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SEPTEMBER 2024

Living

MAGAZINE

New AGAIN

Residents share their home
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JagHawk showdown

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ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■

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New AGAIN

Residents share their home renovation experiences

By Ashley Rullestad

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Jess Gjerde and her family moved into the home where her father had lived and made renovations to fit the needs of the family of five. Photo by Todd Rullestad

FEATURE

BEFORE



Before the renovation, the Keese family's kitchen had honey oak cabinets with a matching wood floor. It looked dated and dark, and the Keeses were excited to modernize the space.

A brighter, more functional kitchen

The Keese family has been in their Ankeny home for 10 years. The home was built in 2010, and Amanda Keese says they knew as soon as they moved in that they wanted to make some changes.

The family took on a variety of projects, including changing the flooring throughout the main level, updating the main level bathroom and the upstairs guest bathroom, and changing

AFTER



Amanda Keese wanted white Shaker-style cupboards that reached the ceiling to provide a brighter, modern look and additional storage space.

the paint colors on walls throughout the house. Then they finished the basement and made it a forced walkout by removing a daylight window.

The kitchen was last on their renovation wish list due to the high cost, but a dishwasher leak forced their hands, and they decided to go

AFTER



The Amanda and Eric Keese family has lived in their Ankeny home for 10 years and have completed many updates to it.

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FEATURE

BEFORE



AFTER



The Gjerdes gave the exterior of their home a facelift.

ahead and gut it.

Before the renovation, the kitchen had honey oak cabinets with a matching wood floor. It looked dated and dark. The Keeses were excited to update and modernize the space and make it more functional for their family.

"I always knew I wanted white, Shaker-style cupboards, white subway tile backsplash and quartz countertops," Keese says. "I follow a lot of accounts on Instagram related to home updates, and I've always wanted a clean and bright look in my kitchen."

They chose cupboards that reached to the ceiling to allow for more storage and to make the kitchen appear bigger.

The company the Keeses worked with had a 3-D program that helped make the vision come to life, which they liked.

They also had a wall lowered in the kitchen to countertop height for seating, which gave the kitchen a more open feel.

"Our boys love to sit and eat there and do other activities," Keese says.

The openness and seating are much more functional for their busy family, allowing for people to see each other and converse between the kitchen and family room and watch TV from the seating area.

"We are so happy with the result," Keese says. "Our home looks nothing like when we bought it almost 11 years ago, and it's almost been completely redone and finished on the inside," she says.

The outside has also received a facelift with a new garage door, gutters and roof. They still have plans to update the master bathroom, install new carpet throughout the upstairs, and build a new deck.

"Our advice for those wanting to make a change in their own homes is to write each room down and what you want to change about it. Start small by simply changing the paint color, change out door handles, change your decor. You could also buy what you need to a little at a time and then start the project once you have everything. I have loved making our home exactly how we want it," Keese says.



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BEFORE



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Changes to the Gjerdes' kitchen made it brighter and more functional.

Making it their own

Jess Gjerde and her family have lived in their home for three years now, but the house has been part of her life for longer than that.

"The house was owned by my dad prior to that," she says. "He purchased it as a new build in 2010. When he passed away 3.5 years ago, my husband and I decided we wanted to keep the home in our family and moved in."

They set about making the house their own. They wanted to make updates and add features to make it more functional for the family of five.

The biggest change was adding an addition to the side of the house for a walk-in pantry off the kitchen and expanding the laundry/mudroom space. The couple wanted each of the children to continue to have their own rooms, so they gave up part of the living room space in the basement to add a fourth bedroom.

On top of those projects, they installed new flooring throughout the home, painted every interior wall and ceiling, changed the kitchen island, painted existing cupboards, installed new countertops, added a new backsplash in the kitchen, updated the fireplace, put new light fixtures throughout the house, added decorative beams to the ceiling in the main living area, and also painted the exterior of the home.

"We pretty much updated the entire home and couldn't be happier with how it turned out," Gjerde says.

The couple chose T & E Construction to complete the remodel.

"We knew the Minner family well and had seen plenty of their previous work," she says. "They are a local, family-owned and operated

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FEATURE

company, and supporting local is always important to us. My late father was a carpenter and did many remodels in his day. He took so much pride in his work. I knew I had to find a company that had similar values and work ethic. T & E Construction checked all of our boxes.”

When it came to choosing a look and finishes, Gjerde says they gathered input from family and friends and also did a lot of browsing on Pinterest.

“Looking through others’ remodels for inspiration is helpful,” she says. “Eric Minner was also incredibly helpful during the whole design process, making sure our selections were going to work well in our space, be within our budget, and also fit within the look we were going for.

“I have a hard time envisioning the final product, so having someone with that knowledge and expertise during the whole process was extremely helpful,” Gjerde adds. “We are thrilled with the result. It’s really hard to list just one favorite, but I think it would have to be our kitchen with pantry addition. I just love it. We spend a lot of time at our large

BEFORE



AFTER



The fireplace in the Gjerde home was turned into a focal point.



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FEATURE

kitchen island.”

Although the Gjerdes have made a lot of updates, they still have plans to eventually replace the deck and possibly add an entertainment/storage shed in the backyard.

Gjerde’s advice for those thinking about updating their spaces is to use an experienced contractor, ask for quotes, and remember that cheaper isn’t always better.

“I would choose quality work for an appropriate price any day over cut corners and low-quality work to save some money,” she says. “Ask for references and check out photos of their past work. Set a budget, but also try to leave some wiggle room for anything unexpected that may come up. Make your list of what you need and want done, in order of priority, and work down your list as your budget allows.”

