WEST DES MOINES JORDAN CREEK JANUARY 2023

# Digging Up

MAGAZINE

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Residents share their family tree discoveries

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# WELCOME MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even if it was just a fraction.



A few decades passed, and I, on occasion, would

try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave. com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading.

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





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# Digging Up

Residents share their family tree discoveries

#### **By Jackie Wilson**

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find "royal blood"? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with West Des Moines - Jordan Creek Living magazine.

Ricki King is a historian who began researching her family when she was in her 20s. Photo by Jackie Wilson

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Tony Cupp is the librarian at the Iowa Genealogical Society. Photo by Jackie Wilson

# Family stopped talking about their history

Historian Ricki King is passionate about researching family genealogy, as well as Black Iowa history, which is also part of her ancestry.

Her curiosity about her family roots piqued her interest when she was in her 20s. She was looking through her grandmother's yearbook from Burlington and couldn't find her photo.

"I never thought to ask what her maiden name was," she recalls.

She asked grandparents about both her parents' family histories. She was determined about finding her family, but she found a disturbing roadblock.

"Lots of Black people don't talk about their history. I finally solved why my family never talked about it," she says.

She discovered her great-great-great-grandparents had been lynched.

"They were lynched in Missouri — that's why they stopped talking about it. I solved the riddle. It took me 10 years to figure it out."

Since that discovery, she's been on a mission to uncovered more of her family — as well as other Black Iowans' ancestry and history.

When she applied for a passport, she needed a copy of her birth certificate from the state. She had celebrated her birthday on March 6, but when she saw her birth certificate, it said

#### March 7.

"That's what makes genealogy and finding history so difficult," she says. "You have to prove your own birth. I had two legal documents with two dates."

She found more information from her brother's baby book, which contained a family tree inside. When researching her dad's side of the family, she noticed a break in the family tree.

"It's all about proving a family story wrong. I discovered their grandparents married siblings, so they were half-siblings. That broke open a family story that nobody wanted to find."

Because of her extensive research on history and genealogy, King serves as a volunteer researcher at Jordan House in West Des Moines and the West Des Moines Historical Society.

One project she's working on is the Huston Cemetery, a small graveyard in the middle of a road in West Des Moines. The family identified a set of black twins buried at the cemetery. She's currently in the process of investigating the history, scouring old letters, obituaries and more.

One trend she noticed is that some people make up family histories.

"When it comes to slaves — Iowans had slaves. People don't want to mention that in

#### Genealogy Research Sources

#### National Archives: Resources for Genealogists

www.archives.gov/research/genealogy Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

#### **Find a Grave**

www.findagrave.com

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

#### Ancestry

www.ancestry.com

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world's largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

#### 23andMe

#### www.23andme.com

The focus of 23andMe, is "real science, real data and genetic insights that can help make it easier for you to take action on your health." It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■

their history. They might say, 'I don't want my family to have owned slaves,' yet documents and history prove otherwise."

When doing genealogy research, she suggests several options, including looking at women's journals, marriage and death certificates, scrapbooks, baby books and newspapers.

"Every small town had a paper that wrote about who visited, if they sang in a choir and other information. These stories are what make that person come alive," she says.

She says she is excited to make the connections and that looking at old documents is thrilling.

"It brings me joy. It gives me a glimpse back into the past and captures my imagination. I want to learn more."

#### **FEATURE**

#### **Iowa Genealogical Society**

When folks in Iowa research their family history, one of the top recommended resources is the Iowa Genealogical Society (IGS). IGS was established in 1965 and is located at 628 E. Grand Ave. The group was started by a dedicated group of genealogists who met in members' homes.

Today, the IGS employs one staff librarian, is funded by memberships and relies on volunteers to help run the library. Members include more than 3,000 people from all over the United States and Canada. Its vast book collection spans the length of five football fields. They have a large CD collection stored on their computer server.

The IGS hosts dozens of classes per year and sponsors several special interest groups. such as DNA, German, Norwegian Family Tree Maker users and more.

Tony Cupp, librarian at IGS, says the library has boxes of collections including periodicals, census records and city directories, as well as personal family history books.

When folks walk into the door, Cupp is their first stop.



Thousands of books of genealogical interest are available at the Iowa Genealogical Society.

"Some haven't even started their research," he says. "I show them around. For example, if they're looking for their grandma's birth certificate, I'll help them find the best place to find it."

The first resource is the census, which can be looked up online. The IGS has books about Quakers, Mennonites, European ancestors, Mayflower descendants and more.

Since the books are one-of-a-kind, they can't be checked out. Patrons must put their

backpacks into lockers. Members can use the library free of charge, and non-members pay a fee of \$10 per day. Annual membership runs \$35 a year.

Once inside the library, patrons can use online services such as Ancestry.com, Family Search.org and other periodicals.

One thing the library doesn't help with is adoption research.

"Information is so hard to find as it's been sealed for a long time," Cupp explains. "We



#### **FEATURE**

don't have the time, and they still could be living. We do suggest finding a researcher who might do it for a fee."

Cupp says when starting out in genealogy, the first step is to write down what you already know.

"Then figure out the gaps and what you want to know. Talk to your elders before it's too late," he suggests.

He's heard numerous success stories from people who found family members. A woman from Norwalk was surprised to find photos in a county book from an ancestor she didn't know she had. Another woman, who belongs to the German interest group, found a photo of the ship that her grandfather arrived on, as well other family names when they came to Baltimore.

Cupp says genealogy is like cracking a mystery.

"A lot of times, you run into something that doesn't make sense. It's like solving a puzzle. I can help point them in that direction."

Cupp says the Internet is a great place to start for genealogy, but it's not all encompassing.

"People might think they'll go on the Internet and find all these ancestors. It doesn't show as much as people believe that it does. The Internet is just the tip of the iceberg. Most research is done in libraries, churches, courthouses and talking to people in person."

