

# Living

MAGAZINE

# THE

# Race

# IS ON

Residents share their passion for reaching the winner's circle

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# 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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Jackson Gray, 17, caught the racing bug driving a go kart. He now races mini sprint cars.

# THE *Race* IS ON

Residents share their passion for reaching the winner's circle

By Ashley Rullestad

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.

**Micro sprinter**

Jackson Gray, 17, started racing when he was just 4 years old and his dad put him in a go kart in Newton.

“We had some early success that got me hooked,” he says. “I’ve always had a love for driving and going fast. The go kart I was racing didn’t have a roll cage on it, and my dad ended up pulling me from racing because of safety concerns and how young I was. Ever since then, I have had aspirations of getting back behind the wheel, but it took many years for them to all come into action.”

Gray’s dad is friends with a well-known sprint car driver at Knoxville Raceway, Matt Moro, so, as soon as he was old enough to go in the pit with him at Knoxville Raceway, he did.

Then Gray started working at a local sprint car engine builder’s shop. Through those connections, he met Marty Howard, who was just starting a sprint car team. Gray started attending races then met Brian Krumm, owner of Academy Roofing in Des Moines.

“He saw my aspirations, knowledge and drive that I had for racing, and he asked me what I wanted to do with racing,” Gray says. “I

**“My biggest advice for people trying to start racing is just start. Don’t take no for an answer, and start at any level you can. If you surround yourself with the right people and put in the work, it will all fall into place.”**

— Jackson Gray

said I wanted to go into micro sprint racing and hopefully work my way through the ranks and do it for a living someday, and he replied, ‘Let’s do it!’ ”

Krumm then bought Gray a complete micro sprint car to pursue his passion.

“I was a 12-year-old kid reaching out to grown men trying to figure out how to make all the parts I had into one functioning racecar. After I got all the parts and figured out how to get it all together, many other people saw my aspirations and hard work and wanted to be a part of my team.”

With the help of his sponsors, Gray was able to race a micro sprint in April of 2022. Since that night, he has been full-tilt chasing his racing dreams. He has competed in many events, including the Tulsa Shootout with more than 1,800 entries, the KKM Challenge Races, the Pete Frazier Memorial, and many more.

“Racing brings me so many off-track opportunities with all the great people I meet in the sport and the people who believe in and support me and my racing career,” Gray says. “Because of racing, I have been able to meet so many great people and role models that I look

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Aspen Maier crosses the finish line in a soap box car, which is powered simply by gravity.

up to.”

What keeps him interested in racing is how every night is different. Even if you win five races in a row, you still roll into the racetrack with nerves, never knowing what the night will bring, he says. And the opportunities to meet new people and network with very successful people is a big bonus, too.

Gray's future goals include winning a 410 sprint car race, a race at Knoxville Raceway, and being able to create a living from racing, either from driving or creating a business based around racing.

“My biggest advice for people trying to start racing is just start. Don't take no for an answer, and start at any level you can. If you surround yourself with the right people and put in the work, it will all fall into place.”



Aspen Maier, 9, is a racer in the Greater Des Moines Soap Box Derby's SuperKids division.

### Soap box speedster

Sarah Maier's daughter, Aspen, 9, is a racer in the Greater Des Moines Soap Box Derby's SuperKids division. The Greater Des Moines Soap Box Derby Association is a non-profit youth racing organization for girls and boys ages 7-21 who compete driving a gravity-powered kit car. The SuperKids division is specifically for kids who have disabilities.

“We have neighbors who race soap box derby cars, and they're working to build up a SuperKids division here in central Iowa,” Sarah says. “They asked Aspen to race one weekend two years ago, and she's



Connor Anderson in action on the track.

been hooked ever since.”

Aspen has a genetic disorder called MAND (MBD5-associated neurodevelopmental disorder) that presents with seizures, learning and developmental delays, and low muscle tone. The SuperKids soap box cars have two seats, one for the super kid and one for the able driver. The able driver also competes in their own soap box derby division (Stock Division, Super Stock Division and Masters Division). This way, children with disabilities are able to participate to the best of their ability while forming friendships with their co-drivers.

The Soap Box Derby has run nationally since 1934 and locally since 1937. In 1970, due to the sport’s popularity, a permanent track facility was built in Ewing Park on Des Moines’ southside. The Des Moines group hosts four rallies per year, and racers can also travel across the Midwest to compete if they choose to.

The Soap Box Derby’s mission is to educate and inspire youth through fair and honest competition and mentorship. The Greater Des Moines Soap Box Derby Association provides an environment in which parents, grandparents or other adults are encouraged to work with their racers to instill basic skills of workmanship, the spirit of competition and the perseverance to complete a project from start to finish.

Aspen enjoys racing.

“She loves going fast and trying her best. She hopes to race again at nationals in Ohio in July 2025. Overall, she wants to be a teacher when she grows up. My best advice is to find a local race and come watch. Everyone cheers for the SuperKids; the community is so welcoming. The next local Des Moines race is Nov. 2-3.”

**BMX thrills**

Years ago, Stephanie Anderson’s son, Connor, 8, found out about balance bike racing at Ewing Park when he was only 3 years old.

“We went and tried it out. He got a trophy, and he was hooked.”

