

WEST DES MOINES  
JORDAN CREEK

JUNE 2023

# Living

MAGAZINE

## Unplugging

### FOR SUMMER FUN

Keeping kids busy and active —  
without the screen time

**Chicken Shawarma Sliders**

RECIPE

**Haluska marks 50 years of autocross**

NEIGHBOR

**VDR continues tree service for those in need**

COMMUNITY

PSRST STD  
ECRWSS EDDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131





# Revitalize & Refresh

With RF Microneedling, your complexion will look and feel revitalized with cutting edge technology that induces new skin growth by stimulating collagen production.

## YOUR PREMIER MEDICAL SPA IN IOWA

**Treatments:** Non Surgical Body Contouring  
Laser Hair Removal | Dark Spot & Vein Removal  
Dermaplaning | Hydrafacial & Spa Facials  
Cosmetic Teeth Whitening | Speciality Skincare Products

**Injectables:** Including Botox | Juvederm & RHA



*We'll help you look your best!*

HOLISTIC & NON-SURGICAL FACE AND BODY TREATMENTS

[iowafaceandbody.com](http://iowafaceandbody.com)

4090 Westown Pkwy, Ste 106,  
West Des Moines, IA 50266

515-225-8889



# smile with confidence

## At Iowa Dental Arts, we offer 4 types of teeth whitening:

**Zoom!** - This is the best and fastest! 45% concentration combined with an LED light system (We like to combine this with custom whitening trays)

**Custom Trays with Opalescence Gel** with up to 45% concentration (We can whiten anybody's teeth)

**Go by Opalescence** - A take home whitening system.

**Traditional Laser** whitening with Biolase EPIC

**Dr. Dennis Winter** and his talented team are here to help you achieve the smile you deserve. He has been specializing in Laser Dentistry for over 20 years. From simple fillings to dental implants and treatments for TMJ and TMD, we offer conservative dental procedures to give you a healthy, aesthetically pleasing smile!



[iowadentalarts.com](http://iowadentalarts.com)



Scan Me!

Your Trusted Iowa Dental Practice



4090 Westown Pkwy, #107, West Des Moines, IA 50266 515-225-8888

2901 Beaver Avenue, Des Moines, IA 50310 (515) 277-6657

# WELCOME

## UNPLUGGED

Many of you reading this may remember “MTV Unplugged,” a television series on the cable channel MTV that showcased musical artists who played acoustic instruments. As such, the term “unplugged” has come to refer to music that would usually be played on electrified instruments but is rendered instead on instruments that can be played without electricity. Some of the artists who appeared on the MTV show in the 1990s include Eric Clapton, Mariah Carey, Rod Stewart, Nirvana and even Tony Bennett. This different twist on the popular music of the day provided a fresh listen that many of us enjoyed — and still do.

Today, unplugged has another meaning. Even though electrical cords are mostly a thing of the past as we rely on batteries for seemingly everything, the idea of letting go of our electronic devices and getting back to nature — or actually talking with people face to face — has a newfound attraction.

When was the last time you hopped on a bicycle for a leisurely ride, seeing the world at less than 5 mph and breathing in the fresh air?

Or when did you last take a casual swim in a nearby lake, feeling the warmth of the sun on your body?

And how about stretching out in the cool grass at night and gazing up at the numerous stars in the sky, listening only to the chirping of crickets or the hoot on an owl?

Sound relaxing? Then maybe it's time to lay your phone down, put social media on hold and hide the remote control to the TV. In short, unplug. And if you really want to tie this unplugged theme together, find a talented friend who can play an acoustic guitar and sing around a campfire.

If you are a parent, you have likely directed your children to put down their phones or stop playing video games and get outside. I know I have. But maybe instead of giving orders to today's youth, we need to take the advice ourselves and enjoy the aforementioned activities and the many others that are available to us.

Need ideas? Well, you are in luck, as this month's cover story provides examples of what residents are doing with their families to reduce screen time and unplug. See you outside.

Thanks for reading. ■



**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Martha Munro**  
Advertising Account Executive  
515-953-4822 ext. 314  
martha@iowalivingmagazines.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

## RETIREMENT

A Time for New Beginnings.



**Matt Richman, CFP®, NPSA®**  
Your Retirement & Wealth Strategist



Life Insurance • Retirement Planning • Estate Planning • Tax Planning • Annuities  
Risk Management • Life Transitions • Cash Flow & Income Management

Applying our purposeful and holistic planning approach, we not only help guide you to, but throughout, so you can shore up the retirement you want and deserve!



Lets get started TODAY

515-782-1175  
Waukee, IA

**IRON POINT**  
RETIREMENT SOLUTIONS

## Scenic Ridge

MADISON COUNTY'S NEWEST DEVELOPMENT!

A 39-lot subdivision along Highway 169

On 160 acres in the rolling hills of Madison county, Scenic Ridge offers 3-9 acre executive lots in a private, natural setting, while maintaining the convenience of being close to the city.

- Lots range from 3-9 acres
- 10 min to Adel & Winterset
- 20 min to Jordan Creek
- 30 min to DSM Airport
- ADM school district



Scan to learn more  
about each property or  
contact me today!

**MATT COLE**  
515-669-2004 RE/MAX CONCEPTS





## FEATURE

Heather and Scott Hughes with her sons, Willard, 6, and Miles, 4, visit the newly designed Willow Springs playground in West Des Moines. The family visited 80 parks last year. Photo by Jackie Wilson

# Unplugging FOR SUMMER FUN

**Keeping kids busy and active —  
without the screen time**

**By Jackie Wilson**

It's time to put down the cell phones, iPads and video game controllers and turn off the TV, computers and streaming services. It's summertime, and that means it's time to get moving, exploring and enjoying the myriad of fun activities available. This summer, stave off your kids' "I'm bored" blues by trying something new or rediscovering good old-fashioned fun. It all starts with hitting the "off" button on electronics.



## Playground tour

Last year, Heather Hughes and her children visited more than 80 different public parks and playgrounds in central Iowa. It was an entertaining way to pass the time during the summer months.

The Hughes began their park trek after the COVID pandemic. Different parks were closed and, eventually, when the ban was lifted, Heather was looking for things to do outside. Playgrounds were ideal.

Heather began posting pictures of the playgrounds on her Instagram page. Her sister inquired about the parks they visited. Then, Heather came up with the idea to highlight the Des Moines area playgrounds on her social media sites.

Her page, “Tour Des Moines Playgrounds,” took off, with nearly 8,000 followers.

“It caught a lot of attention. A lot of people — especially parents — like to entertain their kids with something free and easy to do,” she explains.

She is not paid for her efforts.

“I thought people would find it beneficial,” she says.

On her site, she’ll highlight the playground equipment and various features. For example, she comments on whether the playground is on a rubber surface, in a shaded area or if they have separate spaces for young toddlers and older kids. Some parks have blind spots, and she’ll note that. She tries to keep the parks within a half-hour drive around the Des Moines metro area.

Her kids, Willard, 6, and Miles, 4, along with her stepdaughter, Charlotte, 9, enjoy visiting the parks and often take a picnic lunch on their journey.

She feels the parks are great for development.

“It helps with socialization skills when they ask other kids to play,” she explains. “Kids are constantly developing skills. All of a sudden, my 4-year-old can do the monkey bars. You get nervous, but they can learn to take risks and learn from their mistakes.”