Crazy to chic

When the Puisners purchased their Ankeny home nine years ago, they knew it would need to be completely remodeled and updated.

“The entire house was like crazy colors — yellow, greens,” Michele says. “We have spent the last nine years doing that. Everything in the house, including the exterior, has been updated and changed, including a massive landscaping project.”

AFTER



The Puisners were not fans of their dated master bath, so Michele designed a modern layout and look.

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The family chose S&D Contracting, close friends of theirs, to do the work. One of the highlights for the couple is the new master bathroom.

"The bathroom was all my vision," Michele says. "I absolutely love interior/exterior design and was so excited to do this project. I knew we were starting from scratch, as we demolished it down to the studs, so I had free range on the design."

Michele wanted to have a wet room, which kept the shower and tub separate, and the rest just kind of fell into place. She decided on a modern farmhouse style and chose neutral grays for the space. The floors are tile, and the shower walls are marble. White bowl sinks and gray cabinets complete the look.

The Pruisners purchased everything prior to construction starting, so the overall project went smoothly.

They most recently finished adding a covered front porch and additional backyard landscaping.

Michele advises folks to be prepared for the ups and downs that come with any construction project.

"Sometimes it works out exactly as planned, and sometimes you have to make quick changes to the plan to make it all work out," she says. "But, overall, it's so worth it in the end." ■

BEFORE



The Pruisners decided to gut their outdated bathroom for a fresh start in the design.

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AFTER

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The new master bath features gray colors and a pair of bowl sinks for a modern look.



The Pruisners' new master bath features a wet room with showers and tub closed off from the rest of the room.

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LIBRARY

By Library Staff

WHAT'S NEW at the library?

Congratulations to Westwood Elementary School for having the highest percentage of participants in our 2024 Summer Library Program, with a total of 40% of students signed up.

Now that summer is officially over and fall programming has started, be sure to stop by for one of our exciting programs. We have something for everyone. Spend your no-school day watching a movie at the library on Monday, Sept. 23 at 1 p.m. Feel free to bring blankets, snacks and drinks with a lid. We will show a 2024 movie about a little girl who tries to find her old imaginary friends and a purple creature who tries to help. This film is rated PG and is 104 minutes long. All ages are welcome. You can also test your taste buds with the K-5 Taste It Tuesday: Apple Edition on Tuesday, Sept. 24, from 3:45-4:30 p.m. Taste some apple-flavored candies, treats and fruits, and try to guess what flavor or brand you're eating. Must be age 5 or older to attend.

Tweens in grades six and seven can register for a new Mind-Body Connections series that begins Oct. 1 and continues for eight weeks, learning skills to relieve stress and build resilience, while anyone grades four through 12 can discover how to cook at home with zero waste on Monday, Sept. 30 at 5:30 p.m. Interested in genealogy? Learn how to use local and regional history to understand your ancestors' lives on Monday, Sept. 23 at 7 p.m.

Programs aren't the only new thing at the library. Our new public services manager, Molly, began on July 29 and has hit the ground running. She will be overseeing programs, meeting rooms and service desks. We are so excited to have Molly as part of the team. A little more about Molly:

"Hello! My name is Molly Guerra, and it has been such a pleasure to begin working as the public services manager at Ankeny Kirkendall Public Library in July. I have been employed in libraries for over 16 years, and I most recently was at the Johnston Public Library as assistant director for nine years. Ankeny is such a dynamic community, and our library space and staff are phenomenal. I can't wait to continue to get to know the library and community.

"I read a little bit of everything, but some of my all-time favorite titles are "Persuasion" by Jane Austen, "Gone with the Wind" by Margaret Mitchell and "White Teeth" by Zadie Smith. When I'm not at work, I enjoy spending time with my family, playing with my dogs and exploring new places near and far." ■

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Molly Guerra

DO YOU need to fear retirement?

If you're planning to retire in a few years, are you looking forward to it? Or are you somewhat apprehensive? Are you asking yourself: "What sort of retirement can I afford?" It's a good question because the answer can make a big difference in your ability to enjoy life as a retiree.

And retirement can indeed be enjoyable, exciting and fun. Consider this from a recent survey by Edward Jones and AgeWave: A majority of respondents said retirement should be looked at as a whole new chapter of life and not just a time for rest and relaxation. In other words, people are viewing retirement as a chance for new experiences and new opportunities, rather than a time to simply wind down. But if you're going to make the most of your retirement — which could last two or even three decades — you need to be financially prepared.

This preparation can involve many steps, but here are some of the key ones:

- **Decide what your retirement lifestyle will look like.** How you choose to spend your retirement years can make a big difference in the financial resources you'll need. For example, if you plan on traveling the world, you might need more income than if you were to stay close to home and pursue your hobbies. If you can envision your retirement lifestyle and estimate how much money you'll need to support it, you can help reduce some of the uncertainties you might face once you do retire.

- **Review your income sources.** During retirement, you'll likely need to draw on all your income sources, so it's a good idea to know what you'll have available, such as your IRA, 401(k) and other investment accounts. You'll also need to decide when to take Social Security. If you wait until your full retirement age (probably between 66 and 67), you'll get much larger monthly benefits than if you started taking them at 62. And here's another variable: earned income. Even if you've retired from your career, you might, if you desire, use your acquired skills in a consulting or part-time position. The more you can earn, the less you may have to withdraw from your investment accounts and the better position you'll be in to delay taking Social Security.

- **Consider adjusting your investment portfolio.** For most of your working years, you may have invested mostly for growth — to increase your assets as much as possible. But growth-oriented investments are also, by nature, riskier, so when you retire, you should review your portfolio to determine whether you need to move it toward a more conservative position. Also, more conservative investments may provide more current income in the form of interest payments. However, even in retirement, you may need some investments with growth potential if you want to keep ahead of inflation.