Since then, Connor “Knucklehead” Anderson has been racing BMX bikes weekly at the local track in Des Moines (80/35 BMX). BMX

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## FEATURE

racing is a type of bike race derived from motocross racing which features riders sharing a short single-lap circuit or point-to-point course, with multiple banked corners, jumps and rollers.

The Anderson family enjoys cycling, so it was a natural transition for Connor. They also like the sport because you can put as much time as you wanted into it. You aren't required to race every week or travel, but you can choose to do so.

"Knucklehead" has made it from 80/35 BMX all the way to "The Biggest Race On Earth" — Grand Nationals in Tulsa. The family also enjoys going to tracks in Cedar Rapids; East Moline; Omaha; Kansas City, Missouri; and Isanti, Minnesota (an indoor track that's open all year).

Connor has fun, and his family has seen big benefits to his racing time, Stephanie says, adding he has learned to overcome adversity, built confidence, made friendships, enjoyed bonding time with family, learned sportsmanship, and gained self-motivation.

"He loves to win, to see his friends, to be on his bike, do tricks, and visit the concession stand," Stephanie says. "This year, his goal is to win the Race Of Champions and the USA BMX Grand Nationals in November. Last year, he got sixth for the Race Of Champions and third for Grands. For those who are looking to start BMX, find out about the beginner leagues through 80/35 BMX." ■



Connor Anderson races BMX bikes at the 80/35 BMX course in Des Moines.

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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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# REELING them in

Vonnahme family finds joy in fishing this summer.



Jack, Sara and Ryan Vonnahme spent their summer fishing around Ankeny.

There's only so much one can do to entertain youngsters during late afternoons and early evenings in the summer.

As much as there is to do around central Iowa, the fact of the matter is, at some point, boredom will set in.

Enter the solution: Ankeny ponds. Specifically, ponds with fish in them.

Shane Vonnahme of Ankeny has found these small bodies of water to be especially helpful. He, along with his three children — Ryan, 6; Sara, 10; and Jack, 12 — found fun in casting some lines into the ponds of Ankeny this summer, catching fish with mostly great success.

It's been simple, too.

"It's been straightforward bobber, hook and worm fishing," Shane says. "You don't really need to go crazy on lures and whatever else."

Ryan is proof in the pudding. The

young angler reeled in a 9-inch pumpkinseed fish, which earned him a certificate from the Department of Natural Resources. So successful was Ryan that he has now been recognized by the Iowa Master Angler program for having caught the most pumpkinseed fish overall.

Shane, a lifelong fisherman himself who has lived in Ankeny most of his life, has known the hot fishing spots in town. Or at least he thought he did.

"It used to be the DMACC pond and the ponds around the baseball field," he says. "But not anymore. It's all these smaller residential ponds they have everywhere."

Shane has been taking his kids to any pond where there isn't a sign that says "No fishing allowed," he jokes. Everything is catch and release when they do find a spot, he adds.

"We've fished in at least five different

ponds around town," he says.

Sara catching her 22-inch bass with a worm and a bobber has been a highlight thus far. Equally entertaining were her brothers' jealous reactions to their sister's success.

Ryan is into fishing the most, says Shane, whose collection of fishing poles is now near a dozen.

Shane says the quality time together is what it's all about.

"When they're bored inside, or I've had a long day at work, if we don't have sporting events to go to, we go fishing."

Shane's wife, Amanda, enjoys getting out and casting a line every now and then as well, but that time can also be her alone time, he says.

"If I can get all three of them out of the house, it allows her to read her books in peace and quiet," he jokes. ■

# They eliminated the stretch and other reasons to revisit your legacy plan

Recent law changes, including changes to IRAs, gift tax laws and trust rules, may have made legacy plans outdated.



You used to be able to leave your IRA to your children or grandchildren to use when they needed to help their children, grandchildren and great-grandchildren pay for college tuition or purchase their first home. Recent legislation eliminated your ability to “stretch” IRA distributions across multiple generations (your children’s or grandchildren’s lifetimes).

Now, your family is forced to liquidate (and pay taxes on) your IRA much sooner, even though sudden extra income could impact their taxes. This massive change, included in the 2019 SECURE Act, killed the stretch and put in place the 10-year rule, meaning, generally, that if

you leave your IRA to someone other than your spouse, they have to withdraw (and pay taxes on) the full value of an inherited IRA or 401(k) within 10 years of inheritance.

Pass-through or conduit trusts were common ways to protect assets while allowing heirs to enjoy the benefits of an inherited IRA. However, recent laws removed many benefits of making trusts beneficiaries of IRAs.

Current laws have nearly doubled the estate and gift tax exemption through the end of 2025 (it’s \$13.61 million per person or \$27.22 million per couple in 2024). Plans may include formulas based on old federal estate-tax exemption amounts, which were as low as \$675,000 in 2001.

Many Tax Cuts and Jobs Act provisions are set to expire at the end of 2025. However, for some, there are actions they may want before then regarding gifts and the type of assets that are best for gifting.

It can be challenging to keep up with the changes and understand how they impact you, but working with someone who does is essential. After the SECURE Act passed, we contacted several families and individuals we serve to discuss their IRAs, the end of the stretch and other options, including an IRA relocation strategy for helping them achieve their legacy ambitions.

