

URBANDALE

NOVEMBER 2022

Living

The state of VETERANS' ORGANIZATIONS

Veterans share how times are changing

Meet Maddie James

EDUCATION

Honoring those who served

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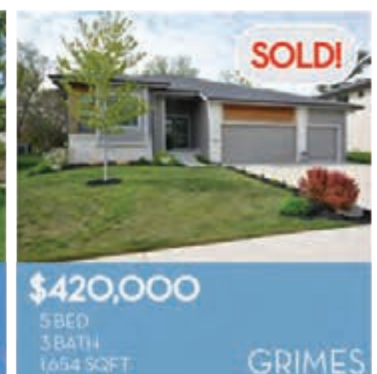
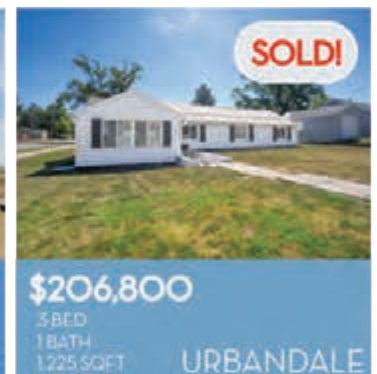
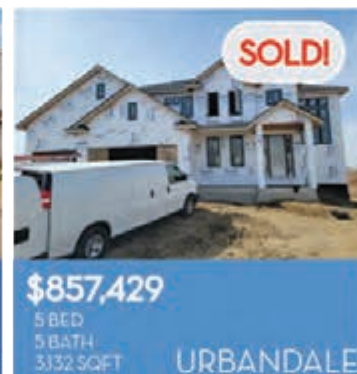
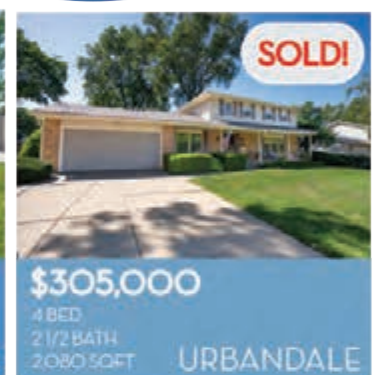
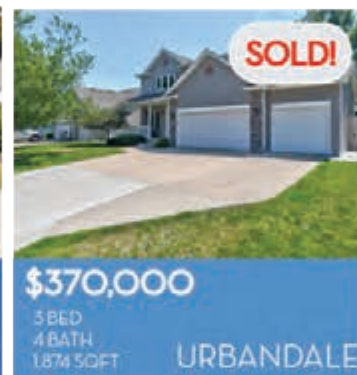
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WELCOME

IN HIS EYES and in his handshake

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

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

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

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

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

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

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

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



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The state of VETERANS' ORGANIZATIONS

Veterans share how times are changing

By Darren Tromblay and Ashley Rullestad

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

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

Seated from left: Joann Hotovec, Auxiliary president, and Connie Gregory, first vice commander; standing from left: Michael Knight, Post 663 commander; Ted Rutherford, finance officer; Dan Good, adjutant; and Larry Draughn, second vice commander

FEATURE

Organizations form

The American Legion is the largest veterans' organization in the world. It was the American Legion that pushed for the establishment of the Veterans Bureau, which would become the Veterans Administration. The American Legion has been a driving force behind many veterans' benefits, such as the GI Bill, veteran health centers, and, most recently, the passing of the PACT Act to provide additional health resources for many of the ailments associated with burn pits.

The Urbandale American Legion Auxiliary Unit Post 663 meets at the Urbandale American Legion building each month at 6805 Douglas Ave.

Larry Draughn, a Vietnam veteran who served in the Army from 1967-1969, wasn't a member 12 years ago when he suffered a heart attack and was in need of assistance. While hospitalized, Draughn was also diagnosed with a neuropathy condition, which likely stemmed from his exposure to Agent Orange, a chemical used by the U.S. military in Vietnam.

After he learned of the condition, Draughn went to the Legion for help in arranging



American Legion Post 663 is located at 6805 Douglas Ave.

care at the local VHA (Veterans Health Administration). He got one better. While there, his eyes were opened to a world he wasn't previously aware of.

"I had never connected the dots before

and knew what was going on, but once that happened, I went to Legion members and got their help," he says. "I went there wanting to get help for my neuropathy and ended up getting involved."

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FEATURE

At the time, Legion members were busy packing Christmas baskets for other veterans, something the group had done each year for more than 500 fellow veterans who were in hospitals or homebound.

"Anything from toothpaste to toothbrushes to hygiene products," Draughn says. "Especially the World War II vets, many of who were alone. They really appreciated it; it showed them that somebody cared."

That positive first impression sold Draughn. He soon became a member.

Outreach

Another example of the organization's outreach took place a couple of months ago when Legion members teamed with Rebuilding Together — a nonprofit organization that helps preserve affordable homes and revitalizes neighborhoods through free home repairs and modifications for people in need — to renovate a deck and clean up a yard owned by a Korean War veteran and his wife.

Peg Mullen, the organization's membership chairperson and Naval Reservist from 1989-



A plaque at American Legion Post 663 notes it was established in 1944.

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FEATURE

2011, says Post 663 is also involved in local food drives, Memorial and Veterans Day programs, parades, and other events and occasions that give them more visibility to the general public so that veterans know they can approach the organization should the need arise.

“They may call looking for a wheelchair, some home health care items, or even monetary assistance if they’re ill or in the hospital,” Mullen says.

Mullen joined American Legion Post 663 three years ago. Her husband, Ron Schooley, has been a member for 27 years.

Post 663 has around 300 members, with the monthly meeting drawing around 50 people on average, she says. At the meetings, a dinner is served, and a meeting is held to review any work that has been done, including outreach. On occasion, a guest speaker will be present as well.

Mullen said a handful of World War II veterans are members of the organization, and just a few more than that from the Korean War era. The largest demographic, however, is Vietnam War veterans ranging from 65-75 years of age. The few younger members who do attend are veterans of Afghanistan or the Persian Gulf conflicts.

“We would love to get some more younger folks in there for sure,” Mullen says.

Not only has the organization struggled to gain young members, it most recently had to face an even larger enemy combatant in COVID-19, which worked its way around the globe and caused a shutdown to gatherings, the Legion’s included.