Retirement is certainly a major milestone in your life, and adjusting to it can take some time. But there will be much less to fear — and much more to enjoy — if you've done what you can to prepare yourself financially. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Tam Le, Financial Advisor, 303 S.W. Walnut St., Ankeny, IA 50023, 515-964-2323.



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(Family Features)

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Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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If you receive SSI, you may also be eligible for Supplemental Nutritional Assistance

Program (SNAP) benefits. To make it even easier, when you apply for SSI, the Social Security Administration (SSA) also allows you to apply for your state's SNAP to save time.

SNAP provides food-purchasing assistance to low-income households. Benefits are deposited monthly into SNAP accounts linked to EBT cards, which work just like credit or debit cards. Most major grocery store chains and retailers — like Target or Walmart, for example — accept EBT cards to purchase SNAP-eligible items. Eligible items are typically food items that can be prepared at home (or seeds to plant and later provide food), excluding food that is hot when sold or other prepared meals.

SSI provides benefits to those with limited income and resources. SSI is also for certain people who are 65 or older and those who are blind or have disabilities.

While your SNAP benefit amount depends on your household income and size, the basic

monthly SSI payment for 2024 is the same nationwide: \$943 for one person or \$1,415 for a couple.

If your household is applying for SSI or already receiving SSI, the SSA will help you complete your SNAP application over the phone, in person, or through the state's benefit portal.

If you believe that you qualify for Supplemental Security Income (SSI), but have not applied — or if you've been denied — then you need an experienced attorney to assist you. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes so you can receive all of the benefits you're entitled to. ■

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

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WORK to be done

Ankeny group teams with village in Africa.



Tracy Blackmer of Zambia-Iowa Agricultural Partners meets with farmers from Zambia during a recent trip there to assess the villagers' needs and what can be done to help them increase food production in the midst of an ongoing drought.

A group from Ankeny is stepping up to help address a devastating crisis facing a community on the other side of the globe.

Jim and Maria Maixner have teamed with Vice President and Director of Agriculture Tracy Blackmer, as well as Secretary Doug Wibholm, to form Zambia-Iowa Agricultural Partners, a non-profit start-up created to help residents of Zambia in their time of need.

The effort began a year ago when three people traveled to Zambia, Africa, in March to meet with locals and assess the situation of one village in particular while also meeting with the mayor and one of the tribal chiefs of the locale.

Stuck in the midst of a severe drought, the group quickly found that the situation was as desperate as it was dire. Yields of maize, their staple crop, had plummeted from 17-30 bushels per acre, on average, to just two.

"The drought pretty much wiped them out, and they are very desperate," Jim, the group's treasurer, says. "There are a lot of hungry people right now, and it could lead to starvation."

The group has partnered with the village and one of its pastors in the effort to help the community increase crop production in order to have enough food and income to pay bills.

The group is focusing on the gardens, the schools and the communities, with the simple hope of getting the community through the drought, first and foremost.

"We are focusing on setting up the gardens appropriately and drilling wells," Jim says. "With the bore holes (wells) out there now, it was apparent that they were woefully inadequate. They are drying up and need to be bigger and deeper."

For those interested in learning more or helping, the group has set up a website, www.ziap.org, with information. Donations are appreciated, Maria says. The group is always in need of people willing to donate their time and talents to the cause as well.

There's no shortage of things that need to be done.

"There are bore holes that need to be dug, gardens started," she says. "There are about 7,500 people that will need to be fed with these gardens — people who have been identified as vulnerable. People will travel for miles and miles when they learn there is food." ■



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HERE we go...again.

In one of the more memorable comedy movies of my childhood ("Groundhog Day"), the protagonist finds himself waking up and starting the same day over and over again. At first, he finds this to be shocking and surprising, seeking to understand and figure out how to take advantage of this "problem." At the risk of spoiling the entire plot, at some point in the movie, the main character becomes resigned to the madness of the never-ending loop and recklessly abandons all sense of belonging — seeking to end the "groundhog day" in every possible way. Without fail, the main character wakes to start another (same) day.

It has been a few years since I've seen the movie, but some days I feel like I live it.

...Alarm goes off, try to pray, kids are up and going, coffee in the cup, workout, chat with spouse, head to work, do some work, eat, work some more, head home, ask family how their day was, eat, sit on the couch, eat again, fall asleep on the couch, crawl to bed... oh yeah, pet the dog... get up in the middle of the night with the dog... alarm goes off!

On the day I woke up to write this article, something was the same. I was greeted in Divine love. The day started as usual, but somewhere between "coffee in the cup" and "chat with spouse," I was reminded that not everyone gets to do the things I do. I was shown a path forward where God meets me in the "everyday" and "all the time" and even the "never ending" and offers to make things... new.

I searched the Bible for passages about how I was feeling. Turns out, there are all kinds of reminders across very different situations/contexts about how God is offering to reshape our understanding of what is happening and what is possible.

"Look! I'm doing a new thing; now it sprouts up; don't you recognize it?" (Isaiah 43:19)

"So then, if anyone is in Christ, that person is part of the new creation. The old things have gone away, and look, new things have arrived!" (2 Corinthians 5:17)

"Then the one seated on the throne said, 'Look! I'm making all things new.' He also said, 'Write this down, for these words are trustworthy and true.' " (Revelation 21:5)

Yes, each of these verses is about very different things, seasons, events and situations. Still and more, reading these passages (along with others) reminded me that, in every season, God offers to reshape us so that we can sense God's love and God's will in new ways. God walks with you through the longest season of "groundhogs day" and offers you new life and a new way to see the same old day.

