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OCTOBER 2024

Living

MAGAZINE

THE Race IS ON

Residents share their
passion for reaching
the winner's circle

Rodgers finds joy in volunteer work
NEIGHBOR SPOTLIGHT

Waterman discovers joy of fused glass
NEIGHBOR

Egg ravioli with sage and almonds
RECIPE

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¹ <https://dps.iowa.gov/bureaus-iowa-department-public-safety/iowa-office-drug-control-policy/drug-awareness>

² Page 3, https://www.dea.gov/sites/default/files/2020-06/Marijuana-Cannabis-2020_0.pdf

WELCOME

THE NEED for speed

My friend Mark wrote a poem entitled “The Need For Speed” in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don’t remember Mark’s exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, “You are scaring me!” She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.



Mark wrote his paper sometime around 1986. That was about the same time the original “Top Gun” movie was released in theaters. You may remember Tom Cruise’s character, Maverick, saying, “I feel the need ...” and Anthony Edwards’ character, Goose, replying with “... the need for speed!” I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn’t matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark’s when I put my teenage daughter on a jet ski for the first time. She had her driver’s permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month’s cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it’s not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■

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THE **Race** IS ON

Residents share their
passion for reaching
the winner's circle

By Jackie Wilson

When driving through Iowa's wide open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Dino Rodish says the various races he participates in all have one thing in common: the adrenaline rush.



John Haluska races his Austin Healey Bugeye in 1990 at the Road Atlanta Runoffs.

50 years of racing

John Haluska of West Des Moines likes driving cars fast. Not speeding ticket-fast, but speedy enough to do it legally throughout his 50-year racing career.

His history of racing and speed started early on. He recalls when his uncle took him for a ride in 1967 in his 1967 Corvette Stingray. When the youngster glanced at the speedometer, it read 100 mph.

At age 16, he got a job at McDonald's and saved enough money to buy his own car.



John Haluska has been racing cars for 50 years.

The first car he bought was a brown Triumph Spitfire from Dave Ostrem Imports in Des Moines. When he bought the car, he didn't realize it was a stick shift, which he'd never driven before. As he and his mom were driving home, he stopped at the top of the hill with his foot off the brake and begin rolling into the car behind him.



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FEATURE

“My leg was shaking so bad,” he recalls. “It was pretty exciting for a kid.”

He began racing autocross at age 16 and became hooked on racing. Autocross is racing against time on a closed, controlled course marked with cones. He raced with the Des Moines Valley Region of Sports Car Club of America (DMVR SCCA). Shortly after he graduated from high school in 1975, he attended a Jim Russell driving school so he could participate in various races.

He began road racing at tracks in Jennings, Oklahoma; Brainerd, Minnesota; and Wichita, Kansas. He won several road races and was proud when his picture was featured on the local newspaper’s sports page, although he was disappointed they misspelled his name.

He raced sprint cars after a friend helped put together an engine and installed a roll bar on his car. Haluska spent weekends racing — Friday evenings at the Iowa State Fairgrounds and Saturday nights at the Knoxville Raceway.

After his sprint car racing era, the hobby took a toll on his pocketbook.

“I had two trailers with a garage full of race cars. I was broke,” he recalls. “I sold both of



Dino Rodish’s vintage car used for racing on dirt tracks.

them.”

Yet, he never left racing. He found an Austin-Healey Bugeye from a collector.

“I was dying to get my hands on a car again,” he says.

Haluska returned to autocross once again

and raced in his Miata at the DMVR SCCA events. He became the division champ and attended national events, racing professional autocross.

In 2018, a friend asked if he wanted to race with his son at a time trial event at the Iowa

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Speedway. After he did it, the racing bug bit once again.

“Why am I not still doing this?” he asked. He returned to racing driving school to obtain his license and drove his Miata race car.

This summer, Haluska was racing Road America in the Kettle Moraine Divisional SCCA race, leading in his division. He had just one day of racing left. As he, along with his wife and dog — who often accompany him — were at their hotel room, another dog attacked and bit their dog. He dropped out of the race to attend to his injured dog.