“There was a lot of fear about meeting because COVID was so hard on the older people, which most of the members are,” Draughn says. “So we had to shut down. Membership hasn’t gotten to where it was yet, but we’re doing some things to hopefully help that.”

Overcoming obstacles

In order to try to stem the tide and work back to where the organization wants to be, members have turned to technology in hopes of attracting new, younger members to the Post. A web designer has been hired to develop a webpage, and a Facebook page has been created as well.

“We’re trying to get a means of communicating with the younger veterans —



The seals of the branches of military are displayed on the outside of American Legion Post 663.

the ones coming home from Iraq — and get them involved,” Draughn says. “The guys my age, we’re running out of people who are able to do things and help. We need some new leaders.”

Finding a way to touch base with younger veterans via social media is one thing, but Legion members have another hurdle to face as well.

“I have a neighbor who is a veteran, and he came home and was very angry with the government, and the Army, and whatever else,” Draughn says. “He had a person in his group who was badly hurt by an explosive device, but the government refused to help with his injuries, claiming that he wasn’t following orders by not wearing his flack jacket and helmet. It was 105 degrees, and nobody was wearing anything. So they gave him issues when he tried to get compensation for his life-threatening injuries.

“I tried to explain to him that the Legion isn’t either of those things, and that we are there to help. And we are.”

Another challenge facing the organization is the fact that people’s willingness to simply gather together has changed, Draughn says.

“Maybe it’s just my age, but people seem to be more disconnected than they used to be,” he says.

Moving forward

Educating the public will be an important part of getting more involvement in the organization, Draughn says. A big first step will be helping shape some people’s preconceived notions as to what the organization is. And does.

“I grew up in a small farming town, and my belief when I was that age was that the Legion hall was a place where old people went to drink beer,” he says. “But it’s not that. We may have a

beer with our dinner, but that’s about it. When I went there and saw what they were doing, it changed my perspective. It’s not a beer hall; it’s a bunch of people trying to do good for others.”

“Yes, sometimes the perception is that it’s just a bunch of old guys sitting around drinking coffee,” Mullen says. “And you know what? They do that. Every day, Monday through Friday. But the younger person that is working full-time and is in a career raising a family, I think sometimes they look at it just as a bunch of retired people.

“We need younger people to step up and help because sometimes the older folks just can’t do it anymore.”

Community outreach will be key, Mullen adds.

“We need to continue to get out into the community and do things,” she says. “I’ve personally done things with Girl Scout troops. I know we have veterans who are actively involved in the Post who help at Camp Dodge, and we’re constantly trying to put the word out.”

Des Moines is a large veteran community, Mullen says, and many of them are in need of assistance. This is where American Legion Post 663 steps up, hand outstretched to help a fellow citizen.

“If there’s a veteran out there who is still committed to what the idea of service to our country truly means, but just isn’t wearing the uniform any longer, join us,” Mullen says. “This is a chance to come forward and do as little or as much as you have the resources to do.

“We certainly want to support the service people who are currently on active duty to feel that there is a place for them. Always. We need some young people to help us with that mission.” ■

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ALICIA POTEET

E5 / Staff Sergeant

AIR FORCE

Camp Bucca Iraq, 2005/2006

How can the public best honor veterans?

"Be understanding that integrating back is difficult, and it is also an adjustment going from military life to civilian life. Sometimes we form bonds quickly, other times we may be hesitant or even suspicious of others. The primary thing I would love to see is more acceptance of understanding that females can be veterans, too." — Alicia Poteet



TED RUTHERFORD

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CONNIE GREGORY

ARMY - WOMEN'S ARMY CORPS

Desert Storm; Vice Commander Urbandale American Legion Post; Second Vice Commander for the Women's Army Corps Association

How can the public best honor veterans?

"Allow us to transition and be active in the communities we live in." — Connie Gregory.



MICHAEL KNIGHT

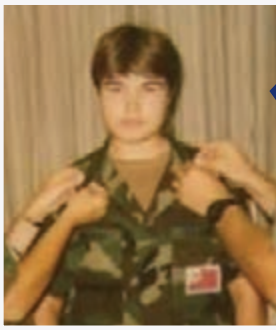
Retired Chief Master Sergeant

U.S. AIR FORCE

Commander of American Legion Post 663; Operations Division Chief, Iowa and California Air National Guards; Deployed to England, Germany, Korea, Kuwait, Turkey, Japan and Iraq

How can the public best honor veterans?

"Never blame a veteran for what the government has asked them to do. They have sacrificed enough." — Michael Knight



RENA WILDER

E4 Specialist

UNITED STATES ARMY AND RESERVES

Panama: Operation Just Cause

How can the public best honor veterans?

"I feel as though there could be more companies that offer a military discount. Plumbers, electricians, roofers, tree services. I have not encountered any in the 25 years that I have been an Urbandale resident. It would be nice to have local companies recognize the sacrifice so many of us made by being away from friends and family." — Rena Wilder



CHARLES "DAN" GOOD

U.S. NAVY AND U.S. ARMY

Multiple deployments to the Mediterranean

How can the public best honor veterans?

"Support policies that provide veterans benefits and provide appropriate VA care." — Dan Good

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A RECESSION doesn't have to ruin your retirement

You've seen the reports and likely felt the impact of soaring inflation, rising interest rates, and a stock market slump. It's a recipe for a recession, and some experts predict that this economic storm could last well into next year.

Many people have asked me if our phones have been ringing off the hook with people worried about their retirement. The answer is no. The families and individuals we work with have a retirement plan built with times like this in mind. Their customized retirement plans are built to withstand recessions and include action steps they can take in times like these. The goal is to help people live out their retirement vision, no matter what is going on with the economy.

If you don't have a customized retirement plan, you might be worried about the impact a recession will have on your retirement. If you've logged on to your 401(k) and seen your account balances drop, it may feel like a recession could ruin your retirement plans. You can't control these economic conditions, but there are some things you can do to take control of your retirement. You may realize you can still retire during a recession or come through it in a better position to retire.