Here we go...again. God is still making things new. I thank God for each of you and hope you are somehow aware of Divine presence offering restoration and hope today. ■



Information provided by John Wagner, campus pastor,
Christian Life Center, Ankeny First United Methodist Church,
john.wagner@ankenfirst.org.

Navigating the complexities of Medicare

6 things you need to know.

Medicare is a critical component of retirement planning, but it can be complex and confusing. Here are six things you need to know:



1. You could pay more if you enroll late.

To avoid these penalties, make sure your employer completes the necessary form confirming that you have had qualified coverage since turning 65. If you're not yet 65 and already retired, your enrollment period begins three months before your 65th birthday, so start the process early to avoid delays in coverage.

2. It's not a one-size-fits-all program. You have options, including Original Medicare (Parts A and B), Medicare Supplements (Part C), and Prescription Drug Plans (Part D). Each option fills different gaps in coverage, so it's essential to understand how they work and

which one best fits your needs.

3. Medicare isn't free. While Part A of Medicare is typically free, Part B has a monthly premium based on your income. It's crucial to work with a retirement planner to understand how your income, including Roth conversions, can impact your Medicare premiums.

4. You enroll in Medicare through Social Security. Many people are surprised to learn that you enroll in Medicare through Social Security, not directly through Medicare. Keep an eye out for your Medicare card, which will come from the Department of Health and Human Services or the Centers for Medicare and Medicaid Services (CMS), as it may look like junk mail.

5. You don't always have to sign up at 65. If you or your spouse is still working and covered by a qualified employer health plan, you may not need to sign up for Medicare at 65.

However, if you're on COBRA or a marketplace plan, you'll need to enroll in Medicare when you turn 65 to avoid penalties.

6. You are not stuck with your plan. You're not locked into the same Medicare plan forever. Each year during the Annual Enrollment Period (Oct. 15 through Dec. 7), you can review your coverage and make changes to ensure you're set up for success in the coming year. This is important because insurance carriers often renegotiate provider contracts, which can change the terms of your supplement plan and impact premiums, copays, deductibles and covered services, including benefits like X-rays, prosthetic devices and physical therapy. Benefits like gym memberships and chiropractic care can also be added or dropped from plans.

Understanding these six aspects of Medicare can help you make more informed decisions and avoid costly mistakes as you navigate your retirement journey.

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



Learn about another important Medicare fact in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch this episode now.

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JagHawk showdown helps those in need

Groups are working together to address hunger in Ankeny.

This year, a new tradition was born in Ankeny as the community came together to donate food to those in need in conjunction with the Ankeny High School/Ankeny Centennial High School football game.

"We know there is a need in Ankeny," says board member Adam Beecher. "Ankeny Community School District has partnered with us to do a food drive the whole first week of school. To bring attention to the drive, we wanted to make it fun to make it a competition between the north and south feeders. We decided to do a rivalry trophy that can travel back and forth between the schools."

More than 2,000 pounds of food was donated. This year, the Centennial Jags walked away with the trophy. The real winners though are those who will benefit from the donations made.

"Our food pantry opened in 2020 due to an increased need in the community," says Ankeny Service Center Director Sarah Wiser. "We are currently serving an average of 1,100 individuals each month. We are seeing numbers in our food pantry that we've never seen before. We had 1,200 people come in last month to get food. We can't do this without everybody being involved."

In addition to the food pantry, the Ankeny Service Center offers transportation, lawn care and snow removal, durable medical equipment rental, and minor home repairs for those in need. All of the services are provided by community volunteers.

In 2022, ASC worked with Impact Community Action Partnership to open the Community Resource Connection, a mission-focused, shared-space facility where a number of nonprofits and service organizations work together.

The main goals while creating the space were:

- Make it easier for individuals and families to get help by creating a one-stop shop to access a variety of services.



The JagHawk trophy went to Centennial High School this year, but the real winners were those who benefit from the food drive associated with the showdown.

- Create a cost-effective space where organizations can share resources, design more efficient ways of serving clients, and enjoy professional collaboration.
- Eliminate the need for ongoing fundraising. By creating a space where resources can be shared and overhead costs are low, organizations can reduce their costs, resulting in less fundraising and freeing up dollars that can be used to serve clients.

Current building partners include: Impact, WIC, Foster Squad, St. Vincent DePaul, SMART Recovery and VITA.

In 2023, ASC also started a community garden in Uptown Ankeny. Community members are welcome to take advantage of the garden, and volunteers also bring items to the food pantry.

For those needing assistance during the holidays, the ASC holiday program serves hundreds of families in Ankeny each year. Wiser anticipates at least 500 families will apply this year. Applicants complete a wish list for each child in their family, and those wish lists are provided to donors. The application process will open in October.

"Ankeny has an invisible mercy need," Beecher says. "Ankeny is known as being well off, but there are a lot of people among us who are utilizing these services."

Wiser says there are barriers to accessing such services, including residents not being aware that services exist or feeling uncomfortable about asking for help. When the Ankeny Service Center and Impact Community Action Partnership began conversations about creating the Community Resource Connection, they wanted to eliminate many of the barriers.

"By offering a variety of services in one location, it eliminates the need to research services and saves both time and money because there isn't travel time going to multiple locations. We have also created an environment that feels welcoming and where there is no shame associated with asking for help. Everyone who comes in is treated with dignity and respect."

To learn more about services offered or to receive help, visit ankenyservicecenter.org or Ankeny Service Center – ASC on Facebook. Monetary donations are welcome, and "adopt a family" holiday lists will be available in October on the service center's website. ■

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WHAT IS computer vision syndrome?

