JORDAN CREEK

SEPTEMBER 2022

Residents share their home improvement projects

new

Meet Lauren Baker EDUCATION

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Pugliese advocates for refugees and immigrants NEIGHBOR

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WELCOME

SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.



In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements.

Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading.

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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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 actives 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."

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Residents share their home improvement projects

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By Jackie Wilson

When Gabby and Jeff Fisher looked at a home in Barrington Estates in West Des Moines, they thought the house looked a little too "1990-ish." With honey oak trim and a split level layout, they weren't sold on the dated look and design. After all, Gabby, who is a real estate agent, could easily search for the right home.

The pair left for their honeymoon and, when they returned, realized how much they liked the neighborhood with its mature trees, the right price point and a top-notch West Des Moines school system. Jeff knocked on the potential neighbor's door to ask about the neighborhood and was enthusiastically told about the benefits. Jeff, who is a renovator, thought they could turn the home around.

Jeff and Nicole McBride of West Des Moines redid their front porch to offer a more welcoming view.



Jeff and Gabby Fisher, along with their daughters, Leona, 2, and Rose, 7 months, enjoy the family room that now features brickwork and white cabinets around the focal-point fireplace instead of the wood-finish shelving that had dominated the room. Photo by by Jackie Wilson

"I had a feeling — with a great vision, we could redo this place to be our own," he says.

After confirming their decision, the couple moved in 2019 to begin the renovations. But before they began, they invited new neighbors over on closing day to a "spill the wine" party, where folks could write things on the wall and have fun without worrying about messing up the place.

"We felt so welcomed by our neighbors," says Gabby. "It was a great way to get to know them."

Jeff and his father, Doug, began the renovation. Working with the split level open concept, they wanted an open kitchen but still separate rooms with livable sections. When designing the space, options to entertain family and friends in their dining room space was a necessity.

Since Gabby was expecting a baby, they wanted places for toys. She didn't need a traditional "toy room" but desired spaces where they could tuck a few toys in each room.

They tore out all the "gross" carpet and a wet bar. The honey oak cabinets in the kitchen were replaced with white and slate blue colors. Heavy oak railings were replaced with sleek black metal, creating a more open look between the levels.

Jeff says the greatest cost for a remodel is

AFTER



Gabby and Jeff Fisher modernized their kitchen by replacing the woodfinish cupboards and railings with a sleek design featuring white and slate blue cabinets. The railing ties in with the light fixtures and island chairs with a modern industrial touch.

typically countertops and cabinets; however, since he did it himself, they saved a lot of money. The couple brought in licensed electricians and plumbers to finish the other work.

"They did all the intricate trim work and painting," she says.

Since Gabby was pregnant, she helped with the wallpapering but didn't do a lot of physically demanding work. Instead, Jeff consulted her on design details.

"I executed some of the vision," she says. "But Jeff is way better at the overall vision."

Supplies were plentiful, and the only surprise during the process was finding an air duct needed to be relocated when adding the screened-in porch.

During the renovation, the family lived in Jeff's parents' home, since the snowbirds lived in Arizona for the winter. Gabby says, by not living in her home during the renovation, the process was easier.

The family hired a designer, LT Design, to finish the design work. Then, Gabby went into the hospital to have her baby.

"The designer had it all done by the time I got out of the hospital," she says. "The timing couldn't have been better."

When the place was done nearly four months later, the COVID pandemic had just hit. They delayed their housewarming party until last Christmas, when they hosted a "holiday hop" - where folks go from home to home viewing holiday decorations - with their neighbors.

As a real estate agent, Gabby is in tune with what potential homebuyers seek in a home. Kitchen décor is a huge selling point.

"The first thing people ask is how do we change the cabinets. Then I inquire about how long they plan to live there. Sometimes paint and hardware changes are the most cost effective," she suggests.

The couple has witnessed new construction but appreciates the older home qualities of mature trees. The Fishers appreciate their West Des Moines location, which is close to many amenities. Gabby is also happy for Jeff's expertise.

"Thank God he's in the industry. A typical homeowner might feel overwhelmed with all that's going on," she says. "I never liked splits (split level homes), but it's all open and Jeff made it work."

Next up, the couple hopes to complete new landscaping in the back yard. Whatever Jeff does, it's only one thing at a time.

"I'm not about to sit around in something unfinished," he says. "You have to have a lot of patience with a remodel."

Kitchen opened

When Connie and Pete Graziano moved to West Des Moines in 2018, they bought their home because of the swimming pool. However, they didn't like the kitchen layout, patio or the fireplace area. Yet they knew the place had potential and began a remodel in three phases.