If you don't like what's happening with your retirement accounts, consider reevaluating your risk. As you near retirement, it's important to understand how your portfolio will react to stock market swings and to make sure your investments reflect your risk appetite. Another action step to consider during a recession is a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on the money again. Not the growth or the qualified distributions. If your IRA or 401(k) account balance is down, you'll pay taxes on less money and enjoy tax-free growth on the market upside. For some with cash on the sidelines, a recession is the right time to get into the market, taking advantage of when stocks are on sale. Another strategy to consider is Dollar Cost Averaging. This is a systematic long-term approach to investing a portion of your portfolio into the stock market.

These are just a few ways to take control of your retirement during a recession. If you want to talk more about these strategies or any other questions you have about retirement, schedule a visit with your financial advisor. ■

Information provided by Loren Merkle, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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NEWS BRIEFS

BIG TRUCK EXPO and Open House held for \$26 million Parks and Public Works maintenance facility

The City of Urbandale hosted an open house and big truck expo at the newly-constructed Parks & Public Works Maintenance Facility on Oct. 22.

The new facility, located at 9401 Hickman Road in Urbandale, is more than 150,000 square feet with a rooftop size of nearly three acres. The building was designed with many energy-efficient features, including a 4,000 gallon rain barrel that captures rain from the roof. The captured water is then used in Urbandale's parks to water flowers, shrubs and trees. ■

HARLAN DERMATOLOGY joins Soderstrom Skin Institute

Dr. Steven Harlan, M.D. and Harlan Dermatology and Dermatology Surgery Center has joined Soderstrom Skin Institute.

Dr. Harlan opened his practice in 1987 after extensive training at the Mayo Clinic of Dermatology. In 1992, he was board certified in Mohs micrographic surgery and, over the years, has been on the forefront of cosmetic dermatology services — including being the first surgeon in Iowa to use carbon dioxide laser for facial resurfacing. In the 2000s, he developed skin care products that would contribute to facial rejuvenation.

In 1973, Soderstrom Dermatology began as a single medical office in Morton, Illinois. Today, Soderstrom Skin Institute has grown into one of the largest skin care practices in the Midwest with six facilities in Illinois and now eight in Iowa.

"I am very happy to be joining Soderstrom Skin Institute. Their staff support is outstanding, and I look forward to many years of serving the patients of Des Moines with my new partners," said Dr. Steven Harlan.

"Dr. Harlan is an outstanding physician who genuinely cares about his patients. His staff is dedicated to taking excellent care of his patients. Our partnership will help both practices to grow, and we are excited to be working together," said Dr. James M. Jeffries, III, MD, medical director, Soderstrom Skin Institute. ■

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- Can we prepare ourselves to accept a new reality?
- What kind of family communication is best for the holidays?
- What can we do to help our older family members enjoy their holidays?
- How can we help our caregivers?
- What to do when you're alone for the holidays?
- Coping with holidays without a loved one

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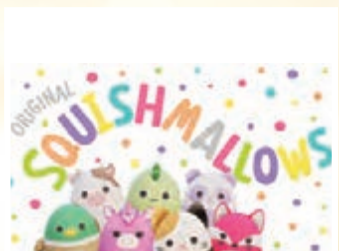
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BEFORE YOU GO

By Jan Shawver

HONORING veterans

Nov. 11, 1918 marked the end of “the war to end all wars,” World War I, when fighting ceased between the Allied nations and Germany on the 11th hour of the 11th day of the 11th month. Armistice Day was made a national holiday on May 13, 1938, and, in 1954, the name was changed to Veteran’s Day to honor American veterans of all wars.



Today, I would like to personally thank all veterans who have been willing to risk their lives, some giving the ultimate sacrifice, so that I could enjoy freedom here in America. Thank you.

It is our privilege, as a veteran is laid to rest in our cemetery, to honor them for their service to our country. It is with pride that we witness the folding of the flag, the sound of Taps being played and the deceased veteran receiving the honor they deserve.

In this month of thanksgiving, I encourage you to take a moment to thank a veteran that you pass on the street, write a letter to a serviceman serving on foreign soil, or pray for those who have served and are serving our country.

Remember: Freedom is ours because someone paid a great price for it. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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HEALTH

By Andrea Gustafson

THE CHANGE of seasons

A change in mood?

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



- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.

- **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.

- **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.

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

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



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Max H.

I've been to many doctors over the last few years and Dr. Brian Waggoner is by far the nicest most compassionate doctor I've ever been too. He's also been my primary doctor my whole life and he's the only reason I've been able to progress and understand all about my health. He has the nicest nurses I've ever met and I've never had a bad experience at his place of work. I would highly recommend going to him if you're looking for a professional pediatrician who cares about his patients.



Gretchen D.

My son was born with a tracheoesophageal fistula that led him to have multiple issues with breathing and eating and numerous surgeries. We have seen Dr. Waggoner and Andrea Dettmann Spurgeon for a lot of his care and have had nothing but great experiences. The small clinic setting makes it possible for them to actually know their patients by name and history when they walk in the door before even looking at a charts. It feels as if you are "part of the family". My son is always asking for Dr. Brian. We now have a daughter and couldn't imagine ever going anywhere else!



Nicole

Dr. Waggoner and his staff are excellent! We have always had great experiences at our appointments. They are professional and respectful. I highly recommend this clinic!



Shawna L.

Dr. Waggoner is so patient with me every appointment and truly listens to my concerns and helps me come up with a solution! you're missing out if you don't give his team a try!

WHAT YOU SHOULD know about OTC devices

Over-the-counter hearing aids (OTCs) are absolutely a good thing. There are far too many people with hearing loss who will not go see a doctor to do something about it, despite the pleas of their family members. If everyone were proactive about their health, there would be far too many people per the number of audiologists that exist. The biggest downfall of this new legislation is that OTCs are being created by private companies, most of which do not have experience in this area of healthcare and are not creating products that follow the same rules. Just like eyeglasses, people should be able to access the medical devices they need at a reasonable price. However, consumers should be smart about what they are buying and should know several things. First, over-the-counter hearing aids are for those with mild hearing losses only. Some people have hearing losses that require more power



than the OTC devices can output since they are designed with safety in mind and will not be able to output damaging levels of sound to the average consumer. The second thing you should know is that these devices are designed to be programmed by the consumer. A person looking to try an OTC hearing aid will need to have a good working knowledge of smart phones and Bluetooth. Lastly, do not let the companies oversell and underdeliver. These OTC hearing aids are not as high quality as the devices that an audiologist or hearing instrument specialist would recommend. This is the reason they can be sold so cheaply. Just because a brand like Sony, Bose or Jabra, which are well known for audio technology, are producing OTCs doesn't mean they will produce equivalently high-quality audio. An audiologist will be able to help you decide what kind of device is right for your hearing needs. ■

Information provided by Dr. Ty Tanker, audiologist, Woodard Hearing Centers, 2328 Rocklyn Drive, Building 3, Urbandale, 515-276-6122, www.AmplifyYourLife.com.