Her kids do like screen time and frequently ask when they can use their iPad or watch a television show.

“We do get questions about screen time. We have settings which allow only so much time. The kids, regardless of their age, develop a want for the screen. We try to keep the focus on keeping busy so they don’t need that entertainment,” she says.



Holly and Steve Anderson, along with their kids, Lottie, 10; Avett, 7; and Ellis, 4, go to the West Des Moines Public Library several times a week. Photo submitted

The kids also take advantage of local things to do in West Des Moines. They attend the farmers market in Valley Junction and concerts at the Jamie Heard Amphitheater, which also provides fun for Mom and Dad as well.

She is excited to visit more parks for the summer.

“The designs are so cool, as compared to when I grew up,” she reflects. “They are fun to discover. It’s really fun to share the awareness of Des Moines playgrounds with other families.”

To learn more, search for Tour Des Moines Playgrounds on Instagram and Facebook.

## Library, books, keep family entertained

Summertime for the Anderson family consists of frequent trips to the West Des Moines Public Library, not just to check out books, but to participate in dozens of activities.

Holly Anderson of West Des Moines is a professed book lover. As a former teacher and now a stay-at-home mom, she began bringing her newborn daughter, Lottie, to baby story time at the library. When her two other children were born, she brought them to toddler programs and other activities.

“I’ve been coming here (West Des Moines Public Library) almost every week since my youngest was born, and that was 10 years ago,”

she explains.

The Anderson family checks out 100 books a week. Her kids enjoy activity books, toy kits, STEM kits, along with LEGO building, crafts and outdoor activity books and games.

Her 4-year-old checks out puzzles and puppets. During the summer, the whole family is involved in the summer reading program. A book bingo card helps to spark ideas on different books to read. The kids read a set number of books in order to get prizes and baseball tickets.

“The program is positive and encouraging. They can read for three minutes or three hours,” she explains.

In addition to checking out books, Holly likes how the library offers other special events, such as a magician, egg drop toss, hula hoops and yoga for kids.

“My 7-year-old can’t wait for the costume fun run. My youngest is excited for the DART bus to come so they can ride the bus.”

While at the library, they like searching for “Spotty,” a purple dinosaur that is hiding in the children’s section in a different location each week.

If the family travels on vacation, they’ll find family audio books, such as the “Bridge to Terabithia.” Other audio books have picture books which accompany them.

Her son, Avett, 7, enjoys the library.

"He likes that the librarians know him by name. They're friendly and can help him find whatever he's looking for," Holly says.

She knows her kids may say, "I'm bored."

"When that happens, we'll check out books that have something interesting to learn. My boys love monster truck books. After looking at one of their books, they wanted to start digging and playing in the sandbox. Lots of ideas are sparked from books."

Holly suggests finding many local, free things to do in the Des Moines metro. They check out an Adventure Pass from the WDM Public Library, which offers free admission to the Blank Park Zoo, the Science Center of Iowa and other local attractions.

Books are an important part of the Andersons' lives.

"There's always something to find at the library. Reading books and having access to books means success for kids to have a good reading background," says Holly. "Books give us something to talk about as a family. Books can give us ideas to spur action and connect together."

## Six kids on a schedule

Staying on a schedule, but with plenty of outdoor unstructured playtime, is the key to keeping Nicole Fergesen's six children occupied this summer.

The kids, ranging from 7 months to 10 years old, know what to expect from a set schedule.

One place the family frequently finds things to do is at the Valley Community Center. Last year, the family participated in "Love You Des Moines Days" there. This year's event on June 10-18 offers a myriad of free activities for all ages, including sensory and crafts stations, fishing clinics, dodgeball, scavenger hunts, cookouts and more.

During the school year and the summer, Nicole encourages her kids to keep a journal.

"They write their favorite part of the weekend or what they learned that day. It helps keep kids' minds sharp and not let everything slip out of their brain," she says.

She ensures her kids have a lot of outdoor free play, with bikes, skateboards, sprinklers and more.

"We highly prioritize being outside," she



A professed book lover, Holly Anderson and her family check out about 100 books a week. Photo submitted

says.

She realizes that screens and electronic devices are desired by her kids.

"I despise screens," she says. "It creates a

# TREAT DAD

*this Father's Day!*

*20% Off* Sunscreens

*Free* Laser and Coolsculpting consults

"Bro"tox *\$10 per unit* for all the bros

*Enter to Win!*

Come as a couple and enter to win a 3ml of Latisse for the month of June.



## HEARTLAND

PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322  
515-254-2265 • [WWW.HEARTLANDPS.COM](http://WWW.HEARTLANDPS.COM)





# Bank with Freedom.



*No maintenance fees.  
No-nonsense banking.*

## *Freebird Checking* from Bank Iowa

- Opening balance requirement of \$10
- No minimum balance requirement
- No monthly service charge
- No transaction limitations
- eStatements required
- No additional fees\*

To learn more, visit  
[bankiowa.bank/freebirdchecking](http://bankiowa.bank/freebirdchecking)



**Bank Iowa®**

[www.bankiowa.bank](http://www.bankiowa.bank)



Member FDIC

\*Even with a free account, fees may be imposed for overdrawing the account.

## FEATURE

problem, which is hard to manage.”

One way they’ve coped with screen usage is through a penny reward system. Kids can earn a penny with good behavior or by serving others and helping out.

“They can use the pennies to redeem 15 minutes of screen time or earn more for a family movie,” she explains.

By limiting electronic usage, she would rather be proactive about it.

“I’m not opposed to screens. Screens aren’t evil, but we can fit it in in a healthy way.”

She adopts ideas and learns parenting techniques by listening to podcasts, reading books and chatting with other parents.

“I’m constantly learning from others. I want to be an intentional parent,” she reflects. “There’s a lot of trial and error and figuring out what works.”

Her children each have at least one chore a day. She also has a set answer if the kids complain about things.

“If they say they’re bored, I have chores to do. If they are used to me providing activities all the time, they lose that creativity,” she explains. “You should be bored and run around with a stick and figure out what to do with it. That’s part of childhood.”

She encourages alone time for each of her kids.

“Any activity, we encourage alone time and time apart from the neighbors or siblings so they don’t get sick of each other,” she says. “My son will sit in a tree and read a book by himself.”

Having a variety of outdoor activities is important during the summer.



Nicole Fergesen and her family value outdoor and open play time. The kids can earn pennies with good behavior and redeem them for screen time. Photo submitted

“It’s much healthier to move their bodies. Open play time is beneficial to their childhood instead of being entertained by a screen. The more they do it, the better they get at it,” she says. ■

**Earn more. It's Simple.**

FDIC Insured Savings Account

4.10%

\* APY

SIMPLE SAVINGS ACCOUNT

\*4.10% Annual Percentage Yield effective as of 6/1/23 and subject to change without notice. Minimum deposit of \$5,000 required to open account and must be maintained to obtain APY and avoid a minimum balance fee. Other fees may apply.

- Easy Account Transfers - from internal and external accounts
- Mobile Check Deposit
- Business or Personal
- Not locked in like a CD



**Call Meredith**  
**515.223.2265**

**Open Now**



Visit us →
**BANK BANK**
Member FDIC

**www.BANK.bank**  
270 S. 68th Street, West Des Moines, IA 50266

NEED

NEU

BLINDS?

