

JORDAN CREEK

NOVEMBER 2022

Living

MAGAZINE

The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

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EDUCATION

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RECIPE

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WELCOME

IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery in Grimes. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.



Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too.

That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you for reading. ■

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The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

By Jackie Wilson

While Veterans Day falls on Friday, Nov. 11, each day of the year can present an opportunity to celebrate our veterans and to recognize the contributions they have made — and continue to make — to their country and community.

Regardless of the military branch of service, peacetime or wartime, those who have served our country have made sacrifices, and, for those, we salute them and the organizations they represent. While World War I and World War II veterans shaped the veterans' organizations we know today, it is the veterans of subsequent generations who will determine the future of those groups.

Jake Chapman, 91, of West Des Moines volunteers for two veteran organizations, the honor guard and the Iowa Gold Star Military Museum. Photo by Jackie Wilson

FEATURE

VFW Post 8879

Valley Junction's Emerick-Williams VFW Post 8879 celebrated 75 years last year. Commander Gregory Allen took command of the post two years ago.

Allen, who served during Operation Desert Shield/Desert Storm in the U.S. Army, became involved with the VFW later in life, when the busyness of raising a family and working full-time eased.

Now that he's joined the VFW, he says he's become more aware of the importance of veterans' organizations.

"I didn't know how much the VFW and other veterans' organizations help impact veterans' lives," he explains. "The commander in chief reports to Congress and lobbies for veterans. They help veterans' rights, such as getting compensation for veterans who may have been injured or affected by toxic chemicals during their service. Our commander in chief is passionate about what he gets done for veterans."

The VFW Post 8879 has about 100 registered members. Most are retirement age, Vietnam or Desert Shield veterans. Allen explains why younger veterans may not join the VFW.

"When they get home from deployment, they want to spend time with their families, not those they were deployed with," he says.

Allen is concerned about the lack of younger veterans.

"We're starting to get a few younger members, which makes me excited," he says. "If we can get activities that involve families, then we'll grow. I've got a lot of hope for the future."

The Post frequently involves the community at holiday time, coordinating holiday baskets for Thanksgiving and Christmas and selecting a needy family to sponsor from a West Des Moines school. They donate baskets to older, shut-in veterans. Last year, they gave 20 Thanksgiving baskets and 22 Christmas baskets.

"We have a World War II veteran who helps coordinate the baskets," he says.

This year, the post set up a street party during the Valley Junction Farmers Market, providing a bounce house and kids' games.

"Kids had a great time," says Allen. "It was



our first event, and we want to have more of these to attract the younger veterans and their families."

One way they raise money for veterans is through the poppy sales.

"Every year, the poppy sales are important to keep funds going. The more we raise, the more we can help out veterans," he says.

He knows that veteran homelessness is an issue.

"Some veterans enjoy living in the woods. They don't want to follow rules, and they haven't figured out how to turn backwards as a soldier. Some homeless use the veterans sign on the street corner to draw sympathy."

He encourages people to help out with donations of goods, money or food at Polk County Veteran Affairs in Des Moines.

"The second Tuesday of the month, they are lined up for hours to obtain food or clothing. Come down and see these people and give them something to keep them going," he suggests.

Allen appreciates it when the public thanks him for his service and suggests thanking a veteran whenever you see them. He feels more awareness is needed regarding local veteran services.

"I don't see enough publicity for veterans. I think you see it in the news about the big veterans' wall or memorials, but not about local posts."

Allen says he is glad he's become involved with the VFW.

"This is the best thing I've gotten into in a long time. The VFW is a really good comfort to help veterans. I feel good I'm able to help guide people," he says. "We always welcome new members. If you are a veteran, please come and see us."

Korean War veteran, honor guard

C.L. "Jake" Chapman, a Korean War veteran, spent five and a half years in the military and worked nearly 50 years in the corporate world. One might think it's time to rest after all his years of service to the public and private sector. But, at age 91, Chapman thinks differently.

These days, he spends time serving other veterans by volunteering in several capacities.

As a young man, Chapman served in the Navy Reserves before becoming a Marine. He then served in the Korean War and, when he returned from Korea, he served 16 months in the California desert to fulfill his obligations.

FEATURE



The honor guard stands at attention while Iowa Guard members Ian Faeth and Dylan Benischek carry in a U.S. flag at the Iowa Veterans Cemetery. Photo by Jackie Wilson

Once he completed his service, he hoped to return as a carpenter apprentice — a career he'd chosen before service.

"That didn't work out. I almost went back to the service because I couldn't find a job," he recalls.

He finally found a job with Northwestern Bell. He retired and did contract work up until he was 77 years old.

In his 70s, he became a volunteer with the Iowa Gold Star Military Museum at Camp Dodge in Johnston. He gives tours to school

kids, often explaining his service in the war.

"We explain the different wars. We go over the artifacts in the museum," he explains. "The kids love to see what a periscope in a submarine is like or to look at the F-16 plane."

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FEATURE

at the age of 90, he joined the Honor Guard. The Honor Guard attends funerals of veterans, providing a three-volley salute or 21-gun salute.

"It's the military person's final honor. It's important to do that for them."

Though he may not know the deceased, he wishes he'd been able to speak with them during their life.

"As an honor guard, I wonder what the person who passed was like. What did they do in the service?" he asks.

He participates in at least five funerals a month. Most members of the honor guards are older than 60, and he hopes the younger veterans will participate.

"I'm not sure the younger generation will participate. They don't teach a lot of history about the wars. Regardless of Marine or Army, it's a brotherhood that goes on."

Over the years, several dozen people have seen Chapman wearing his war veterans' hat and bought his dinner.

"It makes me feel good I did serve, and I appreciate when people acknowledge that."