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HAIR LOSS: Know the signs, causes and treatments

You may have heard that the “baldness gene” is inherited from your mother’s side of the family. Actually, this is not true. Patterns of baldness can be inherited from many genes, which can come from either side of the family. So, be sure to check your mother’s and father’s relatives for any genetic predisposition you may have for hair loss.

Did you know?

More than 80% of men and almost 50% of women will experience significant hair loss during their lifetime.¹ More than 80 million Americans are affected by this condition.²

The warning signs

Your scalp has more than 100,000 hairs. Each day, around 50-100 fall out as they complete their growth cycle. Most people don’t notice that daily hair loss, but when the rate of shedding outpaces new growth, or when new hair is thinner than the hair shed, alopecia is the result.

Alopecia, the most common form of hair

loss, can be broken into three different types including: patterned — progressive, symmetrical thinning of the hair on the front, top and sides of the scalp; diffused — loss of hair (more than 200 hairs per day) evenly across the entire scalp; and focal — loss of hair in patches on the scalp and sometimes face and body.

Why am I losing hair?

The causes for hair loss can range from heredity (most common) to primary skin diseases, drug interactions, hormonal fluctuations, nutritional deficiencies, infections, autoimmune disorders and physical or emotional stress.

The COVID-19 effect

Some people developed noticeable hair loss after recovering from COVID-19. A few months after the infection, their hair started to fall out in clumps. This happens when more hairs than normal enter the shedding phase at the same time. A fever or severe illness can start this shedding phase.

Diagnosis

An initial evaluation will be done by a board-certified dermatologist. During the consultation, the physician will discuss your medical history, previous triggering events and a list of family members with hair loss. A physical examination of your scalp and nails is also done to review current problem areas. Biopsies and blood tests may also be needed.

Treatment options

After the patient evaluation, a treatment plan will be developed that may include topical medications, oral prescriptions or nutritional supplements.

Talk to a board-certified dermatologist about a hair loss treatment plan that’s right for you. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180.

1. NYU Department of Dermatology
2. American Academy of Dermatology

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WHERE WE LIVE

By Lindsey Giardino

PASSIONATE learner benefits community

Vande Kieft is devoted to Urbandale.

Kerry Vande Kieft and her husband, Joe, have lived in Urbandale for approaching two decades now.

They moved to town in 2006 after looking at homes in several of Des Moines' suburbs. They found a home in Urbandale that offered them a location with lots of convenience.

"We're very close to biking/walking paths, and, as the house was built in 1989, the trees

were well-established to shade the yard," Vande Kieft says. "The previous owners had just finished a remodel of the main level with new wood floors, paint and a kitchen remodel, and then they were unfortunately relocated due to work. It was lucky for us that our house was basically move-in ready."

One of Vande Kieft's favorite parts of their home is the deck they had rebuilt a couple years ago. They also added a concrete pad with a fire pit and room for seating.

"It's really changed the look of the backyard, and we enjoy sitting out there," she says.

Additionally, the couple enjoy their neighborhood.

"We are fortunate to have absolutely wonderful neighbors on our street," Vande Kieft says. "We take turns hosting regular get-togethers, and we've all traded recipes as a result."

She adds that everyone looks out for each other and pitches in to do things like shovel driveways, water plants when someone's out of town, mow lawns and much more. The Vande Kiefts also have several neighbors whom they can call on to pet sit in case of an emergency.

Vande Kieft says she also appreciates the community of Urbandale at large. And, as a way to give back, she's made a point to get involved. She currently serves as the president of the Urbandale Public Library Board of Trustees.

"I am passionate about being a lifelong learner and believe that public libraries are one of our most treasured community resources," Vande Kieft says.

Ultimately, when it comes to things she likes about Urbandale, the list is lengthy.

"Urbandale has been such a friendly and welcoming place," Vande Kieft says. "There's a great variety of restaurants and stores. The city staff, city council and mayor continue to be really thoughtful about the future of Urbandale to make sure it has amenities for everyone and welcomes all. The city has also been fantastic about hosting community events. Our Fourth of July celebrations are the best in the metro." ■



Kerry Vande Kieft says she and her husband, Joe, have enjoyed more time outside after they rebuilt their deck and added a concrete pad with a fire pit and room for seating.

TURN up the heat

It was mid-January and the thermometer in my apartment read 57 degrees. The furnace was on the fritz, and I spent a couple of very unpleasant days shivering in the cold.

My physical condition then reflected the spiritual condition of far too many people today. Our interest in and/or commitment to the God of the Bible is absent. We are spiritually cold.

At least two fatal flaws cause spiritual frigidity. "For My people have committed two evils: they have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns, that hold no water" (Jeremiah 2:13).

God as the source of more than literal water and physical life is in view as Jesus reveals, "Everyone who drinks of this water (from a well) will thirst again, but whoever drinks of the water that I shall give him shall never thirst... it shall become in him a well of water springing up to eternal life" (John 4:13-14). He went on to add, "...he who believes in Me shall never thirst" (John 6:35b), indicating that to believe in Him is to "drink the water" and possess eternal life.

To forsake God is to reject His Son and eternal life available only to those who personally trust in Him (John 3:16; 14:6). "He who has the Son has life. He who does not have the Son of God does not have life" (1 John 5:12).

Rejecting God is an evil compounded by replacing Him — "digging our own cisterns" (rock basins that collect water). Whoever or whatever we look to other than God to give us ultimate meaning and satisfaction in life provides temporary value at best. Our career, children, comfort, cash, command of others, or catching their attention as replacements for God are "broken cisterns that hold no water." These empty pursuits offer fleeting fulfillment and certain judgment.

