

JORDAN CREEK

OCTOBER 2022

# Living

MAGAZINE

# SPOOKY FUN

Residents share their  
enthusiasm for Halloween

**Meet Leo Muldoon**  
EDUCATION

**Jalapeño bacon and salsa biscuit bites**  
RECIPE

**Matthews has enough of corporate career track**  
NEIGHBOR



PRSR STD  
ECRWSS EDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131



# It's About Empathy...and a Whole Lot of Love

*"MorningStar gives people the opportunity to "pay it forward" through this group. In a casual format, we share our caregiving experiences with those newer to all this, people in a quandary who are seeking advice. The group is successful because each participant is at ease, freely asking and receiving, with respect and empathy. Another blessing bestowed by MorningStar." –Group Member*



## MorningStar is proud to offer **Dementia Caregiver Support Group**

Led by St. Croix Hospice

A Caring Conversation for Family & Friends  
of loved ones with Alzheimer's or other forms of dementia

**Last Tuesday of the Month  
5:30PM**



## MorningStar

ASSISTED LIVING & MEMORY CARE at JORDAN CREEK

**515.505.7155**

525 S. 60th Street, West Des Moines, IA 50266  
[MorningStarJordanCreek.com](http://MorningStarJordanCreek.com)

WELCOME

## SPOOKY fun

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

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

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

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

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

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

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

Thanks for reading. ■



**SHANE GOODMAN**

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



**Tammy Pearson**

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

**Martha Munro**

Advertising Account Executive

515-953-4822 ext. 314

martha@iowalivingmagazines.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

## "This place has changed my family's life."

Jan, Daughter of a Holland Farms resident



When her mother started experiencing dementia, Jan and her family looked to Holland Farms for support. The love, care and engaging activities offered stand out to Jan as some of the best parts of our welcoming community.

"It's wonderful to know that your parent is being taken care of. My mom is doing so well."

Discover senior living for every stage of life and expert memory care in Norwalk.

**Schedule a tour of Holland Farms!**



Carefree Living | Assisted Living | Memory Care

2800 Sunset Drive Norwalk, Iowa | 515-981-1888



# SPOOKY FUN

**Residents share their  
enthusiasm for Halloween**

**By Jackie Wilson**

October is a time for cooler weather, pumpkin-flavored foods and drinks, and a cornucopia of fall decorations.

Since Halloween is also in October, activities run the gamut of haunted houses, pumpkin patches, costume parties and trick-or-treat nights. Lovers of sweets load up on bags of miniature-size candy bars weeks in advance of Halloween, inevitably succumbing to the “It won’t hurt to eat just one” temptation and finding themselves needing to restock their supply.

Halloween is big business. According

to the National Retail Federation, in 2021, Americans spent approximately \$10.14 billion on costumes, candy, decorations and more. Of course those innocent bite-size candy pieces add up — to the tune of \$3 billion yearly spent on candy alone.

It’s not just the kids who dress up for Halloween. Adults of all ages delight in donning scary costumes, transforming themselves into any character they please. And don’t forget pets — they get in on the act, too.

When it comes to Halloween, there are no limits to the spookiness.

Danette Rieper of West Des Moines visited the Villisca Ax Murder House and experienced strange occurrences.  
Photo by Jackie Wilson



## FEATURE

### Ghostly experience

Danette Rieper of West Des Moines has been a bit skeptical of paranormal activities, ghost sightings and “woo-woo” experiences. She’s a reasonable, level-headed school counselor and a devoted mother, living a normal suburban life.

However, her belief in ghosts took a sharp turn once she encountered several odd occurrences while visiting the Villisca Ax Murder House in Villisca. As a result, she even has a theory of who did the deed.

For those unfamiliar with the story: On June 10, 1912, six children and two adults were brutally murdered with an ax in a home in Villisca. The crime remains unsolved today, despite a lengthy investigation of possible suspects, which was narrowed down to three people.

After the murder, people visiting the house reported hearing footsteps, voices and other paranormal activity. The house was opened in 1994 for tours. Since then, it has hosted hundreds of psychics, ghost hunters and horror enthusiasts. Paranormal activity fills dozens of journal entries from visitors at the site. According to HGTV, it’s been listed as one of the Top 12 Scariest Homes in America.

Danette and a group of friends took a day in 2011 to tour the Ax Murder House. As she walked in casually, she was curious but not expecting much with regards to ghost sightings.

As the caretaker and tour guide relayed the ax murder history, Danette sat with her friends listening intently to the tale.

Suddenly, she felt a breath on the back of her neck. She looked around. There weren’t any windows open or fans blowing. Nobody sat behind her.

“I jumped. I looked around to see where that breath of air came from. I had goosebumps down the back of my neck,” she recalls.

Then, as they toured the home, they walked up the narrow wooden staircase to the upper floor.

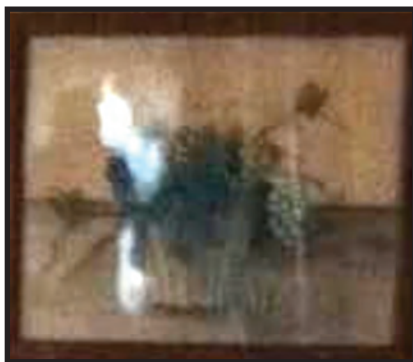
“I had a really creepy feeling. I’ve never experienced that in my life,” she says.

As she viewed the bedroom where some of the children were murdered, she was still doubtful of ghost activities. Throughout the rest of the tour, she remained cynical.

“I kept saying, ‘Ghost, where are you? Why don’t you come out, ghost?’”



Visitors to the Villisca Ax Murder House have reported a variety of spooky occurrences. Photo by Jackie Wilson



Danette Rieper took a photo that seems to have captured an apparition at the Villisca Ax Murder House.

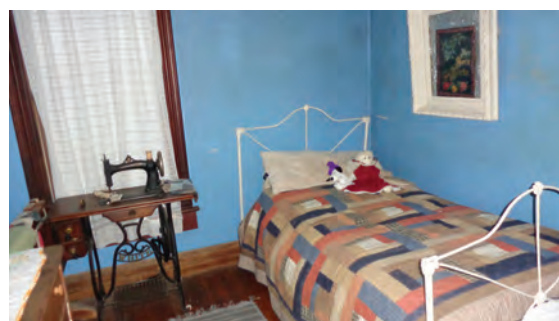
However, right before the tour was to end, Danette thought she’d try out the new camera on her cell phone. She took several photos in succession inside. When she got in the car to visit the cemetery where the victims were buried, she looked at her pictures.

In one of the photos she saw a picture on the wall of a vase of flowers — and then she saw a shadow — an apparition of a profile of a young boy holding an ax.

“I saw the apparition. It looks like a young person with an ax. You can’t make this stuff up,” she says.

Intrigued, she returned two more times to the house later that year. The second time was memorable; the third time, she witnessed nothing.

On her second visit, she was upstairs with another group of visitors when she noticed a blanket on the bed appeared wrinkled. As she went to straighten it, she



The public can tour the Villisca Ax Murder House, where six children and two adults were killed in their bedrooms. Photo by Jackie Wilson



felt someone grab her leg.