#### West Des Moines Public Library services

Long before the Internet, the local library was the first place to go to look up information or research topics from a vast array of encyclopedias and other resources.

Today, the library still fields occasional questions and calls from people researching



Jen Ohzourk, head of Adult Services at West Des Moines Public Library, says patrons can use genealogical online resources at the library.

their family history. Jen Ohzourk, head of Adult Services at West Des Moines Public Library, says some patrons ask how to obtain genealogy information on the library's website. Patrons can use Ancestry.com free of charge, but they need to be on the library's Wi-Fi or in their wired computer stations to access it.

What genealogical information people are searching for varies.

"I helped a patron yesterday who was looking for birth records and marriage records, specifically. In my experience, it can really vary," she says. "Some people are just starting their research, so we show them how to start a search. Others have already done some research, so they're looking for info on one person or specific types of records."

The library doesn't contain a large local history collection, but they do have numerous books on how to do genealogical research.

"On our site, we also link to the State Historical Society of Iowa. They have a wealth of resources and also have staff who can help people with their research. I also always remind patrons about the West Des Moines Historical Society, because they're a great local resource. We help people get to sites like The Family Search Center (in Salt Lake City, Utah) or tell them how to view microfilm."

The library offered a program last fall where Kevin Spire presented an introduction to genealogy research basics. Library staff hopes to offer a similar topic in the coming year.

Ohzourk says that it's important to help the West Des Moines community by providing resources like Ancestry and HeritageQuest, as well as help people use these resources to find information. "We're here to help people find information and support people's lifelong learning," she says. "Whether it's curiosity about family history, or someone creating a family tree, the library supports our patrons. Genealogy resources aren't just for learning about your family history. They can be a valuable tool for people doing research on local history — whether it's here in Des Moines, somewhere else in Iowa, or anywhere else." ■



#### **EDUCATION** By Jackie Wilson

# **MEET** Eric Traynor

#### High school counselor helps students explore options.

Valley High School students with last names beginning with C to G have most likely met Eric Traynor, one of six high school counselors. He joined Valley in 2004 and has worked as a high school counselor since 1998.

Traynor graduated from Central College with a degree in history, but he was unsure of his career path.

"I always admired people who say they knew what they wanted to do after college," he says.

He contemplated attending graduate school to study urban planning, but he needed a paycheck. He took a job at the Boys Home in Fort Dodge.

"Here I was at age 22, working with 16- to 18-year-old boys twice my size," he recalls. "It didn't take long to realize a whole world I didn't know existed."

He entered a graduate school counseling program at the University of Iowa. One classroom speaker in particular inspired him.

"She talked about working as a high school counselor. I didn't realize that's what I wanted to do. That's the moment that really stood out for me - working as a high school counselor."

He chose high school age after an internship proved fulfilling. He enjoys working with students to help them make it to their next step of life outside of school.

"We expose them to all types of post-secondary resources and help





Eric Traynor did some searching before finding his career path as a high school counselor. Now he helps students prepare a plan for after high school.

them explore new careers they might never have thought of. It's gratifying to have all those connections and information available for kids."

He says the best part about his job is building a relationship with the kids. Over the years, he sees kids from the same families and enjoys building relationships with the families.

"I have them for three years. Every day is dramatically different. We're trying to get the students excited to think about life after high school."

As Valley continues to grow, Traynor explores creative ways to address student needs.

His own kids attended Valley, which he says poses a unique challenge. "We've embraced it. It's cool to have them there. It helps me to be a better guidance counselor."

During the pandemic, he says the WDM Community School District provided solid guidance and support.

"Kids are still trying to figure things out. They have their normal ups and downs. We ask what the issues are or are they just learning how to get organized?"

Eric is grateful for the community's encouragement.

"The support we receive from the families, students and staff is awesome," he says. "I'm lucky to work in West Des Moines."



# **CITYVIEW'S WINTER EVENT IS BACK!**



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# **TICKETS AT FIRE-AND-ICE.DMCITYVIEW.COM**

#### **EVENTS IN THE AREA**

Check for cancellations

#### 'The Iowa Files'

#### Third Sunday of the month, 2:30 p.m.

The West Des Moines Historical Society, in partnership with the West Des Moines Public Library, presents the fourth year of free educational programming, "The Iowa Files." Last year, thanks to funding from the EMC Insurance Foundation, the Iowa Arts Council and the Friends Foundation of the West Des Moines Public Library, all programs were live-streamed and the recordings captioned. For 2023, organizers are hoping to continue these opportunities that help provide access to more people. To watch any Iowa Files, visit www.wdmhs.org/the-iowa-files. The season's programs are being finalized, but upcoming programs are:

• Sunday, Jan. 15: State v. Novak, Murder & Arson in Walford

• Sunday, Feb. 19: Scraps of African Heritage Workshop

• Sunday, March 19: Rural Cathedrals: Iowa Barns

• Sunday, April 16: Button, Button, Iowa Had the Buttons!

• Sunday, May 21: UFOs in Iowa

#### **Oak Leafs games**

Various dates Home games at the MidAmerican Energy Company RecPlex, 6500 Grand Ave., West Des Moines

The Oak Leafs high school hockey team plays varsity home games on the following dates: Saturday, Jan. 28, 6 p.m. vs. Quad Cities (JV at 6 p.m.)

#### Day of Kindness - Sock Drive & Donuts

Friday, Jan. 27, 8-9 a.m. Businesses, leaders, students and

community members are encouraged to be intentional with acts of kindness on Jan. 27. Looking for



ways to participate? The Chamber is holding a sock drive for WDM Human Services through "Socks of Love." Bring new socks to the WDM Chamber office, 650 S. Prairie View Drive, Suite 110, and enjoy complimentary Hurts donuts.

#### 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.



#### 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. Early registration ends Jan. 31 with costs of \$99 for an individual, \$950 for table of 10, and a VIP table of 10 for \$1,200 (includes wine at table, forward seating, 20 raffle tickets). Feb. 1 and after, costs are \$129, \$1,250 and \$1,500 respectively. Early registration discount is applied at checkout. https://members.wdmchamber.org/events/ details/annual-dinner-wdm-prom-a-year-toremember-1693?calendarMonth=2023-02-01.



