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Living



RESIDENTS' CHOICE AWARDS

Dallas County residents
share their favorites

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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Dallas County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online and mail-in ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Dallas County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Dallas County.

As always, thank you for reading, and thank you for voting, too. ■



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Jan, Daughter of a Holland Farms resident

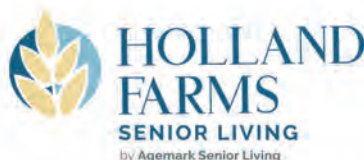


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FEATURE

RESIDENTS' CHOICE AWARDS

**Dallas County residents
share their favorites**

By Tammy Pearson

The tradition continues: Dallas County residents were again asked to choose their “favorites” in the annual Residents’ Choice Poll. And, once again, they identified their favorite auto repair place, favorite dentist, favorite place to take Mom and Dad, favorite financial planner, favorite preschool — and the list goes on. The poll has closed, and it’s time to announce the “winners.”

These “favorites” were chosen by the residents of Dallas County, and now that we’ve done this annual poll a few times, we see that some winners keep returning. They have mastered providing quality service, care and products — and winning over the loyalty of their customers. Others come and go. New businesses appear. You are likely to agree with some choices and disagree with others, but the results were determined by your Dallas County neighbors. If you voted in this year’s poll, thank you for participating. And, if you didn’t, be sure to look for notices in this magazine of next year’s poll opening and cast your vote for next year’s favorites.

With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it’s important to remember that all those listed are winners, and we congratulate them.

Pastor Mike Householder records one of his podcasts. He was selected as one of the residents’ choices for favorite pastor.

Dallas County Residents' Choice for Favorite...

(Runners-up listed in alphabetical order)



Bakery

Echo's Cookies

Runners up: The Baker's Pantry; River to River Bakery & Pizza

Pizza establishment

Brickyard Burgers and Brews

Runners up: Casey's; Scornovacca's

Dad/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Palms Theatres & IMAX

Mom/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Morning Grind

Bank

Raccoon Valley Bank

Runners up: Earlham Savings Bank; Lincoln Savings Bank

Restaurant

Brickyard Burgers and Brews

Runners up: The HandleBar; Patrick's Restaurant

Hair salon

Texture Salon

Runners up: Hair's 2 You Salon & Spa; Studio 10

Gymnastics and/or tumbling studio

Jacobs Gymnastics

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Doctor

Dr. Susan Donahue

Runners up: Dr. Brianne Day; Dr. Ronald McHose

Dentist

Dr. Kelly Sedars

Runners up: Dr. Eric Anderson; Dr. Jason Brown

Chiropractor

Dr. Jodi Kuhse

Runners up: Dr. David Duroe; Dr. Wes Nyberg



West Des Moines Chamber of Commerce was among the favorite chambers selected in the Residents' Choice poll.

Eye doctor

Dr. Ethan Huisman

Runners up: Dr. Lucas Bell; Dr. Barbara Scheetz

Veterinarian

Dr. Elizabeth Holland

Runners up: Dr. John Broderick; Dr. Jennifer Hoffelmeyer

Pastor

Matt Krause

Runners up: Mike Householder; Ryan Whitson

Health club or gym

Tiger-Rock Martial Arts of Waukee

Runners up: SPENGA; Waukee Family YMCA

Boutique

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Retail store

Azalea Lane Boutique

Runners up: Board & Batten; Real Deals

School

Dallas Center Elementary

Runners up: MeadowView Elementary; Sugar Creek Elementary

Park

Evans Park

Runners up: Mound Park; Triumph Park

Place for a field trip

The Brenton Arboretum

Runners up: Kuehn Conservation Area; Voas Nature Center

Community festival

Adel Sweet Corn Festival

Runners up: Dallas Center Fall Festival; Waukee WinterFest

Teacher

Jill Bejarno

Runners up: Carrie Austin; Lori Boston

Church

Faith Lutheran Church, Adel

Runners up: Lutheran Church of Hope, Waukee and West Des Moines; New Hope Church, Adel

Restaurant for dessert

Patrick's Restaurant

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Restaurant for breakfast

Patrick's Restaurant

Runners up: Brickyard Burgers and Brews; Waveland Cafe West

FEATURE

Restaurant for lunch

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Patrick's Restaurant

Restaurant for dinner

Brickyard Burgers and Brews

Runners up: Dexfield Diner & Pub; The HandleBar

Car dealership

Shottenkirk Chevrolet

Runners up: Million Motors; Stivers Ford Lincoln

Place for ice cream

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Daycare

Little Tigers Learning Center

Runners up: Kids Korner; Theresa Miller TT Learning Center

Children's birthday party spot

Adel Family Fun Center

Runners up: Tigers' Den; Warrior Lanes

Preschool

Faith's Flock Preschool

Runners up: Brick Street Kids Preschool; Raccoon River Preschool

Library

Adel Public Library

Runners up: Roy R. Estle Memorial Library; Waukee Public Library

Chamber of commerce

Adel Partners Chamber of Commerce

Runners up: Waukee Area Chamber of Commerce; West Des Moines Chamber of Commerce

Camping spot

Dallas County Fairgrounds

Runners up: KOA; Timberline Campground

Photographer

DKay Photography - Danielle Hawkins

Runners up: Heather Schroeder Photography; Lindsey Willis Photography

Dance studio

Let's Dance

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Place to take your mom and dad