Sometimes, people think legacy planning strategies are only for the super wealthy, but minor changes to retirement savings of all sizes can significantly impact how much you can leave to your loved ones and charities.

There are some strategies that you may want to take advantage of now before the rules change again. You might be surprised to see how much more you can leave to your loved ones and save on taxes just by making a few small changes to your legacy plan.

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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**LIBRARY** By Beth Schaefer

**UPCOMING** events at  
the Ankeny Library

The Ankeny Public Library has a wide range of events coming up in October and November. Join us for our regular programming like Sing and Shake, Story Time, Chair Yoga, and any of our book clubs. If you're looking to try something new, our newest book club, T(w)een Graphic Novel Book Club, will meet on Monday, Oct. 21, at 4:30 p.m. Read "The Okay Witch" by Emma Steinkellner and discuss together. The club is for tweens and teens in grades 4-12. Copies of the book are available at the circulation desk while supplies last.

We are embracing all things fall at K-5 Taste-It Tuesday, where kids in grades K-5 can drop in to taste different pumpkin-flavored snacks on Oct. 29 at 3:45 p.m.

Early learners ages birth through 5 years can visit the library on Thursday, Oct. 31, from 9-11 a.m. for Tiaras and Treats. Put on your favorite costume, enjoy crafts and activities, and complete our treat scavenger hunt throughout the library. That evening, from 6-7:30 p.m., all ages are invited to attend Una Celebración De Día De Los Muertos. Bring your family for crafts and activities and learn about the popular Mexican and Latin American holiday, Day of the Dead. This program is brought to you by Spanish Honor Society students from Ankeny High School and Centennial High School.

The fun doesn't stop in November. Tweens and teens will learn how to make easy, low- or no-cook snacks on Monday, Nov. 4 at 5 p.m. during the Snack Attack program. November's snack will be pinwheels.

For those in grades K-4, get your pencils ready for art class. Ankeny Art Center will be here to teach you how to draw and create a fox mosaic. Due to limited seating, registration is required. Parents are not required to stay in the program room during this event but must be in the library.

If you'd like to attend a library program from the comfort of your home, our upcoming virtual author talks will give you the opportunity to hear from Lori Gottlieb on Oct. 22, Stanley Milford on Nov. 7, Zamora Javier on Nov. 14, and Mona Susan Power on Nov. 20. Learn more about these authors, register for an upcoming talk, or watch a past talk at <https://libraryc.org/ankenylibrary>.

To view all of the library's events, visit our calendar at <https://ankenylibrarycalendar.com>. We can't wait to see you at the library. ■

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# VOTE for solid investment strategies

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will mean for issues of national importance. As a citizen, you likely share these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in anticipation of possible changes in policy?



Let's look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so well — under Democratic and Republican presidents alike. And the same is true about which party controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the markets, it's not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they are, have different results than intended. Also, other institutions can have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts, and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to actual policy changes, look to other factors to drive your investment decisions.

**These factors should include the following:**

- **Your goals** – You probably have short- and long-term goals you'd like to achieve. For your short-term goals, such as a wedding, a down payment on a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a comfortable retirement, you'll need to own a reasonable number of growth-oriented investments.

- **Your risk tolerance** – When you build and maintain your investment portfolio, you'll need to accommodate your individual risk tolerance. All investments carry some type of risk, but you need to be comfortable with the overall risk level of your investments.

- **Your time horizon** – Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But, as you near retirement, you may want to consolidate any gains you may have achieved and lower your risk level by moving your portfolio toward a somewhat more conservative approach. Even in retirement, though, you will need some growth potential to stay ahead of inflation.

- **Your needs for liquidity** – As you invest, you'll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell long-term investments in case you have unexpected expenses.

In any case, when it comes to investing, you may want to pay less attention to what names are on the ballot and instead “vote” for the longer-term strategies that reflect your needs and goals. ■

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

## Time for a year-end financial review.

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# RECIPE

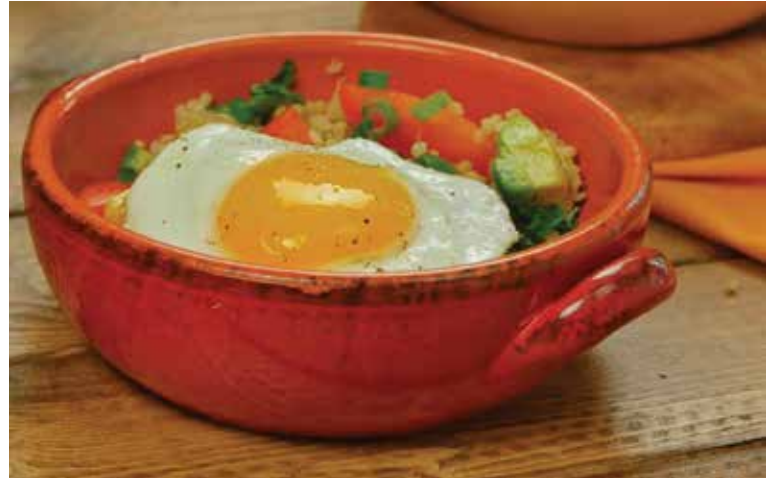
## POACHED eggs with pesto bulgur

Recipe courtesy of the American Heart Association  
Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

### DIRECTIONS

- In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.
- In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.