#### **Fire & Ice Pub Crawl**

Saturday, Jan. 21 from 1-4 p.m. Historic Valley Junction, West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at fireand-ice.dmcityview.com or \$30 at the door. **Des Moines Buccaneers** Buccaneer Arena, 7201 Hickman Road, Urbandale

This month's home games for the Des Moines Buccaneers. Find tickets and details at bucshockey.com.

• Jan. 13 at 7 p.m. vs. Waterloo Black Hawks

• Jan. 27 at 7 p.m. vs. Sioux City Musketeers

• Jan. 28 at 6 p.m. vs. Lincoln Stars

#### **EVENTS IN THE AREA**

Check for cancellations

#### Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team. More information at iowawild.com.

Jan. 16 at 2 p.m. vs.
Grand Rapids Griffins
Jan. 20 at 7 p.m. vs.
Milwaukee Admirals

• Jan. 21 at noon vs. Milwaukee Admirals

• Jan. 24 at

7 p.m. vs. Rockford IceHogs

• Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds

• Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds

#### **GALLERY EXHIBITS**

#### **ARTISAN GALLERY**

218, 218 Fifth St., West Des Moines artisangallery218.com

• Through Feb. 17: "A Thin But Powerful Difference: Race | Embodiment"

#### ANKENY ART CENTER

1520 S.W. Ordnance Road, Ankeny ankenyartcenter.org

• Through Jan. 17: Members Show

#### DES MOINES ART CENTER

4700 Grand Ave., Des Moines, desmoinesartcenter.org

• Through April 16: "Postcards," recent photography acquisitions

• Feb. 10 - May 7: "75 Years of Iowa Art"

#### **MAINFRAME STUDIOS**

## 900 Keosauqua Way, Des Moines mainframestudios.org

• Feb. 3: "Celebrate Center" First Friday open house, 5-8 p.m. Celebrates the historically Black neighborhood of Center Street with live music, art exhibitions and more.

#### 'An Evening With Dionne Warwick'

Saturday, Jan. 21 at 8 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines Spend your Saturday evening

with the legendary Dionne Warwick, six-time Grammy award-winner known for hits such as "Don't Make Me Over," "Walk on By" and "Say a Little Prayer." Jan. 21 also marks the 100th anniversary celebration of Hoyt Sherman Place. Reserved seating is \$75, \$99, \$125, \$140 or \$250. Highest-tiered tickets



include champagne and chocolate service. Learn more at hoytsherman.org.

#### Za-Ga-Zig Shrine Circus

Friday - Sunday, Jan. 27-29 Jacobson Exhibition Center, 3000 E. Grand Ave., Des Moines

The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to zagazigshrine.org. For event information and tickets, visit iowastatefairgrounds. org/event-calendar/za-ga-zig-shrine-circus.



#### CONCERTS

#### **DES MOINES SYMPHONY**

Des Moines Civic Center 221 Walnut St., Des Moines

dmsymphony.org

• Jan. 27-28: "Harry Potter and the Goblet of Fire™ in Concert"

#### HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines hoytsherman.org

- Jan. 21: Dionne Warwick
- Feb. 13: Bruce Cockburn

#### **TEMPLE THEATRE**

1011 Locust St., Des Moines dmpa.org

- Jan. 13: Somi Kakoma
- Feb. 26: Larry McCray

#### WELLS FARGO ARENA

223 Center St., Des Moines iowaeventscenter.com

• Feb. 10: Winter Jam 2023 headlined by We the Kingdom and Jeremy Camp

#### xBk Live

1159 24th St. Des Moines xbklive.com • Jan. 13: Danielle Nicole • Jan. 19: The Astronomers • Jan. 21: King Pari • Jan. 25: DSM Soundcheck

• Jan. 28: King Bartlett & The Royal Band ■



# Start your morning off right with an update from

# thedailyumbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



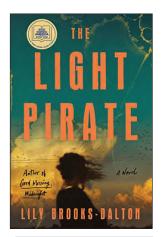
#### **BOOK REVIEWS**

# 'The Light Pirate'

Change is an incredible, inevitable, potent beast, and I don't think I've ever read a piece of fiction that more aptly illustrates that point. This is an incredibly sad story that somehow manages to feel timeless and almost fairy-tale-like in its melancholy.

Wanda is named in the midst of a monstrous tragedy, and a fitting name it is — the hurricane that changed everything for her family and the entire state of Florida. Bombarded by storms and an apocalyptic change in landscape, Florida is now nearly empty and almost unlivable. Still, Wanda stays, using her lifelong skills to survive along with a rich and unique community of people determined to find life in a time of extreme chaos.

Filled with unforgettable characters, terrifying nature and a startlingly prescient message, "The Light Pirate" is



By Lily Brooks-Dalton 12/6/22 336 pages \$28 Grand Central Publishing

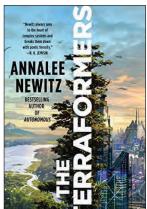
a phenomenal book for anyone looking for a deep story of resilience and humanity at the extremes. ■ — *Review by Julie Goodrich* 

## 'The Terraformers'

I love sprawling epics and interconnected stories. I love character-driven sci-fi even more. To top it off, I adore everything Annalee Newitz writes. Lo and behold, I absolutely loved their newest effort, "The Terraformers," a sci-fi epic presented as three interwoven novellas that managed to feel both huge and impactful while still clearly being an intimate character study across generations.