“Instead of racing, we were looking for a vet. He passed away two days later,” he explains. “I hung up racing for the rest of the year. It was a disappointing way to end the season, as I was the division leader.”

Haluska has raced sprint cars, formula cars, autocross and other road races, all for one reason.

“It’s fun. I enjoy road racing. When racing, you hunt them down to pass them. It’s exciting. It’s an adrenaline thing,” he explains.

Ironically, he considers racing relaxing.

“I’m very focused on one thing. Once belted in, I’m where my hands are. That’s all I’m thinking about. It’s relaxing,” he explains.

As the sport is risky, safety is his top priority. A car with a roll cage, a harness seatbelt, helmet and fireproof racing suit are essential, along with ensuring his vehicle is well-maintained.

Haluska has avoided major accidents, although he’s “spun around” a few times on the track. He once flipped his sprint car at the fairgrounds.

“I was in front of my wife hanging upside down. She rushed over to me and found my glasses, which flew out of my helmet and landed on the track,” Haluska recalls.

Racing has defined his life, he says. At age 66, he’s still quick and can easily beat younger competitors. Besides the speed factor, he likes controlling the car.

“It’s very satisfying, and I feel like I’m on the edge. There’s an art to it all — braking, accelerating and planning my next pass. I’m competitive. I hate it when people pass me,” he admits.

Throughout the years, he’s developed connections with like-minded folks.

“The friendships are amazing. We share that special bond,” he says. “I feel comfortable with my own skills. I’m an old guy, but I’ve been racing for 50 years.”



Dino Rodish has been racing for decades.

Corvette lover, racer

As a teenager, Dino Rodish enjoyed watching his older brothers, who were involved in drag racing and fixing cars in West Des Moines. Another neighbor raced a stock car. Soon, Rodish, too, was getting involved.

One of his first race cars was a Sunbeam Tiger. He also owned a Corvette, which he used for autocross races. One of his buddies, who raced stock cars, told Rodish that autocross wasn’t a real race. Rodish disagreed and made a bet with him. He suggested they both drive an autocross race with the same car and discover who was the better driver.

“At the autocross event, I beat him,” he recalls.

Another time, he filled in for a friend who raced at the Boone Speedway. He drove a 1957 Chevy, fueling his desire to race.

“I had a blast in Boone. I built my own stock car and got the stock car bug,” he recalls.

He modified a race car, so it was street stock and raced for 20 years at various half- and quarter-mile tracks, reaching speeds of up to 90 mph on a dirt track.

When the Des Moines Grand Prix event arrived in Iowa, committee members suggested Rodish race in the celebrity race, as he had just become mayor of West Des Moines in 1993. He agreed and attended driving school to obtain his racing license. After racing the Des Moines Grand Prix, he qualified for the finals. However, because of the Flood of 1993, the race was canceled.

The following year, Rodish raced again, qualified and finished fourth in the race in his category.

He’s owned a variety of vehicles over the years; however, his first love is a Corvette. He competes in road races and autocross with a Corvette.

“I like to get my racing fix,” he explains. “I have a need for speed and to do it legally.”

After he purchased another Corvette, a C8,



Dino Rodish is presented a certificate for a championship in autocross.

this year, he attended Corvette driving school. Part of school included a competitive training race, which he won, qualifying him for the next level.

“I won the event at the school,” Rodish recalls. “I was thrilled to win it at my age.”

Throughout the years, his racing has evolved. He is now building a vintage dirt car. He found a generation two Camaro, built in 1980, from an owner who kept it in a barn. The vintage dirt race is a new competition.

“It’s been on my bucket list to put together a car and take it on the track. People still like dirt track racing. Lots of racers with Corvettes and Camaros want to put them on a track. There’s a resurgence — instead of just letting your car sit in the garage,” he explains.

With all types of racing, the sport has one thing in common.