**CONVENIENT**  
CONSULTING IN YOUR HOME WITH SAMPLES

Neu Blinds

WE WILL  
BEAT ANY  
COMPETITOR'S  
PRICE BY 10%!

**CALL TODAY!**  
**515-250-5543**

GRABER. | DELIGHT IN EVERY DETAIL



- ✓ **FREE ESTIMATES**
- ✓ Easy and Affordable
- ✓ Many styles & brands to choose from
- ✓ **FREE INSTALLATION**
- ✓ Referrals

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.



# MEN'S HEALTH — a preventable crisis

Dr. David Gremillion of the Men's Health Network says, "There is a silent health crisis in America... it's a fact that, on average, American men live sicker and die younger than American women." Dr.

Gremillion goes on to say, "More than half of premature deaths among men are preventable. But you can't prevent a problem if you don't know it exists."

National Men's Health Awareness Month has been celebrated each June since 1992. Its purpose is to bring awareness of preventable health conditions and to encourage all of us men to seek early detection and treatment.

Today, thanks to the Affordable Care Act (ACA), all individual health insurance plans through HealthCare.gov and employer-provided ACA group health plans must cover many preventive services without charging you a



copayment. This is true even if you have not met your annual deductible. It is important to note that those services are covered when delivered by a doctor or other providers in your plan's coverage network. Always check your insurance coverage for a list of covered preventive services.

An annual physical is the best way for early detection. There is a long list of preventive screenings, which include: blood pressure, cholesterol, hepatitis, and obesity. Immunizations are another preventive service including flu shots, hepatitis A and/or B, shingles, tetanus and whooping cough.

Medicare also covers many of the above-mentioned preventive services. During the first 12 months of being enrolled in Medicare Part B, a one-time "Welcome to Medicare" preventive visit is covered and then a "wellness" visit each year after. Medicare also covers prostate cancer screenings, colorectal cancer screenings, glaucoma tests, depression screenings and cardiovascular disease

screenings. As of Jan. 1, 2023, the shingles vaccination is covered by Medicare Part D drug plans as preventative with no cost when received at a covered pharmacy.

Another preventive service that men should schedule is an eye exam. Dr. Blodi, D.O. at Des Moines Eye Surgeons explains, "As eye doctors, we routinely screen patients for common eye conditions such as cataracts, glaucoma or macular degeneration. Some of these eye conditions can hide and cause vision loss without a patient even knowing, so it's important to get routine checkups. We are also able to occasionally diagnose common systemic issues such as diabetes, hypertension, and strokes with our eye exams. Every so often, we even find rare diseases such as tuberculosis, syphilis, Lyme disease, aneurysms and cancers as well. I recommend that everyone get an eye exam at least every two years, if not yearly." ■

Information provided by Lee Patton, FHIAS, Patton Insurance Benefits, 1112 Maple St., West Des Moines, 515-270-8178.

## Health insurance doesn't have to be complicated!

Let the Patton's help you find a plan that's right for you.

### Insurance Options

- Employee Benefits
- Individual Health Insurance
- Medicare
- Dental Insurance
- Vision Insurance
- Life Insurance/Annuities



**PATTON**  
Insurance Benefits



True experts in their field and the customer service is un-matched. Highly recommend for health insurance and employee benefits.

**LET'S GET STARTED TODAY.**

OVER 50 YEARS COMBINED EXPERIENCE

1112 Maple St, West Des Moines | 515-270-8178 | mail@pattonbenefits.com



Allen Patton



Laura Patton



Lee Patton

## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Check for cancellations

### Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28,  
4-8:30 p.m.

Historic Valley Junction, 100-300  
blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythematics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

### History Camp

Various dates, Monday through Friday,  
9 a.m. to 12:30 p.m.

Explore crafts, games and skills from times gone by, including paper-making, fire-starting, archery, fishing and more for ages 9-13. To register, go to <https://www.wdm.iowa.gov/government/parks-recreation>. Cost is \$100/camper. Camps are June 12-16, July 10-14, Aug. 14-18.

### Jordan House Museum tours

Daily

Jordan House Museum, 2001 Fuller Road,  
West Des Moines

Walk in the footsteps of history at the historic Jordan House Museum, the home of the Jordan family and the only Underground Railroad stop open to the public weekly. Learn about the history of West Des Moines, beginning with rocks and fossils, through the indigenous peoples, early settlers and the development of railroads and Valley Junction. For more information, visit [www.wdmhs.org/visit](http://www.wdmhs.org/visit).

### Schoolhouse Storytime

Beginning June 13, second  
and fourth Tuesday from  
10:30-11:30 a.m.

Bennett School Museum,  
4001 Fuller Road, West Des  
Moines

This event is geared for pre-K, kindergarten and first grade students to enjoy an hour of stories, games, music and fun, with a historical element. While the program is geared towards younger students, all ages are welcome. Registration is not required, and there is no charge, but free-will donations are gratefully accepted. Parents must stay with their child(ren) during this storytime, and do not bring food or drink. Dates are June 13, June 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.



**WE OFFER  
COMMERCIAL AND  
RESIDENTIAL LOANS**

**USB** UNION STATE BANK  
*Your Hometown Financial Advantage*

Member FDIC LEADER

6305 Mills Civic Pkwy., WDM 515-440-2265

**USBIOWA.COM** shop local. dine local. **bank USB.**



"It's been through the addition of MAPLE that we have been able to get the kids to talk."

**PAWS**

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

**GET ZAPPAR**  
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan



**KIDS BOWL FREE  
SUMMER BOWLING PROGRAM**

**OPEN NOW  
THROUGH  
AUGUST 31!**

**SIGN UP NOW FOR  
2 FREE GAMES  
EVERY PROGRAM DAY  
ALL SUMMER**

**REGISTER  
TODAY!**

**WARRIOR  
LANES**

**We are an OFFICIAL PARTICIPATING CENTER**

190 S.E. Laurel St. | Waukee | 515-987-4840



## EVENTS IN THE AREA

Check for cancellations



### Summer Stir

June 9

Hosted by CITYVIEW, the traveling cocktail party returns to various establishments in downtown Des Moines. Sample 10 tasty summer cocktails for only \$25 (\$30 at the door). <https://summerstirs.dmcityview.com>



### The 44th Capital City PrideFest

June 9-11

PrideFest marches into the Historic East Village with a parade alongside a celebration of pride in the Iowa capital. [www.capitalcitypride.org/pride-fest](http://www.capitalcitypride.org/pride-fest)



### Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 8 is Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night. ■

## NEWS BRIEF

### GU named 2023 U.S. Presidential Scholar

U.S. Secretary of Education Miguel Cardona announced the 59th class of U.S. Presidential Scholars, recognizing 161 high school seniors for their accomplishments in academics, the arts, and career and technical education fields. Among them was Claire Gu, Valley High School, West Des Moines

"U.S. Presidential Scholars have always represented the future of our country and the bright promise it holds. I want each of these remarkable students to know: your passion and intellect, pursuit of excellence, and spirit of service are exactly what our country needs," said U.S. Secretary of Education Miguel Cardona. "On behalf of President Biden, I am delighted to join your family, friends, and communities in celebrating your accomplishments. Aim high, share your talents, and continue embracing opportunities to lead as your exciting future unfolds."