The first phase was redoing the kitchen. For starters, the layout wasn't functional. The refrigerator sat right by the hallway, making it inconvenient to pass by. They hired a contractor who suggested they reconfigure the hallway. With plenty of cupboard space, they only shortened one closet. The result? An open kitchen.

"We were able to open it up and bring more light in. The kitchen wall came out, which meant it was no longer cut off from everything else," says Pete.

They used to have a traditional kitchen table and chairs and replaced them with a large island, which became the centerpiece and provides casual seating. They switched out the electric appliances for gas instead.

"It's a dramatic difference. Everything felt



Pete and Connie Graziano (along with dog Abby) enjoy their new open kitchen.

so dark in here — it felt like a dungeon," says Connie.

At one time, there were two mismatched tile floorings in the place. The entryway tile was replaced so it matched the wood in the kitchen floor. The couple said the kitchen



SINKING CONCRETE? Don't Replace it, Let Us Raise It!



BEFORE



Pete and Connie Graziano wanted to make better use of their deck so they created a covered deck with shades they can raise or lower in order to make use of it in a variety of weather.

remodel timing was ideal, as they left for their home in Arizona while the work was being done.

"We didn't have to live through the mess," says Pete. "We trusted the company to manage and get the work done. They sent pictures along the way. Whitey Remodeling and Interiors brought in subcontractors to meet us and ask questions. That was a neat part of the process."

A second project was a deck. The open deck faced west and, on a hot day, it was difficult to sit outside. They covered the deck, extended the roof line and squared it off, putting a cover over it. Shades can be raised or lowered, depending on the season.

"It's much more functional, and we use it a lot more. You can sit outside when it's raining — something I like to do," says Pete.

"I'm out there all the time," Connie adds. "I feel cooped up in the wintertime, and the sun helps. It makes the deck more appealing."

The couple also replaced a fireplace mantel. Now, the whole place suits their needs, they say.

"It was a sizable investment, but we'd rather stay here because it's the right place for us to be," says Pete.

Front porch

Nicole and Jeff McBride's West Des Moines home is in a great location and includes the right amount of space for their family. Yet, the front of the house was dull and blocked by scraggly, overgrown bushes.

They first ripped out the bushes, making a plain gray cement porch more visible. At first, they painted the cement. Then, as the couple researched ideas, they saw where a homeowner had tiled the front leading to their home.

"We looked it up on Pinterest. I'd seen it in back patios but not the front," says Nicole.

So they ordered the tile and had it professionally installed. Of course, when a homeowner changes one thing, often the



other adornments don't look right. They changed out the storm door from shiny brass to oil-rubbed bronze trim.

"It's more updated, has better curb appeal and is more welcoming," says Jeff.

The next step was to replace the door. However, they thought just painting it might be more cost efficient. The paint contractor required a minimum job, so they ended up painting the trim around the garage to complete the look. They planted rose bushes in the front where the other shrubbery used to be.

"It's a lot more welcoming and open. We like it better than those overgrown bushes. Now, when we have parties, people can see our front door better," says Nicole.



Nicole and Jeff McBride's front porch was dated with brass, cement and overgrown bushes. See the AFTER photo on the cover.





NEIGHBOR By Jackie Wilson

PUGLIESE advocates for refugees and immigrants

Named Emerging Citizen of the Year



Jill Wells is the artist of the multicultural mural at Valley High School.

Gianna Pugliese, an advocate for immigrants and refugees, was presented the West Des Moines Chamber of Commerce Emerging Citizen of the Year honor earlier this year. For 77 years, the Chamber has awarded a person — up to the age of 39 — who has demonstrated a history of community involvement.

The award was a complete surprise to Pugliese.

"Nobody told me I was nominated. I didn't know the award existed," she says. "It was a big honor."

Pugliese is an intercultural outreach coordinator in the West Des Moines Community School District. In her role, she works with teachers and administrators to advocate and promote awareness for the student refugee and immigrant populations.

While pursuing her master's degree at Drake, she became interested in working with adult learners. In her program, she was required to complete a practicum by observing classrooms. One classroom she observed was an ESL (English as a second language) program for adult immigrants and refugees put on by Lutheran Services of Iowa. There, she found her niche.

"I love this area because students are there to learn. You can really see the progress and growth in the students," she says.

She taught adult ESL and joined WDM schools last year. One big push is to approach the city's "newest neighbors" by focusing on their abilities.

"We encourage people to approach our newest neighbors with a strength-based lens. Everyone has a skill set," she explains. "People might think they are helpless — that we need to 'do' for them. I try to tap into those strengths. A small shift in perspective can make a difference."

At Valley High School, she assists RISE — Refugee and Immigrant Student Embassy. Pugliese's role is to listen and allow the students to decide the issues or opportunities they want addressed. RISE expressed an interest in a multicultural student mural.