- In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.
- Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much. ■

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# WHAT IS a revocable living trust?

Trusts are flexible and powerful tools that give you greater control over wealth management. They allow you to preserve and pass assets efficiently and privately. Trusts can also help protect and preserve investments for future generations.



A revocable living trust is a legal document that is similar to a Last Will and Testament. It contains instructions on exactly how and when to pass assets to beneficiaries. It can be amended or revoked at any time, as long as the settlor is competent. This gives you the option to update your estate planning as your circumstances change.

For example, you can protect assets for a surviving spouse. You can stipulate that the

trust assets will make money available for children or grandchildren only for college tuition and expenses. You can designate a portion of the trust to be used for future medical expenses for a child with a disability. You can preserve assets to be used for a beneficiary with special needs in a way that preserves Social Security and Medicaid benefits.

As the trustee, you will manage the trust. Or, by naming a bank or a person experienced in investments, you can relieve yourself or your family of the burden of managing and investing your assets.

You can also give a successor trustee the power to take immediate control of the trust assets in the event that you become incapacitated. To protect yourself and your wealth, you can define what constitutes incapacity. The trustee will continue to manage financial affairs in the event you are unable

to do so. This eliminates the need for a court-appointed agent, saving your family the time, cost and emotional distress of going to court to request a guardianship or conservatorship.

In addition to providing for you and your family during your lifetime, the trust is the document outlining your estate plan upon your death. It is a blueprint for distributing assets when the trust terminates.

There is generally no need for a trust to go through court-supervised probate. However, if you fail to correctly title your assets, or if you acquire new property that you don't put into the trust, probate will be required.

Contact an attorney experienced in estate planning to determine whether a living trust is right for you. ■

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

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# GILBERT spreads body positivity message

Representing Ankeny through National American Miss

Karlee Gilbert is heading to the National American Miss (NAM) Nationals in Orlando, Florida, this November, where she'll represent her community as All American Miss Ankeny. This marks a major milestone for Karlee, who has been participating in NAM pageants for almost seven years.



Karlee Gilbert will be participating in the National American Miss (NAM) Nationals after winning the All American Miss Ankeny title.

Karlee's journey with NAM began at a young age, and while she didn't place well in her early years, the experience has been life-changing for her. According to her mother, Tricia Gilbert, the friendships Karlee has formed with girls from across Iowa, the pageant's unique emphasis on inner beauty, and the absence of swimsuit competitions and makeup have made NAM the perfect fit for her.

In fact, NAM's strict "no makeup" rule is central to the pageant's mission. The focus on formal wear, interview skills and volunteerism allows participants to shine for who they are.

For Karlee, NAM has been much more than a pageant — it has been a source of confidence and empowerment. Despite being shy, Karlee has found her voice on stage, and, this year, she won first place in the Spokesmodel competition after giving a speech on body positivity. She spoke about how 60% of elementary school girls worry about their weight and appearance.

Her message was clear: "Everyone is beautiful, no matter what." This message resonated deeply with the judges and audience members alike and helped her earn a spot at Nationals.

Karlee is excited to travel to Orlando next month, where she'll wear her All American Miss Ankeny sash and crown while competing against other girls from across the United States. One of her main goals at Nationals is to meet a past winner who made headlines for breaking stereotypes about beauty. The winner, crowned in her state despite judgments about her weight, became an inspiration to Karlee.

She's also looking forward to being around the other contestants and getting back on the stage.

"We found her dress, and she was like, 'This is the most perfect dress, and I'm going to look amazing in it, and I can't wait to walk in it,'" Tricia recalls Karlee saying. "That's what it's about."

In addition to the competition, Karlee and the other contestants will have the opportunity to attend a Thanksgiving banquet and enjoy a day at Universal Studios together.

For Karlee and her family, the journey to Nationals represents much more than a pageant victory. As Tricia recalls, after a recent competition, Karlee came off stage in tears — not because she didn't win first place, but because she was overwhelmed with pride at how far she had come.

"That's what it's all about," says Tricia. "Being proud of yourself, no matter what." ■

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## FAITH

By Pastor John Wagner

# 'DO unto others...'

Matthew 7:12: "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

The example we set, the behaviors we model, the ways we engage in community and connect with one another matter. Whether "faith" is a bedrock for life decisions or an unbelievable concept, I would hope we can all agree the way we treat other people has a measurable impact on our shared existence.

Over the next few weeks, a number of churches across the country (some of them in our metro area) will be utilizing a similar guide for our study and worship. The main emphasis is rooted in the scripture I referenced above. I invite you to return your eyes to the top of this article and read the scripture again.

"So in everything..." This piece of the scripture relates to previous teachings about things like judging and helping others but is also a statement which sets a much larger context for our behavior.

"Do to others what you would have them do to you..." This instruction doesn't seem to need a lot of unpacking. When it is taught to children in school, it is often referred to as the Golden Rule. It makes sense that we would want to be treated fairly, with kindness, and in positive ways. This isn't just a "nice" way to live but also fulfills a command for us from God.