“It’s the adrenaline rush,” Rodish explains. “It’s a competitive aspect to achieve that perfect lap. When you’re in autocross, one little blip can cost you time. With a stock car, it’s all about getting in front of the car. The biggest thrill is speed. It’s still the adrenaline rush for me.” ■

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If you're ready to be a homeowner but face barriers preventing you from obtaining a traditional mortgage, you may have considered buying a home on contract. Or, perhaps you're already renting a home you love, and your landlord wants to sell it to you. As a contract buyer, you take on different risks and gain different benefits from a buyer who borrows money from a bank. Before signing a contract, you should speak to an experienced attorney who can make sure your rights are protected now and in the future.



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debts of the seller. If the seller has a mortgage, you want to be sure you know how it will be paid.

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Make sure you know what happens if you can't make the contract payments. Unlike renting, moving out isn't enough to terminate the contract. The seller can forfeit the contract or could sue you to make you pay the balance. You may lose your down payment and monthly payments you made while living at the home.

Buying your home on contract can be a great opportunity. But you need a solid written contract in order to protect your interests and the rights to your home. Call an attorney before signing any real estate contract, no matter how great the deal looks. ■

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

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RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

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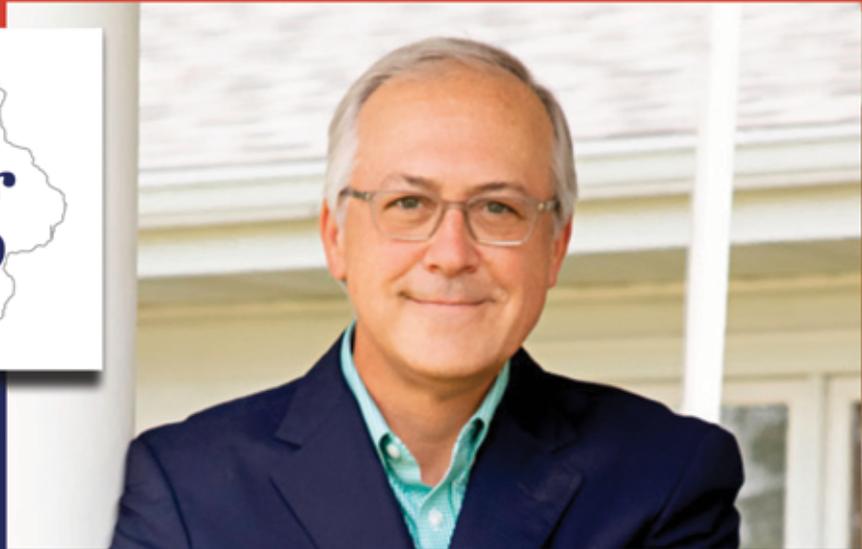
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About David Young

David is a seventh-generation Iowan born and raised in Van Meter where he resides today.

He is a graduate of Drake University where he currently teaches.

David previously served as U.S. Congressman for Iowa's 3rd Congressional District and sponsored legislation passed into law to help our veterans, farmers, small business owners, teachers, seniors, and Iowa workers and families.

Now, in the Iowa House, David is continuing his work to make our community a better place to live. As an Assistant Majority Leader, David is working to keep our streets safe, strengthen local schools, and lower taxes on hardworking Iowans.

- ✔ **Safer Communities**
David is a proven supporter of law enforcement and always backs the blue. He helped pass legislation to fight human and drug trafficking.
- ✔ **Stronger Schools**
David is a strong advocate for our local schools and parents. He voted to increase teacher pay, refocus K through 12 curriculums on the basics, and expand access to childcare.
- ✔ **Lower Taxes**
David will continue to vote for lower taxes and fight to eliminate wasteful government spending to lower inflation and the cost of essentials – from groceries to gas.



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MEET Elli Gillotti

Assists families, creates a sense of belonging

Children require a variety of support to ensure a successful school experience — not only on school grounds, but beyond as well.

Elli Gillotti is one person who advocates for students and their families. She is a learning support and family engagement specialist at Hillside Elementary School in West Des Moines. Three other such specialists assist students and families at Crestview School of Inquiry, Clive Learning Academy and Western Hills.

In her position, Gillotti helps create a culture of belonging and welcoming for all families, focusing on three areas at Hillside.

The first area is helping families advocate for resources in the school. This may include making sure the families know about lunch programs, the availability of interpreters, activities — anything school-related.