The White House Commission on Presidential Scholars selects scholars annually based on their academic success, artistic and technical excellence, essays, school evaluations and transcripts, as well as a demonstrated commitment to community service and leadership. ■

# YES!

## We can hydro jet tree roots.

Clogged Drains • Full Service Plumbing  
Camera Inspection & Locating Sewer Lines  
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN,  
GUTHRIE, MADISON & CLARKE COUNTIES**

## OPEN 24/7

**INCLUDING HOLIDAYS**

## 515-278-5668

[rotorooterdesmoines.com](http://rotorooterdesmoines.com)

**FUN FOR THE WHOLE FAMILY**

**June 13**  
\$1 Dogs  
Berkwood  
Dog Days  
ARL | Tito's | Paves & Prints |  
Premier Credit Union | 500-102-5

**June 18**  
Father's Day

**June 25**  
Demonios  
Principal | Atlantic Coca-Cola Bottling Co. |  
Prairie Meadows | Tito's | Sorika

**July 4**  
Holiday Fireworks

**July 18**  
\$1 Dogs  
Berkwood

**MATT MERVIS BOBBLEHEAD  
GIVEAWAY JUNE 22**

**JURASSIC BALLPARK  
ED's DINOSAURS LIVE JUNE 22**

## GREAT BASEBALL. FANS. FUN.

Character Appearances from  
Ant-Man & Hulk

**TICKETS & MORE AT [IOWACUBS.COM](http://IOWACUBS.COM)**

# EMOTIONAL vs. strategic decisions

Information vs. instinct. When it comes to investing, many people believe they have a “knack” for choosing good investments. But what exactly is that “knack” based on? The fact is, the choices we make with our assets can be strongly influenced by factors, many of them emotional, that we may not even be aware of.

**Investing involves risks.** Remember that investment decisions should be based on your own goals, time horizon and risk tolerance. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost.

**Deal du jour.** You’ve heard the whispers, the “next greatest thing” is out there, and you can get on board, but only if you hurry. Sound familiar? The prospect of being on the ground floor of the next big thing can be thrilling. But while there really are great new opportunities out there once in a while, those “hot new investments” can often



go south quickly. Jumping on board without all the information can be a mistake. A disciplined investor may turn away from spur-of-the-moment trends and seek out solid, proven investments with consistent returns.

**Risky business.** Many people claim not to be risk-takers, but that isn’t always the case. Most disciplined investors aren’t reluctant to take a risk. But they will attempt to manage losses. By keeping your final goals in mind as you weigh both the potential gain and potential loss, you may be able to better assess what risks you are prepared to take.

**You can’t always know what’s coming.** Some investors attempt to predict the future based on the past. As we all know, just because a stock rose yesterday doesn’t mean it will rise again today. In fact, performance does not guarantee future results.

**The gut-driven investor.** Some investors tend to pull out of investments the moment they lose money, then invest again once they feel “driven” to do so. While they may do some research, they are ultimately acting on impulse. This method of investing may result in losses.

**Eliminating emotion.** Many investors “stir

up” their investments when major events happen, including births, marriages or deaths. They seem to get a renewed interest in their stocks and/or begin to second-guess the effectiveness of their long-term strategies. A financial professional can help you focus on your long-term objectives and may help you manage being influenced by short-term whims. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful. Amounts in mutual funds and ETFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost. Mutual funds and exchange-traded funds are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. The Standard & Poor’s 500 (S&P 500) Index is a free-float weighted index that tracks the 500 most widely held stocks on the NYSE or NASDAQ and is representative of the stock market in general. It is a market value weighted index with each stock’s weight in the index proportionate to its market value.

# Retire in a way you never thought possible.

**DREAM. PLAN. ENJOY.**

INVESTMENT • LIFE & HEALTH • SERVICES



**Retirement Solutions of Iowa LLC.**

[www.rsiova.com](http://www.rsiova.com)

**515-215-7114**

105 W Salem Avenue, Indianola



**Andrei Murphy**  
President

\*\*Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



# HALUSKA marks 50 years of autocross

Hobby is as much about the people as the cars.

John Haluska of West Des Moines has a car hobby, but “hobby” doesn’t seem to be quite the right word to describe something that’s been his passion and his social life for half a century.

“I’ve been doing autocross racing since 1973,” he says. “I always liked sports cars for some reason when I was a kid. When I was 16, I got a job at McDonald’s on Merle Hay Road, and I bought a Triumph Spitfire brand new. So I started autocross in that, and the people involved were very welcoming. I took to it like a fish to water.”

Haluska soon bought a Porsche and raced that in autocross events as well.

For those unfamiliar with autocross, it is “time trial” racing in which cars take turns driving through a course marked by cones. Racers drive as quickly through the course as they can, and are scored based



John Haluska racing through the cones in 2021.



John Haluska, his granddaughter, Millie, and his racing Miata

on time and precision. Haluska is a member of the Sports Car Club of America.

“Our region is called the Des Moines Valley Region, and we’ve been around since the late ’40s, I believe. And there used to be a track down around Indianola, and it really gave our region a boost. So there was a lot of racing in the 1950s and 1960s. By the time I rolled in, in 1973, our club was a strong autocross club, plus we had a bunch of road racers.”

Haluska recalls a favorite memory.

“The Porsche Club had an autocross that I showed up to with my Porsche. I was an avid autocrosser at 18 years old and still in high school. And all these guys had more expensive cars and things like that. I showed up with mine, and I blew their doors off. They had three prizes to give away, and I won them all.”

Since then, Haluska has owned a variety of sports cars and raced at events near and far. He says his experience has taught him, “It isn’t about speed so much as it is about precision driving, because you have to position the car a certain way. It’s a lot about vision, planning ahead... It’s funny because, even if you’ve walked the course ten times, when you buckle in the first time and start going in a car, it just comes at you so fast.”

Haluska says he’s come to realize the true value in his hobby is much more than engines and tires and speed.

“It’s not just about the cars. It’s really about the people as well. Most of my friends are in the Sports Car Club. The fellowship is amazing.” ■

# SUMMER FUN @ THE JOHNSTON TOWN CENTER 2023

## FARMERS MARKET

Come and enjoy the Farmers Market on Tuesdays this summer. This year, the market will take place on the north side of the Yard. Shop for fresh produce and homemade products while being entertained by live music. Learn more about the market at [www.johnstontowncenter.com/events](http://www.johnstontowncenter.com/events).



**TUESDAYS | 5 - 8 PM | JUNE - SEPTEMBER**

## music & movies after the market



Join us on Tuesday evenings after select Farmers Markets for extended live music or outdoor movies. The music begins at 7:30 p.m., and the movies start at dusk. Please bring chairs or blankets to enjoy the entertainment in the Yard.

### Music:

- **July 11**, Orphan Annie
- **August 1**, The Savage Feds
- **September 12**, Sons of Gladys Kravitz

### Movies:

- **June 27**, Encanto
- **July 25**, Top Gun Maverick
- **August 15**, The Mario Bros.
- **September 26**, American Underdog

**TUESDAYS | 7:30 PM | TUESDAYS | AT DUSK**

## THE CORK 50131 PRESENTS:

## THE YARD SUMMER CONCERT SERIES

SPONSORED BY:



The Cork 50131 is bringing musical acts from across the United States, including Nashville and Los Angeles, to the Yard. All three concerts will begin at 7 p.m.