"For this sums up the Law and the Prophets..." What does God require from us? What is it that we are called to do in response to the good gifts that God offers us when we ask in prayer? In a community where you could walk into any number of wonderful churches that may have their own understandings of exactly how scripture is to be interpreted, this particular scripture feels like something with which we should all agree.

I have chosen this scripture and theme for the October Faith column because we are just a few short weeks away from elections that have (once again) separated so many of us. It is OK to disagree, but I see actions which go beyond disagreement into shaming, demonizing and vilifying fellow members of our community. I choose (encourage) another path. I believe your reasons for believing what you do are rooted in what you think is the best for people, even if my convictions are different.

I don't think the role of the church (or "faith") is to get everyone to agree on everything or vote for the same person. I think diversity helps us to grow in our understanding of others while also informing what we believe. Though we may not look alike, think alike or vote alike, perhaps we can still "Do unto others..." Let our desire to love, respect and care for one another be the thing(s) we have in common. ■



Information provided by John Wagner, campus pastor, Christian Life Center, Ankeny First United Methodist Church, [john.wagner@ankenyfirst.org](mailto:john.wagner@ankenyfirst.org).

# SPOTTING Facebook scams

Social media platforms have become a prime spot for scammers and imposters to use artificial intelligence (AI) technology for their benefit. Whether it be investment scams, ticket sale scams or giveaway scams, Facebook specifically has been impacted the most\* by scammers, imposters and hackers.



In this article, we illustrate how an investment scam works, highlight two other prevalent scams to keep in mind and give you steps to take if you think you've been impacted by a scam.

An investment scam is when an individual receives a message from an old friend via Facebook about a "too good to be true" opportunity. For example, you may be offered the opportunity to buy cheap cryptocurrency and receive outstanding returns.

**Here's how it works:**

Old friend or classmate reaches out.

They tell you about this money-making

opportunity.

You agree to send them your money.

Scammer disappears with your money.

**What to do:**

If you receive a message like this example, do not respond or click on any links they send. Do report the account and raise awareness with your friends and family. Remember, when an opportunity sounds too good to be true, it usually is.

**Two other scams to keep in mind**

**1. Giveaway scams** — Scammers will incentivize individuals with free prizes or winnings. Before giving it to the individual, they may make them pay "taxes" or "shipping" and/or provide personal data to "claim" the prize. The individual will give their money and/or information and the scammer will disappear with it.

**2. Ticket sales scams** — Similar to giveaway scams, ticket scammers will post a screenshot or QR code offering up a discounted ticket to an event. Excited fans will buy them

and be left with no tickets and no way to get their money back.

**If you've been impacted by a Facebook scam, here are a few immediate steps to take:**

- Report the profile or page\* on Facebook.
- Contact the Federal Trade Commission (FTC) to file a complaint online at <https://reportfraud.ftc.gov/> or by phone at 877-FTC-HELP (877-382-4357).
- Notify the financial institutions where you have accounts. This includes your bank, credit card companies, investment companies, insurance companies and brokerage firms.
- File a police report with your local police department.
- Change your Facebook and internet banking passwords.

Learn more about how to avoid scams on the Facebook Help Center.\* ■

Information provided by Darci Vasiljevic, VP, Bankers Trust, Ankeny Branch Manager, DVasiljevic@BankersTrust.com, 515-245-2934, 1925 N. Ankeny Blvd., Ankeny.

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## RECIPE

# SOUTHWESTERN quinoa and egg breakfast bowls

Recipe courtesy of the American Heart Association  
Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot pepper sauce, to taste (optional)

### DIRECTIONS

- Cook quinoa according to package directions. Remove from heat.
- Spoon quinoa into four bowls. Top each with even amounts of tomatoes, corn, avocado, green onions and cilantro, if desired.
- Lightly spray large skillet with nonstick cooking spray and set over medium-high heat. Crack eggs into skillet. Sprinkle with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg, sunny side up, into each bowl. Sprinkle with hot sauce, to taste, if desired. ■



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## WHAT are floaters?

The inside of our eyeballs are filled with a clear, jelly-like substance called the vitreous. As we age, the vitreous loses some of its thickness, causing it to condense and shrink. When this happens, it can create clumps of vitreous fibers in the eye which people can see as small spots, threads or rings. This is what people refer to as floaters because they appear to float around the field of vision. For most people, the floaters show up between the age of 50-70 and are most often noticed when looking at a white computer screen or a clear sky. Floaters are generally harmless but, in some cases, can be a result of something more serious such as a retinal detachment or bleeding inside the eye, so it's always best to have it checked out. Usually the floaters become less noticeable over time and ultimately don't bother people all that much. However, if the floater is extremely problematic or located in the center of the vision, it can be removed with a surgery called a vitrectomy. ■



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

## 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.



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 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. ■

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](http://wesleylife.org/wellahead).

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



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## Leaf Collection Days

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## Neighbor to Neighbor free meal

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Doors open at 4 p.m.  
St. Anne's Episcopal Church,  
2110 W. First St.,  
Ankeny

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.

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\*\*Effective April 1, 2023, a \$3 paper statement fee will apply to each statement cycle unless you enroll to receive FREE e-statements. Enrollment in Online Banking is required to receive e-statements.