The Brenton Arboretum

Runners up: 5th Quarter Bar & Grill; Patrick's Restaurant

Place to take your kids or grandkids

The Brenton Arboretum

Runners up: Home Sweet Cone Ice Cream; Triumph Park

Place for auto service

Alley Auto Sales

Runners up: Adel Tire & Service; Tiger Tires

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FEATURE

Place to purchase a gift for a woman

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Place to purchase a gift for a man

Baldon Hardware

Runners up: Board & Batten; Old Station Craft Meats

Realtor

Julianna Cullen

Runners up: Jenna Carney; Amy Lucht

Bar

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Corner Tap

Place for guests to stay

Big Blue Bed & Breakfast

Runners up: Hotel Pattee; Restored Church in Dallas Center Airbnb

Coffee shop

The Morning Grind

Runners up: The Coffeesmith; Sugar Grove Goods

Florist

Adel Flowers & Gifts

Runners up: Hazel Mae Floral Events; Walnut St. Flowers

Landscaping company

Wiges Outdoor Services

Runners up: Luke's Lawn & Landscaping; Red Fern Landscape Design

CPA

Scott Manhart

Runners up: Bart Banwart; Chris Oberreuter

Insurance Agent

Eric Schepers

Runners up: Matthew Ellerman; Philip Stueve

Pharmacy

Adel HealthMart

Runners up: Medicap; Sumpter Pharmacy

Grocery store

Fareway - Adel

Runners up: Aldi; Hy-Vee - Waukee

Nursery or garden center

Harvey's Greenhouse

Runners up: Earl May Garden Center; Plant Life Designs



Scott Manhart is Dallas County residents' choice for favorite CPA.

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Dr. Elizabeth Holland Dr. Lisa Kilgore Dr. Nicole Powers



FEATURE

Senior living facility

Spurgeon Manor

Runners up: Adel Acres; Perry Lutheran Homes

Home builder

Behr Construction

Runners up: Ironwood Homes; RCI Builders

Home improvement retail store

Baldon Hardware

Runners up: Archer Home Center; Waukee Hardware & Rent-It Center

Home improvement contractor

Home Solutions of Iowa

Runners up: Heartland Handcrafted; RCI Builders

Plumber/plumbing company

Baldon Plumbing Heating & Cooling

Runners up: Elite Electric & Utilities Contractors; Lenhart Plumbing

Electrician

Elite Electric & Utility Contractors

Runners up: Luellen Enterprises; Webster Electric Inc.

Heating and cooling business

Adel & Winterset TV & Appliance

Runners up: Baldon Plumbing Heating & Cooling; Tigges Comfort Services

Lawn care business

Innovative Lawn Solutions

Runners up: Grassy Knoll Lawn Care; Short's Lawn Care

Attorney or law firm

Brown, Fagen & Rouse

Runners up: Bergkamp, Hemphill & McClure, P.C.; The Law Shop

Dog groomer

Handsome Hounds Boarding and Grooming

Runners up: Precious Paws Pet Grooming; Stylin' Paws Salon

Physical therapy or therapist

Alicia Fisher

Runners up: Timothy Crannell; Clint Lutterman

Financial planner

Danny Beyer

Runners up: Robert Grove; Travis Gaule

Pest Control

Paul's AAA Pest Control

Runners up: Central Iowa Pest Control; Diam Pest Control ■

NEIGHBOR

MISS Black Hawk Valley named

Arndt honored with Outstanding Teen award.



Izabella Arndt, 15, of West Des Moines was chosen Miss Black Hawk Valley Outstanding Teen for 2023. Photo by Alaina Chenowith @lamari photography

On Jan. 14, Izabella Arndt, 15, of West Des Moines was chosen as the new Miss Black Hawk Valley Outstanding Teen. Held at Strayer-Wood Theatre in Cedar Falls, the Miss Black Hawk Valley Scholarship Competition featured 13 candidates from around the state of Iowa.

Moments after being selected, Arndt shared her excitement about winning the title.

"I feel so overwhelmed but super excited." She states she is already looking forward to her duties this year, traveling, meeting new people and getting the word out about her social impact initiative, which is Faith, Hope, Love + 1 "advocating for children without a family and providing a little comfort while they wait," she said. As Miss Black Hawk Valley's Outstanding Teen, Arndt receives a \$150 scholarship and the opportunity to compete for the Miss Iowa's Outstanding Teen title in Davenport June 9-10. Currently a student at Waukee High School, Arndt hopes to pursue a Juris Doctor (JD) Law Degree and specialize in family law/child advocacy.