The next aspect of her job is assisting those families outside of school. It may be locating resources for housing and food or connecting them with community assistance, such as programs offered by West Des Moines Human Services.

Finally, she wants to ensure the safety and wellbeing of students.

“We want to be welcoming and accepting of our new families from different countries and communities,” she says.

Gillotti is a West Des Moines “lifer.” She attended West Des Moines Community Schools and graduated from Valley High School. After attending Iowa State University for elementary education, she worked as a Title 1 teacher at Cornell Elementary in Des Moines.

After that, she wanted to expand her leadership skills so she obtained a master’s degree in educational leadership.

“I had a desire to lead and serve outside of my 30 kiddos,” she explains. “I’m honored to stay here, as it’s a close-knit community.”

Gillotti oversees more than 600 students and their families at Hillside. She works with interpreters and hosts meetings to connect families with needed resources. The school partners with West Des Moines Human Services and the Food Bank of Iowa to provide for various needs.

“We send out 210 weekly food bags for our students. We offer a winter gear drive and a family night at Legion Park. We’re fortunate for the wonderful assistance with our partners,” she says.

In her role, she serves as a “neutral resource.”

“Parents know I can help advocate for their child. They want what’s best for their child,” Gillotti explains.

At the school, flags from each country where students are from are represented.

“We’re fortunate with a diverse demographic to boost culture. It’s awesome to see it flourish,” Gillotti says. “I learn something new every day. It’s shaping me to be a strong and driven leader to ensure every family has a sense of belonging.” ■



Elli Gillotti advocates for students and their families in her role as a learning support and family engagement specialist at Hillside Elementary.

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WEST Des Moines Public Library news



WDM Public Library Friends Board elects new officers

The West Des Moines Public Library Friends Foundation Board includes, front row, Mary Fratianni, Kristin Sunde, Kathryn Greenfield, Bridget Johnson, Ed O'Neill, Brandon Denner, Abby Draisey and Jennifer Hochberger; and, back row: Heather Martin, Laura McCall, Deb Guntly, Laura Hassebrock, Dan Wakefield, Ellie Wakefield, Roxanne Nikkel, Jim Rasmussen, Angie Arthur and Savannah Minnick. Not pictured: Chinmay Bajikar, Matthew Oberreuter and Andrea Solomon.

Halloween at the WDM Public Library

We're approaching one of our favorite times of the year here at the library: Halloween! We're going to have fun (and spooky) events for every age. Registration for October events can be made online at wdmlibrary.org/events.

Preschool Halloween Storytime, ages 2-6 with adult, Wednesday, Oct. 16, 6:30-7 p.m. or Thursday, Oct. 17, and Friday, Oct. 18, 10:30-11 a.m.

Put on your favorite costume and join us in the community room for not-too-scary stories and Halloween fun at the library. We'll also show off our costumes with a short parade around the first floor of the library. Registration required.

Teen Halloween: Laser Tag! Grades 6-12, Friday, Oct. 18, 5:30-8 p.m.

Teens, are you ready for a pizza party and a night of laser tag? Then this is the program for you. Signed permission slips are required for a teen to participate in this after-hours program.

Halloween Connect Four! All ages, Monday, Oct. 28 through Thursday, Oct. 31

Visit the Children's Department and pick up a card full of eerie activities. Connect four and then stop by the desk for a Halloween treat.



How to Read a Cemetery, adults, Monday, Oct. 28, 6:30-7:30 p.m.

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HEALTH By Ashley Powell

IOWA'S hemp crisis: urging citizens to take action

Iowa lawmakers passed a bill last session that made 80% of hemp products illegal, heavily impacting those who rely on these natural solutions. The bill was passed using scare tactics, such as claiming poison control calls increased by over 1,000%. In reality, calls rose from 6 to 69 over a 5-year period, with the majority involving children age 1 to 5. Obviously, children age 1 to 5 are not going into hemp stores to buy products. Importantly, these statistics do not differentiate between illegal off-the-street or out of state cannabis products, legal medical program cannabis products, or safe and legal products from local stores. No one has ever died from cannabis — something that can't be said about alcohol. In one year alone, 867 people in Iowa died from alcohol-related causes.