As a result, students selected artist Jill Wells, and the multicultural mural was completed.



Gianna Pugliese

"I'm just here to take a

step back and listen. Students have stepped up big time."

Pugliese also serves on a half dozen refugee and immigrant committees in the Des Moines metro. She likes how the networks work together.

"I've got a list of 100 people — like a cultural broker — with all different agencies working together. I'm thankful to do this work alongside a dedicated, passionate community."

To learn more about helping refugees in Iowa, visit www.refugeeallianceofcentraliowa.org. ■

SENIOR LIVING By Paula Spidell

6 TIPS to help manage arthritis

Joint pain. Stiffness. Swelling. Twinges painful enough to elicit an "ouch." Most people will experience these symptoms at some point in their lives. The encouraging news is there are simple ways to manage arthritis and ease pain, improve flexibility and make independent living easier and more enjoyable. First, understand that there is more than one kind of arthritis:



• Osteoarthritis Arthritis (OA) – By far

the most common type, OA sufferers feel pain because the cushioning cartilage between their bones has worn away, and the bones are literally rubbing together.

• Psoriatic Arthritis (PsA) - This chronic inflammatory condition is caused by an overactive immune system that attacks the skin and joints.

• Rheumatoid Arthritis (RA) – This autoimmune arthritis typically causes swelling and pain in the hands, feet and wrists but it can also affect the knees and shoulders.

Although the types of arthritis are different, many of the most effective ways to ease the pain and stiffness of them are the same.

1. Slim down – Weighing more than you should puts extra pressure on your hips, knees and feet. Dropping a few pounds will help keep your joints from deteriorating further.

2. Low-impact exercise – Splashing around at a water aerobics class, taking a daily walk, or engaging in yoga or tai chi can help strengthen muscles and give joints more support.

3. Erase pain with pressure – A moderate pressure massage can work wonders, especially if you have inflammatory arthritis, for it cuts production of the body's stress hormone while boosting serotonin levels.

4. Run hot and cold - Putting heat and cold treatments on your joints can soothe aches and pains and tamp down inflammation. For heat, try a relaxing warm bath or shower. At night, snuggle up with a moist heating pad or electric blanket. You can also try over-the-counter topical warming ointments that contain capsaicin. In hot weather, cool off with a gel ice pack.

5. Seek support – Things like splints, braces, walkers and canes can take pressure off your joints. Research other ergonomic options to reduce pain and stress.

6. Stay positive – Although arthritis pain affects the body, it can be eased with the mind. Try relaxation techniques, meditation, slow breathing exercises or even just pleasurable conversations with close friends.

Following these tips to manage arthritis is just one of the ways you can work to maintain comfort and mobility so you can continue to do all the things you love.

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.







ENHANCE YOUR QUALITY OF



EVENTS IN THE AREA

Check for cancellations

Bennett School Museum

Sunday, Sept. 11, 2 p.m. Bennett School Museum, 4001 Fuller Road

At one point, Iowa had more than 12,000 one-room schools, teaching thousands of students from first through eighth grade. Come to the Bennett School Museum as Bill Sherman, one of the premier authorities on Iowa's one-room school history, discusses the historic figures who shaped the growth and development of country schools in Iowa.

'lowa 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 www.wdmhs.org/the-iowafiles. The season's programs are being finalized, but upcoming programs are:

• Sunday, Sept. 18: Only Free Road; An Underground Railroad Saga Unveiled

• 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, Sept. 11, 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 \$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.

Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m. West Glen Town Center, West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Preordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and



tickets, visit https://whiskeywalk.dmcityview.com.

Raccoon River Rally

Saturday, Oct. 8 Raccoon River Park, 2500 Grand Ave., West Des Moines

The Second Annual Raccoon River Rally features The Nadas — Iowa's signature altrock-country band at 3 p.m. Prior to that concert, at 11 a.m., Stranger Than Fiction, an Ames-based folk-rock band will kick off the live music. This regional fall festival celebrates West Des Moines' community and outdoor recreation. Attractions for the event include a morning bike ride, live music, cardboard boat races, fun zone, food trucks, beverage tent featuring local craft beer, and business expo featuring WDM businesses and organizations.

First Responders Appreciation Breakfast

Wednesday, Sept. 14, 7:30-9:30 a.m. Hilton Garden Inn, West Des Moines

The West Des Moines Chamber invites all first responders with complimentary admission. Contact Melanie Mackey at melanie@wdmchamber.org for more information. Congressional Veteran Commendation recipient Elizabeth McCormick will be the guest speaker. With her unique messages, Elizabeth takes the challenges faced as a Black Hawk

helicopter pilot and chief warrant officer for the United States Army and shares empowering, uplifting stories with relatable and actionable lessons. Register online at https://members. wdmchamber.org/events/details/first-responders-appreciationbreakfast-1566?calendarMonth=2022-09-01.