Meet the Rangers, a group that works to protect the environment of a planet set for development by corporations that want to sell that planet as a vacation property for only the wealthiest people. It's a dirty job, literally, and creates a number of scenarios and situations that offer an eerie parallel to our current times, despite being far in the future. The ramifications of the Rangers' actions over time form the plot of the story, but there are enough wild, silly and

hilarious situations and characters to carry the heavy plot with a lot of joy. By the end, I had fallen in love with Newitz's inventive, poignant writing all over again.  $\blacksquare$  — *Review by Julie Goodrich* 



By Annalee Newitz 1/31/23 352 pages \$28.99 Tor Books

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#### **INVESTMENT** By Andrei J. Murphy

# **SHOULD** you consider tax-loss harvesting?

Stock market losses can be rough on your portfolio's bottom line, but they may also offer the potential to reduce your tax liability and possibly buy shares at a discount. Whether this strategy - called tax-loss harvesting -



is appropriate for you depends on a variety of factors, including your current portfolio performance, your long-term goals, and your current and future taxable income.

#### Gains and losses

When an investment loses money, it's often best to look beyond current performance and hold it for the long term. Sometimes, though, you may want to sell a losing investment, which could help balance gains from selling an investment that has appreciated or reduce your taxable income even if you do not have gains.

Capital gains and losses are classified as long term if the investment was held for more than

one year and short term if it was held for one year or less. Long-term gains are taxed at a rate of 0%, 15%, or 20% depending on your income. Short-term gains are taxed at your ordinary income tax rate, which may be much higher than your capital gains rate.

For tax purposes, capital loses are applied first to like capital gains and then to the other types of gains; for example, long-term losses are applied first to long-term gains and then to short-term gains. Up to \$3,000 of any remaining losses can be applied to your ordinary income for the current year (\$1,500 if you are married filing separately). Finally, any remaining losses can be carried over to be applied to capital gains or ordinary income in future years. For most taxpayers, the biggest benefit comes when applying losses to short-term gains or ordinary income.

#### Selling, burying and washing

Some investors sell losing investments with the idea of harvesting the tax loss and then buying the same investment while its price remains low. In order to discourage this, the IRS has a wash-

sale rule, which prohibits buying "substantially identical stock or securities" within 30 days prior to or after a sale. This also applies to securities purchased by your spouse or a company you own.

It is impossible to time the market, but under the right circumstances, harvesting a tax loss and then buying the same security at least 30 days later (i.e., after the wash sale period expires) could potentially result in a lower tax liability when you sell that security later at a gain. This is most likely if you repurchase the security at a similar or lower price, and you are in a higher tax bracket at the time you take the loss than at the time you take the gain.

Tax-loss harvesting is a complex strategy, and it would be wise to consult your financial professional before taking action.

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC, Member SIPC, Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful.



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Andrei Murphy

President

105 W Salem Avenue, Indianola

#### **NEWS BRIEFS**

# **SPECIAL OLYMPICS** lowa inducts inaugural class into Hall of Fame

Special Olympics Iowa inducted the 2022 inaugural class of nine individuals into the Special Olympics Iowa Hall of Fame on Dec. 15.

The Hall of Fame class includes Bobby Johnson (Waterloo), Deb Eldred (West Des Moines), Jody Sheriff (Greenfield), Joe and Eileen Wilson (Cedar Falls), Kim Lively (Ames), Randy Spurr (Norwalk), Ron Miller (Muscatine) and Suzie Moorman (Corydon). The introduction ceremony was held at West48 at Blue Compass.

The mission of Special Olympics is to help persons with intellectual disabilities to participate as productive and respected members of the community. Hall of Fame inductees are individuals who continually strive to reach this goal by being leaders and innovators in the Special Olympics movement.

Eldred has volunteered with Special Olympics for more than 30 years. She served as an area director for many years, where she led a Games Organizing Committee. She also served as an event director at the Summer Games and State Bowling Tournament and served on the Special Olympics Iowa Board of Directors.

#### **CITY OF** West Des Moines promotes Ryan Penning to Parks & Recreation director

Ryan Penning, assistant director of Parks and Recreation, has been promoted to serve as Parks and Recreation director, effective April 1. Penning will fill the vacancy created by Sally Ortgies, who will be retiring at the end of March after 34 years of service to the city.

Penning was hired as superintendent of recreation for the department in May 2018 and has served as assistant director since January 2022.



nce Ryan Penning

He has more than 16 years of experience in parks and recreation and, in his current role, serves as a manager over the activities of

the MidAmerican Energy Company RecPlex and the City's Recreation divisions.

City Manager Tom Hadden said Penning's involvement in the Department's major initiatives and programs made him an excellent choice to become the next director. "I've had an opportunity to work with Ryan for the last several years, and I know he's the right choice to ensure a smooth transition and carry on the mission of the Parks and Recreation Department," he said.

Prior to his employment with West Des Moines, Penning worked for nearly 12 years for Ankeny Parks and Recreation. He received his bachelor's degree from the University of Northern Iowa in Leisure, Youth and Human Services. ■

# **CHAMBER** announces board of directors

The West Des Moines Chamber of Commerce (WDM Chamber) has announced its 2023 Board of Directors, a diverse group of leaders that will guide, serve and shape the WDM Chamber and West Des Moines community.

"Our 2023 Board of Directors is made up of key leaders in our city and region who represent a wide range of industries and businesses from small, medium and large," said Katherine Harrington, president and CEO of the West Des Moines Chamber of Commerce. "We are also pleased to announce that 35% of this year's board members represent minoritized communities and groups which will help us further our efforts for helping to push our region forward with diversity, equity and inclusion efforts."

"I am very much looking forward to serve as this year's board chair," said Jon Hummel, vice president of West Bank. "The West Des Moines Chamber has propelled in membership, programming, reach and influence greatly over the past two years, and I look forward to working with this expert group to help keep our momentum moving forward for our city and region as we continue to help make West Des Moines the best city in America to live, work and play."