During her year as Miss Black Hawk Valley's Outstanding Teen, Arndt will travel throughout Iowa advocating her social impact initiative. She will talk to various government representatives, business leaders, community groups and citizens, urging them to get involved in advocating for Faith, Hope, Love + 1.

Cheyenne Wolfensperger, executive director of the Miss Black Hawk Valley Scholarship program, commented on the new title holder. "Izabella Arndt embodies the qualities a role model for young women and girls should have," said Wolfensperger. "She's talented, ambitious and accomplished. We are excited about working with her this year."

Arndt also received recognition for Teen Overall Interview and Teen Overall Evening Wear and On Stage Question.

A number of other candidates received awards during the preliminary competition, including, locally: Riley Spellman of West Des Moines, People's Choice. ■

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EVENTS IN THE AREA

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

Check for cancellations



'God of Carnage'

Fridays, Saturdays and Sundays through Sunday, Feb. 19
Tallgrass Theatre, 2019 Grand Ave. Suite 100, West Des Moines

A playground altercation between 11-year-old boys brings together two sets of Brooklyn parents for a meeting to resolve the matter. At first, diplomatic niceties are observed, but as the meeting progresses, and the rum flows, tensions emerge and the gloves come off, leaving the couples with more than just their liberal principles in tatters. Tickets are \$33 ahead of time and \$35 at the door. Visit <https://tallgrasstheatre.org/tickets>. Friday and Saturday shows are at 7:30 p.m. and Sunday shows are at 2:30 p.m.

The Success Gala: Celebrating HerStory, 10 years of Success.

Saturday, March 4, 6-9 p.m.
Toast at Prairie Trail, 1345 S.W. Park Square Drive, Ankeny

The mission of Dress for Success Des Moines is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. Since it opened in 2011, Dress For Success Des Moines has helped more than 3,000 women who are themselves supporting more than 6,200 children. Cocktail attire. Silent and live auction. For more information, visit desmoines.dressforsuccess.org.

Annual Dinner - WDM Prom: A Year to Remember

Thursday, Feb. 16, 5-9 p.m.

A fresh take on the WDM Chamber of Commerce's traditional annual dinner featuring live music, dancing, activities and more. Get ready to celebrate a year to remember with a night you'll never forget. A cocktail reception will be held from 5-6 p.m. followed by dinner and program, 6-7 p.m., and dancing and activities from 7-9 p.m. Costs are \$129 for an individual, \$1,250 for table of 10, and a VIP table of 10 for \$1,500 (includes wine at table, forward seating, 20 raffle tickets). Visit <https://members.wdmchamber.org/events/details/annual-dinner-wdm-prom-a-year-to-remember-1693?calendarMonth=2023-02-01>.



Winter Jam 2023

Friday, Feb. 10
Wells Fargo Arena, 223 Center St., Des Moines

The largest Christian concert of the year is back. Headliners are We The Kingdom and Jeremy Camp, with an impressive lineup of other artists including Andy Mineo, Anne Wilson, Disciple, Austin French and many others. This year's speaker is Zane Black of Grace Church in Minnesota. Tickets are \$15 at the door. Jam Nation entry is 5 p.m., general admission entry 6 p.m., pre-show 6 p.m. and concert start time 7 p.m. To learn more about the concert, visit 2023.jamtour.com/cities/des-moines-ia.

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.



Winter Chowder Ride

Saturday, Feb. 11, 10:30 a.m.
Reclaimed Rails Brewing Co., 101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (10 miles). Check-in is at 10:30 a.m., and the ride starts at 11 a.m. Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails at no cost. You can enter to win a prize by submitting a selfie with the tag #2023ChowderRide (make sure the post is public). Register online at <https://conta.cc/3w1EMaw>.



Des Moines Community Orchestra performance

Sunday, Feb. 12, 2 p.m.

Sheslow Auditorium on the Drake University campus, 2507 University Ave., Des Moines

The Des Moines Community Orchestra will present a concert in honor of Black History Month. The performance will feature works by African-American composers, including a world premiere of a major work commissioned by the orchestra. The program will be: "Dancing in the Canebrakes" by Florence Price (arr. William Grant Still); "Brother Yasuke: The True Story of the Afro-Samurai (for Narrator, Solo Piano Trio, Voices, and Orchestra)" by Josh Henderson, and the "Afro-American Symphony" by William Grant Still. Mr. Henderson will be bringing the Warp Trio, with which he plays violin, from New York to participate in our premiere performance of his piece. Admission is free but donations are gratefully accepted.

EVENTS IN THE AREA

Check for cancellations

'The Piano Lesson'

Through Feb. 19
Des Moines Playhouse,
831 42nd St., Des Moines

The Des Moines Playhouse and Pyramid Theatre Company present August Wilson's "The Piano Lesson," following siblings Boy Willie and Berniece as they debate the future fate of a family heirloom in the aftermath of the Great Depression. Performances are 7:30 p.m. Wednesdays to Saturdays and 2 p.m. Sundays. The IRIS Sensation Team will provide audio description on Feb. 19. Those who need ASL translations should provide the Playhouse with advance notice. Tickets start at \$29 at dmpplayhouse.com, 515-277-6261, or the ticket office.