WDM Elks Fall Vendor Fair Saturday, Sept. 24 West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Admission is free to this vendor fair, which will feature more than

30 vendors. A light

will go to the St.

lunch will be available

for purchase. Proceeds

Florian Burn Foundation and to Easter Seals of Iowa for Camp Sunnyside Respite Care. For more information, contact Nancy Newcomb, 515-681-0852, or Nina Steele, 515-201-9892. For information about being a vendor, contact Nisa Rittman, 515-585-0455.



Cemetery Walk

Jordan House Museum, 2001 Fuller Road, West Des Moines

Sunday, Oct. 8, 10 a.m. to noon

Ticket holders will start at the Jordan House Museum, then busses will take you to the Jordan and Huston cemeteries, where actors will be portraying notable people who rest in each location. Learn about West Des Moines history and Victorian mourning practices. Register online at https:// cityofwestdesmoinesparksandrecreation.perfectmind.com.

EVENTS IN THE AREA

Check for cancellations

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

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.

Renaissance Faire

Sept. 10-11 and 17-18 Sleepy Hollow, 4051 Dean Ave., Des Moines

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at sleepyhollowrenfaire.com.



Prairie Awakening - Prairie Awoke Celebration

Saturday, Sept. 10, 3-9 p.m. Kuehn Conservation Area, Earlham

No registration is required for this Dallas County Conservation Board event. The Meskwaki Nation will be featured with a youth drum group and dancers. Dallas Chief Eagle will share his Hoop Dance presentation and a bonfire with audience participation. A rehabilitated raptor and tagged migrating monarchs will be released. Several local traditional drums and songs will be accompanied by dancers in regalia and for an opportunity for the public to join the dance. As traditions direct, participants will sit together in the tall grass prairie arena at Kuehn, remembering and visioning a hopeful tomorrow. Bring your lawn chair for seating. The event is free and concessions will be available.

World Food & Music Festival

Friday - Sunday, Sept. 16-18 Western Gateway Park, 1000 Grand Ave., Des Moines

Travel the world with nearly 50 vendors representing 27 different countries at the annual World Food & Music Festival. On top of trying foods from the various vendors — 22 of which are new this year — attendees will enjoy live music, cultural demonstrations and interactive activities. More details to be announced at dsmpartnership. com/worldfoodandmusicfestival.

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m. Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter,

and how he



Image by Wikilmages from Pixabay

changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: https://terracehill-grantwood.eventbrite.com.

Latino Heritage Festival

Saturday - Sunday, Sept. 24-25

Western Gateway Park, 1000 Grand Ave., Des Moines

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained. Celebrate the 22 Latin countries represented in Iowa at this family-friendly event. More information at latinoheritagefestival.org.

Windsor Heights Fall Festival

Friday - Saturday, Sept. 23-24 Colby Park, 6900 School St., Windsor Heights

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration



is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at windsorheights.org.

WAUKE WAUKE UNDER HOUSE 2022 FALL SCHEDULE

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	7:00PM	Ankeny High School	Waukee Stadium
Sep 2	7:00PM	Des Moines Roosevelt	Drake Stadium
Sep 9	7:00PM	Ankeny Centennial	Waukee Stadium
Sep 16	7:00PM	WDM Valley	Waukee Stadium
Sep 23	7:00PM	Johnston	Johnston High School
Sep 30	7:00PM	Sioux City North	Waukee Stadium
0ct 7	7:00PM	Council Bluffs	Council Bluffs Abraham Lincoln
0ct 14	7:00PM	Urbandale	Waukee Stadium
0ct 21	7:00PM	Dowling Catholic	Valley Stadium

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT
Aug 27	9:00AM	Multiple Schools
Aug 30	7:30PM	Ankeny High School
Sep 3	8:30AM	Multiple Schools
Sep 6	7:30PM	Southeast Polk
Sep 10	8:00AM	Multiple Schools
Sep 13	7:30PM	Dowling Catholic
Sep 17	8:30AM	Multiple Schools
Sep 20	7:30PM	Waukee Northwest
Sep 22	7:30PM	Ankeny Centennial
Sep 27	7:30PM	Urbandale
0ct 4	7:30PM	Johnston
0ct 6	7:30PM	WDM Valley
0ct 15	8:30AM	Multiple Schools