Computer vision syndrome refers to eye and vision-related issues caused by prolonged computer use. Common symptoms include eye strain, dryness, blurred vision, headaches and neck or shoulder pain. The condition arises from focusing on a screen for extended periods, resulting in visual discomfort and fatigue. Other factors such as brightness and glare, combined with poor ergonomics, exacerbate these symptoms. To mitigate CVS, it's important to adopt the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away. Proper lighting and screen positioning also help reduce glare and strain. Regularly blinking and using artificial tears can alleviate dryness. Additionally, adjusting screen settings to appropriate brightness and contrast levels can enhance visual comfort. Maintaining good posture and ensuring that the screen is at an optimal distance and not too close can further reduce strain. If symptoms persist, consulting an eye care professional is advisable, as they may recommend specific eyewear such as reading, computer or anti-fatigue glasses to address computer vision syndrome effectively. Awareness and proactive measures can significantly improve comfort and prevent long-term visual issues. ■



Information provided by Dr. Todd Pietig, Ankeny Family Vision Center, 311 N. Ankeny Blvd., Ankeny, 515-964-1671.

STAY home — planfully — with peace of mind

For Carolyn, senior living communities have always sounded like a wonderful idea — for other people. Although many of her friends have moved to communities and are happy with that decision, Carolyn loves her house and wants to stay there. Her concern, though, is that she has had some health issues, and she is afraid of losing her independence and “having” to move.



“I don’t want to just stay in my home; I want to be independent in it,” Carolyn, 70, says. “But I worry that, as I get older, I’m going to need too much help to stay here by myself.”

Carolyn’s situation is far from unusual. “Aging in place” — at home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: “If I don’t want to move into a community but I’m concerned about health issues later on, what can I do?”

The answer: You have more options than ever before. Some organizations that serve older adults have introduced Continuing Care at Home (CC@H) membership programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you’re interested in looking into CC@H programs, the questions below can help you make sure the program’s premises, amenities and outcomes will be the best ones for you.

- **What does the program include?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

- **Does it include personal support, such as wellness coaching?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to succeed with encouragement from a trusted adviser or advocate.

- **Does it include care costs and options?** A solid program will help fund your care, if it’s needed, whether through home healthcare or services in a senior living community later on. If the program you’re considering does offer both, make sure you’re comfortable with the services and care provided by the organization’s home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

If you’re considering membership in a CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your wellbeing and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.

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EVENTS IN THE AREA

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

Check for cancellations

Vendor and Craft Fair vendor registration

St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny, fourth annual Vendor & Craft Fair is taking registrations for a booth at the event Saturday, Nov. 9, 9 a.m. to 3 p.m. Contact Julie at juliegreg94@gmail.com.



Chamber Open House

Thursday, Sept. 26, 3-6 p.m.

Ankeny Area Chamber of Commerce, 1360 S.W. Park Square Drive, Suites 104/106/108

The Ankeny Area Chamber of Commerce is hosting an open house and ribbon cutting (4:30 p.m.) to celebrate its new location.

Neighbor to Neighbor free meal

Sept. 29, 5 p.m. Doors open at 4 p.m.

St. Anne's Episcopal Church, 2110 W. First St., Ankeny

This month, the meal will feature meatloaf. No one is required or expected to be a member of St. Anne's to attend. The meals are free and are followed by seven hands of free bingo. There are small prizes for six hands and a \$15 gift card for the last hand. Freewill donations are accepted but not required or expected.



Bike Nights

Every fourth Friday of the month

Mean Machines Cycles, 462 W. Walnut, Elkhart

Enjoy food, music, prizes, bikes and more.

Fall Ball Golf Tournament

Wednesday, Oct. 2, 10 a.m. to 4:30 p.m.

This ever-popular event is an excellent opportunity for golfers of all skill levels to participate and network with other chamber members. Registration begins at 9 a.m. for all golfers with a shotgun start at 10 a.m. Best ball format. Must be a chamber member to participate. Contact the chamber for registration information.



Witches Night Out

Thursday, Oct. 24, 4-8 p.m.

The Ankeny Area Chamber of Commerce is hosting its Witches Night Out shopping event. Transportation will be provided at 4 p.m. as registered witches stop at local Ankeny businesses to shop, network and enjoy some witches' brew. Witch costumes encouraged, but not required. Witch hats provided. Cost is \$35. For registration link, visit <https://web.ankeny.org/events/WitchesNight%20Out-6033/details>.

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Women's Self Defense Classes

Nov. 4, 6, 11 and 13, 6-9 p.m.
Ankeny Police Department, 411 S.W.
Ordnance Road

The Ankeny Police Department presents this series of four classes per session. The first day is a presentation, days two and three are hands-on techniques and day four is simulations. Cost is \$35. Classes are three hours each. Must be 18 or 14-17 with parent permission. Students are not required to be Ankeny residents. To register or for more information, visit www.ankenyiowa.gov/310/Self-Defense-Training-RAD.

Discover Ankeny

Thursday, Nov. 7, 4:30-7 p.m.
FFA Enrichment Center, DMACC

Join the Ankeny Area Chamber for the return of Discover Ankeny. Enjoy sampling, give-aways, discounts, and family-friendly activities from a variety of local Ankeny Chamber businesses. Admission is free. A special senior half hour kicks off the event from 4:30-5 p.m. For more information, contact the chamber at 515-964-0685.