Chocolate Walk

Friday, Feb. 24 from 5-9 p.m.
West Glen Town Center

Join CITYVIEW for its annual Chocolate Walk in West Glen Town Center, featuring cocktails and chocolate dessert samples at local businesses. You'll receive 10 sample drink tickets and four chocolate treat tickets for \$20 in advance at chocolatwalk.dmcityview.com or \$30 at the door.

'Six'

Feb. 7-19
Des Moines Civic Center, 221
Walnut St., Des Moines

"Divorced, beheaded, died, divorced, beheaded, survived." Follow the untold drama of the six wives of King Henry VIII — in the style of 21st-century girl power. The award-winning musical by Toby Marlow and Lucy Moss features an all-woman cast and all-woman band. Tickets are \$40-\$150 at dmpa.org or the Civic Center box office.



'Singin' In The Rain JR.'

Feb. 17-19, Feb. 24-26, March 3-5. Friday performances at 7 p.m. Saturday and Sunday shows at 2 p.m.
CAP Theatre, 201 First Ave. S., Altoona

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green, from their original award-winning screenplay in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online at captheatre.simpletix.com. ■



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MEET Haley Gibbons

Leading show choir, Valley High School music



Seniors Brenna Gion and Janse Barkley perform with Valley High School's Choralation Show Choir, directed by Haley Gibbons, below.

When Haley Gibbons talks about her career in music, she does so with enthusiasm and excitement.

Gibbons is the varsity show choir director for Choralation at Valley High School and in her 11th year of teaching. She also directs the jazz, concert choir and Valley Singers, teaches music classes and assists with musicals.

She grew up in a musical family and started taking piano lessons at a young age. Her mom was a middle school band teacher, and her dad played guitar. She, her sister and her dad sang together in bands at churches and bars.

"I didn't have the traditional teen job of flipping burgers. I was singing and performing," she recalls.

With Choralation, she directs about 55 students — the maximum that can fit on the stage risers. Each season, she starts with a theme or song. A choreographer arrives at the beginning of the school year for a week-long camp.

"I look at the strengths of the group," she says. "We're known for a more musical theater

and acting approach."

Choralation participates in four competitions a year, practicing weekly for three-hour sessions. During competitions, practices can range from six to 12 hours a day.

Gibbons likes the competitive aspect of show choir.

"I was an athlete in high school, too. I work best under pressure," she says.

The toughest challenge has been bringing kids back up to speed after the pandemic.

"Some kids have been knocked down. They've seen how unstable the world is," she says.

Gibbons knows the show choir can be an expensive undertaking, and the cost has increased the past few years.

"Our transportation budget increased 200% over the year," she explains. "We're fortunate we have a wonderful booster club to raise money."

The best part of the show is immediately after a competition, Gibbons says.

"It feels really great. My favorite is when



they're hot and sweaty and giving everyone high fives. Kids feel amazing after they put on a great show."

She redirects that energy back with the group.

"I'm high energy and loud — the kind of person who loves rehearsals. I love it when everything clicks. It's right up my alley to be over the top and goofy with the kids," she says.

Gibbons encourages kids to get into and stay involved in music.

"I've had parents and students say music was the most rewarding in high school. It's amazing, and you meet lifelong friends." ■

IF YOU don't have a will, you probably should

A 2021 Gallup poll found that only 46% of U.S. adults have a will. Regardless of age or income, having a will is an essential step to pass your assets to your heirs with clarity and confidence.



Distribute property: A will enables you to leave your property at your death to anyone you choose: a surviving spouse, a child, other relatives, friends, a trust or a charity. Transfers through your will take the form of specific bequests (i.e., heirlooms, jewelry, furniture or cash), general bequests (i.e., a percentage of your property), or a residuary bequest of what's left after your other transfers. It is generally a good practice to name a backup beneficiary.

There are some limits on how you can distribute property using a will. For instance,

your spouse may have certain rights with respect to your property, regardless of the provisions in your will. Also, assets for which you have already named a beneficiary pass directly to the beneficiary (i.e., life insurance, pension plans, IRAs).

Name an executor for your estate: A will allows you to select an executor to act as your legal representative after your death. An executor carries out many estate settlement tasks, including locating your will, collecting your assets, paying legitimate creditor claims, paying any taxes owed by your estate and distributing any remaining assets to your beneficiaries.

Appoint a guardian for children: In many states, a will is the only way to specify who you want to act as a legal guardian for your minor children if you die. You can name a personal guardian, who takes personal custody of the children, and a property guardian,

who manages the children's assets. This can be the same person or different people. If your children are grown and have children of their own, you might want to emphasize the importance of a will for your grandchildren.