Many are dangerously close to entering a state of spiritual hypothermia. May those caught in the error and emptiness of godless pursuits "turn up the heat" before it's too late.

God mercifully invites all who've rejected and replaced God to "turn up the heat" by drinking from the fountain of living water through personal repentance and faith in Christ, thereby experiencing eternal life and escaping God's wrath (Isaiah 55:1-6; John 7:37).

Believers in Christ whose interests and involvement in other things rivals the place of God in their lives can thaw a chilling faith by repenting and realigning priorities.

"Seek the Lord while He may be found; call upon Him while He is near" (Isaiah 55:6). ■

Information provided by Pastor Steve Smith, Creekside Church, 2743 82nd Place, Urbandale, 515-279-3919.



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Information provided by Pastor Steve Smith, Creekside Church, 2743 82nd Place, Urbandale, 515-279-3919.

SPACE planning for guests

If you haven't started already, menu planning for Thanksgiving will surely be on your to-do list soon. In the meantime, start space planning. Guests for the holidays mean that extra seating is needed, which is also a great opportunity for rearranging your normal furniture layout.

Buying a larger sofa is an easy solution for more seating, but this may not be the right solution for your home. Try buying a few armchairs which don't take up much space yet easily create an environment for conversation and comfort.

Bar carts are trendy and ideal for creating a chic place for extra food service or adult beverages for those times when you need to impress the in-laws.

Ottomans, poufs and cushioned coffee tables can serve double duty by being used for extra seating and serving food.

Think about intimacy and create spaces where small groups can sit and easily communicate without leaning over a coffee table. If your living room furniture is usually laid out for television viewing, move the furniture around to create seated areas for conversation and less focus on the TV. You may find that the new furniture layout is just what your room needed for a fresh look even after your guests depart. ■

Information provided by Jennifer Coughenour, store manager, Design Consign, 2715 86th St., Urbandale, 515-901-9294.



FAST as a fox

Herr preparing his Mustang for a "quick" ride



Shane Herr and his son, Lucas, have been working on a 1985 Mustang GT in the family's garage.

Once Shane Herr's 1985 Fox body Mustang GT resting in his garage gets up to speed, it's going to be a rocket ship.

With the turbo setup in it, the car will have around 800 horsepower under the hood. Not your average "drive on down to the grocery store and back" set of wheels.

Herr, a self-professed "car guy" for as long as he can remember, says he's been fascinated with automobiles dating back to his early days of growing up in Humboldt, Nebraska. His uncle was into cars, as were his sister's boyfriends. The oil, as well as the influence, rubbed off.

Over the years, Herr put together a few cars on his own, beginning with his first back in high school. The love of tinkering and getting his hands dirty creating a new automobile has stuck with him ever since.

"When I was growing up, these were the newer cars, and everybody had them," Herr says. "I didn't because I couldn't afford one at the time, but here we are now."

The rebuild of his own Fox body is Herr's largest car-related project to date, a task that came about when he noticed his neighbor had one, along with a Corvette. He saw him driving them on occasion, but, one day, he noticed they had disappeared. In actuality, they were still in the garage, just not getting used anymore. Opportunity knocking, Herr approached his neighbor.

"I stopped by and asked if he was going to drive them anymore, or sell them," he says. "The guy said he was thinking about selling them, so I ended up buying it."

Herr has a few dozen hours of sweat and blood into it thus far and still has a ways to go.

"I've got about two years into it," Herr says. "We started the motor about two years ago and then have been putting it back together. I've had to update the fuel lines and some other things to support that kind of horsepower."

By the time you read this, Herr hopes to have had the car up and running. It's been a long ordeal, but one he has enjoyed. Particularly fun will be getting it on the track for the first time. At 800 horsepower, he figures he might be able to get it topped out at 140 miles per hour. Herr doesn't know whether that will be as scary as it might sound.

"We'll see," he laughs.

For now, he and his 12-year-old son, Lucas, will just enjoy their time together getting it ready for that pedal-to-the-metal experience. The almost-teenager wants a shot behind the wheel as well.

"Oh, yeah," he laughs. "That will be fun." ■

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PREP your furnace for fall

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



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

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

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

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

Taking preventative action is important for your HVAC's efficiency and performance, and while these are easy DIY tasks that homeowners can handle, it's important to schedule routine annual maintenance. Say you drive your car for 40,000 miles without getting an oil change or refilling your tank — you would be asking for trouble.

This analogy applies to your heating and cooling system as well. Your system won't function as well as it should without proper maintenance. The more efficient your system runs, the more money you'll save on energy bills. Staying on top of maintenance will also extend the life of your system and keep you covered under warranty. ■

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

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EVENTS IN THE AREA

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

Check for cancellations



Pajama Poker Run

Saturday, Dec. 3, 11 a.m. to 4 p.m.
Check in at the Urbandale Chamber, 2830 100th St., Unit 110

Enjoy a festive day at Pajama Poker Run, presented by Royale Flush Gaming and 2nd Chance Liquidation. From 11 a.m. to noon, check in at the Urbandale Chamber then from noon to 4 p.m. enjoy Pajama Poker Run shopping. At 4 p.m., join in for a happy hour at a location TBD. To register, visit <https://businesses.uniquelyurbandale.com/events/details/pajama-poker-run-presented-by-royale-flush-gaming-2nd-chance-liquidation-12237?calendarMonth=2022-12-01>



Holiday Meal & Music

Friday, Dec. 16, 11:30 a.m.
Urbandale Senior Recreation Center, 7305 N.W. Aurora Ave.

Enjoy a Holiday Meal & Music for ages 55-plus. Cost is \$15 per person. Space is limited. Call 515-278-3907 to register by Dec. 9.

'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

Urbandale Historical Society happenings

Urbandale Historical Society,
4010 70th St.

- Dec. 4, 2-4 p.m. Urbandale Historical Society Christmas Open House.
- Dec. 11, 2-4 p.m. Program "Night Before Christmas" presented by Norm Huitt.
- Jan. 8, 2-4 p.m. Program Park and Rec in Urbandale presented by Jan Herke.



'Come From Away'

Tuesday - Sunday, Nov. 22-27
Des Moines Civic Center, 221 Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tony-winning Christopher Ashley. Tickets \$40 to \$130 at dmpa.org.