Check for cancellations



## Santa's North Pole Village Craft Sale

Saturday, Nov. 2,  
9 a.m. to 3 p.m.  
Parkview, Prairie Ridge and  
Southview middle schools,  
Ankeny

The Santa's North Pole Village Craft Sale annual fundraiser for the Ankeny Art Center has been an Ankeny tradition for 43 years. Featuring handcrafted items from artists and crafters all over the Midwest, this one-day shopping event provides a fun day for more than 3,500 eager shoppers.

## Women's Self Defense Classes

Nov. 4, 6, 11 and 13, 6-9 p.m.  
Ankeny Police Department, 411  
S.W. Ordinance 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](http://www.ankenyiowa.gov/310/Self-Defense-Training-RAD).

## Vendor and Craft Fair

Saturday, Nov. 9, 9 a.m. to 3 p.m.  
St. Paul Lutheran Church, 1100  
S.E. Sharon Drive, Ankeny

Enjoy St. Paul Lutheran Church's fourth annual Vendor and Craft Fair and prepare for the holidays.

## 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, giveaways, 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.



## Free introductory session

Friday, Nov. 8, at 6:30 p.m.  
Passion Studios, 2201 W. First St., Ankeny

The public is invited to a free introductory session at Passion Studios. Experience a session, learn more about the Simply Music learning method, see a sample lesson in action and get answers for any questions you may have. You'll also learn about Passion Studios, meet an instructor and hear their personal story.

# Zambia Iowa Agricultural Partners

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or 515.216.3006



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PARTNERS**

Check for cancellations



## A Toast To Ankeny

Tuesday, Nov. 12, 5-8 p.m.  
WineStyles Tasting Station,  
1450 S.W. Vintage Parkway

Join the Ankeny Community Foundation for its fundraising event. Enjoy a wine tasting, fine foods and treats, silent auction and A Toast to Ankeny. Cost is \$100 per ticket. Tables and sponsorships are available. For more information, visit [www.ankenycommunityfoundation.org](http://www.ankenycommunityfoundation.org). Tickets are available at <https://givebutter.com/c/iAz40>.

## Joint Legislative Lunch

Wednesday, Nov. 20, 11:30 a.m. to 1 p.m.  
Holiday Inn & Suites DM Northwest,  
4800 Merle Hay Road, Urbandale

The Grimes, Johnston, Ankeny, Polk City and Urbandale Chamber of Commerce invite the public to attend their Joint Legislative Luncheon to hear from area state representatives, state senators and county supervisors ahead of the 2025 Legislative Session. All elected officials representing Ankeny, Johnston, Grimes and Urbandale have been invited to participate. Cost is \$29 for members and \$30 for non-members. Register through the Urbandale Chamber website, <https://uniquelyurbandale.com>, under events.



## Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m.

The Learning Post & Toys, 2761 100th St., Urbandale

The public is invited to a free Trick-or-Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize.

## Bricker Price Block Senior Speaker Series

Fridays through mid-November, 10 a.m.  
105 S. Chestnut Ave., Earlham

Enjoy these free, educational, historical and/or cultural presentations in the upstairs of the historic Bricker Price Block event venue. Programs are:

- Nov. 1, What is A.I. and How Can I Use It? Cory Houghton
- Nov. 8: Madison County in World War I, Linda Griffith Smith
- Nov. 15: Iowa in WWII, Michael Vogt, Iowa Gold Star Military Museum
- Nov. 22: Our World, Our Stories: International Students Share Their Heritage, Emilija Rajic of Serbia and Vladilena Vetrova of Moldova.

# HONOR OUR VETERANS

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



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

Email to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or mail to:  
Iowa Living magazines, 8101 Birchwood Court Suite D, Johnston, IA 50131

**SUBMISSIONS MUST BE RECEIVED BY NOV. 7.**

## Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit [desmoinescommunityorchestra.org](http://desmoinescommunityorchestra.org). Concerts are:

- Sunday, Oct. 27, Halloween Costume Concert, Sheslow Auditorium.
- Sunday, Dec. 8, Celebrate and Sing Handel's Messiah, Grace United Methodist Church.
- Sunday, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium. ■

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# MEET Emma Feldhans

Middle school choir is her game.

Emma Feldhans is a proud Ankeny alumna, starting her school career in the district at Crocker Elementary and graduating from Ankeny High School in 2017. She went on to Iowa State University to pursue a bachelor's degree in music education and started co-teaching sixth- and seventh-grade choir at Parkview Middle School in 2021.

"As part of my role, I also co-direct Intensity, one of the junior varsity show choirs at Ankeny High School. Music has always been a passion of mine, and I enjoyed many years as a student participating in choir, band and theater."

Before music, though, Feldhans says her first passion was school and learning. Both of her parents are educators, and, through them, she found the importance of quality educational experiences. Now she says she is lucky to have a career that allows her to share the love for both learning and music with young people in the community.

Ankeny families have a long tradition of supporting and participating in music and arts-related activities. She said she experienced that as a student in the Ankeny schools, and it's a special experience for her to contribute to that tradition now as a teacher.