"I looked everywhere for a contraption or for someone, or how it might have been done," she recalls. "There was nothing."

Then, while she and an unrelated 12-year-old boy were upstairs, the boy rolled a ball into a closet. The ball rolled back to him.

"I hit the wall to see if there was a trap door or something on the floor. Something — or someone — had to have rolled it back to him," she says.

After those encounters, Danette was hooked on finding the murderer. Here's her theory. The theory from long ago was that it was drifter who came to the house, murdered the family and left town. Danette thinks differently.

"I don't think it was any of those people who killed them. When I look at that picture, I think it was a kid who had a crush on a girl," she says. "The apparition looks like a young person."

She continues, "If researchers looked at old school or church photos, they might come up with someone. The real reason it hasn't been solved is they aren't looking in the right

direction. A family may have moved away shortly after that."

She was so enthused about finding the killer, she contemplated taking the summer off to research and solve the murder. She read books, studied photos and other accounts, looking at other theories.

She feels she was called to go back to the house several times.

"The first time, I was cynical, and it was a scary and frightening, sinister atmosphere. The second time was calm and playful," she says. "I don't know what pulled me to go back, but maybe it was to try and solve the murder."

Danette's faith includes a belief in heaven and hell.

"I've always thought there was a purgatory. It's fascinating."

She hasn't returned to the Villisca house, but she continues to remain curious about the killer and the souls lingering at the home. She's watched intently several of the ghost stories on television. If she had the time and money, she'd go ghost hunting with a ghost hunter.

"I'd absolutely go. It would be fun," she

says.

As Danette recalls her encounters, she is still in awe of the souls left behind who tried to communicate with her and the mystery surrounding the home.

"It was two very different but amazing experiences. I thought I was meant to solve the mystery. I still think my theory is right," she says.

## A trio of hotdog costumes

Çaty Elgin enjoys dressing up for Halloween. As a child, she cherished the times of creating costumes and going from home to home for trick or treating.

Today, as a young woman, she still likes Halloween. With her job as a horse trainer and riding lesson instructor at Irish Run Farms in Des Moines, she no longer begs for candy dressed in a costume.

She thought her costume days were over until one Halloween she came up with a plan.

Irish Run Farms puts on a costume contest and Halloween party, and she was eager to dress up for some of her students. But she thought,

# minimize the effects of aging with cosmetic eyelid surgery

**Do you want to improve your self-image?  
Is your vision being impacted?**

### Upper eyelids

- Excess skin under the natural fold of the upper eyelids
- Loose skin that hangs down from the upper eyelids
- Puffiness in the upper eyelids that creates a tired look

### Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
- Puffy "bags" and, in some cases, dark circles



**HEARTLAND**  
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322  
515-254-2265 • WWW.HEARTLANDPS.COM



I absolutely loved the staff at Heartland Plastic Surgery. They made me feel so welcome and answered all of my questions before my surgery. **Dr. Cherny did an amazing job! Highly recommend.**  
— A.D., Des Moines, IA



## FEATURE

why not dress up her horse and dog as well?

She recalled her childhood dog wore a hotdog costume, so she went hunting for it.

"I got inspired from my childhood dog to make the rest of the costumes to match my current dog," she says.

Her dog, Mako, is a corgi she has had since he was a puppy. She tried the hotdog outfit on him, and it fit perfectly. Then she began to make a costume for her horse, Tango, a thoroughbred. Tango's costume matched Mako's bun, mustard and ketchup fabrics.

Finally she made her own costume. She thought it was fitting for all of them to be dressed as hotdogs. When the trio came out, kids clamored to see them.

"Oh my goodness. The kids absolutely loved our costumes.

There were lots of smiles," she recalls. "It made it worth it to see everyone happy."

Tango got used to the costume; however, Mako was a bit irritated with some of the adornments.

"He didn't necessarily love it. He was trying to shake it around a little bit. He's a chill guy," she says.

Besides dressing up for her work party, she and her friends will dress in themed costumes.

"We watch scary movies," she says. "It's always fun to dress up with friends."

For this year's Halloween party, she has many ideas and loves the creative process.

"I'm not sure about what the costume will be, but we'll definitely get the dog and the horse involved," she says. "It was a lot of fun, and I'll do it again this year." ■



Çaty Elgin was inspired to dress her horse, dog and self in matching costumes. Photo submitted

### We Love Your Pet Like You Do!

Puppy Sitting  
Dog Walking  
Pet Sitting

Overnight Care  
Pet Taxi  
Pet Medical Administration

## Fetch!

Pet Care

RESERVE A PET SITTER TODAY!

SCAN OR CALL!

(888) 229-5721

Ready to make your dream home a reality?

Apply online

UNION STATE BANK

Your Hometown Financial Advantage

USBIOWA.COM

NMLS #435185

Member FDIC

6305 Mills Civic Pkwy, West Des Moines • 515-440-2265

611 W. Highway 92, Winterset • 515-462-2161

PAWS WITH A CAUSE

To learn more about *Paws With A Cause* and to find out how you can help, just download this simple app and watch this story come to life:

"He's given me the I can back"

GET ZAPPA

ZAP THE CODE TO DONATE

Available on the App Store and Google play

Provided as a community service by this civic minded publication and the Association of Community Publishers

## NEW GATED & SECURE FACILITY

conveniently located between Adel & Waukee

24 HOUR ACCESS

Year Round!

28901 R Ave, Adel

515.993.4922

WESTSIDE OUTDOOR STORAGE

BOATS • CAMPERS • VEHICLES • TRAILERS • ETC

515.993.4922



# JOIN US AND SUCCEED!



## IMMEDIATE OPENING FOR AN **ACCOUNT EXECUTIVE** AT CITYVIEW!

Our company has experienced unprecedented growth since its inception thanks to the disciplined work of our talented employees. We have high expectations, and we exceed them.

If this type of growth is intriguing to you, then **contact me for a confidential conversation** and learn about the sales position we have available for an energetic and enthusiastic person who strives to succeed.



Learn more at [biggreenumbrellamedia.com](http://biggreenumbrellamedia.com)



**JOLENE GOODMAN**

Vice President

515-953-4822

[jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com)



## NEWS BRIEFS

### PARSON joins Hubbell Realty Company Board of Directors

Hubbell Realty Company announced the addition of Rosemary Parson, senior vice president of administration and community relations at EquiTrust Life Insurance Company, as a Hubbell Realty Company Board of Directors member. Parson, the first operations executive responsible for the administrative engineering for EquiTrust, brings more than 25 years of expertise and leadership to the current board.



Rosemary Parson

"We are honored to add Rosemary to our Board of Directors. Her impressive community involvement, strong entrepreneurial spirit and financial prowess make her the ideal addition to our esteemed board," said Rick Tollakson, president and CEO of Hubbell Realty Company. "We very much look forward to her input and perspective into our company operations moving forward."