**90S ROCKSHOW**

FRIDAY  
JUNE 23

**JAY ALLEN**

SATURDAY  
JULY 22

**MIKTAPE**

SATURDAY  
AUGUST 26



VISIT  
[WWW.JOHNSTONTOWNCENTER.COM/EVENTS](http://WWW.JOHNSTONTOWNCENTER.COM/EVENTS)  
TO LEARN MORE



## LIBRARY

# EARN prizes for reading this summer



There is still plenty of time to participate in our Summer Reading Challenge. Everyone who registers (yes, adults, too) will get an exclusive WDM Library Summer Reading journal and library sticker sheet. You'll track your reading through the handy Beanstack app, which is available online or for download on Apple or Android. Readers of any age who log more than 30 reading days will be entered to win exciting raffle prizes at the end of the summer! Download the app and learn more about Summer Reading at [wdmlibrary.org/summer](http://wdmlibrary.org/summer).

## UPCOMING EVENTS

### Family Night at the Library: Bike Safety

**Monday, June 12, 6:30-7:30 p.m. (all ages)**

WDM Police will join us to talk about bicycle safety and show off their custom police bike. Bring (or ride) your bike to the program, and we'll go on a short ride. Registration required.

### Summer Survivor

**Tuesday, June 13, 10-11 a.m. or 1:30-2:30 p.m. (ages 7-12)**

Join us outside for some amazing summer challenges. We'll see if you and your team have what it takes to survive. Registration required.

### Storytime with DART

**Wednesday, June 21, 10:30-11:30 a.m. (ages 0-12)**

Join the WDM Library and DART in an interactive storytime. Following the program, everyone will be invited to take a ride on the bus. Registration required.

### The Ancient Art of Mehndi

**Thursday, June 22, 6-7 p.m. (all ages)**

Join us for an interactive program about the ancient art of mehndi, presented by Sonal Mistry. Ms. Mistry will share why henna (mehndi) is important to Indian culture and how she makes her own henna paste, and then attendees will have an opportunity to receive a henna tattoo design from her. No registration required. ■



## RECIPE

# SHAREABLE sliders for a nutritious summer meal

*(Family Features)* Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting [emeals.com/campaign/Fresh-Cravings-Healthy-Eats](https://emeals.com/campaign/Fresh-Cravings-Healthy-Eats). ■

## Chicken Shawarma Sliders

Recipe courtesy of eMeals  
Registered Dietitian Rachel West  
Prep time: 25 minutes  
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



### DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.



MEADOWVIEW  
OF CLIVE

## Now Open! Senior Health & Living

**Independent Living • Assisted Living • Memory Care**

Meadowview of Clive offers a range of living options in one convenient setting, with no initial buy-in required. The community is situated on 6-acres of land with a pond adjacent to the site and a variety of lovely indoor and outdoor community spaces.



Contact Connie Bever for more information or to schedule a tour.  
(515) 644-8740 | [Connie.Bever@CassiaLife.org](mailto:Connie.Bever@CassiaLife.org)

**MeadowviewClive.com** 3300 Berkshire Pkwy, Clive, IA 50325 Adjacent to Shuler Elementary School

## MICRONEEDLING with RF by Cutera

From fine lines and photo-aging, to stretch marks and scars, the Secret RF by Cutera offers something for just about everyone. By combining radiofrequency (RF) energy with microneedles and adjustable depths of needle penetration, physicians can customize treatments based on each patient's individual concern, skin type, and/or body area.

Secret RF is new microneedling treatment that improves signs of aging skin, fine lines, wrinkles and scars with little to no downtime. Secret RF uses microneedles to deliver fractional Radio Frequency (RF) energy into varying levels of the skin including the deeper layers where treatment is most beneficial. This unique delivery of energy allows us to achieve optimal results on all skin types.

Secret RF is an easy, safe and effective procedure that can be performed in a quick, 20-minute treatment session. To achieve the optimal effect, three to four Secret RF treatments are recommended. You'll start to notice results after your second treatment, but optimal results appear three months after the last treatment.

The multi-layered treatment is tailored to each individual and addresses their unique skin concern during each customized session.

The Secret RF treatment is ideal for improving aging skin, photodamage, fine lines and wrinkles on the face and neck, scars, acne scars, skin quality and striae. The treatment is safe and effective and suitable for all skin types and patients seeking skin revitalization.

Unlike other devices which only deposit energy in the upper layer of the skin, Secret RF delivers RF energy below the surface where it's needed most to help revitalize and regenerate the tissue. This unique delivery of energy allows us to achieve optimal results with little to no downtime on all skin types.

For most patients, the treatment is tolerable and, prior to the procedure, your provider will apply a numbing cream to the treatment area to increase comfort.

Results vary based on the individual. To maintain results, maintenance treatments are recommended every 12-18 months.

After the treatment, an ointment will be applied to the skin, and you will be asked to refrain from wearing makeup for several hours. Any minor redness or swelling resulting from treatment will subside within 12-24 hours, and you can expect to return to normal activities after the treatment.

### How many RF microneedling treatments do you need for cellulite?

Because nonsurgical cellulite reduction works in part by generating new and healthy collagen fibers, the best results are achieved with multiple sessions. Over time, the body will begin to produce collagen and elastin, and the patient will notice their results developing and continuing to improve after several weeks or months. Depending on the severity of the concerns, the type of treatment administered, and other factors, most patients require about five to eight cellulite reduction sessions to achieve their ideal results. ■

Information provided by Dr. Loredana Carnovale Winter, MD, DDS, Aesthetic Medicine, Iowa Face and Body, 4090 Western Parkway, Suite 106, West Des Moines, 515-225-8889, [www.iowafaceandbody.com](http://www.iowafaceandbody.com).



## VALLEY Disaster Relief

### Tree removal for those in need

When Hurricane Katrina hit in 2005, volunteers from Valley Church and other churches helped with the cleanup.

Upon their return, they realized there were many opportunities to help people locally. Valley Disaster Relief (VDR) was established and now focuses on helping central Iowans in need.

The faith-based organization responds to assistance with local disasters, storm cleanup and emerald ash borer tree removal. The service is for those who can't afford the cost of removing trees, limbs or storm debris. They also partner with Habitat for Humanity and various church camp tree removals.

In 2022, VDR completed 226 projects, which took 2,962 hours of volunteer work, and removed 240 tons of wood.

VDR owns equipment, including a bucket truck, chainsaws, chipper and other tools for removing trees or branches.

VDR recipients fill out an application request. Volunteer staff first evaluates if they can do the job safely.

Shawn Ford of West Des Moines began volunteering with VDR four years ago. As a retired military pilot, he was looking to help out.

One of the busiest times recently was due to the derecho.

"It was our biggest, busiest year ever. Many volunteers worked into the evenings," says Ford.

A group of volunteers is notified of the request. On a typical day, four to 12 volunteers show up and complete two to three jobs a day. Once at the job site, volunteers strive for professionalism.

"We have a great safety record. We work with dangerous equipment, and we have great leadership who is concerned with safety," he says. "We make sure we're considerate and the yards aren't torn up. When we're done, we fill in dirt, rake up sticks and get the yard back into the condition we found it in."