Various software programs enable you to create a will, but it is generally better to consult an attorney who is familiar with the laws of your state. If you do use a software program, be sure it has been updated for your specific state laws, and make sure your heirs and executor have a copy of your will or know where to find it. ■

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LIBRARY

SENSORY Spaces at metro libraries

The West Des Moines Public Library is excited to be participating in Sensory Spaces with other metro-area libraries. During these designated times, each Sensory Space library will offer special hours for members of the public who appreciate a sensory-friendly environment. The next Sensory Space time at the West Des Moines Public Library will be on Sunday, March 5 from 1-2 p.m.



While individuals and families with special needs are welcome at our libraries during regular hours, these sensory times will offer quiet browsing, special programming and other adaptive services that will vary by location. Contact the library to find out what will be offered.

In addition to these Sensory Spaces times, patrons of the West Des Moines Public Library are always welcome to ask for noise-cancelling headphones (Adult Services Desk) and various fidget devices (any service desk) to make each visit to the library as enjoyable as possible. On the first floor, we also have a Health Room with dimmable lights. Visit the Children's Desk to access the key for this room.

February event highlights

See our full event calendar at wdmlibrary.org/events.

- **Family Night at the Library: Mini Golf!** Monday, Feb. 13, 6:30-7:30 p.m. Put your design and putting skills to the test as we work together to design and then play a miniature golf course. We'll use cardboard, paper, scissors, tape, glue and anything else Nate can find to create the holes. For all ages. Please register each person attending (children and adults).
- **Scraps of African Heritage Workshop**, Sunday, Feb. 19. 2:30-3:30 p.m. for all ages. Historical researcher and fiber artist Kyna Clemons will lead participants on a Sankofa journey through quilting traditions. After a brief lecture on these traditions, the audience will construct a small quilt block with colorful African fabrics and mixed-media supplies (provided). No registration required.
- **Early Childhood Speech/Language Development Informational Session and Q&A**, Monday, Feb. 27, 9:30-10:30 a.m. for adults. Join us in discussing typical developmental milestones along with ideas for how to support speech and language skills. Presented by Rachel Tenold, M.S., CCC-SLP, speech-language pathologist. No registration needed.
- **Author Event: Kali VanBaale**, Tuesday, Feb. 28, 6:45-8 p.m. for adults. The Friends Foundation is proud to present local author Kali VanBaale. Kali is the recipient of the American Book Award and the Iowa Arts Council major artist grant. Her latest acclaimed work is "The Monsters We Make." No registration required. ■

RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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BRONZE medal for WDM man

Palazzo and Team USA medal at Men's Softball World Cup.

The Super Bowl. The World Series. Sports enthusiasts know these championship games are played by the best athletes.

Now, a West Des Moines man, Matt Palazzo, has joined the ranks of upper echelon athletes after his Team USA won a bronze medal at the Men's Softball World Cup of the World Baseball Softball Confederation. Sixteen countries qualified for the tournament. After six rounds, U.S. beat No. 1 Argentina, 2-0 in December.

It had been more than 20 years since the U.S. medaled in the tournament, which was held in New Zealand.

"It's really good for the program, as we knocked off top-rated Argentina. It puts the program back on the map," he says.

Palazzo grew up playing baseball, while his dad played in a fast-pitch league. He played baseball at Southeast Polk High School and at DMACC.

He was touring with a fast-pitch league when he attended a tournament in Indiana 13 years ago. There, a U.S. scout approached Palazzo and invited him to a camp in California to train with U.S. Men's Baseball Softball Confederation. He attended camp with the best ball players and, two weeks later, he played with Team USA at the Czech Republic.

He's played with Team USA since then, plus another fast-pitch team from New York. He medaled in the Pan American Games and has numerous top-player recognitions.

Fast-pitch softball varies from traditional baseball. Games consist of seven innings, bases are 60 feet apart, and pitches come in at 46 feet from the mound.

"It's a quick, close, low-scoring game. Pitching is critical when balls are coming at 85 mph," he explains.

The team consists of players from all over the United States, ranging from ages 21 to 42.

"I'm the old guy now at age 40," he reflects. "I've learned to stay active off season."

Palazzo has been one of the top players for the team, notably during the tournament.

"I had 400 for an average — one of the highest on the team. It was great promotion for the sport," he says.

During summer months, he also coaches



Matt Palazzo, a member of Team USA, won a bronze medal at the Men's Softball World Cup.

baseball for his two sons, who are both involved with travel baseball.

The Des Moines area used to have 25 recreation league fast-pitch softball teams; now it's dwindled to eight. Palazzo is hoping to start a league in West Des Moines.

"I'd really like to get a league set up in West Des Moines. It's really a great sport for younger guys who want to keep competing," he says. ■



BENEFITS of special needs trusts

A 2018 University of Illinois study found that less than half of parents of children with disabilities have planned for their children's future. The reasons can be complex. Family dynamics may complicate the process. Many clients aren't aware there are options for providing for a disabled child. Other clients are overwhelmed by the information available and are unable to choose the best options.