He says the best way to honor veterans is by



Honor Guard members Dan Clayton, Carl Moll, Jake Chapman, Ken Stinson, Chuck Smith and Terry VandeKamp. Photo by Jackie Wilson

supporting veterans' organizations, especially those helping veterans struggling with PTSD. He suggests people volunteer or donate funds.

"As a 91-year-old, if you sit down and don't do anything, it doesn't help mentally or physically. Do something," he suggests. "Volunteering is rewarding." ■

Assistance and support for veterans

Polk County: www.polkcounty.gov; click on Veterans Affairs

Iowa: www.va.iowa.gov

Veterans crisis line: 1-800-273-8255

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NEWS BRIEFS

COLORING contest winners named at Iowa State Fair

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

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



Lina Yu of West Des Moines is honored at the Iowa State Fair. Photo courtesy of Iowa Agriculture

FOUNDATION recognizes 600 Families of the Fallen

More than 600 families across Iowa received an unexpected gift on their doorstep recently. In coordination with Survivor Outreach Services, the Deb and Jeff Hansen Foundation and Iowa Select Farms sent all families of fallen service members in the Survivor Network a garden flag in honor of their lost family member.

"These soldiers bravely served our country and should be remembered and honored for their sacrifice," said Madison Lafrenz, program manager of the Deb and Jeff Hansen Foundation. "We want their families to know we also remember the fallen and understand the sacrifice they made to protect our freedoms."

Each garden flag carries an image of a battlefield cross capturing the symbol of the boots, rifle and helmet traditionally used as a symbol to honor soldiers who died in combat. The flag and packaging bear the words "remember and honor" and include yellow stitching and stars representing the Gold Star Lapel Button awarded to Gold Star families.

Gold Star Mother's Day is traditionally observed on the last Sunday in September. The day is for honoring families of those who have received The Gold Star — the military award no one wants. The award commemorates the tragic death of a military member who has perished while in the line of duty and hopes to provide a level of comfort to the parents and families who are left behind.

This is the ninth year the Deb and Jeff Hansen Foundation's Project: Food and Fellowship program has provided families of the fallen with a special gift. ■



Deb and Jeff Hansen Foundation recognizes 600 Families of the Fallen on Gold Star Mother's Day.

THE REMEDY for holiday blues

Holiday merry-making is wonderful to see and share. In a stressful world, how welcome is this special season of refreshment for body and soul.

And yet, just as often, these months can be melancholy ones... whether it be the poignancy of the Christmas Story or the dormancy of winter or the tensions of family gatherings or just the close of another year.



This melancholy can be amplified in the hearts of seniors, who must also contend with the challenges and losses of advanced age. What is difficult to cope with every day of the year becomes even more wistfully difficult now.

As the caregiver or family member of an older adult, make it your responsibility to be a Joy Bearer. Start with the profoundly important gift of your presence. Senior hearts are lifted (as any of our hearts are) through community and companionship. Social isolation should come with a Surgeon General's warning. It's that dangerous. We were made to be in relationship with each other.

Once together, try one of these blues-busters:

- Bring out vintage home movies and photo albums, and repeat the funniest stories you know. Navigate nostalgia toward only the best of memories.
 - Play favorite Christmas music and classic movies.
 - Write holiday cards in longhand (a ministry for the writer and the receiver).
 - Visit a never-before-seen attraction in your town (museum, restaurant).
 - Attend a holiday program at the local church or school.
 - Tour the Christmas lights in your neighborhood.
 - Make holiday cookies for neighbors, family and friends.
 - Try your hand at handcrafted gifts; the Internet is teeming with ideas.
 - Pick up a songbook and sing your heart out.
 - Decorate your halls with boughs of holly. Don't forget the lights.
 - Host a holiday party and attend any to which you would be welcome
 - Volunteer around town, fitting the opportunity to the limitations of the senior.
 - Make it a lovely evening at the ballet or theatre. Dress festively.
 - Eat healthier, choosing fresh foods packed with nutrients. When your body feels better, your mood naturally lifts.
 - Indulge in spa treatments: a great haircut, a hot shave, a pedicure.
 - Make a point of calling (or Skyping) friends, new and old.
 - Pull on your coat and take a walk. There's nothing like fresh air and sunshine to freshen the spirit.

The blues can creep in on any of us at any age or time of year. But we need not be stuck in the gloom. Choose joy. Intentionally create moments of joy. Treasure joy as you would a precious stone. Blessings to your family from ours. ■

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.

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EVENTS IN THE AREA

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

Check for cancellations

'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 2022/23, organizers are hoping to continue these opportunities that help provide access to more people. To watch any Iowa Files, visit <https://www.wdmhs.org/the-iowa-files/>. The season's programs are being finalized, but upcoming programs are:

- Sunday, Nov. 20: Orphan Trains in Iowa
- Sunday, Jan. 15: TBD
- Sunday, Feb. 19: Scraps of African Heritage Workshop
- Sunday, March 19: Rural Cathedrals: Iowa Barns
- Sunday, April 16: Button, Button, Iowa Had the Buttons!



Breakfast with Santa and Mrs. Claus

Dec. 11, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



Veterans Day program

Friday, Nov. 11, 9 a.m.

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

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

Author Series

Various dates

West Des Moines Library Community Room, 4000 Mills Civic Parkway

The West Des Moines Library Friends Foundation's 2022/2023 Author Series has begun. The next event features **John Mahoney** on Tuesday, Nov. 22, 6:30-8 p.m. In his debut book, Mahoney, a safety for Notre Dame from 2017-2020, discusses his experience inside the school's playoff run during "the craziest season in college football history."

Wine, Craft Beer & Cheese Party

Tuesday, Nov. 15, 5:30 p.m.

Raccoon River Park Nature Lodge, 2500 Grand Ave., West Des Moines

The Rotary Club of West Des Moines is hosting this 21-and-older-only event. Suggested donation is \$25-plus per person. Reservation deadline is Friday, Nov. 11 at 8 p.m. at <https://givebutter.com/wdmrotarywine>.