#### Executive board members are:

Chair: Jon Hummel, VP Commercial Banking, West Bank Chair Elect: Paul Schut, technology advisor, Marco Treasurer: Terrence Thames, owner and creative director,

Cocoa Creative Agency Secretary: Dave Baccile, chief investment officer, NCMIC Past Board Chair: Angela Jackson, senior vice president,

Diversity, Equity, & Inclusion, Athene

**Board members with two-year terms:** Thomas Bosch; Maria Davis, R&R Realty Group; Tom Mulrooney, UnityPoint Health – Des Moines; Robert Palmer, Iowa League of Cities; Mark Peiffer, Des Moines University; Jennifer Smith, S&S Employment Partners; Marcia Treichel, JPMorgan Chase & Co.; Liza Veren, Athene.

**One-year appointees:** Crystal Brown, Wells Fargo; Harrison Kruse, CBRE | Advisory and Transaction Services; Kourtney Perry, Privacy, LLC & Ladie Lex Scented Candles; Art Sebastian, Casey's.

**City, community and chamber representatives:** Mayor of WDM: Renee Hardman, City Councilwoman; WDM Community School District: Dr. Matt Adams, superintendent; Waukee Community School District: Dr. Bradley Buck, superintendent; DMACC: Dr. Anthony Paustian, provost; WDM Leadership Academy: Jeremy Bielski, ITA Group; West YP: Nora Walsh, SVN CREATE; WDM Ambassadors: Anthony Kottke, Aureon; WDM Leads/Latino Trade Network: Amner Martinez, Infinite Resources.

To learn more about the West Des Moines Chamber of Commerce and the 2023 Board of Directors, visit wdmchamber. org. ■

#### **NEWS BRIEFS**

#### **FIREFIGHTER** included in national calendar

Nick Pearson, firefighter from the Johnston Grimes Metropolitan Fire Department, shares the honor of Mr. June in the American Lung Association's 2023 Fight For Air Climb Firefighter Calendar, which honors first responders from across the United States. Every year, thousands of firefighters race up hundreds of stairs in full firefighter gear weighing more than 40 pounds during American Lung Association Fight For Air Climbs in more than 40 cities nationwide.

Pearson, of West Des Moines, was chosen as one of the Lung Association's top Fight For Air Climb firefighters nationwide. This is his seventh year participating, and he raised \$200 this year. "We're so proud of and excited for Nick being honored in the 2023 Fight For Air Climb Firefighter Calendar. He truly deserves this recognition. He is not only out there saving lives every day, but he also trains and fundraises for events like the Fight For Air Climb in his free time," said Micki Sandquist, executive director of the Lung Association in Iowa. "We invite other firefighters and first responders in the Des Moines area and across Iowa to join our Fight For Air Climb to help support our vision of a world free of lung disease."

The mission of the Lung Association hits close to home with firefighters. Respiratory diseases remain a significant health issue for firefighters and emergency responders. Firefighters are at a higher risk to develop chronic issues, including lingering cough, hoarseness, asthma and allergies and, in more extreme cases, may be diagnosed with lung or bronchial cancer. The 2023 calendar also includes fire safety tips, statistics on how fires affect our lung health and tips for your Fight For Air Climb. All proceeds will support the American Lung Association's mission to save lives by improving lung health and preventing lung disease through education, advocacy and research. To purchase the Fight For Air Climb Firefighter Calendar, visit Lung.org/calendar. To register for the upcoming 2023 Fight For Air Climb in downtown Des Moines on March 26, visit FightForAirClimb.org/DesMoines.

#### **CHAMBER** awards Ambassador of the Year and runner up

The West Des Moines Chamber of Commerce announced Allison Petersen as 2022 Ambassador of the Year and Martha Munro as runner up. The WDM Chamber Ambassadors are the welcoming arm of the chamber and help support member retention and growth year-round. Ambassador of the Year is determined from a point system awarded based on engagement and involvement throughout the year.

Allison Peterson has been a member of the WDM Chamber and an ambassador for three years. She is currently a comparison insurance agent at Liberty Mutual Insurance Company. Allie is heavily involved in the community. She devotes time to being a part of the Home Builder's Association, Professional Women in Business, Liberty Torchbearers, Iowa Citizens for Community Improvement, Brewing Up Business and more. For fun, you can find Allie performing as a local fire performer with Sabba Circle.

"Being an ambassador for the WDM Chamber has given me a broader perspective of all the needs within our community," Peterson said. "It has provided a platform for discussion on how we can improve and allows us to brainstorm as a group on how we can accomplish that together and do what is best for our city and community. It has been a meaningful place to grow relationships, simultaneously helping individuals as well as our local businesses and build long-lasting relationships."

Martha Munro is an advertising account executive for Iowa Living Magazines, which includes West Des Moines - Jordan Creek Living magazine, which has been a member of the West Des Moines Chamber for 10 years. Martha has been an ambassador for the past two years. She is is highly engaged in the chamber, and you can count on seeing her at different events throughout the community.

"I truly love the community relationships that are built within the ambassador program," said Munro. "I enjoy the opportunity of meeting so many businesses and individuals that want to grow and make the West Des Moines community a better place. The West Des Moines Chamber ambassador program is a valued resource within the community, and I am honored to be part of it."

More information and an application to apply to the Ambassador Program can be found on the WDM Chamber website.

#### **FLORIAN** honored as 2022 ACCE 40 Under 40 recipient

West Des Moines Chamber of Commerce Senior Director of Membership and Strategic Marketing Tom Florian was named a 2022 40 Under 40 honoree by the Association of Chamber



Tom Florian

of Commerce Executives (ACCE) on Monday, Nov. 21. The program recognizes the top emerging leaders in the chamber of commerce industry who have demonstrated success in their careers and made significant contributions in the communities they represent.