LOCATION
Ankeny Centennial High School
Waukee High School
Valley High School
Southeast Polk High School
Southeast Polk High School
Waukee High School
Waukee High School
Waukee Northwest High School
Waukee High School
Urbandale High School
Waukee High School
Valley High School
Johnston High School

GIRLS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	8:00AM	Multiple Schools	Prairie High School
Sep 1	4:00PM	Multiple Schools	Iowa State University Cross Country Course
Sep 8	4:00PM	Multiple Schools	Marshalltown Community College
Sep 13	5:45PM	Multiple Schools	Valley Southwoods Freshman High School
Sep 17	10:00AM	Central College	Central College - Pella
Sep 29	4:30PM	Multiple Schools	Southeast Polk High School
0ct 6	5:20PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 12	5:30PM	Multiple Schools	Johnston High School

BOYS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	8:00AM	Multiple Schools	Prairie High School
Sep 2	4:00PM	Multiple Schools	Iowa State University Cross Country Course
Sep 8	4:00PM	Multiple Schools	Marshalltown Community College
Sep 13	6:05PM	Multiple Schools	Valley Southwoods Freshman High School
Sep 17	10:00AM	Central College	Central College
Sep 22	5:00PM	Multiple Schools	
Sep 29	4:30PM	Multiple Schools	Southeast Polk High School
0ct 6	5:45PM	Multiple Schools	Lakeside Municipal Golf Course
0ct 12	5:00PM	Multiple Schools	Johnston High School



Schedules are subject to change. Scan for most up-to-date schedules.



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NORTHWEST

2022 FALL SCHEDULE

VARSITY FOOTBALL

DATE	TIME	OPPONENT
Aug 26	7:00PM	WDM Valley
Sep 2	7:00PM	Dowling Catholic
Sep 9	7:00PM	Southeast Polk
Sep 16	7:00PM	Johnston
Sep 23	7:00PM	Sioux City West
Sep 30	7:00PM	Sioux City East
0ct 7	7:00PM	Ankeny Centennial
0ct 14	7:00PM	Ankeny High School
0ct 21	7:00PM	Urbandale

VARSITY FOOTBALL

DATE	TIME	OPPONENT
Aug 27	9:00AM	Multiple Schools
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Sep 3	8:30AM	Multiple Schools
Sep 6	7:30PM	WDM Valley
Sep 10	8:00AM	Multiple Schools
Sep 13	7:30PM	Southeast Polk
Sep 20	7:30PM	Waukee
Sep 24	9:00AM	Multiple Schools
Sep 27	7:30PM	Ankeny High School
0ct 1	8:00AM	Multiple Schools
0ct 4	7:30PM	Urbandale
0ct 6	7:30PM	Dowling Catholic
0ct 11	7:30PM	Ankeny Centennial
0ct 15	8:30AM	Multiple Schools

LOCATION
Ankeny Centennial High School
Johnston High School
Valley High School
Waukee Northwest High School
Southeast Polk High School
Southeast Polk High School
Waukee Northwest High School
Cedar Falls High School
Waukee Northwest High School
Urbandale High School
Waukee Northwest High School
Dowling Catholic High School
Ankeny Centennial High School
Johnston High School

LOCATION

Ankeny Stadium

Ankeny Stadium

Waukee Northwest High School Waukee Northwest High School Southeast Polk High School Waukee Northwest High School Sioux City West High School Waukee Northwest High School

Waukee Northwest High School

GIRLS VARSITY CROSS COUNTRY

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COMMUNITY

FMH head-shaving event raises \$83,000

Funds raised for childhood cancer research and Blank Children's Hospital.





FMH presents a check to the St. Baldrick's Foundation. Participating are Shannon Rutledge, Rachel Oppolod and Wendy Woods-Swafford.

Special guest 4-year-old Sage Young helps shave Marshall Sigsby's head for the FMH fundraiser.

Fundraisers "braved the shave" to raise awareness for childhood cancer research at the 17th Annual St. Baldrick's Head-Shaving Event hosted by Farmers Mutual Hail Insurance Company of Iowa (FMH) on July 21. A portion of the funds raised at the event will support research grants at Blank Children's Hospital.

The event raised a total of \$83,400 for the St. Baldrick's Foundation, an organization dedicated to supporting the most promising research to find cures for childhood cancers and give survivors long and healthy lives. Blank Children's Hospital is a St. Baldrick's Foundation grant recipient. In 2021, BCH received \$50,000 in grant support from the Foundation.

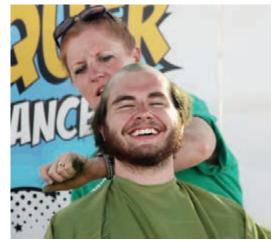
"Ensuring high-quality patient care for children is our mission at Blank Children's Hospital, and, with the help of funds like those raised by Farmers Mutual Hail, this enables us to meet a critical need for children here in central Iowa and across our state that are fighting cancer," said Steve Stephenson, MD, president and chief operating officer for Blank Children's Hospital.