Urbandale Community Band Concert

Tuesday, Dec. 6, 6:30 p.m.
Urbandale Senior Recreation Center, 7305 N.W. Aurora Ave.

Enjoy a free concert for all ages, presented by the Urbandale Community Band.



Festival Of Trees & Lights

Friday - Saturday, Nov. 25-27
Iowa Events Center, 833 Fifth Ave., Des Moines

Jumpstart the holidays at this time-honored tradition benefiting the Blank Children's Hospital. Annually, more than 15,000 people attend to enjoy the beautiful decorations, gift shop and festival entertainment. Open 10 a.m. to 7 p.m. Friday and Saturday, then 10 a.m. to 5 p.m. Sunday. Tickets are \$5 per person (ages 2 and younger free), available online or on site. More information at unitypoint.org/blankchildrens/festival-of-trees.aspx.

Downtown Winter Farmers Market

Saturday, Dec. 3 from 9 a.m. to 1 p.m.
Historic Court District, Des Moines

Enjoy one more farmers market before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at dsmpartnership.com/desmoinesfarmersmarket/winter-market.



EVENTS IN THE AREA

Check for cancellations

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

Holiday Hullabaloo

Nov. 25-Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only

Horizon Events Center, 2100 N.W. 100th St., Clive

The 2022 Holiday Hullabaloo, a benefit for Dorothy's House, is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. Evenings are adults only and will feature live music in the Ice Bar. Dec. 31 will be the Silver Bell Soiree New Years Eve Party with live music by the Dirty Rotten Scoundrels. Ticket are available at <https://holidayhullabaloo.eventbrite.com>.



Christmas at Terrace Hill

Sunday, Dec. 18, 1-4 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Gov. Kim Reynolds and First Gentleman Kevin Reynolds cordially invite families to attend this year's Christmas at Terrace Hill, a fun and festive holiday experience at the Iowa Governor's Residence and National Historic Landmark. Enjoy activities for the kids, spectacular decorations, carolers, delicious treats, and a free photo with Santa and a reindeer. Admission is \$25 per individual or \$50 per family household and must be made in advance either online at <https://terracehillchristmas22.eventbrite.com> or by phone at 515-281-7205. Proceeds from the event benefit the Terrace Hill Partnership, the non-profit organization that supports necessary conservation and restoration projects at Terrace Hill.

Breakfast with Santa and Mrs. Claus

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

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

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



HOLIDAY MUSIC

Community Band Holiday Concert

Dec. 11, 2 p.m.

Stilwell Junior High in West Des Moines

The Greater Des Moines Community Band (GDMCB) will present a holiday concert with a special treat for the children in attendance. They will be given a chance to help direct the band along with a visitor from the North Pole. Many great holiday pieces will be performed to entertain both adults and children.



Des Moines Civic Center

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

• **Dec. 23:** Mannheim Steamroller Christmas at 2 p.m. and 7:30 p.m.

Des Moines Community Orchestra

at Grace United Methodist Church
3700 Cottage Grove Ave., Des Moines
desmoinescommunityorchestra.org

• **Dec. 4:** Handel's "Messiah" will be performed at 2 p.m.

Des Moines Symphony

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

• **Dec. 31:** "New Year's Eve Pops: Frank & The Great Ladies of Song"

Medicare Advantage Seminars

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

Seminar dates and locations include:

- **Tuesday, Nov. 29,** 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines
- **Wednesday, Nov. 30,** 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines
- **Thursday, Dec. 1,** 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

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

3 FOOLPROOF ways to bring up independent senior living this holiday season

Independent living has so many amazing benefits. So it's easy to see why it would be an ideal living arrangement for seniors. Whether you're the child of senior parents or ready to make the move to

an independent living community yourself, it's important to know how to effectively approach the topic. As the holiday season approaches, and we begin to gather with family and friends, here are three surefire ways to help you start the conversation about independent senior living:

1. Be informed: Before you raise the topic of senior living, make sure you've done your research. There are plenty of myths and misinterpretations out there, so be sure to get the facts. Be clear about needs, the different ways independent living might meet those



needs, and what communities might be the best fit. The better you understand what you're proposing, the better your conversations will go. Plus, if you're talking to your parents, they'll see that you've taken the time to think this transition through and research it on their behalf. And they'll likely be more willing to hear you out.

2. Keep it casual: One great way to talk about independent living is to keep it casual. You don't want the conversation to feel like an intervention. When you think it's the right time to talk to your loved ones about making the move to an independent living community, try testing the waters before you dive in. Find out how they feel about the idea and then adjust your conversation accordingly. Every person thinks differently about senior living communities, so don't be afraid to tailor your strategy to your parents' or loved ones' needs and opinions.

3. Listen with love: Finally, keep in mind that your role in the discussion may be more about listening than speaking. It's difficult at any age to leave something we're familiar with and move to a new place. Focus on hearing them. And encourage them to explore and share how the prospect of independent senior living makes them feel. Some of their worries might be easy to resolve, but other fears may require further research and a little patience. No matter how right this decision may look on paper, it is a big deal. Give your loved ones the time, information and support they need, and they'll make the move when they're ready. ■

Information provided by Susie Ray, marketing director of The Arbordale, a 55+ independent living community in Urbandale. Learn more about having a comfortable and convenient season at TheArbordale.com.

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HOME HEALTH

By Ward Phillips

YOUR CHOICE for home health is up to you

Has your healthcare provider told you that home health services might benefit you? If you're like most people, you're not quite sure what that kind of care entails, and why you might need it.

Home health care is clinical, medical supervision provided in a person's place of residence. It's usually prescribed by a doctor as part of a care plan following a person's hospitalization for illness or injury. It can also benefit older adults who are prone to falls or who have been diagnosed with chronic illnesses, such as diabetes or heart problems. It can include: medical testing; health monitoring; administration of prescription medication or injections; physical, occupational and/or speech therapy; or wound care.



Many providers, including healthcare systems, hospitals and senior-living organizations, offer home healthcare. Your doctor might make a recommendation, but, ultimately, the provider you choose is your decision. Here are some factors to consider when making that selection.

- **Is the provider Medicare- and Medicaid-certified?** Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care.