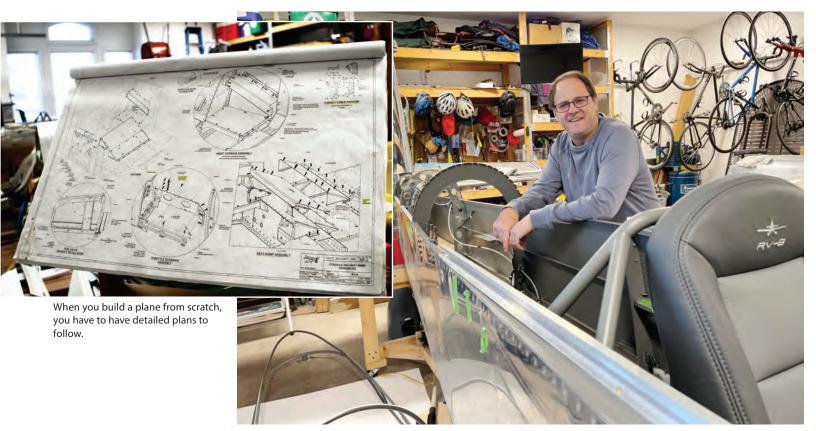
"Tom is a rising star who is devoted to helping our city, community and region thrive," said Katherine Harrington, president and CEO of the WDM Chamber. "He is a driven professional committed to serving our members and community while being heavily involved in a number of other nonprofit and community boards and organizations."

Honorees were selected following a national nomination process that required nominators to provide a variety of information about each nominee and their service to the chamber and community. The list includes CEOs and staff professionals from a wide variety of roles and chamber sizes.

"I am grateful and honored to receive this recognition from the ACCE," said Florian. "This award is a culmination of collaboration with my incredible team, our members, city leaders and overall community, and I look forward to continuing to serve our region at the highest level possible." GARAGE By Jackie Wilson

# **DAVE** Vaughan

Building a plane in garage



Dave Vaughan has a project unlike most found in area garages. He's building a plane.

When people tinker around in a garage, a project might take a few days or weeks to complete — that is, unless you're Dave Vaughan building an airplane.

It's not a model airplane. It's a fully aerobatic, two-seat, high-performance plane that can travel 200 mph.

He began the project three years ago in his basement. He purchased a kit, Van's RV-8, as well as kits for the wings, fuselage, tail and engine. A thick, oversized binder of a written step-by-step manual and an extensive blueprint is essential to building it.

After he completed the wings in his basement, it came time to build the body of the plane, which barely fit in his garage. He parks his vehicle outside; however, his wife can park inside.

"My wife is a saint for letting me use the garage," he says.

Dave got his private pilot's license in high

school. He began building a plane about 30 years ago but quit to raise a family. After his two daughters were grown, he realized the kits had improved.

"I've always wanted to build my own plane."

He says he is not mechanically inclined; however, he's adept at following instructions and checks off each step when completed. When he first purchased the kit, he met up with a group of people who had already built planes and gave him advice about using specialty tools. If he breaks a part, he has a wide variety of support from the company and an online community.

"John, the owner at Village Blacksmith in Valley Junction, has been very helpful," he explains. "I was stuck trying to figure out a problem, and a guy from Switzerland sent 50 pictures to help."

He hopes to complete the airplane

sometime in 2023. He'll put the rest of the plane together at a hangar in Winterset. The FAA needs to inspect it before he can officially take off. He feels confident it will fly safely.

"It's not like building a Cessna. We don't have a profit motive to get it done quickly. We go over every detail and test every single screw. It takes four weeks to test and retest every part."

He spends 10-15 hours on the weekends and works a little each night. He likens it to any other hobby that takes time and effort.

"It's nice to have a vice. I like to work with my hands. It's a big challenge and takes a mental aspect to figure it out," he says. "If I was golfing, at the end of the day, I might have a birdie. With this hobby, I'll have an airplane to show for it. It will be a monumental accomplishment once it's done."

#### LEGAL

By Ross Barnett

# **REASONS** to update an estate plan

In our practice, we see many clients who have an outdated estate plan. Even if you have a will and powers of attorney, they may not meet your current needs. Here are three problems to watch out for:

#### You named the wrong executor or trustee

Your executor or trustee should be someone you trust. Outdated estate plans often name fiduciaries or successor fiduciaries who are no longer suited

for the position. An executor named years earlier may be too old or may have died. A trustee who will be in charge of managing assets may no longer be close to the family. A guardian may not be necessary if your children are no longer minors.

#### Your children are older

When your children are young, your primary goal is to name a guardian to help raise them and provide a structure (often by trust) for management of money. If your child is now an adult, these concerns may no longer be relevant.

Perhaps your children will now take over the role of executor or trustee. Or, if your child isn't financially responsible, maybe you want to extend that trust to provide continuing oversight of assets. You may have new issues arise as well, such as preserving an inheritance for grandchildren or protecting it from divorce.

#### Your medical authority is defective

The Health Insurance Portability and Accountability Act (HIPAA) was passed in 1996 to establish national standards for protecting the confidentiality of medical records. As a general rule, your powers of attorney — medical directives, living wills and durable financial power of attorney — should contain stipulations waiving HIPAA protections so that your agent can communicate with your physician about your care.

These provisions ensure that your doctor can share important information about you so that your agent can make informed health care decisions. Without these protections, doctors may be unwilling to share medical information. If your powers of attorney are old enough, they may not even reference HIPAA.

It is important to review your estate planning documents every so often due to ever-changing tax laws and major life events. You should consider revisiting your plan every 3-5 years. Life can change, and it is vital to meet with your attorney to avoid potential pitfalls. ■

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









#### 18 West Des Moines - Jordan Creek Living magazine JANUARY | 2023 www.iowalivingmagazines.com

#### HEALTH By Ashley Powell THC content and benefits of hemp

This is hemp-derived, that's hemp-derived. What's up with all this hemp? Is it marijuana? What's the difference? Scientifically, there's not much difference between hemp and marijuana. It's really the law that separates the two. According to the law, hemp is the strain of the cannabis sativa plant that contains .3% or less of THC by dry weight. Marijuana typically contains 5-30% THC. The cannabis industry has flourished in states where marijuana is illegal due



to the 2018 Farm Bill that legalized industrial hemp. The seeds and oil from hemp are rich in protein, fiber and magnesium. They also contain high levels of Omega-3, which contribute to relief from symptoms of discomfort and improve heart and skin health. Besides its wellness effects, fibers from hemp stalk are extremely strong and have been used for more than 2,000 years as material for clothing, construction and food supply. Hemp cultivation is exceedingly more environmentally friendly versus crops such as flax and cotton. It grows quicker and under a wider array of conditions. It can absorb carbon from the air and transform it into plant materials, and it can decontaminate soil by absorbing harmful heavy metals and turning them into harmless plant matter. Since THC is so popular, the spotlight on marijuana plants seems brighter. Fortunately, hemp can provide many of the same benefits. Ask your local cannabis retailer for more information, and you're likely to discover how going heavy on the hemp will get you the results you're looking for.