Elks Pancake Breakfast Buffet and Bake Sale

Sunday, Nov. 13, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for only \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The breakfast is held the second Sunday of the month. All proceeds support the Elks Hoop Shoot Program and other youth activities.



Medicare Advantage Seminars

Wellmark Advantage Health Plan is offering in-person seminars for individuals who have questions or are looking to enroll in Medicare Advantage during the annual enrollment period, which occurs from Oct. 15 through Dec. 7. Medicare Advantage seminars are free to attend and are offered to anyone considering their Medicare options. Topics covered include: Medicare basics, how Medicare Advantage plans work, questions to consider before choosing a plan, and how to enroll. To register for a seminar, visit [Wellmark.com/Attend](https://www.wellmark.com/Attend).

Seminar dates and locations include:

- Tuesday, Nov. 15, 5-6 p.m., Waukee Community Center, 675 Walnut St., Waukee
- Wednesday, Nov. 16, 9-10 a.m., Holiday Inn Hotel & Suites, 4800 Merle Hay Road, Urbandale
- Tuesday, Nov. 29, 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines
- Wednesday, Nov. 30, 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines
- Thursday, Dec. 1, 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

For accommodation of persons with special needs at meetings, call 800-213-3771 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday and some weekend hours. Interested individuals can get personalized support and walk through the options by contacting their authorized independent agent or by contacting Wellmark at the above number and hours. To learn more, visit [Wellmark.com/Medicare/Advantage](https://www.wellmark.com/Medicare/Advantage).

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Jordan House Museum tours

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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.



Tallgrass Theatre Co. production

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

"Miss Bennett: Christmas at Pemberley,"
will be performed. Go to tallgrasstheatre.org
for more information or to buy tickets.

'She Loves Me'

Dec. 2-11

Ankeny Community Theatre, 1932 S.W.
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This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at ankenycommunitytheatre.com. ■



LIVE MUSIC

From classical music to classic rock, find a concert to attend this fall. More and more are being scheduled every day, so be sure to check back with venue websites.

DES MOINES CIVIC CENTER

221 Walnut St., Des Moines
dmpa.org

- Nov. 13: Joe Bonamassa at 8 p.m.
- Dec. 23: Mannheim Steamroller Christmas at 2 p.m. and 7:30 p.m.

DES MOINES COMMUNITY ORCHESTRA

Sheslow Auditorium, 2507
University Ave., Des Moines
desmoinescommunityorchestra.org

- Dec. 4: Handel's "Messiah" will be performed at 2 p.m. at Grace United Methodist Church, 3700 Cottage Grove Ave., Des Moines

DES MOINES SYMPHONY

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

- Nov. 19-20: "The Planets"
- Dec. 31: "New Year's Eve Pops: Frank & The Great Ladies of Song"

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines
hoytsherman.org

- Nov. 12: The Black Jacket Symphony performs Led Zeppelin IV at 8 p.m.
- Nov. 14: Indigo Girls with special guests Chapel Hart at 7:30 p.m.
- Nov. 17: Dropkick Murphys with Jaime Wyatt and Jesse Ahern at 7:15 p.m.
- Nov. 22: Steve Vai performs the "Inviolable Tour" at 8 p.m.

TEMPLE THEATER

1011 Locust St., Des Moines
dmpa.org

- Nov. 13: Amy Helm at 7:30 p.m.

WELLS FARGO ARENA

223 Center St., Des Moines
iowaeventscenter.com

- Nov. 16: Hillsong United and Chris Tomlin at 7 p.m.
- Nov. 17: Eagles in the "Hotel California 2022 Tour" at 8 p.m.

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DUEKER creates club to promote patriotism

Youth members taught love of God and country

Most adults know what it means to be a veteran and have grown up learning to respect them. But what about today's children? Julie Dueker of West Des Moines wants to instill patriotism in the younger generation. To that aim, she formed the Young Patriots Club in 2016.

The Young Patriots Club is a community group consisting of kindergarten through 12th graders. The club's mission is to honor God and uplift "American heroes" while developing servant leaders.

"First, we teach that Jesus made the greatest sacrifice. Second, we teach about American heroes and the sacrifices they made and how they inspired others."

She began the program as a teacher at Mount Olive Lutheran Church. Growing up, her parents instilled a love of God and country.

"When I was young, it was expected that we respect our country and our leaders," she says.

The Young Patriots Club builds community during their weekly practice meetings. They learn American songs and recite patriotic pieces, such as passages from the Lincoln Gettysburg Address, the Declaration of Independence and a Martin Luther King, Jr. speech. The group performs at the Iowa Veterans Cemetery at services for veterans and at other various memorials.

Part of the group's focus is to teach kids about leaders who sacrifice their lives for our country.

"Whenever you teach, children grow and are inspired to be like these heroes. Heroes need to hear from us that they matter. We can make choices



Members of the Young Patriots Club participate in patriotic programs.

to honor them," she says.

Dueker feels that children are eager to learn.

"Police officers, teachers and parents — it's our job to teach gratitude for the military and the police officers. We — as adults — are happy to see children learning and respecting their leaders."

Dueker says she is grateful to be in the position of teaching kids patriotism.

"I grew up in a country that was free. It's important to thank Jesus and to thank those who served. God gave me the gift of teaching, writing and singing, and I want to give back that gift," she says.

For more information and resources for patriotic pieces, poems and songs, or to learn more about the Young Patriots Club, visit www.juliedueker.com. ■

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Life Insurance can serve many valuable purposes. However, later in life, when your children have grown, you've retired, or you've paid off your mortgage, you may no longer think you need to keep your coverage or that perhaps your coverage has become too expensive. You might be tempted to abandon the policy or surrender your life insurance coverage, but there are other alternatives to consider.



new policy or contract. The rules governing 1035 exchanges are complex, and you may incur surrender charges from your current life insurance policy. In addition, you may be subject to new sales, mortality and expense, and surrender charges for the new policy.