Farmers Mutual Hail made a corporate

donation of \$50,000 towards this year's total funds. "The St. Baldrick's Foundation has helped change the lives of children fighting cancer around the world and right here in Iowa," said Shannon Rutledge, FMH president and CEO. "We're proud to have raised over \$1.47 million for this organization throughout these past 17 years, and we look forward to continuing to support the Foundation in the future."

The event was limited to friends and family of FMH employees and featured a raffle, carnival games, dunk tank, and, of course, the signature head-shaving activity where volunteers who raised funds shaved their heads in solidarity with children fighting cancer. This year's special guest was 4-yearold Sage Young, who was diagnosed with acute lymphoblastic leukemia – Type B earlier this year. He is receiving treatment at Blank Children's Hospital.

"We were honored to be a part of this event and create lifelong relationships with those involved," said Sage's mom, Betsey Young. "The biggest takeaway for us since the diagnosis is that there is a lot of good left in this world. To have so many people



Andrew Menke gets his head shaved for the FMH fundraiser.

fighting in our corner and making an impact that will have a widespread ripple effect is truly indescribable. We are so thankful for all that FMH has done and continues to do for childhood cancer research."

Donations are still being accepted and can be made at www.fmh.com/st-baldricks or directly to the St. Baldrick's Foundation at www.stbaldricks.org.



A SERIOUS CANDIDATE FOR SERIOUS TIMES

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

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

use his position as a US Senator to ensure that we can increase the quality of education to all our children.

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





PAID FOR BY FRANKEN FOR IOWA

LEGAL By Ross Barnett

WHEN a spouse dies

Losing a spouse can be one of life's most stressful events. In addition to coping with the loss of a loved one, the survivor must make important decisions. The surviving spouse may have to take on new responsibilities,



such as managing household finances or returning to work. The loss of a spouse has a major impact on the survivor, both emotionally and legally. A handful of legal issues should be addressed when a spouse passes away.

First, the surviving spouse must locate the will. The will names an executor to handle the administrative responsibilities of settling the estate, such as paying final bills, disbursing assets, and filing final income and estate tax returns. The executor may be the surviving spouse or someone else. If there is no will, the probate court can appoint someone to

administer the estate. It is essential to hire an experienced attorney to assist with the probate process.

Even if the decedent and a surviving spouse owned most or all property jointly, legal actions are required to finalize the estate. Iowa law requires that an original last will and testament be filed with the Clerk of Court, even if there will be no probate of the estate. Title to jointly-owned real estate must be transferred to the survivor. This must be done through a document filed with the local county recorder. Assets such as investment accounts and life insurance should be transferred to the named beneficiary.

The will isn't the only document required to settle an estate. Financial documents and information to file claims for insurance and other benefits are also needed, including:

- Death certificate
- Trust information
- Abstract of title to real estate

- Original stock certificates
- Information on bonds

• Financial account statements (bank

accounts, investments, retirement accounts) • Insurance policies

• Vehicle registration and insurance information

• Appraisals of any tangible personal property that has significant value, such as antiques, artwork or collections

A surviving spouse should then review their own estate plan. The passing of a spouse is a good time to update a last will and testament and to ensure that advance directives (powers of attorney and a living will) are in place. A widow or widower can also assess the remaining assets to plan for strategic gifting or the possibility of needing long-term care.

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



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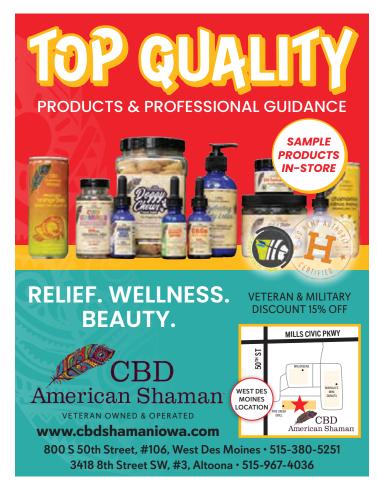


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HEALTH By Dr. Amy Petersen TIME for the flu vaccine

Now is the time to schedule your flu vaccine. Flu season runs from October to May and causes symptoms of fever, chills, cough, body aches and headaches. Every flu season is different, and we know flu vaccines can vary in how well they work. However, receiving a flu vaccine every year offers the best available protection and has been shown to reduce illnesses, hospitalizations and deaths from the flu.