Because of advances in the medical field, many people with disabilities and chronic illnesses are living longer. That means they may outlive their parents and primary caregivers. Ensuring that you have a long-term plan in place is essential.

A special needs trust (also called a supplemental needs trust) is set up to hold assets for a person with disabilities. The money can help pay for services, therapy and items that aren't covered by Medicaid or other insurance. Distributions from the trust are intended to supplement public benefits, not replace them. It allows the parents' assets to continue to be used to enhance the beneficiary's quality of life.

You should identify a successor to not only be the caregiver for a child with disabilities, but a trustee who is appointed to manage all spending. The trustee is the person who will handle the money and make decisions

about paying for needs.

The beneficiary child has no control over the assets. Because the disabled beneficiary doesn't own the assets of the trust, the child remains eligible for government programs like Supplemental Security Income (SSI) and Medicaid (Title XIX).

If the trust is established with money from someone other than the disabled child (from parents, grandparents, friends or other family), then a properly drafted special needs trust can prevent that money from being counted as a resource.

The special needs trust allows parents to provide for their children without endangering the child's SSI or Medicaid benefits. The trust can be independent or can be part of the parents' will or trust that fits within a larger estate plan that involves other family members.

Review your estate plan and update the provisions relating to a child with special needs.

An attorney who focuses on estate planning, special needs trusts and Medicaid planning can answer your questions and help you plan for the future. ■

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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By Dr. Josiah Fitzsimmons, DC, BCN

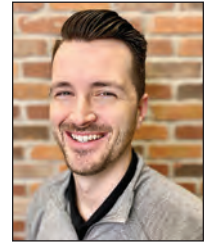
There are many things in life we must live with, but living with neuropathy pain is not one of them. Not anymore. Gone are the days of living on prescription pain medication. Today's treatments are more advanced than ever and target damaged nerves caused by this debilitating condition.

A thorough neurological evaluation will analyze the nerves throughout the entire body and determine the underlying cause of the symptoms. For neuropathy, those symptoms may include burning pain, tingling in the feet, legs or hands, muscle weakness, sensitivity, electric-like pain, numbness and even problems with coordination/poor balance. As nerves become damaged, these symptoms slowly increase over time and can become so bad that it is difficult to walk or pick up things. Do these symptoms sound familiar to you?

Today's treatments are safe, non-invasive, FDA-cleared and use electric cell signaling which produces painless electric cell signals and sends them throughout the nervous system. This in turn regenerates the nerves and prompts the body to repair the damage. Most of the treatment can even be done in the comfort of your own home.

Don't make the choice to suffer with neuropathy. The key is to seek out the right healthcare professional who can diagnose and treat neuropathy. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 630 S. 50th St., West Des Moines.



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HEALTH **WILL** CBD cause a failed drug test?

By Ashley Powell

Cannabis, and CBD specifically, are supremely beneficial in helping people live their lives with significantly less stress and discomfort. One aspect that may inspire caution in new users is if CBD will cause a positive drug test. Those with jobs that require routine testing or have legal obligations may be hesitant to begin use. Fortunately, there are CBD products that are safe to use if that is a concern. One should look for a broad spectrum or CBD isolate. Most CBD products are noted as full spectrum, meaning they contain 0.3% THC or less. This amount will not cause a high but there are still traces present. Broad spectrum is when there is zero THC present. Topicals are most popular for users who need to pass a drug test. It is important to research the brand you are buying to see if they are reputable and have lab test results readily available. Cross contamination is possible during manufacturing, especially in places where all cannabis is legal, which is another reason to research lab results. Sometimes it depends on the test specifically, as some will detect levels of cannabinoids differently. Try to determine the strength of the test being administered and what results are expected as far as passing goes. Make sure to communicate to your CBD consultant your need to pass a drug test so they can better assist you. With effective research and the right brand, CBD can still provide relief for those who need to stay THC free. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.



NEWS BRIEF

STUDENTS earn scholarships

11 seniors have received awards so far.

Iowa high school seniors have a chance to receive much-needed funds for college while learning ways to reduce college loan debt through a program offering \$1,000 scholarships.

Iowa high school seniors may register for the Iowa Financial Know-How Challenge: Senior Scholarship at www.IowaStudentLoan.org/ Know-How between now and March 31. Once registered, students receive instructions via email on completing two online modules. Scholarship recipients are determined by monthly random drawings among students who have completed the modules.

The two modules, Student Loan Game Plan and the Return on College Investment tool, are designed to help students and families determine maximum recommended levels of student loan debt and find ways to minimize the debt they need to repay.

Registered participants also receive emailed tips about planning and paying for college, as well as more general financial literacy tips, throughout the registration period. Once registered, students have until 4 p.m. on March 31 to complete the required steps, which should take less than an hour in total, organizers say. Completing the steps earlier allows students to be entered in more monthly drawings.

Awards will be sent directly to the recipients' colleges and universities in fall 2023 to be applied to college expenses.