Lower the premium

If the premium cost of your current life insurance policy is an issue, you may be able to lower the premium by reducing the death benefit, which would not require an exchange. Or you can try to exchange your current policy for a policy with a lower premium cost. However, it's possible that you may not qualify for a new policy because of your age, health problems or other reasons.

Create an income stream

You may be able to exchange the cash value of a permanent life insurance policy for an immediate annuity, which can provide a stream of income for a specific period of time or for the rest of your

life. You should be aware that, by exchanging the cash value for an annuity, you will be giving up the death benefit, and annuity contracts generally have fees and expenses, limitations, exclusions and termination provisions.

Provide long-term care

Another option is to exchange your life insurance policy for a new life insurance policy that includes long-term care and/or chronic illness benefits. Many of these types of policies provide tax-free benefits by accelerating your benefits should you need care in a facility such as a nursing home or even care in your own home.

Whatever option you choose, it may be wise to leverage any cash value in your unwanted life insurance policy to meet other financial needs. ■

Exchange the old policy

One option is to exchange your existing permanent life insurance policy for either a new life insurance policy or another type of insurance product. Under the federal tax code, this is known as an IRC Section 1035 exchange.

The exchange must be made directly between the insurance company that issued the old policy and the company issuing the

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

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WAUKEE

Warriors

2022 WINTER SCHEDULE

VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:45PM	Ankeny High School	Waukee High School
Dec 2, 2022	7:45PM	Southeast Polk	Southeast Polk High School
Dec 3, 2022	1:30PM	Linn-Mar	Linn-Mar High School
Dec 6, 2022	7:45PM	Waukee Northwest	Waukee Northwest High School
Dec 9, 2022	7:45PM	Dowling Catholic	Waukee High School - Field House
Dec 13, 2022	7:45PM	Urbandale	Urbandale High School
Dec 16, 2022	7:45PM	Ankeny Centennial	Waukee High School - Field House
Dec 22, 2022	7:45PM	Johnston	Johnston High School
Jan 6, 2023	7:45PM	WDM Valley	Valley High School
Jan 10, 2023	7:45PM	Southeast Polk	Waukee High School
Jan 13, 2023	7:45PM	Ankeny High School	Ankeny High School
Jan 14, 2023	3:30PM	Indianola	Indianola High School
Jan 17, 2023	7:45PM	Dowling Catholic	Dowling Catholic High School
Jan 20, 2023	7:45PM	Waukee Northwest	Waukee High School - Field House
Jan 24, 2023	7:45PM	Ankeny Centennial	Ankeny Centennial
Jan 27, 2023	7:45PM	Urbandale	Waukee High School
Jan 31, 2023	7:45PM	Des Moines East	Waukee High School - Field House
Feb 3, 2023	7:45PM	Johnston	Waukee High School
Feb 7, 2023	7:45PM	WDM Valley	Waukee High School
Feb 17, 2023	7:45PM	Des Moines Lincoln	Waukee High School - Field House

VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	North Polk High School
Nov 22, 2022	6:15PM	Des Moines Lincoln	Waukee High School - Field House
Nov 29, 2022	6:15PM	Ankeny High School	Waukee High School
Dec 2, 2022	6:15PM	Southeast Polk	Southeast Polk High School
Dec 6, 2022	6:15PM	Waukee Northwest	Waukee Northwest High School
Dec 9, 2022	6:15PM	Dowling Catholic	Waukee High School - Field House
Dec 13, 2022	6:15PM	Urbandale	Urbandale High School
Dec 16, 2022	6:15PM	Ankeny Centennial	Waukee High School - Field House
Dec 22, 2022	6:15PM	Johnston	Johnston High School
Jan 3, 2023	7:45PM	Des Moines Roosevelt	Waukee High School - Field House
Jan 6, 2023	6:15PM	WDM Valley	Valley High School
Jan 10, 2023	6:15PM	Southeast Polk	Waukee High School
Jan 13, 2023	6:15PM	Ankeny High School	Ankeny High School
Jan 14, 2023	2:00PM	Indianola	Indianola High School
Jan 17, 2023	6:15PM	Dowling Catholic	Dowling Catholic High School
Jan 20, 2023	6:15PM	Waukee Northwest	Waukee High School - Field House
Jan 24, 2023	6:15PM	Ankeny Centennial	Ankeny Centennial
Jan 27, 2023	6:15PM	Urbandale	Waukee High School
Jan 28, 2023	1:30PM	Cedar Rapids Washington	Waukee High School - Field House
Feb 3, 2023	6:15PM	Johnston	Waukee High School
Feb 7, 2023	6:15PM	WDM Valley	Waukee High School

VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 15, 2022	5:00PM	Multiple Schools	Dowling Catholic
Dec 20, 2022	5:00PM	Multiple Schools	Waukee High School
Jan 12, 2023	5:00PM	Multiple Schools	Ankeny Centennial
Jan 19, 2023	7:30PM	WDM Valley	Valley High School
Jan 26, 2023	7:30PM	Urbandale	Waukee High School

VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	Waukee Northwest
Nov 29, 2022	5:00PM	Multiple Schools	Ankeny
Dec 13, 2022	5:00PM	Multiple Schools	Johnston
Dec 20, 2022	5:00PM	Multiple School	Urbandale
Jan 10, 2023	5:00PM	Multiple Schools	Southeast Polk
Jan 17, 2023	5:00PM	Multiple Schools	WDM Valley

VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Nov 28, 2022	3:00PM	Ames	Perfect Games
Dec 1, 2022	3:30PM	WDM Valley	Warrior Lanes
Dec 3, 2022	9:00AM	Newton	Cardinal Lanes
Dec 8, 2022	3:30PM	Urbandale	Warrior Lanes
Dec 12, 2022	3:00PM	Clarke	Warrior Lanes
Dec 15, 2022	3:45PM	Southeast Polk	Great Escape
Dec 19, 2022	3:30PM	Johnston	Warrior Lanes
Jan 19, 2023	3:30PM	Ankeny	Warrior Lanes
Jan 26, 2023	2:45PM	Dowling Catholic	Val Lanes
Jan 31, 2023	10:00AM	Des Moines Lincoln	TBA

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NORTHWEST

Wolves

2022 WINTER SCHEDULE

VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:45PM	Johnston	Johnston High School
Dec 2, 2022	7:45PM	WDM Valley	Waukee Northwest High School
Dec 6, 2022	7:45PM	Waukee	Waukee Northwest High School
Dec 9, 2022	7:45PM	Southeast Polk	Southeast Polk High School
Dec 13, 2022	7:45PM	Ankeny High School	Ankeny High School
Dec 17, 2022	8:00PM	PeWaukee (Wisconsin)	Tyson Events Center
Dec 20, 2022	7:45PM	Urbandale	Waukee Northwest High School
Jan 3, 2023	7:45PM	Ankeny Centennial	Ankeny Centennial
Jan 6, 2023	7:45PM	Dowling Catholic	Dowling Catholic High School
Jan 7, 2023	5:00PM	Des Moines Lincoln	Waukee Northwest High School
Jan 10, 2023	7:45PM	WDM Valley	Valley High School
Jan 13, 2023	7:45PM	Johnston	Waukee Northwest High School
Jan 14, 2023	TBD	Iowa City	Iowa City High School
Jan 17, 2023	7:45PM	Southeast Polk	Waukee Northwest High School
Jan 20, 2023	7:45PM	Waukee	Waukee High School - Field House
Jan 27, 2023	7:45PM	Ankeny High School	Waukee Northwest High School
Jan 28, 2023	1:30PM	Sioux City West	Sioux City West High School
Feb 3, 2023	7:45PM	Urbandale	Urbandale High School
Feb 7, 2023	7:45PM	Dowling Catholic	Waukee Northwest High School
Feb 10, 2023	7:45PM	Ankeny Centennial	Waukee Northwest High School
Feb 16, 2023	7:30PM	Des Moines East	Waukee Northwest High School

VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	6:15PM	Johnston	Johnston High School
Dec 2, 2022	6:15PM	WDM Valley	Waukee Northwest High School
Dec 3, 2022	4:30PM	Des Moines Lincoln	Waukee Northwest High School
Dec 6, 2022	6:15PM	Waukee	Waukee Northwest High School
Dec 9, 2022	6:15PM	Southeast Polk	Southeast Polk High School
Dec 13, 2022	6:15PM	Ankeny High School	Ankeny High School
Dec 20, 2022	6:15PM	Urbandale	Waukee Northwest High School
Dec 22, 2022	1:00PM	Southeast High School	North Central Missouri College
Jan 3, 2023	6:15PM	Ankeny Centennial	Ankeny Centennial
Jan 6, 2023	6:15PM	Dowling Catholic	Dowling Catholic High School
Jan 10, 2023	6:15PM	WDM Valley	Valley High School
Jan 13, 2023	6:15PM	Johnston	Waukee Northwest High School
Jan 17, 2023	6:15PM	Southeast Polk	Waukee Northwest High School
Jan 20, 2023	6:15PM	Waukee	Waukee High School - Field House
Jan 21, 2023	8:00PM	Millard North	Creighton University
Jan 27, 2023	6:15PM	Ankeny High School	Waukee Northwest High School
Jan 28, 2023	12:00PM	Sioux City West	Sioux City West High School
Feb 3, 2023	6:15PM	Urbandale	Urbandale High School
Feb 7, 2023	6:15PM	Dowling Catholic	Waukee Northwest High School
Feb 10, 2023	6:15PM	Ankeny Centennial	Waukee Northwest High School
Feb 11, 2023	4:30PM	Iowa City	Iowa City High School

VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	7:30PM	Dowling Catholic	Dowling Catholic
Dec 15, 2022	5:00PM	Multiple Schools	Waukee Northwest
Dec 20, 2022	5:00PM	Multiple Schools	Waukee High School
Jan 12, 2023	5:00PM	Multiple Schools	Urbandale High School
Jan 26, 2023	7:30PM	Ankeny Centennial	Waukee Northwest

VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	Waukee Northwest High
Nov 19, 2022	9:00AM	Multiple Schools	Nevada High School
Nov 29, 2022	5:00PM	Multiple Schools	Ankeny
Dec 13, 2022	5:00PM	Multiple Schools	Johnston
Dec 17, 2022	10:30AM	Multiple Schools	ADM
Dec 20, 2022	5:00PM	Multiple Schools	Urbandale
Jan 3, 2023	5:30PM	CAM	Van Meter High School
Jan 9, 2023	5:30PM	Multiple Schools	Ballard High School
Jan 10, 2023	5:00PM	Multiple Schools	Southeast Polk
Jan 14, 2023	9:00AM	Multiple Schools	Waukee Northwest
Jan 17, 2023	5:00PM	Multiple Schools	WDM Valley

VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	3:30PM	WDM Valley	Warrior Lanes
Dec 8, 2022	3:30PM	Urbandale	Warrior Lanes
Dec 15, 2022	3:45PM	Southeast Polk	Great Escape
Dec 19, 2022	3:30PM	Johnston	Warrior Lanes
Jan 26, 2023	2:45PM	Dowling Catholic	Val Lanes

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TENNEY, 90, is a 25-year volunteer

Keeps busy by giving to others

After a long career as a teacher for the West Des Moines Community School District, Flo Tenney pondered what to do when she retired.

Her first summer after retirement, she was outside her West Des Moines home when a woman walked up her driveway. The woman, the director of West Des Moines Human Services, was going door-to-door, looking for volunteers.