The CDC recommends everyone 6 months of

age and older receive a flu vaccine each year, ideally by the end of October. Flu vaccination is especially important for people who are at high risk of developing serious complications from the flu including:

• Children younger than 5 years of age: About 80% of reported child deaths occur in children who have not been fully vaccinated. A flu vaccine can be lifesaving for children.

• Pregnant women: Flu vaccine during pregnancy helps protect the mother from the flu and protects the baby for several months after birth.

• Adults 65 and older: Most influenza-related hospitalizations and deaths occur in this age group.

· People with chronic medical conditions such as heart disease, diabetes and asthma.

Talk to your primary care provider to schedule your flu vaccine. Remember, it not only protects you but can help protect those around you.

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

HEALTH **By Ashley Powell** THE ENTOURAGE effect

The cannabis plant has hundreds of different cannabinoids, all providing a variety of different effects. CBD and THC are the most abundant and easily the most notable. Since the cannabis industry has flourished these past years, cultivators have been motivated to combine these powerful cannabinoids to note what a difference they could make when working together.



Many people use CBD or THC for relief from

discomfort, and studies have shown users get better results when using a product that combines both. This enhanced result is known as "the entourage effect." Other popular combinations include CBD with CBG, since they both have similar effects but are not psychoactive, so users who do not want the "high" associated with THC can still benefit from the entourage effect. CBG is known for providing a boost of natural energy and focus and also helps with anxiety and depression, making it an excellent partner to CBD.

Those who are seeking help with sleep are recommended to try CBN. While isolated CBN helps many, those who desire better results should try a combination of CBN with CBD. Ask your local hemp consultant to show you what products may produce the best entourage effect.

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. Resources: Russo, E. B. (2011). TAMING THC: Potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. British Journal of Pharmacology, 163(7), 1344–1364. https://doi.org/10.1111/j.1476-5381.2011.01238.x

EDUCATION By Jackie Wilson

MEET Lauren Baker

Enoys working in a school setting.

For Lauren Baker, no two work days are the same, which is one reason why she likes her job.

Baker joined Valley Southwoods in 2009 as a behavior interventionist; she refers to herself as a "social worker."

As an admitted "people person," she was concerned with helping friends. She obtained a psychology degree so she could do a variety of jobs and not be "confined to a little box." Eventually, she realized working in a school setting was ideal.



Lauren Baker has been at Valley Southwoods since 2009.

"I love the schools. I've never left the school and I don't think I ever will," she reflects.

In her role, she helps in various capacities, providing support to students. Baker first identifies potential barriers to being a successful student, including barriers from home, the community or the school.

Once those barriers are identified, she works to remove them as best as she can by doing individual work with students.

For example, if the student has left the classroom involuntarily, she hopes to answer "why" then offer support.

"We provide a team of counselors and instructional coaches," she says. Students work best when they have reassurance and support.

"I've learned that, no matter what the situation, kids are like us big kids. They need the common things, like feeling capable and loved," Baker explains.

Social media has changed the landscape of how kids interact, she says.

"A lot of problems take place on social media that's secretive and sneaky. Social media has created a new set of barriers in these identityforming years. There's really no privacy. Everything is instantaneous," she says.

One thing the counselors provide is social emotional support, demonstrating that teens aren't alone.

"We have social groups who talk once a week. We're trying to normalize experiences and bring connections. We lost a lot with the pandemic," Baker says.

Part of that support is learning to value a teenager's voice.

"We don't look at a problem and decide what it is. We look at the problem they are in — and help with that," she explains.

One of the most difficult things about her job is the inability to "make everyone OK."

"I want to help everyone, but it's impossible," she says. "For a ninthgrade school, we're like seed planters. We don't always see the bloom. But we're confident to hope for the best, that something takes root. We want to show kids that the world wouldn't be the same without them."

HEALTH By Ellie McDonald

WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same.

Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, mcdonald@sstherapyandconsulting.com.



RECIPEA PERFECT pasta for school nights

(Family Features) Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes. ■

Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package
- directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



BUSINESS PEOPLE MAKING A

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LIBRARY

By Maggie Martin Library Information Coordinator

BACK to school with the WDM Library

As we get into the rhythm of back to school, we wanted to share some important reminders for our library users. First, minors who wish to spend time at the West Des Moines Public Library must either be accompanied

WEST DES MOINES PUBLIC LIBRARY

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

and supervised by an adult or present their library card or school ID at the Teen Desk upon entering the building. This process is similar to one the library put into action in April 2022.

Second, we are back to our regular hours:

- 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.

• After School Adventures: Lego Club! Wednesday, Sept. 14, 3:45-4:30 p.m. Join us in the Community Room after school to embark on an adventure. Sign up this month and participate in a building challenge using everyone's favorite interlocking brick system. For ages 5-12, registration required.