In addition to her professional roles, Parsons is also heavily active throughout the community in various roles with Obesity Awareness in Action (OAA), which she co-founded; the Des Moines Arts Center; Commercial Real Estate Women (CREW) and numerous additional mentorship roles focusing on young-adult students in the areas of literacy, banking, education and character. In 2011, Parson was named a Business Record Women of Influence Honoree, and, in 2021, was the first Black inductee into the prestigious Iowa Insurance Hall of Fame.

With the addition of Parson, Hubbell has a 17-member board.

### WEST BANCORPORATION, Inc. announces second quarter dividend

West Bancorporation, Inc., parent company of West Bank, reported second quarter 2022 net income of \$12.7 million compared to its second quarter 2021 net income of \$13.2 million. For the first six months of 2022, net income was \$25.9 million. On July 27, 2022, the Company's Board of Directors declared a regular quarterly dividend of \$0.25 per common share. The Company recorded a negative provision for loan losses of \$1.75 million for the three months ended June 30, 2022, compared to a negative provision for loan losses of \$2.0 million for the three months ended June 30, 2021.

Income tax expense for the second quarter of 2022 included a one-time increase in state income tax expense related to the June 2022 enactment of changes in the Iowa bank franchise tax rates. This legislation reduces the Iowa bank franchise tax rate applied to apportioned income for 2023 and future years. This future reduction in the state tax rate required the Company to reduce net deferred tax assets as of June 30, 2022 by \$671 thousand and in turn, caused the one-time increase in 2022 tax expense.

Total assets were \$3.5 billion at June 30, 2022, compared to \$3.3 billion at June 30, 2021. West Bancorporation, Inc. recently broke ground on new corporate headquarters in West Des Moines. For more financial information, see the company's Form 10-Q, available on the Investor Relations section of West Bank's website at [www.westbankstrong.com](http://www.westbankstrong.com). ■



## TOP 10 reasons seniors are re-hospitalized

Sleeping in your own bed, enjoying home cooking, and relaxing in familiar surroundings with family and friends are simple pleasures that mean a lot to anyone being discharged from the hospital. That's especially true for seniors who have been living at home or in an assisted living community.



However, if certain precautions aren't taken, those pleasures can be short-lived. Studies show that almost one-fifth of Medicare patients discharged from inpatient care must be readmitted within the first 30 days. The good news is there are clear things that can be done to avoid re-hospitalization.

**1. Medication management** – Many times, seniors are given a different dosage of medications during a hospital stay than taken previously. Taking too much or too little once they get home can cause serious health issues. Having help reconciling prescriptions can prevent these problems.

**2. Not following discharge instructions** – Whether it's taking medications, limiting physical activity or attending therapy, some seniors are either unwilling or unaware of how important it is to do these things to fully recover.

**3. Hospital-acquired infections** – Recently hospitalized seniors with weakened immune systems are susceptible to getting surgical site infections, pneumonia, or stomach and urinary tract infections. Catch symptoms early to stay safely tucked at home.

**4. Breathing conditions** – Lung problems, like upper respiratory infections, COPD and pneumonia, are the most common issues that send seniors back to the hospital. Call the doctor if you are coughing up phlegm, running a fever or having difficulty breathing.

**5. Heart attacks** – Being hospitalized is stressful, especially on the heart. Make sure your loved one keeps up with medication, has access to healthy meals, and is encouraged to get exercise to help keep the heart healthy and strong.

**6. Falls** – Lying in bed weakens muscles. New medications may have side effects like fatigue and dizziness. Exhaustion can throw off balance. All of these increase the likelihood of serious injuries caused by a fall that may have to be treated in the hospital.

**7. Poor nutrition** – Choosing to eat processed food high in sugar and sodium or having trouble chewing or swallowing can lead to malnutrition that hinders healing.

**8. Home hazards** – An unsafe neighborhood, trip-causing clutter, or not following through with therapeutic exercises can cause serious health problems.

**9. Not having help at home** – Family and friends can only do so much. Not having anyone to monitor vital signs, call for help in an emergency, or even socialize with can put seniors at risk for depression and being re-hospitalized.

**10. Missing follow-up appointments** – Whether it's forgetfulness or not having access to a car, seniors often don't go to medical appointments to take care of issues that might cause them to be readmitted for an observational stay uninsured by Medicare Part A.

Being aware of these top reasons for re-hospitalization can help ensure your loved one stays healthy and happy at home. ■

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.

# WE ARE HIRING!

JOIN OUR TEAM!

Waukee Community School District is the fastest growing district in the state and with that comes opportunities for growth!

**Come for the work,  
STAY FOR THE FAMILY!**

Special Education Associates  
General Nutrition Workers  
Substitute Teachers  
Substitute Associates

Search for more positions by scanning below!



# APPLY TODAY!



# WAUKEE

COMMUNITY SCHOOL DISTRICT

560 SE University Avenue, Waukee, IA 50263  
(515) 987-5161

[www.waukeeschools.org](http://www.waukeeschools.org)



## EVENTS IN THE AREA

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

Check for cancellations

### Ladies Night

Oct. 27, 6-9 p.m.

Posey & Jett's, 4100 University Ave., Unit 108, West Des Moines

Ladies Night will feature make and take air plant globes, henna and shopping.

A walking taco bar will be offered.

Costumes are welcome.



### 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.

### 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](http://www.wdmhs.org/visit).

### 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 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, Oct. 16: Fore! The History of Waveland Golf Course
- 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!
- Sunday, May 21: TBD

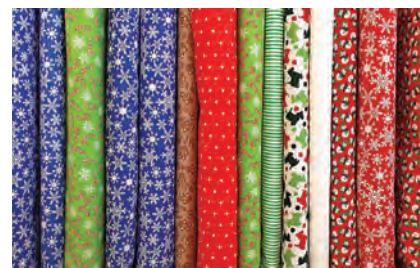


### Elks Pancake Breakfast Buffet and Bake Sale

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.



### Holiday Mart

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

Edgewater, 9225 Cascade Ave., West Des Moines

Carved wood, stained and fused glass appetizer plates and decorative items, Christmas ornaments, fall and holiday wreaths and centerpieces, jewelry, wooden toys, kaleidoscopes, jams and jellies, local photo notecards, build to design charcuterie and cutting boards, mixed media art, plant pot decorations and more gift items are featured at this holiday mart.

### 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."

Future authors include:

• **Kali VanBaale on Tuesday, Feb. 28, 6:30-8 p.m.** Recipient of the American Book Award and the Iowa Arts Council major artist grant, VanBaale's latest acclaimed work is "The Monsters We Make."

• **Denise Williams, Tuesday, March 28, 6:30-8 p.m.** Williams is the author of "touching, funny, steamy romance novels," including "How to Fail at Flirting," "Do You Take This Man" and her latest, "The Sweetest Connection."

The West Des Moines Library Friends Foundation supports the West Des Moines Library and the many services, materials and programs it offers the community. For more information, visit <https://www.wdmlibrary.org/about/friends-foundation>.