"She explained that I could choose the hours and days I wanted to volunteer," she says. "It sounded like it was something I could do."

That was 25 years ago when she began volunteering at the Clothing Closet for WDM Human Services. Today, at age 90, she continues to work two mornings a week, helping sort and distribute clothes to clients in need.

"I help clients with clothing needs. When kids go back to school, I'll assist with school supplies for the new school year," she explains. "I recently helped with the winter coat distribution."

She chose the local site, as she has lived in West Des Moines for 60 years.

"I really enjoy the interaction with the other volunteers, the staff and the clients," she says. "WDMHS has a lot to offer for the community."

In addition to volunteering for WDMHS, she's involved in various charitable organizations. She belongs to the West Des Moines United Methodist Church, the Retired School Personnel Association, TTT (an organization that sends girls to camp to create self-confidence and explore nature), and Kappa Kappa Iota (an organization that promotes the advancement of education).

She says, at her age, there's no chance of slowing down.

"I keep volunteering because it's my way of giving back to the community."

The Clothing Closet is available to income-eligible residents of West Des Moines, Clive, Urbandale and Windsor Heights. Items are provided free of charge. The Clothing Closet is located at 139 Sixth St. in West Des Moines. Hours are 8:30 a.m. to noon, Monday through Friday, on a walk-in basis. Donations are currently being accepted Monday through Thursday, from 8:30 a.m. to 3 p.m. or on Fridays from 8:30 a.m. to noon. Call 515-222-3663 or email HumanServices@wdm.iowa.gov with any questions. ■



Flo Tenney keeps active in the community and says that, even at 90, she has no plans to slow down. She regularly helps at the Clothing Closet.



CHECK vesting language in older deeds

Our firm often sees errors in deeds that create problems for owners of real estate. There are two ways of holding title to real estate in Iowa: joint tenancy and tenancy in common.



Joint tenancy is a form of ownership where all of the owners hold title together. Joint tenancy has a right of survivorship; when one owner dies, the interest is extinguished, and the other owners assume the ownership. Usually, all that is required is to record an affidavit reciting that one owner died and that title is vested in the remaining owners.

Tenancy in common is a form of ownership where each owner holds an undivided interest in the property. Unlike joint tenancy, the

interest of a tenant in common doesn't terminate upon death. When the owner dies, the interest passes to the decedent's estate. Often, it is necessary to probate the decedent's estate to move an undivided interest to heirs.

The problem arises because, until recently, Iowa law presumed tenancy in common. If a married couple took title as John Doe and Jane Doe, without the phrase "as joint tenants with full rights of survivorship and not as tenants in common," then they each own 50% of the property. If John dies, his estate would have to be probated so that the court could approve the transfer of half of the property to his heirs. This is frustrating if that heir is Jane, his surviving spouse. The failure to create joint tenancy at the time the property was purchased creates a problem that can only be solved through the timely and expensive probate process.

On July 1, 2014, Iowa Code 557.15 was changed to fix this issue. For all deeds executed after Jan. 1, 2015, if the grantees are married, it creates a presumption of joint tenancy, not tenancy in common.

The new law is designed to prevent the probate of a deceased spouse's estate in order to convey half a house. However, the law is prospective — it applies only to deeds executed on or after Jan. 1, 2015. This does not fix older deeds with incorrect vesting language. It is vital that you understand the differences in types of ownership so that you can ensure that you hold title to your property correctly. ■

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

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HEALTH By Ashley Powell

CBD and a sense of wellbeing

A common question among many new cannabis users is, naturally, what does it feel like? Cannabinoids like THC produce an intoxicating “high” experience, but CBD does not. However, that doesn’t mean it won’t alter one’s state of being in a noticeable way. CBD performs as an adaptogenic, meaning it helps the body adapt to various environmental stresses and biological changes. A person can expect to feel a sense of calm and relaxation, along with an improved mood. Many users can take CBD at various times throughout the day because of its adaptability. The proper dose of CBD during the day can give a person a sense of mental stimulation and energy but also can help one relax and sleep better when taken before bed. Again, this is due to its ability to adapt to what the body needs. It is common to notice changes within the first hour of using, but the most improved results tend to take several days or weeks of consistent use. Results will depend on the severity of what’s being treated, personal biology and tolerance, and the product quality. It is recommended to start with a low dose and increase slowly as needed, and remember to keep a log of your results. CBD won’t get you high, but it can certainly get you happy; give it a try to achieve that sense of wellbeing so many others have passionately reported. Stop in at a store where you can try free samples and talk to a certified CBD consultant. ■



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. References: <https://www.healthline.com/health/does-cbd-get-you-high>



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HEALTH By Andrea Gustafson

THE CHANGE of seasons

A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?



- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.
- **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.
- **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.

If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, andrea@jmgtherapy.com, 515-777-1209.

MEET Erin Peek

School counselor a good listener

“There’s just one more thing I could do for these kids...,” says Erin Peek as she ends her school day. “Then I realize I need to shut my brain off. If not, I won’t be a good counselor the next day.”

This is just one of the sentiments that goes through her head daily, says Peek, a kindergarten through fifth-grade school counselor at Brookview Elementary in Waukeg. Yet, that’s one reason it makes her a dedicated counselor.

Peek wanted to work in a career that involved helping others. Her father was a minister and her mom a special education associate.

Peek obtained a sociology degree and worked with families at risk, often seeing kids at their lowest point. She wanted to offer preventive assistance instead of reactive help.

“I felt I wanted to reach them earlier in the process,” she says. “My parents said I’d been given a gift, and it would be a shame to put to waste. I was taught to put others before myself.”

During a typical week, she teaches guidance classes daily for grades K-5. She’ll cover topics such as friendship, bullying, celebrating successes, anxiety and problem-solving.

She also offers one-on-one counseling.