Shawn has witnessed numerous people in need.

"There's a lot of single moms and widows. Many are struggling financially," he says. "Some are gracious, and they provide water or a gift card for gas. We don't expect a donation from anyone we serve."

The VDR runs completely on volunteer time and donations. Last year, it cost \$75,000 to operate equipment. Maintenance and fuel eats up costs, and they are raising money to replace an aging bucket truck.

Shawn says he is fortunate to lend a hand.

"It's a great feeling," he says. "I consider myself fortunate in retirement that I'm able to help. I've met the owner of a house and, to see that relief on people's faces, it's a great feeling."

To learn more about volunteering or donating, visit [www.valleychainsaw.org](http://www.valleychainsaw.org). ■



Valley Disaster Relief volunteers remove a damaged tree for someone in need.



# WHAT IS a revocable trust?

A revocable trust is a flexible estate-planning tool with many benefits. A trust is a legal entity created by a written legal document. It functions similarly to a Last Will and Testament — it names someone to manage your affairs, provides rules for that asset-management, and sets out how to divide money when you die.

But a trust can do much more than that. Because it is established during your lifetime, you have flexibility and control. Trusts are often used as a means to give money or property to others over time, or for limiting disbursements to beneficiaries.

Trusts aren't for everybody, but they have many advantages:

## Choose who is in charge

You will likely name yourself as trustee of your trust. You should also name a successor trustee to carry on this role. Upon your death or disability, the successor trustee steps in to fulfill responsibilities as outlined in the trust document. The trust allows you to choose who you want to manage your financial affairs.

## Continuity in asset management

A trust is a good way to ensure that your assets will be managed the way you want them to be, even if you aren't able to participate in the



decisions. If you become incapacitated, the trust provides a blueprint for paying income and assets to you and your family. The assets in a trust, with clear guidelines on their use by the trustee, guarantees that your loved ones will still have those benefits.

## Assets are not subject to probate

A properly-drafted trust will keep the assets in the trust out of probate. That means they are not administered with court oversight. Staying out of probate court can save a lot of money in costs and fees. This is a huge advantage for many people and often one of the main reasons for creating a revocable trust.

## Privacy

If your estate has to be administered through the probate court, your assets will be public record. This can be problematic for people who value their privacy. When your assets are in a trust, then only you, your beneficiaries, and the trustee have access to them.

When you are considering which estate planning tools are right for you, contact an attorney who specializes in estate planning — an attorney you can trust. ■

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

# NEED A PLAN?

WE ARE HERE TO  
HELP YOU LIVE  
EVERY MOMENT.

SUPERIOR SERVICE.  
LEGAL SOLUTIONS.

FOR 36 YEARS



ABENDROTH RUSSELL  
BARNETT LAW FIRM

ESTABLISHED IN 1987

## EXPERIENCED ATTORNEYS

— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
Probate & Estate Administration ■ Social Security Disability  
Business Formation & Planning ■ Medicaid & Asset Protection

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)


**CBD**  
 American Shaman™  
*The Most Powerful CBD Hemp Oil Products Available*  
**Health & Wellness**



RELIEF | RELAXATION | RECREATION

**CBD American Shaman**  
[www.cbdshamaniowa.com](http://www.cbdshamaniowa.com)

800 S 50th St, #106, West Des Moines • 515-380-5251  
 3418 8th St SW, #3, Altoona • 515-967-4036  
 1709 N Jefferson Way #300, Indianola • 515-962-5099

**VETERAN & MILITARY DISCOUNT 15% OFF**

MILLS CIVIC PKWY



WEST DES MOINES LOCATION

**CBD American Shaman**

VETERAN OWNED & OPERATED

## HEALTH By Ashley Powell

### CANNABINOIDS: What they are and are not

You may have heard of CBD (cannabidiol) as a popular health and wellness product. It has quickly become a rising star because it has so many benefits to offer. To be clear, hemp-derived CBD is not marijuana, and it will not get you high. CBD is non-habit forming and is not addictive.



You may not know that hemp-derived THC (tetrahydrocannabinol) is also legally available in many CBD stores. Hemp-derived THC is great for assistance with discomfort and sleep, and it has the same intoxicating effects as marijuana-derived THC.

Whether it's body or joint discomfort, stress and anxiety, sleeplessness or lack of energy, cannabinoids can be a major help in bringing a person back to balance. A popular form to ingest it is known as a tincture, applied beneath the tongue for absorption, but there are also edibles, capsules, water solubles, topicals and much more.

Cannabinoids interact with the endocannabinoid system to assist the body in regaining its natural homeostasis. CBD has gotten much of its noteworthiness by helping children who suffer from seizures, autism, and even cancer. Hemp health has some societal barriers to overcome, but the evidence of its benefits when it comes to easing discomfort and providing positive mental health is overwhelming. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.

## SS Therapy and Consulting



IMMEDIATE  
OPENINGS  
AVAILABLE!  
**CALL  
TODAY!**

Taking on life's challenges one step at a time.

[www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com)

Accept Most Insurances  
Offer Free Services Through Interns

**Therapy for All Ages**  
Most insurances accepted.

Neurofeedback  
Brain Maps and Training Available.

**Contact [admin@sstherapyandconsulting.com](mailto:admin@sstherapyandconsulting.com)  
 515-528-8135 to schedule.**

**CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!**

**EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.**

**DES MOINES**  
4725 Merle Hay Rd. Ste 205

**ANKENY**  
2675 N. Ankeny Blvd, Ste 105

## HEALTH By Elijah Evans

### MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We



can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■

Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).



# 5 THINGS to know when choosing an orthodontist

Orthodontics is a large purchase for most individuals or families. Besides the financial investment, orthodontics involves one of your most precious assets — your smile. Considering these five questions can help you make a decision that will positively impact you for the rest of your life.

**1. Reputation.** Word of mouth will always be valuable when making purchases, whether that is directly from talking to friends and co-workers or reading reviews and getting comments on your social media posts. Knowing that other people have received outstanding care and amazing results is always a great place to start.

Past and present reputation is essential to consider. Currently, many orthodontic offices are corporately owned and operated. The office or doctor may have had a pleasant past reputation, but talking with current patients



and employees can reveal a negative change in treatment or environment.

**2. Patient age.** Does the doctor treat mostly children? Mostly adults? In order to have the most successful outcome, you should choose a doctor that has experience treating patients just like you. Not only that, you also want to feel comfortable attending appointments and not feel out of place.

**3. Specialist.** Orthodontists are dentists who attend an additional two to three years of specialty school focused specifically on straightening teeth. Orthodontists focus their daily practice on all things related to jaw and tooth alignment. A dentist can practice orthodontics with no additional training. When choosing someone to care for your smile, experience and training can make all the difference. Verify your doctor is an orthodontic specialist.

**4. Free consultation.** Before making a large investment, it's wise to do some research. Offices that provide a free exam allow you to experience the office, doctor, and team to ensure you

feel comfortable. A free exam should help you answer all your big questions: am I a candidate for treatment, how long will it take, how much will it cost, and more.

**5. Financial options.** Orthodontics is a big investment and one you will never regret. Investments take money. When you break down what you get versus what you are paying, it is a phenomenal deal. Just because it's a great deal and great investment doesn't mean it will be easy to pay for. Look for an office that is willing to work with you and create a custom payment plan or flexible financial options. Your mouth is unique, and so is your financial situation. Find someone that understands that and caters to you.