## EVENTS IN THE AREA

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

Check for cancellations



### Fall Bulb Market

Friday - Saturday, Oct. 14-15

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

Peruse more than 100 unique bulb varieties selected by Botanical Garden horticulturists and volunteers. If you've fallen in love with a plant featured at the Botanical Garden, some of those bulbs will be for sale, too. Members receive early access from 8-10 a.m. on Friday; open to the public 10 a.m. to 5 p.m. both days. More information at [dmbotanicalgarden.com](http://dmbotanicalgarden.com).



### Family Halloween

Oct. 15-29

Living History Farms, 11121 Hickman  
Road, Urbandale

Experience historic trick-or-treating, pumpkin bowling, story-telling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 15, 5-8 p.m.; Oct. 16, 4-7 p.m.; Oct. 21, 5-8 p.m.; Oct. 22, 5-8 p.m.; Oct. 23, 4-7 p.m.; Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at [lhf.org](http://lhf.org).



### Great Iowa Pet Expo

Saturday, Oct. 15, 10 a.m. to 6 p.m.

Sunday, Oct. 16, 10 a.m. to 4 p.m.

Iowa State Fair 4-H Building, 3000 E.  
Grand Ave., Des Moines

The Great Iowa Pet Expo showcases new and unique products and services for pets and offers entertainment, fun contests with free participation, and educational sessions ranging from dog training to health and grooming to nutrition and pressing legislative issues. Admission is \$11 for adults, \$8 for ages 65 and older, and \$6 for military members with ID and kids ages 6-12. Free for kids 5 and younger.



### ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m.

Windsor Presbyterian Church, 6301  
University Ave., Windsor Heights

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



### Gardening-related webinars

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

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

### Election-related dates

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

Know these important dates for the upcoming General Election.

- **Wednesday, Oct. 19** - First Day of Absentee Voting
- **Monday, Oct. 24** - Pre-registration deadline; deadline to request absentee ballot to be mailed
- **Saturday, Nov. 5** - County auditor's office will be open for absentee voting
- **Monday, Nov. 7** - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.
- **Tuesday, Nov. 8** - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m.

Find your polling location (it may have changed) at [www.voterready.iowa.gov/](http://www.voterready.iowa.gov/).

### 'She Loves Me'

Dec. 2-11

Ankeny Community Theatre  
1932 S.W. Third St.

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](http://ankenycommunitytheatre.com).



## NEWS BRIEF

### LEADERSHIP Academy Class selected

The West Des Moines Leadership Academy (WDMLA), a program of the West Des Moines Chamber of Commerce, has announced its 2022-2023 class. This nine-month program will guide emerging leaders on a path to leadership effectiveness through experiential learning, critical thinking, and a community impact project. WDMLA is presented by NCMIC and supported by The Shred Method.

"We have a phenomenal curriculum set up for this year's class," said Jeremy Bielski, Advisory Council chair. "The structure of our programming focuses on three distinct subgroups: leading oneself, leading others and leading in the community. By educating and empowering the future leaders in our 2022-2023 class, we're able to set them up with an opportunity not only for personal and professional development but also community connections and critical thinking skills that can be used throughout their lifetime."

Within the class below, there are three scholarships provided by West Des Moines Chamber's West YP program, American Equity through the Diversity, Equity & Inclusion Workplace Excellence Awards, and the West Des Moines Chamber through the Black and Brown Business Summit pitch competition.

The selected leaders for the West Des Moines Leadership Academy Class of 2022-2023 include: Jasmina Alicic, West Bank; Brandon Bennett, Security National Bank; Jonny Bosworth, R&R Realty Group; Ryan Bratvold, BrownWinick Law Firm; Kelsey Breeze, Universal Pediatrics; Andy Bretz, Spindustry; Danielle Burmeister, Homesteaders Life Company; Shad Clayton, Oakridge Neighborhood Services; Brandon Elbert, MHCS P.C.; Anthony Giampolo, West Des Moines Police Department; Kinzy Gillespie, Navigate Wellbeing; Stacie Glienke, Hubbell Realty; Haley Gutschenritter, Merkle Retirement Planning; Ben Hall, Pratum; Daniel Herting, Herting Law; Madi Jantsch, Express Employment Professionals; Britton Klomstad, SVN | Create; Erin Knupp, Boyd Jones; Katie Koch, American Equity; Dan Lengeling, Merchants Bonding Company; Mia Mata, Athene; Thomas McCaffrey, Gilbert & Cook, Inc.; Laine Mendenhall-Buck, West Des Moines Community School District; Ryan Moon, Greater Des Moines Partnership; James Moore, Shive-Hattery; Jarret Mulholland, First National Bank; Joel Peiffer, IMT Insurance; Jen Peppenger, Grinnell Mutual; Rudy Pineda, Fort Whiskey; Trey Rice, ServiceMaster by Rice; Shawna Rolph, City of West Des Moines; Jessica Rotole, Whitfield & Eddy Law; Meghan Sanchez, Carrier Access; Craig Schneider, NCMIC; Allicia Sebastinelli, Brokers International; Nicki Teel, Sammons Financial Group; Jazzlin Turner, Bankers Trust.

The WDMLA is led by a group of alumni who serve as the advisory council. The leaders serving on the 2022-2023 WDMLA advisory council include: Jeremy Bielski, Chair, ITA Group; Vice Chair, Ashley Charnetski, Whitfield & Eddy Law; Past Chair, Tiffany Gaskill, R&R Realty; Alumni Co-Chair, Jordan Bouslog, Cushman & Wakefield Iowa Commercial Advisors; Alumni; Co-Chair, Kristen Koenig, Merkle Retirement Planning; Curriculum Co-Chair, Dave Ling, Beisser Lumber Company; Curriculum Co-Chair, Pat Desenberg, NCMIC Group; Marketing Co-Chair, Hailey Nessel, Carrier Access; Marketing Co-Chair, Megan Stelter, Trilix; Marketing Co-Chair, Mary Clayton, IMT Insurance; Class Project Co-Chair, Shannon Holmberg Hasse, Dentons Davis Brown Law Firm; Class Project Co-Chair, Brad Munford, City of West Des Moines; Recruitment Co-Chair, Molly Skoda, Bankers Trust; Recruitment Co-Chair, Debby Hudson, Genesis Health Clubs. ■



*Make Your Home at  
Prairie Hills at Des Moines!*

ASSISTED LIVING | MEMORY CARE | RESPITE CARE



*Schedule a Tour!*



**(515) 256-9143**  
**[www.PrairieHillsDM.com](http://www.PrairieHillsDM.com)**

**Visit Us At:**  
**5815 SE 27th St.**  
**Des Moines, IA 50320**





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](http://www.iowalivingmagazines.com/residentpoll)**

SCAN HERE TO VOTE



## OFFICIAL BALLOT - THE POLL IS NOW OPEN!

**[WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL](http://WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL)**