"I am also grateful to be surrounded by so many other choir teachers in the district and to have collaborated with and learned from them in the early years of my career. I admit that, when I started as a fresh young teacher, it was a bit intimidating to be surrounded by so many excellent and well-respected educators in my building. They gave me great support, of course, and I felt quickly welcomed into the Parkview team."

Feldhans likes working with students over multiple years and seeing how much they learn and grow during their time in Parkview choir. She also gets to follow and stay a part of students' choir journey to Southview and AHS through her show choir position.

She even started a new tradition for Parkview choir students this past January. Her team invited the sixth- and seventh-grade students to perform the National Anthem before one of the AHS girls' basketball games.

"We were not sure how many students would even want to participate since we hadn't done this event before. I was surprised (and thrilled) to have 89 students join us on the court, and they gave a great performance. I love that we were able to give this performance opportunity to the Parkview students and show support for our Ankeny High School athletes."

Along with her time spent teaching, Feldhans sings as a member of the Des Moines Choral Society, a choir made up of auditioned volunteer singers from around the Des Moines area. She has also been working with The Des Moines Playhouse on some of their recent musicals. This summer, she is the assistant musical director for "Frozen Jr.," put on through the Penguin Project.

"This group includes performers with special needs who are joined by same-age peer mentors during rehearsals and on the stage. It has been fun to work with this group of dedicated individuals. I hope to work on more projects with The Playhouse in the future." ■



Emma Feldhans teaches choir at Parkview Middle School.

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## INSURANCE By Will Pierce

### AVOID Medicare coverage surprises

The Medicare Annual Enrollment Period is set to bring a lot of changes this year, and some Medicare Advantage plans in Central Iowa are not renewing for 2025. Many beneficiaries are set to lose their coverage starting in January if they do not make any changes. These disruptions come from plan adjustments, premium hikes, and modifications to covered services, leaving individuals confused about what's next. With fluctuating regulations and evolving plan offerings, navigating Medicare has never been more complicated.



Each year, from Oct. 15-Dec. 7, Medicare beneficiaries can make an election into a new plan for the following year.

It is important to review your Annual Notice of Change, or ANOC, that is sent to you from your insurance company. This Annual Notice of Change serves to educate you on the changes to your plan for the next year. This can bring lots of questions, confusion and concern. If your plan is going away, your notice will let you know. If you are happy with the changes to your plan for next year, you don't have to make any changes, and your coverage will continue.

If you are unsure after reading your Annual Notice of Change, your insurance professional can help. ■

Information provided by Will Pierce, owner and licensed agent, Pierce Insurance, 3211 S.E. 20th St., Ankeny, 515-257-6663, [www.pierceinsurancellc.com](http://www.pierceinsurancellc.com), [wpierceins@gmail.com](mailto:wpierceins@gmail.com).

## PLAN AHEAD 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](http://www.HamiltonsFuneralHome.com).

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# ARE THE foods you're eating making you sick?

Have you ever noticed symptoms such as joint or muscle pain, fatigue, headaches or lack of energy that you cannot correlate to anything in your normal daily living? About 60% of all undiagnosed symptoms may be due to food allergies, according to James Breneman, MD, the former chairman of the American College of Allergy and Immunology.

We are all familiar with rapid-acting food allergies such as those caused by peanuts or shellfish. If you have that type of allergy, you likely know about it already. Testing for rapid-acting food allergies focuses on measuring an antibody called IgE circulating in the bloodstream. However, some reactions are delayed or occur more slowly. In order to evaluate for these types of delayed reactions, an antibody called IgG4 is measured. An elevation in an IgG4 response to foods can cause symptoms including, but not limited to, joint or muscle pain, chronic low back pain, bedwetting, recurrent bladder or upper respiratory infections, chronic headaches, fatigue, hives, eczema, psoriasis, canker sores, ulcerative colitis, gallbladder attacks, heartburn and indigestion. Since IgG4 reactions often occur hours or days after particular foods are consumed, correlating symptoms to a cause can be extremely difficult. The reactions can be subtle or severe and may lead to long-term symptoms and chronic degenerative conditions.

A procedure called the FoodSafe Allergy Test measures for IgG4 antibody levels. The FoodSafe Allergy Test is a quick and easy way to test individuals for 190 common food allergies. It is a simple blood spot test performed in the office that requires only a small amount of blood taken from a finger prick. The sample is then overnighted to the lab where the blood is analyzed. The results arrive in approximately two weeks and will include scores on each of the 95 foods and whether those foods are in the low, moderate or avoid category. A food plan rotation is also provided by the lab to offer suggestions on diet modification. This information can then be used to prevent and possibly correct digestive complaints and other symptoms of adverse food reactions.

If you or someone you know is suffering from food allergies or unexplained pain and have not found the relief for which you are looking, please consider chiropractic. They may be able to help. ■

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](http://www.renzechiro.com) or call the office at 965-3844.




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## 'Blood Over Bright Haven'

Intent versus impact. Does it matter if the result causes harm? Somehow, both compulsively readable and deeply philosophical, I was completely consumed by this book to the point that I left ice cream melting on the counter while I read.