Instead of implementing reasonable measures, like requiring child-proof packaging (which the industry requested). The state has taken away our right to choose what is best for our health.

If hemp has positively impacted your life or the life of a loved one, share your story with your representatives. Urge them to make necessary improvements to ensure continued access to these valuable products. Your voice could make all the difference. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. Reference: Poison Control Center. <https://dps.iowa.gov/bureaus-iowa-department-public-safety/iowa-office-drug-control-policy/drug-awareness>



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WELLNESS By Amanda Kramme

TRANSFORM your health with GLPs

Perhaps you've heard of the popular GLP-1s, such as Semaglutide and Tirzepatide, that are sweeping the nation with weight loss and blood sugar control, but have you heard of the additional benefits that are being discovered? GLP-1s mimic a naturally occurring hormone in the body called glucagon-like peptide 1. This hormone plays a crucial role in regulating blood sugar levels. Levels may decrease or become less effective due to several reasons, such as aging, metabolic dysfunction, chronic inflammation, gut health, sedentary lifestyles and more. This is why these peptides that mimic or enhance GLP-1 function are beneficial for so many individuals.



With studies showing an average of 15% loss of body weight, it's not surprising that this once per week injection has become a favorite, especially among those who struggle to lose weight. What we're also seeing, is that clients who work with a provider who understands the concept of micro-dosing GLP-1s and personalizing the dosage for the client, will not only find virtually no side effects, but will see weight resistance melt away, an increase in energy and sleep, insulin resistance reverse, inflammation decrease, a delay in age-related diseases, protection against oxidative stress, an enhanced gut microbiome, and even balancing of hormones. ■

Information provided by Amanda Kramme, BSN, CFMP, Certified Ozone Specialist, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive, Livin-Vivid.com 515-415-1550

The **ONLY** poll mailed to residential households. **VOTE NOW!**

IT'S BACK!

Who will be voted favorite in Dallas County?

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



Make your voice be heard and cast your votes in the 2024 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January in Waukee, and February in Adel and West Des Moines - Jordan Creek editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES DEC. 13, 2024

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Bakery
- Florist

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym

HEALTH/BEAUTY

- CBD Store
- Pharmacy
- Cosmetic Service
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
- Pest Control

INNOVATIVE programs help you plan for health needs as you age

Iris, 76, has lived in her home for 40 years and has no plans to leave. She has developed some concerns, though, as she recently experienced some health issues and is afraid her adult children will try to persuade her to move.



you've never heard of. Some organizations that serve older adults have introduced Continuing Care at Home (CC@H) membership initiatives 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 is the most sensible and affordable one for you.

• **What does the program include?** A good CC@H program not only will offer services to enhance your well-being 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-enriching program or activity 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.

Whatever the CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your well-being and your checkbook will thank you for it! ■

Iris's situation is common, as remaining in our homes as we age 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 my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a kind of program

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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WellAhead

A WesleyLife Well-Being Experience

Are you one of the **93% of people** who want to remain in your home as you age?

Over the years, you've put immeasurable thought and care into your home, and understandably, you've grown rather attached to it. But have you thought about a plan to keep you there as long as you wish?

Introducing WellAhead — a unique membership program designed for people who planfully intend to live at home as they age, enhancing independence and well-being while ensuring any necessary future long-term care costs are 100% covered from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about how WellAhead could be the only thing you need to stay right where you want to be, call **(515) 642-1726**.



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SERVICE big and small

Rodgers finds joy in volunteer work.

Ever since he started his career, John Rodgers has served as a mentor, both personally and professionally.

He first served as head women's cross-country and track and field coach at Carleton College in Northfield, Minnesota, then as the men's and women's track and field coach at Washington University in St. Louis. Afterward, he made a career change and went into sales, as well as worked as the play-by-play radio broadcaster for the Cedar Rapids Kernels for 15 years. Rodgers went on to work for the St. Louis Cardinals as a Busch Stadium tour guide, facilitator in the Cardinals Academic Program, docent in the Cardinals Museum, and as a member of the Busch Stadium Family Pavilion staff.