1. Favorite Dallas County Bakery
2. Favorite Dallas County Pizza Establishment
3. Favorite Dallas County Dad/Child Date Spot
4. Favorite Dallas County Mom/Child Date Spot
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)
14. Favorite Dallas County Pastor (person)
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
26. Favorite Dallas County Restaurant for Lunch
27. Favorite Dallas County Restaurant for Dinner
28. Favorite Dallas County Car Dealership
29. Favorite Dallas County Place for Ice Cream
30. Favorite Dallas County Daycare
31. Favorite Dallas County Place for Children's Birthday Parties
32. Favorite Dallas County Preschool
33. Favorite Dallas County Library
34. Favorite Dallas County Chamber of Commerce
35. Favorite Dallas County Camping Spot
36. Favorite Dallas County Photographer
37. Favorite Dallas County Dance Studio
38. Favorite Dallas County Place to Take Your Mom and Dad
39. Favorite Dallas County Place to Take Your Kids or Grandkids
40. Favorite Dallas County Place for Auto Service
41. Favorite Dallas County Place to Purchase a Gift for a Woman
42. Favorite Dallas County Place to Purchase a Gift for a Man
43. Favorite Dallas County Realtor (person)

44. Favorite Dallas County Bar
45. Favorite Dallas County Place for Guests to Stay
46. Favorite Dallas County Coffee Shop
47. Favorite Dallas County Florist
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
54. Favorite Dallas County Senior Living Facility
55. Favorite Dallas County Home Builder
56. Favorite Dallas County Home Improvement Retail Store
57. Favorite Dallas County Home Improvement Contractor
58. Favorite Dallas County Plumber Company/Plumber
59. Favorite Dallas County Electrician (business)
60. Favorite Dallas County Heating and Cooling Business
61. Favorite Dallas County Lawn Care Business
62. Favorite Attorney or Law Firm
63. Favorite Dog Groomer
64. Favorite Physical Therapy or Therapist
65. Favorite Financial Planner
66. Favorite Dallas County Audiologist/Hearing Doctor (person)
67. Favorite Dallas County Pest Control Company
68. Please add your email address to be part of our VIP announcements



# MEET Mitch Matthews

Matthews had enough of corporate career track.

Mitch Matthews of West Des Moines pursued a corporate track for years after graduating from the University of Northern Iowa. When a promotion came along, the Newton native thought it was another step up for his career. Instead, it was a bad fit, which “killed his soul,” he says.

“Looking back, it woke me up. I wanted to continue my dream of being an entrepreneur,” he says.

He decided to pursue a career as a success coach, thanks to a suggestion from his wife. The change has led Matthews to a fulfilling career as a life coach, author, podcast host and entrepreneur, all from his office in West Des Moines.

He launched the podcast “Dream Think Do” in 2015 and has completed his 370th episode. In 2022, it’s ranked in the top .5% of all Apple podcasts. He’s interviewed celebrities, entrepreneurs, authors and thought leaders for stories about how they “dream big, think better and do more.”

“Everyone has their wins and how they get better with losses and setbacks,” he says. “I don’t tell people I have the answers. I create a safe space to draw out and get clarity.”

Matthews provides training for other success coaches as well. When he first started, he thought it might take five years to get his business in place.

“It took five months. I fumbled and made mistakes and finally got clear with my systems,” he explains.

A typical client often needs help clarifying their options and making decisions. Initially, his clients were primarily from Iowa. As his business expanded, the majority of clients are now from around the world.

He’s excited when his clients produce tangible results, such as doubling or tripling their income. His favorite success story involves a woman who felt she needed to change jobs. She explained to Matthews why the coaching worked halfway into the sessions.

“Her seven-year-old daughter asked her



Mitch Matthews is proud to call West Des Moines home and to base his business there.

what was different. ‘Why have you been so happy lately?’ She told her, ‘Mommy learned how to deal with a bully.’ ”

If folks are contemplating a change, he suggests starting out small.

“Try little steps. Take a class. Listen to a Ted Talk and pick up subjects you want to explore,” he says. “Small steps over time add up.”

Matthews raised his family in West Des Moines and travels the country. When hosting coaches, he continues to keep the focus on his hometown.

“Nine out of ten people are shocked coming to Iowa. I brag about Iowa all the time. This is about as perfect as a city gets,” he says.

For more info on Matthews’ podcast, visit [www.mitchmatthews.com](http://www.mitchmatthews.com). ■





*Toast*  
**MORE**



**aventura**  
LIVE MORE

Welcome home to more of what you love. More fun amenities, modern conveniences and opportunities to gather and socialize all in a unique community that puts you at the very intersection of elegance and luxury.



55+ COMMUNITY BY HUBBELL HOMES  
MODERN CONDOS STARTING IN THE LOW \$300s  
9065 Bishop Drive, West Des Moines



515.420.1905 | [LivingAventura.com](http://LivingAventura.com)



# ESTATE planning when a child has special needs

Parents with a child with special needs face extraordinary challenges. In addition to the unique issues associated with raising a child with disabilities, traditional estate planning techniques fly out the window. One concern is how to include the child in your will or trust. Children with special needs often receive Supplemental Security Income (SSI) and Medicaid (Title XIX), which limit the amount of money the recipient can receive.

Previously, parents had two estate planning choices. First, they could include a disabled child in the will or trust. If the value inherited exceeded the applicable resource limit, the child would be ineligible for SSI and Medicaid. Alternatively, the parents could exclude the



child from their estate plan entirely. This option denied the child protection against unforeseen events, such as program cutbacks or insolvency. It also is emotionally difficult for a parent to disinherit a child.

There is now a third option. Changes to Medicaid allow for the creation of a third-party special needs trust. A special needs trust is a discretionary spendthrift trust designed to preserve government benefits for a disabled beneficiary.

If properly drafted, the trust holds assets for the benefit of the disabled child, but that money won't be counted as a resource. Because the money never belongs to the child, it won't interfere with benefits. Parents, relatives or friends can contribute to a third-party special-needs trust.

Distributions from the trust are intended to supplement public benefits, not replace them. It allows the parents' assets to continue to be used

to enhance the child's quality of life. The trust can cover "extra" needs, such as personal care, therapy or travel.

If the child personally comes into money from inheritance or insurance, that money can be placed in a "self-funded" special-needs trust. The child continues on Medicaid or SSI, and the money in the trust can be used for uncovered expenses related to the disability. When the beneficiary dies, the government takes any money left in the trust. That is why no one should leave money directly to a child with special needs.

It is critical that the trust be drawn by a lawyer who understands the disability rules. The special needs trust allows parents to provide for their children without endangering the child's SSI or Medicaid benefits. ■

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

## YOU HELP THEM.

### LET US HELP YOU.

SUPERIOR SERVICE.  
LEGAL SOLUTIONS.

FOR 35 YEARS



EXPERIENCED ATTORNEYS  
— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
Probate & Estate Administration ■ Social Security Disability  
Business Formation & Planning ■ Medicaid & Asset Protection

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL  
BARNETT LAW FIRM  
ESTABLISHED IN 1987

2560 73rd St., Urbandale ■ 515.278.0623 ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)



# Switching Banks Can Be **Easy as Pie.**



## Switching Made Simple

---

Switching banks used to be a hassle. Shift your money to Bank Iowa and switch your direct deposit and bill payments - all online!