Soft Trail Stroll: Sycamore Trails

Saturday, Oct. 12, 10 a.m.
Sycamore Trails, 4640
N.W. 66th Ave., Johnston

Come walk the single track (dirt trails) of Sycamore. This event is part of a free series for people looking for a simple way to become more active. Meet in the gravel parking lot on the south side of 66th Avenue, just east of the soccer fields and west of the Des Moines River. The group will walk slowly (think "stroll"), and no one will be left behind. The walk distance will be about 2 miles. If the dirt is muddy, the group will walk on the paved trails instead. If there is severe weather, the walk will be cancelled. More information and updates are available at www.rocceasca.fitness/stroll.

Halfway to St. Pat's Charity Car Show

Sunday, Sept. 22, 11 a.m. to 3 p.m.
Charlie's Filling Station, 305 Grand Ave.,
West Des Moines
www.friendlysonsiowa.com

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m.

CITYVIEW Wine and Whiskey Walk

Friday, Sept. 20, 5-9 p.m.
West Glen Town Center

Tickets are \$25 in advance, \$35 at the event, for 10 tickets for sample-size whiskey cocktails. Enjoy free wine samples at participating retail locations. For more information and ticket link, visit <https://whiskeywalk.dmcityview.com>. ■



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HOW YOUR credit score impacts a mortgage

Eligibility for many financial products is largely determined by your credit score, especially when buying a home. For example, your mortgage interest rate can be heavily impacted by your credit score. A high credit score will likely qualify you for a lower interest rate and help you to save money on your mortgage.

Why do lenders care about your credit scores?

Credit scores help lenders assess risk fairly. The scores are consistent and objective and are reflective of your likelihood to repay debt responsibly. While your credit score isn't the only factor your lender will use to evaluate your homebuying eligibility, it's one of the most important.



Mindy Selix



Yvonne Silvers

How are credit scores calculated?

Credit scoring models like FICO use your credit report from the three main credit bureaus, Equifax, Experian and TransUnion, to come up with a scoring range of 300-850. FICO is most used by the mortgage industry.

Your FICO credit score is calculated based on five major components: payment history, amount owed, length of credit history, new credit and credit mix.

What elements impact your credit score the most?

About 35% of your credit score is based on whether you pay your bills on time, making it the most important factor. Another 30% of your credit score is based on how much debt you owe, which is why it's important to consider paying down some debt before purchasing a home.

What steps should you take when contemplating a home mortgage?

Pull a free credit report online at annualcreditreport.com to check it for errors. This will assure the reported information under your name and social security number is

accurate. Correcting any errors you find may also raise your scores, so it is a good idea to do so before applying for a mortgage.

What actions can improve your credit score?

It's important to note repairing bad credit can take time. Beware of any "quick fix" solutions offered. The following tips can help:

- Check your credit report
- Set up payment reminders and/or pay off collection accounts
- Reduce the amount of debt you owe

When considering a home mortgage, pay attention to your credit habits and understand how your credit score can impact the homebuying process. By taking active steps to better your credit or keep your credit score high, you'll soon be well on your way to homeownership. ■

Information provided by Mindy Selix, 515-222-2017, mselix@bankerstrust.com, NMLS ID#: 571223 and Yvonne Silvers, 515-222-2005, ysilvers@bankerstrust.com, NMLS ID#: 571224, 1925 N. Ankeny Blvd. Ankeny.

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FIRE education in the spotlight

Peters honored for her years of service.

Karen Peters served the city of Ankeny for nearly three decades, making her retirement in August bittersweet.

Over her 27 years of service with the Ankeny Fire Department, Peters worked as a firefighter/paramedic and fire investigator. She also enjoyed her role as public education coordinator. In fact, around 2000, Peters started putting the Ankeny Fire Department on the map for having an outstanding public education program.

Peters built upon the established tradition of Ankeny's fire safety house and fire department open houses — which feature interactive activities for all ages, focusing on fire safety and prevention — and added even more educational activities to them. In addition, she started babysitting classes, kitchen safety classes, fire extinguisher classes, EMS response demonstrations in conjunction with middle school CPR lessons, community risk reduction programs for the elderly, and the popular fire prevention week coloring contest. Perhaps most notable is Peters' creation of the special needs open house, which was one of the first of its kind in the country.

Peters is known to have often said, "Let's get the kids to come see the firetrucks, and then we can sneak in a message on how to stay safe."

Peters also worked closely with the school district to teach fire safety to elementary students and led several programs for middle and high school students.

This is all to say Peters has made a lasting impact on the Ankeny Fire Department and the community as a whole, especially the children within it.

For all these reasons, the Ankeny Fire Department has dedicated the Ankeny Fire Station Museum — located in Ankeny Fire Station 1 on Ash Drive — to Peters. The plaque that will be mounted in the museum reads:

"This museum is dedicated to Karen Peters, whose 27 years of unwavering commitment to the Ankeny community have left a profound legacy. As both a firefighter/paramedic and a public educator, Karen has embodied the essence of service and dedication, responding to emergencies with courage and compassion while shaping the minds of future generations through education. This museum stands as a tribute to her exceptional contributions and lasting impact on the Ankeny community."

"It has been a pleasure working with Karen," Fire Chief Vance Swisher said in a press release. "Her commitment to Ankeny and our citizens has left a profound legacy. Karen embodies the essence of service and dedication as a firefighter/paramedic and public educator. She continually exhibits a high level of service and dedication while both responding to emergencies and educating our future generations. Karen has been instrumental in the Ankeny Fire Department's public education program, which includes visiting each third-grade classroom in Ankeny annually, our open house events, and a special needs open house to accommodate children who benefit from a low-key opportunity to visit with our firefighters. I wish Karen a happy retirement. She will be missed." ■



Karen Peters has retired after 27 years with the Ankeny Fire Department. In honor of her contributions creating a model public education program, the museum at Ankeny Fire Station 1 has been named in her honor.

