at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



Sean Picha and Ryan Proctor at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



Brian Hildenberg and Jay Mathes at the West Des Moines Chamber ribbon cutting at R3 Construction LLC on March 10.



The West Des Moines Chamber held a ribbon cutting for MMIT, in celebration of 85 years of business, on March 1.



Jaime Pithan and Jennifer Pithan at the West Des Moines Chamber ribbon cutting for MMIT, on March 1.



Lu Anne Gafford, Madison Taiber and Kayla Bruns at the West Des Moines Chamber ribbon cutting for MMIT on March 1.



Tara Knight-Ortiz and Denise Day at the West Des Moines Chamber ribbon cutting for MMIT on March 1.



Dave Abram, Steve Wallace and Chris Gierut at the West Des Moines Chamber ribbon cutting for MMIT on March 1.

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