*Make the switch today!*



*Let's make  
it happen!*

[bankiowa.bank/switch](http://bankiowa.bank/switch)



**Bank Iowa®**

[www.bankiowa.bank](http://www.bankiowa.bank) |  Member FDIC





**CBD American Shaman**

The Most Powerful CBD Hemp Oil Products Available

## Health & Wellness



**SAMPLE PRODUCTS IN-STORE**

**CBD American Shaman of Greater Des Moines**  
[www.cbdshamaniowa.com](http://www.cbdshamaniowa.com)

**COMING SOON TO INDIANOLA!**  
 800 S 50th St, #106, West Des Moines • 515-380-5251  
 3418 8th St SW, #3, Altoona • 515-967-4036

**VETERAN & MILITARY DISCOUNT 15% OFF**



**VETERAN OWNED & OPERATED**

## HEALTH By Ashley Powell

### TRIED CBD but didn't see results?

Do you have a friend or family member that swears by the benefits of CBD? People and pets are using CBD to help manage inflammation, pain, insomnia, anxiety and seizures. But what if you tried it, and it's not working for you? Try these suggestions before giving up:



- **Check the quality:** CBD companies are popping up everywhere, and it's easy to get a low-quality product without realizing it. A 2018 study found that only 31% of CBD products contained the advertised amount of CBD. Quality products have lab test results conducted by third parties readily available. Take time to check Google reviews.

- **Evaluate your dosage and method:** Always start with a low dose of CBD and increase slowly. For adults, a starting dose is generally 5-10 mg per day. You may also need to evaluate the delivery method. CBD is available in many different formats, including gummies, topicals and water solubles. If you tried one method and didn't see results, you may need to try a different one.

- **Commit to a consistent routine:** Some people respond instantly to CBD and others need more time for CBD to build up in their system. Commit to using your product consistently for at least two weeks.

The products and methods of use can be overwhelming. Try sampling in store 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://jamanetwork.com/journals/jama/fullarticle/2661569>

## Suffering from Seasonal Allergies?



**Contact Dr. Tara Federly today!**

**We believe health and wellness are the cornerstone of a happy and healthy life.**

**Dr. Tara Federly**  
 Allergist for Children & Adults



**cornerstone**  
 PEDIATRICS & FAMILY ALLERGY

**515-630-5022**  
 6800 Lake Drive #260,  
 West Des Moines  
[www.cornerstonepfa.com](http://www.cornerstonepfa.com)

## HEALTH By Dr. Tara Federly

### ALLERGIES or asthma flaring up?

As the weather gets colder, we find ourselves spending more time indoors. This can be troublesome for those with indoor allergies or asthma with indoor triggers. Fortunately, there are things you can do to keep your home safe.

Once you have identified your triggers, it's time to take action.

- Dust mites can be decreased by washing bedding frequently in hot water, removing extra pillows and blankets, using hypoallergenic covers on your mattress and pillow, and vacuuming regularly.
- Keeping pets out of your bedroom and off the furniture can be helpful to decrease pet dander exposure.
- Always use fans in humid rooms to decrease mold.
- Make your home a smoke-free area. Family members who smoke should smoke outside and change their clothes when they come inside.

If you are having trouble identifying your triggers, the next step is allergy testing. Find a board-certified allergist who is trained to evaluate and treat people of all ages with allergies and asthma. ■



Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



## MEET Leo Muldoon

West Des Moines bus driver and umpire

Leo Muldoon, a West Des Moines Community Schools bus driver, began driving a city bus in Washington D.C. He moved to Des Moines and drove for the Des Moines Public Schools for 26 years. He joined WDM schools last year.

Muldoon drives elementary to high school age students, picking up shifts for field trips and sporting events. He works about 30 hours a week.

Going from driving a city bus in the District of Columbia to driving in Des Moines took adjusting to a few differences.

"In Washington, D.C., we didn't have to stop at railroad crossings. Here, we need to always stop," he says.

Buses over the years have changed for the better, he says. He's required to complete annual training to stay on top of those changes.

"It's no longer a standard — it's an automatic push button. They are built more comfortably. It used to be a bumpy spring ride, and now it's more comfort for the drivers," he says.

When Muldoon started driving a bus, he followed a map. Today, computers, cameras and transponders assist in routes and monitor student and bus driver activity.

"The devices are great. They never used to have that when I first started. The cameras can see what's happening on the bus, and I can concentrate more. I still watch out for kids," he says. "The eyes of Iowa are upon you."

He says students haven't changed over the years.

"Kids will be kids. Most of the time it's comical relief when kids are around you," he reflects.

The most challenging age group is the elementary kids who have the most energy, he says.

"I'm always reminding them to sit and stay in their seat. They all try to be sneaky about it — I've seen it all," he says. "You'd think with technology and playing on their phones, kids would be all over that. Not the elementary kids."

Muldoon also picks up refereeing and umpiring basketball and softball games for WDM sporting teams.

He realizes there is a vast shortage in bus drivers. One reason he enjoys driving a bus is the flexibility of his hours. He can go home to take care of his wife and daughter, who suffer from health problems.

"It's not difficult or hard. It's still a job — but a fun job. I get to go to the zoo and other places for free," he says. "I enjoy it immensely. I love what I'm doing. The parents, teachers, coaches are all great." ■



Leo Muldoon began his driving career in Washington, D.C. and is now a bus driver for West Des Moines Community Schools.

## BORDERLINE Personality Disorder

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

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

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

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



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

## SS Therapy and Consulting

**IMMEDIATE OPENINGS AVAILABLE! CALL TODAY!**

*Taking on life's challenges one step at a time.*

[www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com)

**STEPS Groups**

Adults/Teens/Parents

**Therapy for All Ages**

Most insurances accepted.

**Neurofeedback Brain Maps and Training Available.**

**Contact [admin@sstherapyandconsulting.com](mailto:admin@sstherapyandconsulting.com) 515-528-8135 to schedule.**

**CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!**

**EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.**

**DES MOINES**

4725 Merle Hay Rd. Ste 205

**ANKENY**

2675 N. Ankeny Blvd, Ste 105



## RECIPE

# POWER your playbook with a savory appetizer

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

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

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

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

## Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran  
Yield: 16 biscuit bites

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



- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.
- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Live carefree.



Overdraft *Flex* ✓  
Only at MidWestOne Bank

Avoid paying an overdraft fee when you overdraw your checking account by \$50 or less. New *Flex* will help you get through an occasional small squeeze on your balance. MidWestOne clients who maintain qualified accounts are automatically enrolled.\*

That's simply better banking!