How do they make you feel? Regardless of the information above, you have to feel good about your decision. At your initial visit, ask yourself, how do they make me feel? Do I have peace of mind or does something feel off? Do your research and then trust your gut. ■

Information provided by Dr. James Stork, DDS, MS, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-705-0644.

## BRACES & ALIGNERS

for children and adults

SCAN  
TO START SMILING!



StorkOrtho.com

515-705-0644

Locally owned and family operated



Dr. Stork

## CAREGIVER burnout is real

You may be asking yourself, "What is caregiver burnout?"

It is described as a state of physical, emotional and mental exhaustion. It may be accompanied by a change in attitude, from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, physically or financially.

The good thing is, there is so much help out there. It doesn't have to be like this forever; it isn't a permanent thing. Adult day care offers more than just a place to stay during the day.

Adult day care is dedicated to providing a supportive and caring environment for those in need of extra care. Care teams are passionate about creating a personalized experience that meets the individual's interests and capabilities.

Adult day care will help alleviate stress for both those in need of care and their loved ones. They strive to create an atmosphere where everyone feels at home and can enjoy their time together. So, come join a community of caregivers and experience the joys of adult day care. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukee, 516-518-0977, [www.graceestatesadc.com](http://www.graceestatesadc.com). Grace Estates Adult Day Center is excited to open its doors in June to provide opportunities for Seniors to experience life-giving activities and provide respite for caregivers.



# NOW OPEN!

**It's very common for those taking care of loved ones to feel burnt out and exhausted.**

**Here are a few of our tips on how to prevent/minimize caregiver burnout:**

- ✓ Set realistic expectations for yourself.
- ✓ Take time for YOU.
- ✓ Join a support group.
- ✓ Take regular breaks.
- ✓ Enroll your loved one in adult day care. (Hint Hint: The most important step!)

**CALL US TODAY!!  
WE WANT TO TALK TO YOU!**

**Grace Estates**  
Adult Day Center

**801 NE Venture Drive, Waukee**

515-412-0885 • [www.graceestatesadc.com](http://www.graceestatesadc.com)



**ENROLL TODAY!**

## GREENHOUSE Club

Valley H.S. students grow plants, give produce away.



For decades, a greenhouse at Valley High School sat in disrepair. One student, Nathan Steimel, developed an honors project to refurbish it and put it to use again.



With a variety of grants to update the greenhouse, he succeeded. The greenhouse now includes irrigation, garden beds and plenty of room for planting. Two years ago, students established the Greenhouse Club.

Last fall, a snafu hit the brand new greenhouse. A hailstorm in 2022 damaged it and put it out of commission for several months. By spring, though, it had been repaired and was ready for the club's use.

Club president Isabel McGrane, along with co-president Julia Krob, are among the 100 members in the group. The club meets twice a month with about 30 regulars.

Fall months are busy with harvesting. They donate produce to community gardens and food banks.

In the spring, students are planting tomatoes, herbs, peppers and flowers. They hold several plant sales for the public. Money raised goes back into the club to purchase supplies, such as soil, seeds and trays. If they have seedlings or plants left over at the end of the school year, they donate them to community gardens.

"We need to get rid of all the plants out of the greenhouse in the summer," says Isabel. "It gets too hot, and we can't keep anything in it in the summer."

Isabel says most club members don't have experience with gardening.

"A lot of students have never planted a seed before. It's cool to see the seeds in the ground and how your efforts can help you do good."

Isabel says at the club is one of the only hands-on clubs in the school and among other Iowa high schools.

"It's very unique. There aren't many around the Des Moines area," she explains. "It's cool for kids interested in horticulture, that they can share their plant knowledge. There's kids who care, and it's amazing to see kids talking about plants."

Isabel says she likes how the club impacts others positively.

"There's lots of moving parts to the club, including keeping donors informed and creating plant sales. Lots of small things add up to a big impact," she says. "Good work as hard. It's amazing how one planted seed can help so many people going forward." ■



# WHAT IS your net worth?

In today's technologically advanced world, there are countless systems and apps that will calculate your net worth. These systems calculate net worth by aggregating your bank and investment accounts while subtracting out any debt obligations. While that might be a good description of net worth, is this a good definition of your worth? Money is undoubtedly an aspect of all our lives, and, without a doubt, it has importance, but is it truly a measure of worth? Look at it this way, if I were to sit down and ask you as an individual what your worth is, would you answer me with a dollar figure? A person's worth is obviously much more than their point in time wealth. For example, most selfless acts in the world have little to do with money but are relational.

Rather than answering the question with a dollar figure, your answer would include multiple facets of life, like relationships, accomplishments, challenges and goals. Your net worth enables you to pursue the things that matter most to you and ultimately helps you achieve the things that define your worth. Therefore, there is an intersection of wealth and worth that we are all trying to find.

So how do you find this intersection, and how will you know you can pursue the things that will give you the greatest sense of worth? A



financial advisor is a great place to start, and working with that advisor to develop a financial plan can provide a roadmap for achieving what you set out to do. How can an advisor do this? It first starts with clarity of knowing what is important to you, what truly helps define your worth. Advisors might ask you questions like, "What does your money mean for you?" or "What type of legacy do you want to leave?" They can help you identify what ways you want to make an impact and work with you to devise a plan to have the resources you need to make that impact. People who have found this intersection of wealth and worth tend to have clarity of what they would like to do and a sense of how to do it. For example, a financial plan built on these questions would contemplate not only when you can retire but what type of life you could live in retirement.

Of course, a financial plan is not magic, and its mere existence is not enough to manifest the things you want in life, but with a plan and someone to help you along the way, it will be much easier to attain. Like any good plan, it is not something you can set and forget but rather something to review consistently to consider the latest information. This ongoing review promotes peace of mind and gives you the best chance of achieving your goals. ■

Information provided by Michael Jiskoot, Valiant Wealth, 3408 Woodland Ave., Suite 204, West Des Moines, 515-223-6068.

P U R P O S E   ◦   P E R S P E C T I V E   ◦   P L A N

## A unique service approach and investment philosophy bringing wholistic solutions to meet your needs.

Valiant Wealth is a Multi Family Office and Wealth Advisor in West Des Moines. They have been doing business with members of the community, and surrounding areas, since 2008. At Valiant Wealth, they **Do Wealth Differently**. They specialize in building financial plans and service solutions tailor-made for their clients aimed at helping their clients meet their goals and achieve peace of mind.



Doug Vander Weide



Michael Jiskoot



Shanell Freeseaman



Sandy Leinen



Scott Stegg



Alec Jackson



Brenda Hummel-Foreman



# VALIANT WEALTH

valiantwealth.com 3408 Woodland Ave #204, West Des Moines • 515-223-6068





# POLK COUNTY | Leading the Way

Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.