Sciona is a member of the privileged class but unable to achieve her academic dreams due to being a woman. She fights to master the magic that keeps her city humming and makes a place for herself outside of traditional womanhood. Thomil is a survivor of horror, only to be virtually enslaved for his trouble. This shining beacon of an anachronistic city holds terrible secrets he's all too familiar with, and Sciona will need his help to finally understand where her real power lies. Together, these two will start the kind of revolution that will change the world.

Corruption, lies and the balance of power all come together to make for a very different story than the one I thought I was reading. I absolutely loved the gut-punch twists and the incredible emotion and raw humanity on display throughout the story. My world is a better place having read this, and yours will be, too. ■ — *Review by Julie Goodrich*



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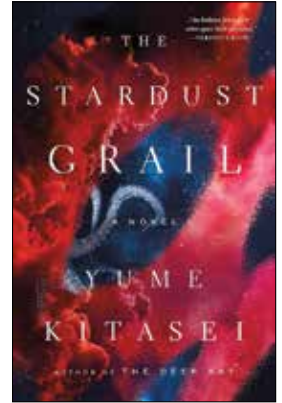
## 'The Stardust Grail'

I love science fiction, but even I can admit there are times when the humanity is drained even from the most exciting spaceship story. Never fear, though, Yume Kitasei is here to help. Whether far future or near, she seems to make the most out-there settings seem more human than the corner bar.

Maya is a retired thief, alien enthusiast and burnt-out grad student. Trying to rejoin life on the legal side and keep herself from losing her mind, she is not at all sure when an old friend contacts her for one last heist, this time for all the marbles. With a poignant pessimism and exhausted sense of duty, Maya builds herself a found family and takes off back to the stars. It's one last adventure that will change everything, whether she means to or not.

Perfectly paced, sharply written and full of an achingly human balance of optimism and angst, I loved every word of this book and can't wait to see what tangled questions Yuma Kitasei asks me to face next. She's become a must-read for me; don't miss this. ■

— *Review by Julie Goodrich*



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# THE NEW beginnings of fall

## Letter from the graphic designer

As the warmth of summer fades and the long days grow shorter, many see fall as the end of a season. But, for me, fall has always been about new beginnings. It's the time when a new school year starts, filled with opportunities, new clothes and those freshly sharpened pencils we all remember. Fall is when the Ankeny Area Chamber of Commerce celebrated our new office space in September with a ribbon cutting, great food and lots of great connections. A few years ago, I even began a new chapter of my life by getting married on Halloween.



One of the highlights this October is every spooky lover's favorite, Witches Night Out, presented by Nova MedSpa. We're excited to announce this event is already sold out. For those who signed up early, I'm excited to join you on a night of adventure. More than 100 witches (both common and famous) will ride around town shopping at local venues. It is a night with shopping, food, spooky drinks and great prizes from our amazing sponsors. Don't forget to dress to impress.

Fall has a unique way of bringing people together. Whether it's reconnecting with friends at school, gathering with family for the holidays, or simply sharing good food and cheer, this season is about community. At the Ankeny Area Chamber of Commerce, one of our main goals is to build and nurture that community spirit, which makes Discover Ankeny, presented by B&G Foods Inc., even more meaningful.

Come Nov. 7, we'll dive into this free event with lots of great giveaways from our chamber members, just like an "adult Halloween." Once again, dozens of local businesses will gather at the FFA Enrichment Center to share opportunities — and many will be passing out goodies. We invite everyone to come discover what Ankeny has to offer. Remember, we will begin the night with our special senior half hour from 4:30-5 p.m. Then, from 5-7 p.m., we will have family fun with games, bounce houses and more. Something new this year is our partnership with Engage Ankeny, a nonprofit designed to help promote all the nonprofits here in Ankeny. Don't forget this event is free.

We're thrilled for all the new beginnings fall brings — from the beautiful changing leaves, pumpkin spice, to the anticipation of holiday shopping. As you prepare for the festivities, I encourage you to reach out to your neighbors and support local businesses this holiday season. Together, we can make this a time of growth and connection. ■

Information provided by Mackenzie Cowden, graphic designer, Ankeny Area Chamber of Commerce.






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# OUT & ABOUT

## RIBBON Cutting

Ankeny Area Chamber of Commerce held an open house and ribbon cutting at its new location, 1360 S.W. Park Square Drive, Suites 104, 106 and 108, on Sept. 26.



Ankeny Area Chamber of Commerce held an open house and ribbon cutting at its new location, 1360 S.W. Park Square Drive, Suites 104, 106 and 108, on Sept. 26.



James VanDiest and Nick Hughes



Julie Magels and Trent Murphy



Michelle Orosco and Ryan Inks



Sarah Crocker and Madeline Miller



Sue Hudson, Misty Trogdon and DJ Doff



Cindy Gordon and Barb Wiedenman



Tim Ure, Carla Diaz, Trisha Goode and Mark Williams



Matt Timmer, Emily Laska, Katie Donovan and Bryce Verlinden



# GRAND Opening

The grand opening of CopperWood at Prairie Trail, 2855 S.W. Vintage Parkway, was held Sept. 19.



The grand opening of CopperWood at Prairie Trail, 2855 S.W. Vintage Parkway, was held Sept. 19.



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Jess Klembara, Danielle Fuglsang, Leslie Mayo and Reyna Immerfall



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