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.

#### HEALTH By Monica Meier

### **TAKING** care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday



traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'.

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

#### SENIOR LIVING By Paula Spidell

# **YOGA** for senior life

Most people think of yoga as an activity where you twist and stretch your body into impossible and painful positions, but it could not be farther from the truth. Yoga is an ancient Indian discipline that involves mind, body and spirit. Practicing it regularly brings a host of physical and mental health benefits to make mature living a lot more enjoyable.



As an exercise, yoga not only tones

and strengthens muscles, it works on sharpening what is called proprioception — your sense of body position in space. Because yoga's many standing poses help seniors strengthen ankles, it can help improve balance. This is a huge benefit when you consider falls are the leading cause of injuries in advanced age.

Doing yoga helps lubricate joints by circulating synovial fluid. The main function is to nourish the cartilage and reduce friction between bones, making it easier and less painful to accomplish everyday tasks.

As a form of resistance training that uses a person's own body weight to strengthen and build muscles, yoga can help manage Type 2 diabetes. This kind of exercise has been proven effective in regulating glucose levels by helping cells convert more sugars in the bloodstream into energy.

Yoga can slow osteoporosis. By putting gentle pressure on the bones, yoga stimulates the production of new bone matter, which is less likely to fracture in a fall.

A majority of seniors are concerned about managing high cholesterol levels. Many studies have shown that yoga can help lower the high levels of LDL/bad cholesterol that raise the risk of heart disease.

Doing gentle yoga has been proven to help seniors lose weight. According to a study conducted on adults in their 50s by the Fred Hutchinson Cancer Research Center in Seattle, those who did yoga once a week for four years or more lost an average of 5 pounds.

In terms of mental benefits, yoga puts the body into a relaxed state, which helps ease stress that would otherwise worsen high blood pressure. It also helps lower your heart rate, decrease anxiety and improve respiration.

By combining movement, controlled breathing and meditation, yoga boosts levels of gamma-aminobutyric acid (GABA) - a neurotransmitting brain chemical with a calming effect on the nervous system. The boost in GABA promotes a deep sense of peace and wellbeing that can reduce the risk of depression.

Seniors often have trouble breathing because their respiratory systems have slowed or because they have a lung condition. Yoga helps people become more mindful of every breath they take.

While most every kind of exercise is good for older adults, the health benefits of yoga for seniors go far beyond the physical by harnessing the combined restorative powers of the mind, body and spirit. 🔳

Inviting seniors into an active, engaged lifestyle is a healthy proposition. But MorningStar goes further, offering a life characterized by opportunities to give back — the truest definition of wellness. Information provided by Paula Spidell, executive director, MorningStar at Jordan Creek, 525 S. 60th St., West Des Moines, 515-505-7155.

#### By Dr. Josiah Fitzsimmons, DC, BCN

#### **DRUGS** are not the answer to neuropathy

Neuropathy can be a challenging condition. It isn't a disease. Rather, it is the result of a disease, illness or injury. Getting to a diagnosis of neuropathy can also be a challenge and often results in a prescription for pain medication.

People who suffer with neuropathy may not even know they have neuropathy. They may go to their primary physician and tell them about their symptoms, which may include tingling or numbness



in their legs, hands or feet. Perhaps they are having balance problems or the pain in their feet is so bad that even walking is a challenge. The typical diagnostic exams and tests are not necessarily conclusive enough to determine a patient has neuropathy. The physician may just scratch their head and send the patient home with a prescription for something to ease the pain. These drugs, while not considered opioids, can become problematic if misused, and some patients can become physically dependent on them if not taken as prescribed. A true neuropathy diagnosis requires several neurological tests to determine if nerves are damaged and, if so, to what extent. If you suffer from neuropathy, don't just take a pill to relieve the symptoms. Seek out a healthcare professional who is board certified in neuropathy to diagnose and treat neuropathy. Today's state-of-the-art treatments are safe, non-invasive, painless and FDA-cleared. Don't wait to seek treatment, because nerve damage continues to worsen without it.

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



#### RECIPE

### ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

#### Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More Prep time: 15 minutes Cook time: 15 minutes Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

#### DIRECTIONS

• Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

#### 15-minute weeknight pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More Prep time: 5 minutes Cook time: 10 minutes Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest
  1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley
- (optional)
- Parmesan cheese (optional)

#### DIRECTIONS

- Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.
- In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Saute vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.
   Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust
- seasonings, as desired.



Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.

#### **By Kendel Richlen**

# **THE YEAR** for savings

HVAC

Looking for new ways to save this new year? Saving money is usually on most people's resolution list, but sometimes this is a tough goal to achieve. Start simple and make some changes at home by looking at how your HVAC system is affecting your energy bills.



Your HVAC system is the highest energy consumption appliance in your entire home, and because your energy bill is a huge portion of your monthly bills, it's important to know how to save as much as possible.

Know the efficiency of your equipment — air conditioner, furnace, heat pump, etc. The higher the efficiency, the less energy is needed to run the equipment. Older HVAC systems have poor efficiency ratings which is why you should compare that to a newer, more efficient system. New systems can have an AFUE of 95%. The longterm savings can be shocking.