## RESOURCES AND REFERRALS

### BOARD OF SUPERVISORS

515-286-3120

### ASSESSOR

515-286-3014

### BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-581-8111

### CONSERVATION

515-323-5300

### ELECTION OFFICE

120 2nd Ave, Suite A Des Moines, IA 50309

515-286-3247

### GENERAL ASSISTANCE

515-286-3434

### GRANTS AND SPONORSHIPS

COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS

515-286-2272

SPONSORSHIP

515-286-2272

### HEALTH

515-286-3798

### VETERAN AFFAIRS

515-286-3670

### HUMAN RESOURCES

CAREER OPPORTUNITIES, EMPLOYEE  
BENEFITS AND WELLNESS

515-286-3200

DIVERSITY, EQUITY, INCLUSION, ACCESSIBILITY

515-286-3624

### PUBLIC WORKS

515-286-3705

### RECORDER

VITAL RECORDS

515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

ATV/BOATS/SNOWMOBILE

515-286-3160

### SHERIFF

POLK COUNTY JAIL

515-323-5400

LAW ENFORCEMENT (NON-EMERGENCY)

515-286-3306

### TREASURER

MOTOR VEHICLE

515-286-3030

PROPERTY TAX

515-286-3060



[POLKCOUNTYIOWA.GOV](http://POLKCOUNTYIOWA.GOV)





# Polk County North/West Side Highlights



## Polk County Gives Funds for a New Grimes Public Library

The new **Grimes Public Library** is under construction and scheduled to open before the end of the year. **Polk County provided a \$75,000 Community Development Grant** toward the construction of the project. Grimes Library Director Cheryl Heid says, "This project was only possible because of support from Polk County and other generous individuals and community leaders."

## Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



## Polk County Grants Historic West Des Moines \$1 Million

Polk County recently provided **\$1 million for new housing initiatives in Historic West Des Moines**. The initiative is designed to rehabilitate homes, increase home ownership for low and moderate income lowans, and provide down payment assistance.

## Trestle to Trestle Bridge Reopens in Johnston

A major artery between the cities of **Johnston and Des Moines** is once again open to cyclists and walkers. The bridge was closed beginning spring of 2019 when the previous bridge collapsed under the weight of ice jams and high water. **Polk County provided significant funding to reopen the bridge** with new amenities and features.





Tired of waiting  
for your house  
to cool down?

**Get a Solution NOW!**



**EMERGENCY  
SERVICE**



**WE SERVICE ALL  
MAKES & MODELS**



**CERTIFIED &  
LICENSED  
PROFESSIONALS**

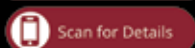


**FULLY STOCKED  
VEHICLES WITH  
PARTS**

**We're your full service HVAC  
company with the expertise  
to service and install the  
equipment to solve all of your  
home comfort needs!**

**Call Today! (515) 965-7272**

**72°**  
COMFORT  
COMPANY  
72degrees.com



## PREP your system before going on vacation

Are you ready to travel and dreaming of beaches and exotic destinations? Before you head out of town, it's important to make sure your HVAC system is prepared for your absence. Here are some tips for preparing before you leave for vacation:



- **Adjust your thermostat** - One of the easiest ways to save energy while you're away is to adjust your thermostat. Setting your thermostat at 78-80 degrees will help prevent unnecessary energy usage and save you money on your energy bills.

- **Consider a smart thermostat** - If you have a smart thermostat, you can program it to adjust the temperature of your home based on your schedule. This means you can set your thermostat to a more energy-efficient temperature while you're away and have it automatically adjust to a more comfortable temperature when you return.

- **Shut off your water supply** - If you're going to be away for an extended period of time, consider shutting off your water supply. This will help prevent any potential water leaks or damage to your HVAC system.

- **Clean your HVAC filters** - Dirty air filters can reduce the efficiency of your HVAC system and lead to higher energy bills. Before you leave for vacation, make sure to clean or replace your air filters to keep your HVAC system running smoothly while you're away.

- **Schedule a professional inspection** - If you're going to be away for an extended period of time, it's a good idea to schedule a professional inspection of your HVAC system before you leave. A certified technician can identify any potential issues and make sure your system is running at peak efficiency while you're away.

By taking these simple steps, you can help ensure your HVAC system is prepared for your absence and will continue to function properly while you're away. And when you return home from vacation, you can rest easy knowing your home will be comfortable and energy-efficient.

If you're unsure how to properly prepare your HVAC system for your next vacation, don't worry, you're not alone. After all, who has time to worry about air filters and thermostats when you're busy packing for a trip? Don't fret. Contact your local heating and cooling company for help, and, when you return home, you can bask in the glory of a comfortable, energy-efficient home, without lifting a finger. So go ahead and enjoy your vacation. ■

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



## OUT & ABOUT

# RIBBON Cutting

A ribbon cutting was held for Body Renewal Clinic & Med Spa on April 27.



Body Renewal Clinic & Med Spa, 1441 29th St., Suite 216, West Des Moines, on April 27.



Kamsa Thephavong and August Vu



Bob Heggen and Zach Vander Ploeg



Gina Wright and Jay Mathes



Dory and Sean Stevens



Tiffany Freed and Evan Beitz



Darci Hagen and Heidi Kroll



Dr. Margaret Vitiritto-Kahn (owner), Anna Kahn and Al Kahn



Bee White and Taylor Drummond



Tom Slender-Custer and Austin Lange



# OPEN House

An open house was held for Danny Beyer on the release of his new book, "The Ties that Bind: Networking with Style!" in partnership with FuseDSM, the West Des Moines Chamber of Commerce and the Urbandale Chamber of Commerce.



Heather Raver and Patrick Onken



Eric Meints



Todd McDonald and Tom Gayman



Zach Rus and Chris Andersen



Anne Wemhoff and Becky Coady



Isabella and Tabitha Beyer



Penny Schmidt and Elena Greenberg



Shonn McDonald and Patrick Pithan



Jill Crosser, Heather Raver and Anna Doud



Danny and Kacey Beyer



Danielle Vidergar and Stephanie Smith



# RLC RESORT LIFESTYLE COMMUNITIES®

*Glen Meadows*

## Retirement Living Made Simple.

We're closer than ever to bringing Glen Meadows' all-inclusive amenities and worry-free lifestyle to you. The best part — everything is included for only one monthly price with no buy-in fee or long-term lease!

### All-Inclusive Amenities

- ◆ Live-In Managers
- ◆ No Buy-In or Long-Term Lease
- ◆ Signature **Freedom Dining** Program
- ◆ 24-Hour Emergency Alert System
- ◆ Weekly Housekeeping
- ◆ Robust Social Calendar
- ◆ Health & Wellness Programs
- ◆ All Utilities Included
- ◆ Full-Size Washer & Dryer
- ◆ And Many More!

**Opening  
Soon!**

### Models Open!

Our beautiful model apartments are open.  
Call today to plan your visit and picture  
yourself at Glen Meadows!

# 515-418-9770





# Treat Dad this Father's Day

WITH ONE OF  
OUR SMOKERS,  
and he'll treat  
you all year long!



The Broil King Pellet Smoker  
is a MUST SEE, MUST FEEL,  
A MUST HAVE! Come in  
and check it out today!

MADE IN THE U.S.A.

**snap!**  
finance

**NO**  
CREDIT  
NEEDED

GET UP TO  
**\$3,000**

**100**  
DAY CASH  
PAYOFF

APPLY APPROVE  
  
**SHOP**

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-2  
**515-993-4287**

**ADEL  
& Winterset**  
T.V. & APPLIANCE • HEATING & COOLING  
Est. 1960

[www.adelwintersettv.com](http://www.adelwintersettv.com)

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**

**Box store selection with the small town service you deserve!**