Before coming to Des Moines in 2017 to work for the Iowa Cubs, he served as the director of revenue development at the University of Evansville in Indiana. While Rodgers stepped away from his full-time role as a sales professional with the Iowa Cubs this past April, he still gives tours of Principal Park and helps the sales team in an advisory role.



Ryan Mehalovich of Edward Jones presents the Neighbor Spotlight certificate to John Rodgers.

But that's just his career. Rodgers has also been a Rotarian for 21 years and recently completed a year as president of the Rotary Club of West Des Moines.

In that role, Rodgers helped lead 10 community service projects that included purchasing and distributing winter coats, gloves and hats to area veterans and their families; clearing garden plots on LSI's Global Greens Incubator Farm to provide refugees and immigrants the opportunity to grow and sell vegetables and fruits; beautifying two neighborhoods by planting trees in the Trees Forever Initiative; and more.

"I am involved in Rotary for two primary reasons: to help better our community and the world through action and to experience weekly fellowship with like-minded people — people of action dedicated to serving others," Rodgers says.

In addition, he serves as a "big brother" with the Big Brothers/Big Sisters Program of Central Iowa. Rodgers has been paired with his "little brother," Jasper, for six years.

"I want Jasper to know that I am an older person who cares about him, listens to him, and who he can count on," Rodgers says. "Jasper has given me the gift of seeing the world through his eyes — a sphere of boundless energy, open-mindedness and unlimited possibilities. I am humbled and honored to have been the Big Brother of the Year in the state of Iowa in 2024."

Some of Rodgers' favorite moments from his service as a big brother are when Jasper asks Rodgers to challenge him with trivia questions in the car on their way to an activity.

"I am fortunate to possess the aptitude to formulate fun kid trivia questions on the spot as we are driving," he says. "I am amazed at Jasper's high level of worldly knowledge, no matter what the subject of the trivia question. John/Jasper Trivia in the Car is a small thing, but it is one of our primary ways of creating fun and lasting memories."

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John Rodgers is a dedicated Rotarian and “big brother” in the Big Brothers/Big Sisters Program.

As president of the Rotary Club of West Des Moines, Rodgers came to a deep understanding of the power of individual Rotarians to work together to serve others in the community. He especially saw this in action during one of the group’s signature service projects, the Bike Project.

“We have a long-time, extremely active cadre of Rotarians of West Des Moines who work tirelessly to refurbish bicycles and give them to kids who have never had a bicycle,” Rodgers says. “It is a phenomenal feeling to see the wonder in the kids’ eyes when they get to sit on a bike of their very own for the first time. Our 2023-24 Rotary creed was ‘Create Hope.’ I believe we helped create hope in the lives of the kids who received the bikes from our Rotary Club of West Des Moines bike service project.”

For Rodgers, his passion for volunteering stems from his belief that God put everyone on earth to be kind and helpful to others.

“I would encourage others to volunteer because they will experience the reward of knowing they did something tangible, no matter how big or small, to help better the lives of others,” he says. ■



Do you know a neighbor who deserves recognition?

Nominate him or her at tammy@iowalivingmagazines.com.

By Scott Eriksen

VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.



Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don’t shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton’s Advanced Planning, Hamilton’s Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

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6 Area Locations

WATERMAN discovers joy of fused glass

Edgewater Holiday Mart features artists' works.

When Ronni Waterman moved into Edgewater, a retirement community in West Des Moines, she was eager to “get the excitement going.”

After she retired from a long-time career as Waukee Schools superintendent, she spent winters in Arizona. There, she learned how to fuse glass items. When she returned to Iowa, her hobby took off.

She spoke to the director at Edgewater, who suggested installing a glass studio. Jack Barger, who also has a woodshop there, created a space in the basement of the parking garage.

There, Edgewater shared the cost of the kiln. She began making glass fused items, such as plates, candle holders, cell phone holders, decorative plant stakes and more.

She began selling her items four years ago. One of her biggest sales is the annual Edgewater Holiday Mart, which is open to the public.

Waterman says she had little time to pursue creative endeavors before retirement.