“My job is to listen. I find out so many things that they don’t share in the classroom. Often kids are trying to tell you something. Listening without judgment is helpful for them.”

One misconception with families is that meeting with the school counselor is a bad thing.

“It’s not. If you’re sick, you go to a doctor. School counselors are the same thing. We can work on a wide range of problems. Many times it’s short term,” she says.

The pandemic has amplified mental health concerns, she adds.

“We’re still working with mental health symptoms and those families who have suffered,” she says. “We have a lot of catching up to do.”

If parents have concerns, she suggests contacting her.

“There’s no problem too big or too small. Always reach out. I’m happy to send resources for therapy, food assistance and more.”

The best part of her job is when kids share their success stories, she says.

“Sometimes it takes years to celebrate success. Kids set goals, and we celebrate the time and effort put into reaching those goals. It feels great,” she reflects.

Peek enjoys the younger kids’ sense of humor and their desire to learn.

“I love my job — giving smiles and hugs,” she says. “Seeing the growth in the students makes my day.” ■



Erin Peek says she enjoys working in the schools where she can provide preventive assistance.

OVER-THE-COUNTER cough medicine

Coughs, colds and kids go hand in hand. Most children have up to eight colds per year, lasting two to three weeks with uncomfortable symptoms that can inhibit sleep. It may be tempting to try over-the-counter cough medicine; however, these have not been proven to be more effective than placebo and have potential side effects, including death from overdose. Cough medicine is not recommended for ages 6 and younger.

What can you use to help your child?

- **Fluids:** Offer plenty of water, soup, broth, tea
- **Cool mist humidifier:** Place near bed to help keep mucus moving (be sure to clean routinely)
- **Nasal saline:** Use nasal saline drops for infants (wait a short time and then use bulb suction) and saline nasal spray or irrigation for older children
- **Honey:** If your child is over age 1, a teaspoon of honey coats/soothes the throat
- **Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin):** A fever isn’t harmful, but it doesn’t feel good (follow dosing instructions or ask your pediatrician before giving)

Most colds are viral and must run their course. If you think your child has more than a cold or worsening symptoms, call your pediatrician. ■

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



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RECIPE

A FOIL PACKET meal for sweet fall simplicity

(Family Features) Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a “diabetes superfood” because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at ncsweetpotatoes.com. ■

Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
 - 3 tablespoons taco seasoning
 - 1/2 cup tomato sauce
 - 1 can (15 ounces) black beans, rinsed and drained
 - nonstick cooking spray
 - 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
 - 2 tablespoons butter
 - 3/4 teaspoon salt
 - 1 1/2 cups fresh chopped spinach
 - 1 1/2 cups shredded cheddar cheese
 - sour cream and guacamole (optional)
- Preheat oven to 425 F.
 - In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
 - Lay out six 12-inch aluminum foil pieces;

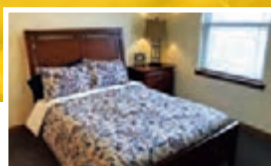


- spray each with nonstick cooking spray.
- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
- Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
- Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
- Serve with sour cream or guacamole, if desired.

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PREP your furnace for fall

Time to put away your T-shirts and shorts. Fall is here. We've already had a few cool temperatures, so, before that becomes more permanent and you must turn the furnace on every day, here are some DIY tips you can check off to aid in keeping your system healthy this season.



Inspecting your air filter is the most important thing you can do at home yourself; dirty air filters make your HVAC system run less efficiently. Filters become a low priority due to a misunderstanding of what they actually do. Standard HVAC filters are not intended to purify the air you breathe but protect the unit itself. Filters do trap some dust that gets sucked into the ducts, but most basic filters aren't fine enough to trap pollen, dander, particulates and other allergens. If you don't change your AC filter, it will begin to fail and will no longer be able to filter the air properly, letting dust and contaminants get into the AC. Dust jams the moving parts of an AC such as fan motors and valves. Airflow is restricted, which creates a strain on the system, leading to poor efficiency and breakdowns.

If you have an outdoor unit, it's important to keep it free of dirt and debris. Remove anything that can block airflow into the system and turn the power off when washing away all the dirt that has accumulated over the summer. This will increase your system's efficiency and lifespan.

It's important to keep your registers clean of dust and debris. Wipe them down and keep your vents open so that heat can circulate properly throughout your home.

Keep your ears open for unusual noises when your system is running. Strange noises may be caused by blocked registers, debris in vents, or loose bolts. It's best to call a professional if you can't locate the source of the noise.

Taking preventative action is important for your HVAC's efficiency and performance, and while these are easy DIY tasks that homeowners can handle, it's important to schedule routine annual maintenance. Say you drive your car for 40,000 miles without getting an oil change or refilling your tank — you would be asking for trouble. This analogy applies to your heating and cooling system as well. Your system won't function as well as it should without proper maintenance. The more efficient your system runs, the more money you'll save on energy bills. Staying on top of maintenance will also extend the life of your system and keep you covered under warranty. ■

Information provided by Sam Yaeger, assistant service manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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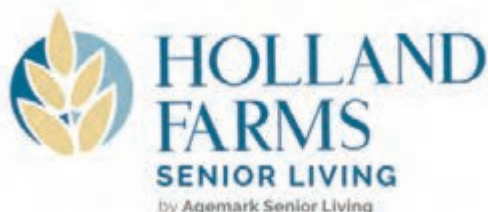


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LIBRARY

WDM Public Library news

WDM Library Friends Board elects new officers



The West Des Moines Library Friends Foundation Board includes, seated from left: Heather Martin, Mary Fratianni, Abby Draisey, Angie Arthur, Scott Griesse, Kate Amdor, Teresa Volcheck, Ed O'Neill and Stacy Conradt; and, standing: Kristin Sunde, Kevin Nabity, Jennifer Hochberger, Lynda Oakley, Kathryn Greenfield, Andrea Solomon, Brandon Denner, Jim Rasmussen, Michele Schatzberg, Ellie Wakefield and Don Ryckman. Absent from the picture are Chinmay Bajikar, Paul Bishop, Kate Bloomburg and Andrew Clausen.