"All Iowa high school seniors who plan to attend college should consider spending some time to register and qualify for the drawings," said Christine Hensley, board chair for Iowa Student Loan Liquidity Corporation, which sponsors the scholarship and provides education loans under the name ISL Education Lending. "We are pleased to be able to provide scholarships to 50 students, but all students who participate receive valuable information that can help them save more than the \$1,000 award."

"This scholarship program is one of the resources we offer to families as part of our nonprofit purpose," said Steve McCullough, president and CEO. "We are committed to helping families with resources for education after high school."

The two modules used to qualify for the scholarship are always available to the public at www.IowaStudentLoan.org. In addition, families can visit the website for additional resources and to sign up for other services, like the parent email service Student Planning Pointers for Parents.

The Iowa Financial Know-How Challenge: Senior Scholarship is open to legal U.S. residents who are seniors at an Iowa high school during the 2022–2023 academic year and plan to attend college in fall 2023. No purchase is required to enter. Full rules, details and an up-to-date list of award winners so far are available at www.IowaStudentLoan.org/Know-How.

Confirmed award winners to date include Hannah Evans of West Des Moines. ■

HEALTH

By Ashley Brockman

RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■



Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.

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TWO dental specialists your child needs to see

Being a parent can be overwhelming at times. Fortunately, pairing yourself with a professional can give you peace of mind that your child will be taken care of. In the dentistry world, there are two important ages that are the perfect time to begin a relationship with certain dental specialists. Both ages may seem young for first visits; however, years of research and millions of patients have proven it's what's best for you and your child.

Age 1 - First dental visit

A child's first dental visit should be no later than their first birthday. Finding a pediatric dentist that you trust at this age will set your child up for success for the rest of their life. A first visit will help provide you with peace of mind that your child will be cared for by a



professional and give you the tools needed to care for your child. Your pediatric dentist will determine when your child needs to be seen again and how often.

Age 7 - First orthodontic visit

The first orthodontic visit should be at age seven. Again, this age may seem a little early to pair with an orthodontist; however, this is the perfect time. Your child will probably be losing baby teeth and have adult teeth coming into their mouth. Although most children will not need actual treatment at this age, the orthodontist can determine how often your child should be seen to avoid future issues. Timing is everything when it comes to teeth. There are certain growth windows and tooth transitions where, when an orthodontist is monitoring your child regularly, treatment can be recommended at the right time. This will lead to less cost, less time in braces, and less likelihood of surgery or permanent tooth extractions.

Why does my child need to see a specialist, you might ask. Can't my dentist just refer me when I need something specific? Dental specialists, such as the pediatric dentist and orthodontist, train for an additional two to three years after dental school. As an orthodontic practice, we see patients concerned with tooth, jaw and bite issues all day, every day. This singular focus is what makes us specialists and best able to diagnose and treat patients efficiently.

Is your child older than 1 or 7? Don't sweat — the great news is the second-best time for your child to be seen is now. The pediatric dentist and orthodontist are both trained to care for your child at any age, and we won't make you feel any mom or dad guilt about it. If your child is 7 or older, schedule their first orthodontic visit today. ■

Information provided by Dr. James Stork, DDS, MS, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-705-0644.

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WDM CITIZENS Fire Academy

Residents invited to learn about firefighting.



Photos submitted from the 2022 WDM Citizens Fire Academy.

Have you ever wondered what it takes to be a firefighter? Residents of West Des Moines have the opportunity to discover all about firefighting techniques with the West Des Moines Citizens Fire Academy (CFA).

The WDM CFA offers a nine-week course to any adults interested in learning more about what the fire department does.

WDM fire captain Jim Kirkman says the course, which began 18 years ago, mimics an actual fire academy.

"People get an opportunity to participate in real life fire drills," he says.

Each week includes an in-depth presentation about firefighting safety and tactics, along with hands-on learning. Classes include hose handling drills, putting on an air pack and donning actual gear. Participants learn how to hook up a hose to a fire hydrant, climb the ladder and rappel off a building using a rope. They'll practice using a fire extinguisher, putting out a test fire and CPR. Another aspect is using tools to take apart a car to extract trapped occupants.

Students are tested for physical agility by completing the actual physical test that must be passed before someone can enter the fire academy.

"Some people can't complete the physical assessment, but they can still complete the class,"



Kirkman says.

Attendees often take the course to see if they want to become a firefighter and end up becoming one.

"We've gotten about 10 people from the class who have pursued a career as a firefighter for either West Des Moines or another department."

On the other hand, some folks who thought they might want a career as a firefighter realize it's not for them.

"At the end of the session, they think, 'Absolutely not. I don't want this as a career.'"

Some students just want an adventure to test their physical abilities and learn what to do in a fire emergency.