“I was in the school system and raised a family. I never considered myself a creative person. It’s been a delight discovering a part of myself



When Ronni Waterman expressed interest in having a workspace for making fused glass, Edgewater installed a studio for her and others to use. Photos by Jackie Wilson



tucked away,” she says. “Life has different stages. This is my creative stage.”

Throughout the process, she tries to duplicate the pieces folks like best. However, each piece is considered one-of-a-kind. Holiday-themed items are always popular. She continually crafts new pieces, experimenting with different techniques.

“Sometimes it works, sometimes it doesn’t,” she says.

She shares her knowledge of fusing glass and offers classes in the studio.

“As we get new people into Edgewater, I want

to make sure people are aware of the studio and become engaged in the community. It was wonderful of Edgewater to create this studio,” she adds.

Fusing glass is an engaging hobby.

“It’s relaxing. When working on glass, you have to focus,” she reflects. “Everything leaves your mind. It’s therapeutic and great fun.”

She encourages people of all ages to pursue their creative side.

“It’s important for everyone to find something they love. Whether it’s a creative or physical activity, find something that engages you.” ■



When Ronni Waterman retired, she found time to nurture her creativity by creating fused glass items. Photos by Jackie Wilson

Edgewater Holiday Mart

Nov. 2, 9 a.m. to 3 p.m.

9225 Cascade Ave., West Des Moines

Find Ronni Waterman’s fused glass and more than 30 local artists’ items, including hand-carved Santas, paintings, kaleidoscopes, photography, ceramics, baked goods, candy, jams and more.



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EVENTS IN THE AREA

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Check for cancellations

Upcoming in West Des Moines/ Jordan Creek Living magazine:

• **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.



• **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.

• **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.



Capital City Gaming Con Oct. 11-13 Hilton Garden Inn, 205 S. 64 St., West Des Moines

Back with a new name is Des Moines' very own board game convention. Buy, play, test and enjoy board games of all types. The event is a one-stop shop for all things board games in the Des Moines Metro area. Meet with local vendors, attend events hosted by local businesses and influencers, and make new friends. Friday hours are noon to midnight, Saturday hours are 8 a.m. to midnight, and Sunday hours are 8 a.m. to 10 p.m. An adult full-weekend badge is \$45. Kids ages 5-10 cost is \$5. For more information, visit www.capitalcitygamingcon.com.

Dress for Success Fall Pop-Up Sale

Tuesday, Oct. 15, through
Saturday, Oct. 19
Valley West Mall, Suite 203

Refresh your wardrobe this season at the Dress for Success Fall Pop-Up Sale. Discover unbeatable deals on stylish autumn essentials while supporting a great cause. Tuesday is a platinum styling experience requiring a \$100 ticket. Wednesday is the \$30 ticket VIP shopping experience. No tickets are required Thursday (11 a.m. to 7 p.m.), Friday (11 a.m. to 7 p.m.), and Saturday (11 a.m. to 5 p.m.). For more information and tickets, visit <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E361621&id=43>.



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I appreciate your support in the past and I ask for your vote on Nov. 5th!

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Many Hands Impact Breakfast

Friday, Oct. 25, 7:30-9:30 a.m.
Lutheran Church of Hope,
West Des Moines

The goal of Many Hands Business Breakfast is to build a community of leaders focused on challenging what's possible. Today, the Impact Breakfast is an event that encourages faith-filled connection, creative collaboration and inspirational stories that spur us to reimagine what's possible for ourselves, for our communities and for the world. For schedule, list of speakers and tickets, visit www.mh4h.org/ib2024/.

OktoBREWfest

Wednesday, Oct. 16, 6-8 p.m.
Putts & Pins, 6920 EP True Parkway, West Des Moines

Sample local brews from some of the best breweries in the area paired with a specially selected food item, all while enjoying live polka music. Tickets are \$25 and include a lanyard for a free round of 18 holes of golf and six tickets each for beer and food tasting. Additional tickets available during the event. For more information and registration link, visit <https://members.wdmchamber.org/events/details/oktobrewfest-at-putts-pins-4139?calendarMonth=2024-10-01>.