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INSURANCE By Will Pierce

INFLATION Reduction Act

What's changing for Medicare beneficiaries?

Changes in 2025 include a new \$2,000 out-of-pocket spending cap, elimination of the coverage gap phase, a higher share of drug costs paid by Part D plans in the catastrophic phase, along with a new manufacturer price discount and reduced liability for Medicare in this phase and changes to plan costs and the manufacturer price discount in the initial coverage phase. The \$2,000 cap will not include covered insulins, vaccines and some other medications as well.

In addition to the \$2,000 out-of-pocket spending cap, the Medicare Prescription Payment Program will be a new addition in 2025. This will allow Medicare beneficiaries who have high drug costs to opt into this program to spread the cost of the drug out through the year. Beneficiaries will be able to opt into this program at any time throughout the year.

These changes will have big impacts for consumers, including potentially to plan design as well for 2025.

Feeling confused about what's changing and what it means for you? It's important to partner with an insurance advisor that stays up to date on all of these changes happening. ■

Information provided by Will Pierce, owner and licensed agent, Pierce Insurance, 3211 S.E. 20th St., Ankeny, 515-257-6663, www.pierceinsurancellc.com, wpierceins@gmail.com.



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PLAN AHEAD By Buffy Peters

GRIEF 101: Writing as a tool

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It's important to find ways to process what you are going through.

One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn't necessarily about "feeling better" or forgetting our person or "moving on," but rather adjusting to life without your person's physical presence and carrying the love you have for them forward with you. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



CHIROPRACTIC care is cost effective

Saves 40% on healthcare costs

When experiencing low-back pain, first seeking treatment from a chiropractor (DC) rather than a medical doctor (MD/DO) saves an average of 40% on healthcare costs. This is according to the study, "Cost of Care for Common Back Pain Conditions Initiated With Chiropractic Doctor vs. Medical Doctor/Doctor of Osteopathy as First Physician: Experience of One Tennessee-Based General Health Insurer," which was published in the December 2010 issue of the "Journal of Manipulative and Physiological Therapeutics." The two-year study featured data from 85,000 Blue Cross Blue Shield (BCBS) of Tennessee intermediate- and large-group beneficiaries who were fully insured. The insured beneficiaries included in the study had open access to MDs and DCs through self-referral with no visit limits and no differences in co-pays. The researchers estimated that allowing DC-initiated episodes of care would have led to an annual cost savings of \$2.3 million for BCBS of Tennessee. The conclusion: When insurance companies restrict access to chiropractic care for low-back pain, they may inadvertently be paying more for care than if such restrictions were removed.

Scientific evidence

Overall, studies have shown that spinal manipulation is safe and can provide mild-to-moderate relief from low-back pain and appears to be as effective as conventional medical treatments. In the 2007 guidelines, the American College of Physicians and the American Pain Society include spinal manipulation as one of several treatment options for practitioners to consider when pain does not improve with self care.

Research is underway to determine whether the effects of spinal manipulation depend on the duration and frequency of treatment. Recent studies have found that spinal manipulation provides relief from low-back pain at least over the short term (i.e., up to three months) and that the pain-relieving effects may continue for up to one year. In one study funded by the National Center for Complementary and Alternative Medicine (NCCAM) that examined long-term effects in more than 600 people with low-back pain, it was found that chiropractic care involving spinal manipulation is at least as effective as conventional medical care for up to 18 months. However, it also states that less than 20% of participants in this study were pain free after 18 months, regardless of whether they chose medical or chiropractic treatment.

Summary

As healthcare costs and insurance premiums continue to spiral out of control, it becomes necessary for consumers to be given accurate information so they can make educated decisions. Although there are conditions that chiropractic cannot help, there are numerous well-researched conditions that chiropractic can help. Low-back pain is clearly one of them.

If you or someone you know is suffering from back pain and have not found the relief for which you are looking, please consider chiropractic care as a viable, cost-effective option. ■

Information provided by Christopher M. Renze, D.C., D.I.B.C.N., of Renze Chiropractic Clinic, P.C. For more information, visit www.renzechiro.com or call the office at 965-3844.



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AUTHOR aims to give back to fellow educators

Joyce Keeling of Ankeny is an author with a purpose. She writes books for educators.

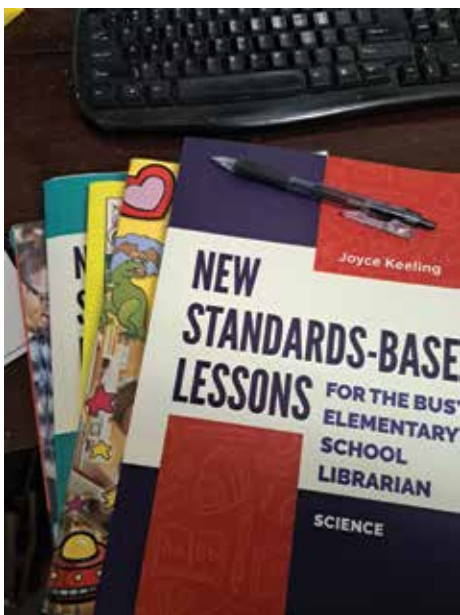
"I just want to give back or help other educators," she says. "So, I wrote a book or two. My book had to be of utmost quality, based on educational standards, tried out lessons and with free resources and copyright free pages. My goal was not to make money with book royalties, but just to give back or help others."

Her books are aimed at "busy elementary school librarians but are truly meant for anyone teaching elementary," she says.

The books include lesson plans and worksheet pages that can be copied as well as suggestions for quality resources that can be used from the library.

Keeling has published three books for those teaching elementary literacy, one for social studies and one for science. She says they include "many current teaching standards."