What is out of sight is out of mind, but don't assume that your HVAC system is running at peak performance. As it ages, it naturally becomes less efficient. Ensure that your HVAC system is performing as it should, otherwise, this, too, can affect the amount of energy that is needed and increase your bills. Poor performing equipment can result in continuous on and off cycling and a system that is struggling to maintain your home's temperature. Regular annual maintenance is a must on your car just as much as it is for your HVAC system. Routine maintenance helps ensure that your equipment is running at peak performance and can possibly save you from costly repairs and breakdowns in the future.

Another place to check is your ductwork, doors and windows. All are notorious for leaks and can make it impossible to maintain that desired comfortable temperature in your home. Simple DIY strategies such as caulking and weather strips can fix some leaks, while others require a professional. You can go a step further and have an energy audit performed. The specialized equipment that is used in these tests will be able to pinpoint the leaks in your home.

Gradual increases on your energy bill are to be expected, but big increases are not and are an indication that something is wrong. Go into this new year with savings in mind. Just by implementing one of these energy savings tips on your New Year's resolution list will promote monthly savings.

Information provided by Kendel Richlen, owner, 72 Degrees Comfort Company, 811 S.W. Ordnance Road, Ankeny, 515-200-2728. Y E A R

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LIBRARY

# **RING** in the New Year at the WDM Public Library



As we reflect on 2022 and celebrate ringing in 2023, we wanted to share our most popular titles that circulated at the library this past year. We also want to highlight some of the exciting events to look forward to in 2023. We hope you join us.

#### Top 5 adult titles in 2022

- "The Love Hypothesis" by Ali Hazelwood "Wish You Were Here" by Jodi Picoult "A Flicker in the Dark" by Stacy Willingham "The Paris Apartment" by Lucy Foley
- "The Overnight Guest" by Heather Gudenkauf

#### Top 5 young adult titles in 2022

"We Were Liars" by E. Lockhart "Anatomy: A Love Story" by Dana Schwartz "I Must Betray You" by Ruta Sepetys "Loveless" by Alice Oseman "Gallant" by Victoria Schwab

#### Top 5 children's titles in 2022

"Big Nate: Top Dog" by Lincoln Peirce "Barb the Last Berzerker" by Dan Abdo "Just Roll With It" by Lee Durfey-Lavoie "The Smart Cookie" by Jory John "The Pigeon Has to Go to School!" by Mo Willems

#### LIBRARY

#### JANUARY 2023 EVENT HIGHLIGHTS

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

• Furry Friends Donation Drive, Tuesday, Jan. 3 - Tuesday, Jan. 31. Sadly, January is a month with one of the highest surrender rates at shelters. To help these animals in our community, we will be hosting a donation drive to support Furry Friends Refuge throughout the month. We'll be collecting towels, clay cat litter, dog treats, dog/cat food without red dye and critter toys.

• Model Trains Display, Saturday, Jan. 14, 9 a.m. to 5 p.m., and Sunday, Jan. 15, 2-4 p.m. Stop by the West Des Moines Library to see the DesMoinNTrak's N-scale working layout. This event is open to adults and children of all ages. Make sure to stop by the Children's Department for a fun train craft before you leave. No registration needed.

• Step Back in Time: Historical Fiction Book Group (for adults), Thursday, Jan. 19, 7-8 p.m. Hosted at the Jordan House, 2001 Fuller Road. Our new Historical Fiction book group discusses titles from a wide variety of times/places/people. Join us for a discussion of the book "Woman of Troublesome Creek" by Kim Michele Richardson. Registration required. • Was the Book Better Than the Movie: "Death on the Nile," Saturday, Jan. 28, 1-4 p.m., for adults. Read the book beforehand (if you like), and then come and enjoy a good movie, followed by some lively discussion about the differences between the two. This month's movie selection is "Death on the Nile" (the book is by Agatha Christie). No registration required.

#### WEST DES MOINES PUBLIC LIBRARY

4000 Mills Civic Parkway West Des Moines 515-222-3400 www.wdmlibrary.org Monday - Thursday, 9 a.m. to 9 p.m. Friday, 9 a.m. to 6 p.m. Saturday, 9 a.m. to 5 p.m. Sunday, 2-5 p.m.

• Sensory Spaces at WDM Library, Sunday, Jan. 29, 1-2 p.m., for all ages. Sensory Spaces are offered by metro-area libraries during special hours for members of the public who appreciate a sensory-friendly environment. These sensory times will offer quieter browsing, special programming and other adaptive services that will vary by location.

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# out & about **RIBBON** Cutting

West Des Moines Chamber of Commerce hosted a ribbon cutting for ProMedica Hospice, 1701 48th St., No. 220, on Dec. 9.



West Des Moines Chamber of Commerce hosted a ribbon cutting for ProMedica Hospice, 1701 48th St., No. 220, on Dec. 9.



Nick Olmstead and James Curry



Elizabeth Martin, Carlie Dever and Laura Welsh



Joseph Beedon and Mason Powers



Allison Petersen and Anna Doud



Tia Wolett and Lacey Galetich



Tom Florian and Heather Raver



Jay Mathes and Allison Petersen



Laura Ingamells, Alicia Krehbiel and Ruth Ebke



Rob Reinard, Katherine Harrington and Candice Police

# out & about **SANTA** Visit

Santa visited Family Pet Veterinary Center for photos with pets on Dec. 10.



Anne Boal and Sadie



Kayla Hughes, Kourtney Chance and Allie Brockett



Sarah Kuhlman and Chelsea Musick



Archie and Heather Wilkerson



Ben Fredregill and Midge



Devan Donato, Sam Cummings, Wayne, Wyatt and Winston



Danzig and Santa



Happy Holidays from the staff at Family Pet Veterinary Center.



Marisol, Dr. Jen, Daisy, John and Donovan Mathis



Pepper and Santa



Echo and Santa



Neko, Kalle and Santa



#### **CLASSIFIEDS**

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