[MidWestOne.bank/OverdraftFlex](http://MidWestOne.bank/OverdraftFlex)

Windsor Heights  
7204 University Ave  
515.274.0075

West Des Moines  
9350 University Ave, Ste 138  
515.283.3750



MidWestOne  
Bank®

*Simply better banking.®*

Member FDIC

\*Your MidWestOne consumer checking account must be enrolled in Occasional Overdraft Protection Service (OOPS) and meet qualifying direct deposit conditions. OOPS applies to checks, electronic fund transfers, automatic bill payments and other transactions made using your checking account. We will not include ATM and every-day debit card transactions within OOPS without first receiving your affirmative consent to do so. We typically do not pay overdrafts if your account is not in good standing, you are not making regular deposits or you have excessive overdrafts. Your account will be charged an overdraft fee of \$35.00 for each item that overdraws your account in excess of \$50. We retain full discretion to decline to pay any overdraft item under the OOPS Service for any reason. All negative balances must be resolved within 35 days of the original overdraft. If the negative balance is not resolved within 60 days, your account will be closed. For additional program details see a banker.



# MYSTERIOUS noises

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

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

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

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

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

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

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



We're celebrating 30 years of providing heating and cooling to Central Iowa and the celebration will continue through October! Thank you for allowing us to continue serving our mission of providing reliable solutions for our customers' comfort, safety, and efficiency needs.

**\$300** THREE YEAR MAINTENANCE PLAN

Only \$300 for a 3 year Premier Comfort Protection Maintenance Plan with the purchase of a new heating and cooling system.

*Must be purchased with the system and not valid with any other discounts or offers. Ends 10/31/22*

**\$30** OFF MAINTENANCE PLAN

Save \$30 off of a new Premier Comfort Protection Maintenance Plan or a geothermal maintenance plan.

*Valid for new plans only and cannot be combined with any other discounts or offers. Ends 10/31/22*

**\$30** OFF ANY SERVICE CALL

Save \$30 off any demand service call performed in October!

*Not valid with any other coupons or offers. Ends 10/31/22*

**72°**  
COMFORT  
COMPANY  
72degrees.com

Scan to  
Schedule!



(515) 200-2728



# YES!

We do pipe camera inspections.

Clogged Drains • Full Service Plumbing  
Camera Inspection & Locating Sewer Lines  
Hydro-Jetting • Sump Pumps • Water Heaters

**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE

**OPEN 24/7**  
INCLUDING HOLIDAYS  
**515-278-5668**  
rotorooterdesmoines.com

SERVING POLK, DALLAS, WARREN,  
GUTHRIE, MADISON & CLARKE COUNTIES

## LIBRARY

### LIBRARY begins new 5-year strategic plan

This year, the WDM Public Library embarked on a new strategic planning cycle to best position the library for community engagement and innovation from 2022–2027. With the help of local strategic planning firm Bâton

Global, we were able to develop a robust and thoughtful roadmap for the next five years that we are proud to share with our community.

Our strategic plan focuses on six areas of importance: Collections, Programming, Outreach, Spaces, Culture and Stewardship. Bâton Global and the library worked through extensive surveys of the community, key stakeholder interviews, data from peer public libraries, and critical feedback from library staff to develop this plan. We extend a warm thank you to everyone who participated in the research process to ensure we were setting goals that meet the needs of West Des Moines residents.

Read it now at [wdmlibrary.org/strategy](http://wdmlibrary.org/strategy).

#### WEST DES MOINES PUBLIC LIBRARY

4000 Mills Civic Parkway, West Des Moines  
515-222-3400  
[www.wdmlibrary.org](http://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.

#### Upcoming event highlights

Register for library events at: [wdmlibrary.org/events](http://wdmlibrary.org/events)

• **Fore! The History of Waveland Golf Course**, Sunday, Oct. 16, 2:30-3:30 p.m. (Adults): Waveland Golf Course in Des Moines celebrated 100 years in 2001 and is the oldest municipal golf course west of the Mississippi. Joe Wandro's day job is designing and building golf courses around the country. He was inspired by playing on Waveland to learn more about the course. He'll talk about the history of Waveland and the influence the design has on courses today. No registration required. Can't attend in person? You can also watch via livestream on the West Des Moines Historical Society's YouTube channel or Facebook page.

• **Learn How to Fight Fraud!** Monday, Oct. 24, 10:30-11:30 a.m. or 6:30-7:30 p.m. (Adults): Do you sometimes wonder if an email request is legitimate? Does an insurance offer seem too good to be true? And how do you figure out what's for real and what's a scam? The Fraud Fighters are here to help. The Fraud Fighters from United Way are trained by the Iowa Insurance Division and will talk about a variety of common scams and how you can arm yourself with the tips and tools to prevent fraud from happening to you. Attendees will also learn about the importance of thoroughly investigating money-making offers before parting with their assets. No registration required.

• **Live-Action Clue**, Friday, Oct. 28, 6-8 p.m. (Teens): Teens are invited to attend Mr. Boddy's after-hours Halloween pizza party at the library. He's also welcomed Mrs. Peacock, Ms. Scarlet, Mrs. White, Mr. Green, Colonel Mustard and Professor Plum. In case Mr. Boddy is late... we have a plan for getting answers. Navigate the library with clues, work alongside Clue characters, and compete against other teams. Registration is required AND a waiver signed by parents must be turned in before the start of the event. ■

## ENHANCE YOUR QUALITY OF LIFE

TINCTURES | GUMMIES  
EDIBLES | TOPICALS

USDA ORGANIC

SUNMED  
FULL SPECTRUM  
HEMP SUPPLEMENT  
BLUEBERRY

SUNMED  
BROAD SPECTRUM  
UNMED  
TEMP SUPPLEMENT  
CBG +  
MANGO GUMMIES

SUNMED  
EDUCATE WITH  
TOPICAL CREAM

**DELTA 9 PRODUCTS AVAILABLE!**  
Ask your store associate for details!

**Your CBD Store®**

**264 W. Hickman Rd., Waukee**  
**515-669-5438**  
Next to City Hall

**AMES**  
2801 Grand Ave. 515-232-2681

**URBANDALE**  
4644 86th St. 515-276-4303

**ANKENY**  
833 E 1st St. #101 515-964-9862

**WEST DES MOINES**  
125 5th St. 515-279-0150

**FOLLOW US!**

store code: 1A479



# David Young

IOWA HOUSE DISTRICT 28

*Serving the southeast Dallas County communities of West Des Moines, Booneville, Van Meter, Adel, and Maffitt Lake.*

"My focus as your Iowa State Representative is the safety, prosperity, and freedom of you and your family. I have a proven record of taking on tough challenges with bold leadership and common-sense solutions. I'm asking for your vote on November 8 to represent you in Iowa's House District 28."

DAVID WILL WORK TO...

**Fight Inflation and Strengthen Our Economy**

**Keep Our Families and Communities Safe**

**Grow Strong Leaders from High-Quality Schools**



David Young is a seventh-generation Iowan born and raised in Van Meter where he resides today. David graduated from Johnston High School and Drake University. David served as U.S. Congressman for Iowa's 3rd Congressional District from 2015-2019 where he sponsored legislation passed into law to help our veterans, farmers, small business owners, teachers, seniors, and Iowa workers and families.

## LEARN MORE ABOUT DAVID HERE

 YoungForIowaHouse

 DavidYoungIowa

 YoungforIAHouse

 P.O. Box 40,  
Van Meter, IA 50261

 YoungForIowaHouse@gmail.com

Scan to  
Donate!