Book sale upcoming

West Des Moines Public Library | 4000 Mills Civic Pkwy

<p>Thursday, December 1..... 4PM - 7PM FRIENDS MEMBERS ONLY! <i>Become a friend on Thursday to shop!</i></p> <p>Friday, December 2..... 4PM - 7PM</p> <p>Saturday, December 3.... 9AM - 12PM</p>	<p>\$2.00 for hardcover books \$1.00 for paperback books \$1.00 for DVDs 25 cents for magazines</p> <p><i>All other items as marked</i></p>
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All proceeds benefit the WDM Library Friends Foundation

A book sale will be held at the West Des Moines Public Library, 4000 Mills Civic Parkway, Thursday, Dec. 1, 4-7 p.m. for members of the WDM Library Friends. Anyone is free to join that evening and shop.

The book sale is open to the public Friday, Dec. 2, 4-7 p.m. and Saturday, Dec. 3, 9 a.m. to noon. Hardcover books are \$2, paperbacks and DVDs are \$1, magazines are 25 cents, and other items are marked. Proceeds benefit the WDM Library Friends Foundation. ■

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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.



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Adel, Jordan Creek and Waukee editions.

You can vote in one or every category, or anywhere in between.

Mail in this paper ballot or vote online at the link by scanning this QR code, by Dec. 9, 2022.

One vote per resident, please.

SEE RULES AND VOTE ONLINE AT

www.iowalivingmagazines.com/residentpoll

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5. Favorite Dallas County Bank
6. Favorite Dallas County Restaurant
7. Favorite Dallas County Hair Salon
8. Favorite Dallas County Gymnastics Studio
9. Favorite Dallas County Doctor (person)
10. Favorite Dallas County Dentist (person)
11. Favorite Dallas County Chiropractor (person)
12. Favorite Dallas County Eye Doctor (person)
13. Favorite Dallas County Veterinarian (person)
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15. Favorite Dallas County Health Club or Gym
16. Favorite Dallas County Boutique
17. Favorite Dallas Retail Store

18. Favorite Dallas County School
19. Favorite Dallas County Park
20. Favorite Dallas County Place for a Field Trip
21. Favorite Dallas County Community Festival
22. Favorite Dallas County Teacher
23. Favorite Dallas County Church
24. Favorite Dallas County Restaurant for Dessert
25. Favorite Dallas County Restaurant for Breakfast
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46. Favorite Dallas County Coffee Shop
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48. Favorite Dallas County Landscaping Company
49. Favorite Dallas County CPA (person)
50. Favorite Dallas County Insurance Agent (person)
51. Favorite Dallas County Pharmacy
52. Favorite Dallas County Grocery Store
53. Favorite Dallas County Nursery or Garden Center
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58. Favorite Dallas County Plumber Company/Plumber
59. Favorite Dallas County Electrician (business)
60. Favorite Dallas County Heating and Cooling Business
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OUT & ABOUT



West Des Moines Chamber of Commerce hosted a ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Courtney Williamson at the West Des Moines Chamber of Commerce ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Erin Wallace and Angela Carter at the West Des Moines Chamber of Commerce ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Julie De Francisco and Michelle Mathison at the West Des Moines Chamber of Commerce ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Ray Warner and Ruth Ebke at the West Des Moines Chamber of Commerce ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Mackenzie Wiedman and Melissa Hooper at the West Des Moines Chamber of Commerce ribbon cutting for Chapter Aesthetic Studio on Oct. 20.



Katherine Harrington, Matt and Lisa Meline and Clyde Evans at the Book Launch Party for "Empty Nest - Full Pockets" at PrairieFire Wealth Planning on Oct. 19.



Lisa Meline and Ruth Ebke at the Book Launch Party for "Empty Nest - Full Pockets" at PrairieFire Wealth Planning on Oct. 19.



Melanie Mackey and Cam Sprock at the Book Launch Party for "Empty Nest - Full Pockets" at PrairieFire Wealth Planning on Oct. 19.



Judy and Chuck Meline at the Book Launch Party for "Empty Nest - Full Pockets" at PrairieFire Wealth Planning on Oct. 19.

OUT & ABOUT



West Des Moines Chamber of Commerce hosted a ribbon cutting for Ladie Lex Scented Candles on Oct. 3.



Kanasia Taylor, TJ Daniels and Sierra Smith at the West Des Moines Chamber of Commerce ribbon cutting for Ladie Lex Scented Candles Oct. 3.



Lennie Porter and Journee Perry-Harris at the West Des Moines Chamber of Commerce ribbon cutting for Ladie Lex Scented Candles Oct. 3.



Amesha Jordan and Maria Dungy at the West Des Moines Chamber of Commerce ribbon cutting for Ladie Lex Scented Candles Oct. 3.



Rachelle Long, Valova James and Veronica Goins at the West Des Moines Chamber of Commerce ribbon cutting for Ladie Lex Scented Candles Oct. 3.



West Des Moines Chamber of Commerce hosted a ribbon cutting for NG Nutra, 210 Jordan Creek Parkway, on Oct. 4.



Meredith Murphy and Allison Petersen at the West Des Moines Chamber of Commerce ribbon cutting for NG Nutra on Oct. 4.



Connie Blodgett and Clyde Evans at the West Des Moines Chamber of Commerce ribbon cutting for NG Nutra on Oct. 4.



Paul Schut and Ruth Ebke at the West Des Moines Chamber of Commerce ribbon cutting for NG Nutra on Oct. 4.



Zack Durr, Joel Jansen, Nick Pinheiro and Jayle Hinckle at the West Des Moines Chamber of Commerce ribbon cutting for NG Nutra on Oct. 4.

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