"I just want to help like so many others," she says. ■



Joyce Keeling writes books that provide educators with lessons and free resources.



BERES wins Nation of States Preteen title

Meyah Beres of Ankeny has won the title of Nation of States Preteen. This provides her several opportunities in the future such as walking in New York Fashion Week, meeting fashion designer Jonathan Kayne, and potentially competing in international pageants. She will hold her title for a year and crown the new Nation of States Preteen next summer in Las Vegas.

Each girl presents a specific platform they represent. Meyah represents Fight Like a Girl. She provides self defense and safety tips to girls her age and also communicates an anti-bullying message. Through her platform, she has partnered with Spread Your Wings, an Ankeny nonprofit that supports the at-risk youth in the community, and is the child representative on its board.

Meyah competed in several categories at the pageant, including top model, state wear, active wear, interview, runway and gown. The interview takes place in front of a panel of judges, the other contestants and anyone else who wanted to attend. Approximately 100 people were in the audience. She was asked about her community service, her platform, her activities, what would make her a good representative of the system, and other topics. The interview counts for a majority of the score as pageant systems want girls who can speak in public, remain poised in front of crowds, and represent their system publicly.

For the state wear competition, participants create their own outfit that represents their state. Meyah chose an outfit to represent the state bird, the goldfinch.

Girls from across the country competed in Meyah's age division (10-12).

Meyah made several new friends and created some great connections for the future. She is available for appearances, volunteer work and speaking engagements. ■



Meyah Beres of Ankeny was crowned in the Nation of State Preteen pageant.

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August was a busy month and an inspirational one for sure. We kicked off with our annual Mentoring for Women event with eight amazing mentors telling their stories. It is so motivating to hear stories of other women, knowing that you may have experienced something just like they did. Our keynote speaker was Amanda Goodman of Faith & 4 Letter Words. She advised making sure you choose people who clap when you win and to celebrate every woman. She unapologetically stated, "Do no harm, take no shit," reminding us that supporting others should not come at the expense of one's own wellbeing. "What you allow will continue," Amanda declared and recommended attendees update their "Hell No List" by throwing away the box they fit in and advocating for themselves.

We ended the month on a high note with our second annual Minority Owned Business Summit. Attendees were able to choose from various topics in each of their breakout sessions and ended the day with the keynote speaker, Dr. Marvin DeJear Jr. This event was geared toward learning and making connections to help supercharge your business for the future. One of the attendees shared this about one of his sessions: "I attended one of the seminars where a gentleman was talking about all the businesses that he is involved with and helping to start. People loved that he was vulnerable with the failures and struggles he'd seen with previous attempts at business success. It's important to not only show success, but also the real issues that we may face as we are pushing toward our dreams." Dr. Marvin DeJear Jr. shared so many valuable tips from his experience in both the corporate and entrepreneurship worlds. He is a true authority on building a business for success.

It was a busy month, and we have a few busy months left in the year. Looking ahead at what's to come, we have a spooky event that you won't want to miss: Witches Night Out. We will be traveling around local Ankeny businesses, so grab a friend, register and join us Oct. 24 from 4-8 p.m. Following that, Discover Ankeny will be happening Nov. 7 from 4:30-7 p.m. where you will have the chance to experience many tastes of what Ankeny has to offer. Be sure to mark your calendars. ■

Information provided by Melisa Cox, president/CEO, Ankeny Area Chamber of Commerce.

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OUT & ABOUT



A ribbon cutting and open house were held at the On With Life New Horizons Adult Day Center, N.E. Grant St., on Aug. 21.



Dave Hjalmsquist, Jeni Lewis and Jess McCord at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Angie Ingle and Jenny Hall at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Christy and Allan Clark and Theresa Chandler at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Audrey Robbins, Brad Redmon, Nolan Swanson and Megan O'Hollearn at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Back row: Merron Hart, Charity McEvoy and Jean Shelton; and, front row: Teresa Joens, Nan Stubbs and Andy Nielsen at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Pat Stilwill, Matthew Steen, Madison Rollefson and Jennifer Youngquist at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Jeb Lee, Tom Friedman and Todd Misel at the ribbon cutting and open house for the On With Life New Horizons Adult Day Center.



Dana Dahl, Jolene Goodman and Makala McGrean at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.



Carole Eckles-Harding and Misty Trogdon at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.



Mackenzie Cowden, Lanna Finch and Missy Walton at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.

OUT & ABOUT



Sue and Matt Hudson at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Breanne Neel and Josh Craighead at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Jameson Hudson and Sierra McGinnis at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Sara Fleener and Laura Brassell at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Shevaughn Moore and Jamie Dobson at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Aliou Keita and Dan Downs at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Wayne Christ and Annette Utterback at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Heidi Swenson, Sean Willett and Michele Cheek at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Nick Hughes and Jacob Rusch at the Ankeny Area Chamber of Commerce Business After Hours at Lincoln Savings Bank on Aug. 8.



Madeline Miller and Jennifer Lemley at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.



Natalie Swanson and Nicole Strom at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.



Hilary E. Kodatt and Lani Waters at the Mentoring for Women - an Ankeny Area Chamber Event on Aug. 6.

OUT & ABOUT

RIBBON Cutting

Ankeny Area Chamber of Commerce hosted a ribbon cutting for J&D Restaurants/McDonald's on July 31.



Ankeny Area Chamber of Commerce hosted a ribbon cutting for J&D Restaurants/McDonald's on July 31.



Toby Johnson, Dan Royer, Bryan Douglas and Mike Ruch



Courtney Bauer and Enrique Knoell



Karma Armand, Nancy Russo and Jason Alarcon

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