**VOTE DAVID YOUNG FOR IOWA HOUSE ON NOVEMBER 8<sup>TH</sup>**

Paid for by Young for Iowa House



### WDM CHAMBER recognized

The West Des Moines Chamber of Commerce (WDM Chamber) was represented at the 2022 Annual Convention hosted by the Association of Chamber of Commerce Executives (ACCE) July 26-29. The WDM Chamber was recognized as a finalist for the 2022 Chamber of the Year award, presented by ACCE. ACCE is an association based in Alexandria, Virginia, that has more than 1,600 chambers of commerce and related business and economic development organizations as members, representing more than 9,000 professionals in the industry.

The WDM Chamber was nominated in Category 2 alongside the Henry County Chamber of Commerce in McDonough, Georgia, and the Paducah Area Chamber of Commerce in Paducah, Kentucky. The Henry County Chamber was ultimately named the 2022 Chamber of the Year in Category 2.

"It is an incredible honor to be one of three outstanding finalists in our category for Chamber of the Year in the U.S.A.," said Katherine Harrington, president and CEO of the WDM Chamber. "It takes an innovative and passionate team, members, volunteers, and City leaders to create a vibrant and strong Chamber and community. We want to thank our Chamber family for supporting us every step of the way."

The award recognizes the leadership role chambers of commerce have in their communities. Those honored with the Chamber of the Year designation have demonstrated organizational strength and made an impact on key community priorities, such as education, transportation, economic prosperity and quality of life. ■

### YOUTH Leadership Initiative Class of 2023 announced

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

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

The 2023 class includes Tyler Anderson, Anna Bechtel and Bruce Zhu, students at Valley High School. For more information, visit [gdmli.com/yli](http://gdmli.com/yli). ■

# HONOR OUR VETERANS

Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:  
TOWN YOU CURRENTLY LIVE IN:  
MILITARY BRANCH:  
RANK AT DISCHARGE:  
DEPLOYMENTS:  
QUOTE: Please answer the question,  
**"How can the public best honor veterans?"**

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or mail to:  
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

**SUBMISSIONS MUST BE RECEIVED BY OCT. 19.**





OUT & ABOUT

# RIBBON Cutting

West Des Moines Chamber of Commerce held a ribbon cutting for Posey & Jett's Gift Boutique, 4100 University Ave., Suite 108, West Des Moines, on Sept. 15.



West Des Moines Chamber of Commerce held a ribbon cutting for Posey & Jett's Gift Boutique, 4100 University Ave., Suite 108, West Des Moines, on Sept. 15.



Kelsey Heuton and Becky Brehm



Mary Anne Kennedy, Aaron Burns and Ahmed Ibrahim



Donna Larson, Emily Bialas and Nikki Nigg



Paul Schut, Mason Powers and Frank Hanson



Jim and Johnathan Culp



Ashley and Marissa Culp



Sherry Ford, Bryce and Johnathan Culp



Sarah Sparks and Anna Doud



Becky Brehm, Anna Doud and Kevin Brehm



OUT & ABOUT

# RIBBON Cutting

West Des Moines Chamber of Commerce held a ribbon cutting for Paws and Pints, 6218 Willowmere Drive, Des Moines, Sept. 8.



West Des Moines Chamber of Commerce held a ribbon cutting for Paws and Pints, 6218 Willowmere Drive, Des Moines, Sept. 8.



Cheryl Tuttle and Tara Platt



Melody Breise and Oreo



Taylor Neal and Penny



Owen Bennerhahn and Kraken and Lachara Foster and Major



Marissa Kephart, Glenn Martin and Lindsey Lamair



Tracy Craig and John Scott



Megan Casey, Kyle Casey and Jason Fielder with Kora, Myers and Max



Steve and Kris Howard with Cooper



Christine Logli-Ledo with Mitsuha and Mika



Kim Spencer-Kline and Diana Johnson



# Refreshing comfort and power.

THE 2022 LINCOLN NAUTILUS



## Iowa's #1 Lincoln Dealer\* Since 1980

Lincoln Nautilus Reserve model shown with optional equipment.

### AUTO AIR REFRESH

A breath of fresh air. Available Auto Air Refresh is an impressive air filtration and active air monitoring system. Auto Air Refresh uses a cabin particulate and odor filter as well as a sensor to monitor and display airborne particulate matter levels in the interior.



L I N C O L N

### HEAD-UP DISPLAY

Create a driving experience to your liking with the available head-up display.\* You can select the information that you'd like to see, including standard driving information, available Intelligent Adaptive Cruise Control settings and more.

\*Don't drive while distracted. See Owner's Manual for details and system limitations.

## *In stock ready for delivery.*

L I N C O L N  
**PICKUP & DELIVERY™**

Lincoln makes moving through life seamless with our Lincoln Pickup & Delivery<sup>2</sup> ownership experience. We'll pick up your vehicle when it's time for service and drop it off when the work is complete. We'll also lend you a complimentary Lincoln in between – so your time remains distinctly yours.



**Stivers Ford Lincoln**

1450 E HICKMAN | WAUKEE IA 50263

515.987.3697 | [www.stiverslincolniowa.com](http://www.stiverslincolniowa.com)



\*Sales ranking based on 2021 car and truck sales report of the Kansas City Region of Lincoln Motor Company.



# Harvest some great deals today!



Pricing valid Oct. 1-31, 2022

**MAYTAG® \$899 EACH**



**Maytag Washer:**  
4.5 cu ft

- Deep fill option
- Power agitator
- Quick wash

MVW4505MW

**Maytag Electric Dryer:**  
7.0 cu ft

- Wrinkle protection
- Reversible door

MED4500MW

**MAYTAG® \$1,269**



**Maytag 33" wide top freezer refrigerator, 21 cu ft**

- Powercold feature
- Fingerprint resistant

MRT311FFZ

**MAYTAG® \$1,099**



**30" Wide, 5.3 cu ft Self Clean Oven**

- Air Fry Mode
- Five Element Cooktop
- Convection Oven
- Fingerprint Resistant

Stainless Steel  
MER7700LZ

# Thank you farmers!



**Whirlpool® \$949 EACH**



**Whirlpool Washer:**  
4.7-4.8 cu ft

- 2 in 1 Removable Agitator
- Built-In Water Faucet
- Deep Water Wash Option
- Presoak Option

**Whirlpool Dryer:**  
7.0 cu ft

- Top load electric moisture sensing dryer with steam & wrinkle shield

WTW5057LW/WED5050LW

**Whirlpool® \$929**



**Whirlpool Dishwasher with stainless steel tub**

- 3 rack
- Adjustable middle rack
- 47DBA
- Fingerprint resistant

WDTA50SAKZ

**Whirlpool® \$2,299**



**Whirlpool, 20 cu ft, 30" wide French door**

- Tuck shelf
- Adjustable gallon door bins
- LED lighting

WRF560SEHZ

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-2  
**515-993-4287**



[www.adelwintersettv.com](http://www.adelwintersettv.com)

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**