"Some absolutely fall in love with the challenge," Kirkman says. "One participant said



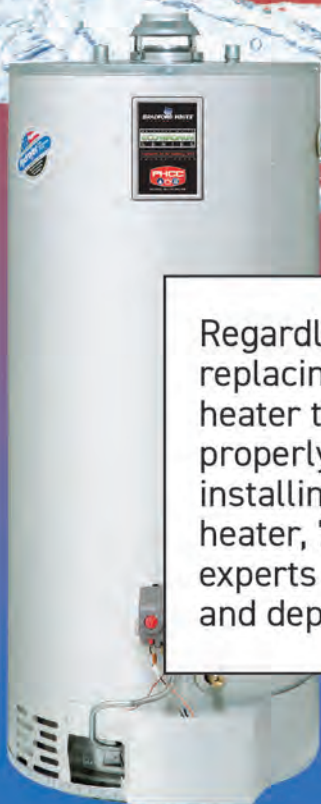
it was her favorite thing she's ever done in her life."

Kirkman says part of the educational class is public outreach. Participants can take their skills and use them if there is a fire alarm, CPR or other fire emergency.

"We give people the opportunity to react in an emergency," he explains. "We've had folks come back and tell us how the training has helped them."

The classes meet at Station 17 off the Railroad Avenue training grounds. Applicants must pass a background check before applying. Classes are capped at 20 people and cost \$25, which includes a T-shirt. For more information, visit www.wdm.iowa.gov/government/fire-department/community/citizens-fire-academy. ■

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HVAC

By Kendel Richlen

WATER heater problems

Having hot water is a luxury that most of us are not willing to give up and makes our water heaters an important piece of equipment in our homes. As important as they are, out of sight can lead to out of mind — until a problem arises.

Pilot lights: If the pilot goes out, it's an annoying but a fairly easy problem to solve. Newer models have an electric or hot surface ignition, but there are plenty that still have a standing pilot system. If you are unsuccessful in relighting the pilot, there is likely a more serious problem.

Smelly water: Have you ever turned on the water and it's followed by a foul rotten egg smell? This is usually due to the hot water sitting in the tank for too long. To check this, turn on the cold water. If you don't smell anything, it could be an indication that the water heater is to blame. Contact a professional to clean and disinfect it; it could have a build-up of bacteria inside. Bacteria love a warm, moist environment like your water heater, especially if you keep the temperature below 120 degrees.

Leaking water: Finding a pool of water at the base of the water heater usually equates to replacement. There are a few times that the leak is due to a loose or damaged valve, so this is worth investigating prior to purchasing a new water heater.

Discolored or rusty water: Yellow, discolored and rusty water is a sign that failure is soon to come. An anode rod is a major component of your water heater that runs down the center of the tank and helps prevent corrosion. The purpose of the rod is to wear itself down, releasing electrons into the water to help slow/prevent corrosion of the tank. This is the reason the anode rod usually fails before the water heater and then leads to the demise of the tank entirely. Checking the anode rod regularly can help prevent any surprises.

A few of these problems can be fixed on your own but leave any complications or replacements to the professionals. Water heaters typically last anywhere from eight to 12 years, but if yours is starting to show signs of age at any point, don't wait until it completely breaks down, leaving you with cold water or a flooded basement. ■

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





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OUT & ABOUT

RIBBON Cutting

A ribbon cutting was held for Farrell's Extreme Bodyshaping Jan. 5 at 7450 Bridgewood Boulevard, No. 225.



A ribbon cutting was held for Farrell's Extreme Bodyshaping on Jan. 5.



Lance Farrell and Clint Dudley



Rachel Walljasper and Lexi Killinger



Casee Woodley and Lance Farrell



Jane Nady and Tara Knight-Ortiz



Gary and Cheri Walljasper



Creighton Cox and Tim Gootee



Brennan Roland and Mark Courter



Randy Pelham and Mason Powers



Michael Annavelli and John Bustos



Happy Valentine's Day from Linzi Murray and Ying Gooi at Reading in Public Bookstore.



West Des Moines Chamber held a ribbon cutting for Crumbl Cookies in West Glen Town Center on Jan. 20.



Happy Valentine's Day from Evan Smith, Sarah Hickie and Lynn Koger at Iowa Quilt Block.



Happy Valentine's Day from Mackenzie Udelhoven and Rachel Courtney at Hinge on 5th.



Happy Valentine's Day from Jon Jacobs and Jared Galligan at Google Fiber.



Happy Valentine's Day from Mason Grimes and Cody at CBD American Shaman West Des Moines.



Happy Valentine's Day from Kelsey Miller at Live Hydration Spa.



Happy Valentine's Day from Mackenzie Bennetchum and Bailey Wellendorf at Bone-a-Patreat.



Sidney Jacobson and Casee Woodley at the ribbon cutting for Farrell's Extreme Bodyshaping on Jan. 5.



Jay Mathes, Pat Ferrusca-Perez and Brennan Roland at the ribbon cutting for Farrell's Extreme Bodyshaping on Jan. 5.



Norm Boaz and Tiffany Menke at the ribbon cutting for Farrell's Extreme Bodyshaping on Jan. 5.



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