• Adult Craft Night. Thursday, Sept. 15, 6:30-8 p.m. Come join us to create a fun craft for the adult crowd. We will guide attendees through the craft and provide the materials. This month we'll be making folded book bursts. Registration required.

• Adult Craft Day. Friday, Sept. 16, 10-11:30 a.m. Same craft, offered at a new time. We will guide attendees through the craft and provide the materials. This month we'll be making folded book bursts. Registration required.

• The Captivating World of Tarot. Monday, Sept. 19, 7-8 p.m., adults-only program. Local tarot reader Angel Vaughan from Ancient Ways will introduce attendees to the world of tarot and explain the history, symbolism and structure of the tarot. You'll discover how tarot can help you tap into your own intuition and self-awareness and provide direction and personal growth. No registration required.

• What's In Our Night Sky? Monday, Sept. 26, 6:30-7:30 p.m., for ages 8 and older with an adult. The Des Moines Astronomical Society (DMAS) will present an evening of adventure with the night sky. A classroom program will begin at 7 p.m. to reveal what's in our night sky and how we can see it. Following that, we will move outdoors to look though telescopes. No registration required. ■ **By Scott Bontrager**

REDUCE your utility bills

Staying cool is expensive, and, sadly, the cost increases every year. Let's discuss a few simple actions that can be taken now to help reduce your utility bills.



Repair leaky ductwork

HVAC

If your home is new (less than 10 years old), you probably have well-sealed ductwork. If you have an older home, an average of 10-40% of your cooling

dollars can be leaking through the gaps in your duct joints. That means cool air is being wasted in your attic, crawl space or your basement. A professional can test and fix the leaks, but, if you're up for the challenge, you can seal them on your own. Bottom line, fix the leaks.

Install a programmable thermostat

You can save energy by setting your thermostat 7-8 degrees warmer/cooler (depending on the season) while everyone is away at school and work. A programmable thermostat will automatically return your home to the desired comfort level upon the scheduled time. Besides the convenience, having a programmable thermostat can save you quite a bit of money over time — as much as 10%.

Switch to LED

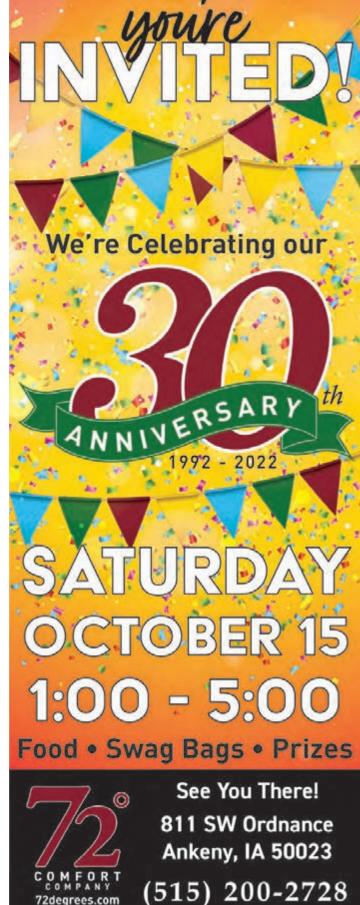
Energy-efficient lighting allows you to use the same amount of light in your home at a lower cost. According to ENERGY STAR, LED lights use up to 90% less energy than incandescent lighting. They also last a lot longer and produce little to no heat, reducing maintenance and cooling costs. If you are still using incandescent bulbs, this is one of the fastest ways to cut your energy bill. Choose bulbs with ENERGY STAR approval for quality products that contribute the highest savings.

Annual maintenance

One of the most significant benefits of annual HVAC maintenance is lower energy bills. This isn't a DIY task per se, but more of an action you need to take. Your heating and cooling system will become less efficient when it's not taken care of properly. This results in higher monthly bills and compromises the comfort of your home. Routine annual maintenance can help reduce future repairs, keep warranties valid, and will help maintain the efficiency of your system.

There are many do-it-yourself hacks to help lower your energy costs. With the cost of living being so high, we are all trying to save money where we can. Take action on just a few of these items today, and you'll reap the savings quickly.

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



out & about **RIBBON** Cutting

The West Des Moines Chamber of Commerce hosted a ribbon cutting for Iowa Specialty Surgeons' new office on Aug. 8.



The West Des Moines Chamber of Commerce hosted a ribbon cutting for Iowa Specialty Surgeons' new office on Aug. 8.



Ruth and Terry Ebke



Connie Blodgett and Emily Hanna



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out & about **RIBBON** Cutting

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The West Des Moines Chamber of Commerce presents a ribbon cutting for LIVE Hydration Spa on Aug. 11.



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