Check for cancellations



Edgewater Holiday Mart

Nov. 2

9225 Cascade Ave., West Des Moines

Thirty-five local artists and vendors offering their personal creations — carved Santas, wine bottle stoppers, wooden pens, kaleidoscopes, wooden boxes, paintings, fused and stained glass, photographs, cards, fiber arts, pottery, ceramics, clocks, jewelry, decorated felt bags, scarves, cutting boards, woven baskets, embroidered dish towels, knitted socks, crocheted animals, painted rocks, Petosky stones, goat soaps and lotions, candy wreaths, Iowa gouda cheese, fudge and peanut brittle, gourmet popcorn and nuts, jams and jellies, and baked goods.



Pumpkin Walk

Oct. 27, 2-5 p.m.

Valley Junction

Pumpkin Walk in Valley Junction is a delightful Halloween celebration held in the heart of Historic Valley Junction. This family-friendly event features activities that cater to all ages. Kids can enjoy trick-or-treating along the 100-300 blocks of Fifth Street; hayrack rides start at 1st National Bank at 301 Fifth St.; various activities are set up throughout the district to keep the little ones entertained; and enjoy a variety of food and drink options from local vendors. The Betty Hill Dancers will perform, adding to the festive atmosphere. Free pumpkins are available for attendees to take home for the holiday while supplies last. The event is a perfect opportunity to dress up in your favorite costumes and enjoy a wholesome Halloween tradition with your community.

Compete & Eat

Oct. 16, 4-8 p.m.

West Des Moines MidAmerican Energy Company RecPlex

One of Meals from the Heartland's most popular events of the year, Compete & Eat, is an engaging and competitive event that promises a fun-filled evening while making a significant impact in the fight against hunger. Participate in the packaging event and enjoy the Morsel Combat. Admission is \$1,000 for a team of 10. For more information and tickets, visit <https://secure3.convio.net/mfth/site/Ticketing?view=Tickets&id=107874>.

Covered Bridge Festival

Oct. 12-13

Winterset and Madison County

Celebrate Madison County's history while also taking in its iconic covered bridges alongside food and art vendors, a car show, a parade and more. Starting at 9 a.m. at the Winterset Square, Winterset. For schedule and more, visit www.madisoncounty.com/covered-bridge-festival-2. ■

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IOWA
Living
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RIBBON Cutting

West Des Moines Chamber of Commerce hosted a ribbon cutting for The Cunningham on Sept. 25.



West Des Moines Chamber of Commerce hosted a ribbon cutting for The Cunningham on Sept. 25.



Courtney Destry, Karleen and John Gault



Adam Woodard and Tammie Riley



Shane Leaming and Cierra Snow



Charity Baird, Katherine Harrington, Izzy Schwabe and Olya Safris



Misty Wingate, Piper Wilson and Jenni Morales-Martinez



Pauline Ngo and Chris Reid



Jana Rieker and Lisa Behrends



Olya Safris and Connie Blodgett

OUT & ABOUT

RIBBON

Cutting

The West Des Moines Chamber of Commerce hosted a ribbon cutting for Top Golf on Sept. 6.



The West Des Moines Chamber of Commerce hosted a ribbon cutting for Top Golf on Sept. 6.



Ron Pins and Bill Sullivan



Maryssa McCunn and Zack Reese



David and Rae Gaumer



Nathan Rupprecht and Blake Ramsey



Renee Hardman and Governor Kim Reynolds



Jessica Mitchell and Mark Mitchell



Dalton Hidy, Ethan Humble and Jack Johnson



Mercedes Simms and Jessica Brooks



Vern and Karen Seidl

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FINANCIAL

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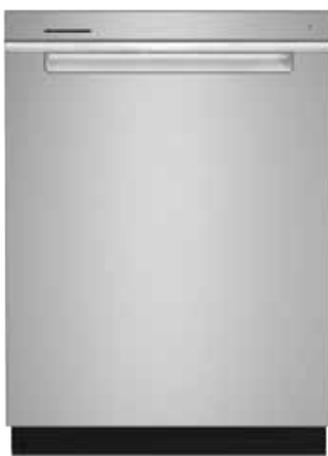
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