- **What services does the provider offer?** Look for one that specializes in physical, occupational and speech therapy, among other services, so caregivers can address a range of needs.

- **Is the provider established?** Online reviews can be a great resource, but don't stop there; search sites that offer ratings and quality scores, including patient-satisfaction scores, and ask friends and family members for opinions. It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be supported.

- **Can the provider break down, quickly and easily, the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket?** Make sure you thoroughly understand this information before services begin.

- **Ask about the qualifications and credentials of the individuals who would be providing your care.** Your team should include people with certifications and licenses that are appropriate for the services they will be administering. If you're promised a nurse, ask and make sure the person who will be caring for you is either a licensed practical nurse or registered nurse.

- **Ask how your care plan will be fulfilled.** A home health care plan should be created for you, in conjunction with your doctor. It should be tailored to your specific needs to help ensure that you receive the right care at the right time.

Those questions should help get you started in choosing a provider that will make a positive difference in your well-being for years to come. ■

Ward Phillips is a senior leader with WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home health care, for older adults. Call Ward at 515-669-2205 to learn more.

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URBANDALE during World War II

November brings thoughts of veterans and war time years. What was it like for Urbandale families during World War II? News about the community appears in copies of Bluejay Chatter, the Urbandale school paper. (There was no commercial newspaper printed in Urbandale at that time.)

In November 1940, Glenn McDole, who would have graduated with the Class of 1941, was the first young man to leave Urbandale High School to join the service. Through the years, many of the young men joining different branches of the service wrote letters back to the school and community to share their experiences. Their military U.S.A. addresses were published in the school paper, and townspeople were encouraged to write the servicemen to show their support.

The original Selective Service Act required all men from 18-64 to register and men 20-44 might be drafted. In November 1942, the draft age was lowered to 18 and many families were affected. Urbandale Mayor James Ahern resigned to go to the Navy, serving three years. The local dentist, Dr. Harold Reynolds, left to serve three years as

an Army dentist in the Philippines.

Meanwhile, in May 1942, all families were to register for a new sugar rationing program mandated by an Act of Congress. No person could purchase sugar for home consumption without first being registered, and it was estimated there were 400 local families eligible.

Other items rationed ranged from shoes to tires. Gasoline was limited by the use of stamps. The Office of Price Management banned the sale of new trucks and cars. The entire nation adopted daylight saving time (though appropriately called war-time.)

School children had an opportunity to work for the War Effort when Superintendent Roseman told the seventh and eighth graders that "Uncle Sam talked about a scrap drive to salvage waste metal."

They were given school time to canvass the town and bring back what they could find, many using their coaster wagons. Other items to be collected were keys, tinware, rubber, paper and glass all to be used by the war industry. Milkweed pods were also harvested for the downy seeds inside.

Historical records of the Urbandale Garden Club describe how Victory Gardens were encouraged in an effort to reduce the strain on the nation's food supply. Gardeners expanded their family gardens for larger crops of conventional vegetables and some tried new plants such as celery, lettuce, peanuts and soybeans. Programs were devoted to new methods of canning and storage of the home-grown fruits and vegetables. Recipes were exchanged trying to use sugar substitutes as cooks tried to "make-do."

While families waited anxiously for their servicemen to return in 1944, plans were made to prepare a wooden honor roll board to be placed on the north side of the school building. There were already 100 names of servicemen to be included with more to be added.

As the War ended in 1945, Glenn McDole returned from harrowing years as a survivor of Japanese atrocities in the Philippines. Veterans were welcomed with a potluck supper and program at the American Legion Hall. There were many stories to be told as a grateful community welcomed their family members home. ■



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EDUCATION

By T.K. West

MEET Maddie James

Finding fulfillment daily in the classroom.



Maddie James says, at the end of the day, she leaves school feeling she has had a positive impact on her students' lives.

Maddie James grew up in Adel, where she graduated from the Adel-DeSoto-Minburn Community School District. After high school, she attended the University of Iowa where she received a bachelor's degree in elementary education. While there, she also received endorsements in English Language Learners (ELL) and reading. James and her husband eventually relocated back to the area in order to be closer to home. Today, she works for the Urbandale Community School District as a second grade educator at Rolling Green Elementary School.

"Everyone has been so welcoming here. It feels like UCSD really values their students and staff," James says.

James' students have participated in some fun activities in the field of science, including experimenting with different types of volcanic rocks. The students also have a project coming up called Uniquely Urbandale. As part of this project, students will investigate what makes Urbandale unique. They will then create an artifact in order to share their findings from their investigation.

"I love second grade. The students are able to be a little more independent while also still building those crucial foundational skills," James says.

James says she has found that teaching provides a sense of fulfillment every day. Even on the difficult days, she says she leaves feeling she has had a positive impact on her students' lives. James says that this is her "Why." It is what keeps her coming back.

"I am so excited to experience my students' growth throughout the year," James says.

When not teaching, James enjoys spending time with her friends and family. She also enjoys reading, playing volleyball and going to the movies. ■

RECIPE

A FOIL PACKET meal for sweet fall simplicity

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

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

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

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

Find more recipes at ncsweetpotatoes.com. ■

Sweet potato foil packet tacos

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

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



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

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ESSENTIAL estate planning tools

Many clients come to our firm because they need assistance in helping a loved one who has become disabled or incapacitated. Often, it is necessary to go through the court to appoint an agent to help a disabled individual. Three estate planning documents can be invaluable in allowing you to have control over your financial and medical decision-making.



A power of attorney is an instrument in which you designate another person (your “attorney-in-fact”) to act on your behalf. It ensures continuity of your affairs. The instrument isn’t subject to court supervision and can only be challenged under limited circumstances. You can give your agent unlimited power to act, or you can restrict the representation to certain limited areas.

The power of attorney can be effective immediately upon its execution or be triggered by an event such as incapacity. A financial power of attorney is “durable” in that it survives disability. If you become unable to manage your own financial affairs, your agent can use this instrument to pay your bills and manage investments.

A power of attorney involves a high degree of trust between you and your agent. You must ensure that the person acting on your behalf knows

and will follow your wishes. You must also be certain that the agent will not abuse the position, since he or she will have control over your property and assets.

Similar to a financial power of attorney is the durable health care power of attorney, although it isn’t an asset-management tool. This instrument directs another person to make health care decisions for you if you cannot. A health care power of attorney gives your agent the power to make a decision to discontinue life-sustaining measures. Your agent will communicate your wishes to your doctors.

Finally, a living will makes your wishes known regarding your last illness. A living will states your desires regarding life-sustaining measures or heroic efforts at resuscitation that would prolong life in a vegetative state. It allows you to make a decision in advance about the level of medical attention you want. It involves the highest degree of trust between you and your agent.

These three documents can prevent expensive and time-consuming court action if you become incapacitated. They are essential estate planning documents. ■

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

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URBANDALE Public Library news

The holidays are right around the corner, and if you discover broken lights during your preparations to get your home decorated, bring them to be recycled at the library instead of throwing them away. The library's partnership with Metro Waste Authority provides a collection box located in the library lobby for dropping off your broken lights now through Jan. 19. Last year, we had 658 pounds of lights recycled, saving them from getting tangled in sorting machines or ending up in the landfill.



Now through Jan. 9, check out the Charles Gabus Memorial Tree Park and special events throughout the season during Parks & Rec's "Miracle on 86th Street." Pre-register for a special storytime featuring Officer Holly Pickett on Saturday, Dec. 3 at 10:30 a.m. This event is intended for ages 2-7 but all ages are welcome for cocoa and a craft. Attend a festive performance from the Urbandale Community Band on Monday, Dec. 12 at 6:30 p.m. Both events will be located in Meeting Rooms A/B.

While many look forward to the holidays, we also know this may not be a wonderful time of year for everyone, especially those experiencing grief over the loss of a loved one. EveryStep Program Coordinator Taylor Clemons will provide a holiday toolkit for grief on Tuesday, Dec. 6 from 6:30-8 p.m. This program is intended to be a safe space for people to express grief and find comfort in shared experiences.

Please reach out if you require accessibility accommodations for any of our library programs.

This time of year also kicks off campaigns for charitable donations, and the Urbandale Public Library Foundation would be pleased to have your support. All contributions, regardless of amount, are meaningful and help the Library continue to provide diverse resources for life-long learning and entertainment at a central location for community activity and engagement. The Summer Reading Program, the City Sounds Piano and Adventure Pass are just some of the programs the Foundation has supported over the years.

The library will also be collecting donations of new or hand-knit items (hats, mittens, scarves) for the Urbandale Food Pantry from Dec. 1-31. Thank you to the Des Moines Knitting Guild for their continued support of the mitten tree.

Holiday Library hours

Wednesday, Nov. 23: 9 a.m. to 3 p.m.

Thursday, Nov. 24 and Friday, Nov. 25: Closed

Online resources, including Hoopla and Libby, are available 24/7: www.urbandalelibrary.org. ■

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OUT & ABOUT



Michelle Odor and Scott Wendl at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Takeshita Hayasaka and Yoko Tanaka at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Cora Ritter and Molly Douglas at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Craig Johansen and Bob Lashier at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Tom Clegg and Dee Mable at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Kathi Andrew and Mary Fowler at the Chamber's AM Exchange hosted by Lashier Graphics & Signs on Oct. 25.



Jay Fox, Ben Buenzow and Sam Kingston with their N.W. Polk County Residents' Choice certificate for favorite Insurance Agent.



Caroline Hughes and Neligh Mueller with their N.W. Polk County Residents' Choice certificate for favorite Dog Groomer.



Gail Barnett, Charlotte Sucik and Ross Barnett with their N.W. Polk County Residents' Choice certificate for favorite Law Firm on Oct. 20.



Chloe Mundy, Kristin Hoffman, Dr. Brad Johannsen, Dr. Shane Hoffman, Emily Moser and Sabrina Feldman with their N.W. Polk County Residents' Choice certificate for favorite Chiropractor on Oct. 25.



Sarah May, Mandi Edwards, Alisha Hanze, Scottie Baer, Carla Edwards, Dennis Edwards and Simon Grubb with their N.W. Polk County Residents' Choice certificate for runner up favorite Chiropractor.



Dr. Tyler Case, Metro Movement Chiropractic & Rehabilitation, with his N.W. Polk County Residents' Choice certificate for favorite Chiropractor.

OUT & ABOUT



Nichole Dimig and Chrissy Cozad at the Chamber's ribbon cutting for Triplett Office Solutions on Oct. 19.



The Urbandale Chamber of Commerce celebrated a ribbon cutting for Triplett Office Solutions on Oct. 18.



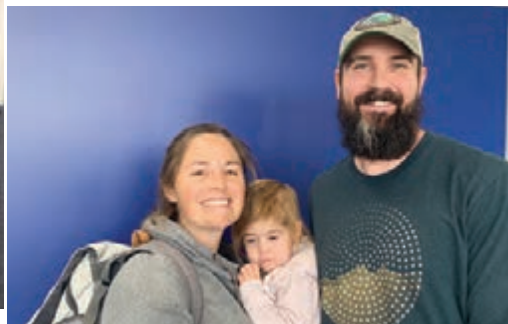
Keri Weidmaier and Kris Howard at the Chamber's ribbon cutting for Triplett Office Solutions on Oct. 19.



Lisa Hanrahan and Sue Triplett at the Chamber's ribbon cutting for Triplett Office Solutions on Oct. 19.



Edge Beckerman and Bob Andeweg at the Chamber's ribbon cutting for Triplett Office Solutions on Oct. 19.



Meredith Davidson, Forrest Davidson and John Davidson at the Chamber's ribbon cutting for the opening of Farmers' Insurance – Aaron Howard Agency on Oct. 25.



Christy Jones and Kathi Andrew at the Chamber's ribbon cutting for the opening of Farmers' Insurance – Aaron Howard Agency on Oct. 25.



Tom Triplett, Mary Anne Kennedy and Matt Triplett at the Chamber's ribbon cutting for Triplett Office Solutions on Oct. 19.



The Urbandale Chamber of Commerce celebrated a ribbon cutting for Farmers' Insurance – Aaron Howard Agency, located at 3912 Urbandale Ave., on Oct. 25.



Bob Hemphill and Alex Vlach at the Chamber's ribbon cutting for the opening of Farmers' Insurance – Aaron Howard Agency on Oct. 25.

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