

ANKENY

JUNE 2023

# Living

MAGAZINE

ANKENY CHAMBER

# SUMMERFEST

Let the fun begin

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RECIPE

**Ankeny Pride roars back for second year**

COMMUNITY

**AHS Mock Trial wins national championship**

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WELCOME

## A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parade, carnival, live music and even fireworks. Several even choose to hold theirs on the Fourth of July. I have attended every community celebration in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having chain stores, cookie-cutter houses and traditional family make-ups. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build there, and families decide to move in. As a whole, suburban communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you drive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Ankeny.

If you have not actively participated in the Ankeny Chamber SummerFest, you are in luck. This year's event is just around the corner, and there will most certainly be a number of events and activities that you will enjoy.

Once again, we share the details of this hometown event in the pages of this magazine. It is a wonderful part of this vibrant community and yet another reason why so many choose to call Ankeny home.

Thanks for reading. ■

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

**Correction:** Last month's "Beware of ticks" article should have said that ticks attached for 24 hours can spread disease.



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

**Andrea Hodapp**  
Advertising Account Executive  
515-883-0523  
andrea@iowalivingmagazines.com



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# ANKENY CHAMBER SUMMERFEST

Let the fun begin

By Ashley Rullestad

For more than 50 years, Ankeny Chamber SummerFest, presented by Karl Chevrolet, has brought Ankeny and the surrounding area together for three days of music, carnival rides, great food and fun. Every year, committee members, staff and volunteers work to bring the festival to life. Organizers are thrilled to be back July 7-9 with a full slate of events for the second year in the celebration's new location — the District at Prairie Trail.

What better way to celebrate a successful SummerFest than a fireworks display?

## Details at The District

This year's event features expanded space for festival attendees with the addition of a 60,000-square-foot parking lot recently installed west of the library, where the entertainment garden will be located.

On Friday and Saturday, in the grassy area where the main stage was set up in 2022, the chamber is providing a space where people can bring their bag chairs or sit on a blanket with their family and be able to listen to the music and still have a conversation with those next to them.

A large screen will be broadcasting what is happening on the stage so folks can enjoy the music without being right in front of the action. Organizers will also have yard games out so people can participate in a friendly round of bags and Jenga or play cards.

"Moving Ankeny Chamber SummerFest and its events to the entertainment districts of Ankeny — The District at Prairie Trail and Uptown Ankeny — follows our mission of supporting the promotion and development of our members within the community. We are

now surrounded by local member businesses. We appreciate all the support we have received from members, volunteers, sponsors and the community," says Melisa Cox, president and CEO of Ankeny Area Chamber of Commerce.

Festival-goers should again be mindful of the fact that parking at The District is limited. In order to accommodate attendees, parking is available at the DMACC Ankeny Campus, 2006 S. Ankeny Blvd., with a free shuttle running to the festival entrance. Shuttle times are Friday, July 7, 3:30 p.m. to midnight; Saturday, July 8, 10:30 a.m. to midnight; and Sunday, July 9, 12:30 p.m. to 11 p.m.

Organizers are providing a safe environment by having private security, Ankeny Police, Fire and EMS on site during the three-day event. They have worked with Waste Solutions again this year to bring in a safety camera to keep watch over the carnival area. All these measures are put into place in order to provide a safe event. Bags and IDs for wristbands will be checked upon entrance. In order to purchase beer tickets or turn in a ticket for a beer, you

## GET YOUR PASSPORT

**New this year: Get your Ankeny Chamber SummerFest Passport.** Create an account and stop into participating Ankeny Chamber businesses for a discount/coupon and a "digital stamp" on your passport. Fill your passport by scanning the QR codes in participating businesses to win prizes when attending Ankeny Chamber SummerFest. ■



must be wearing a wristband. Special "Under 21" wristbands will be provided for those who would like them.

Once inside, attendees can enjoy tasty eats from more than 30 food vendors. Everyone should be able to find something they enjoy, from coffee and donuts to pizza and tacos.

This year, organizers have pulled out all of the stops by bringing new musical entertainment to the festival as well.

**Thank you for your nominations!**

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## Friday, July 7

Ankeny Alumni start the fun on Friday with the annual golf tournament at Woodland Hills Golf Course.

Registration starts at 7:30 a.m.; shotgun start is at 8:30 a.m. Cost is \$75/person, which includes 18 holes, green fees, cart, gift, lunch and prizes. That night, the 2023 Annual Ankeny Alumni Banquet will be held at OLIH Catholic Church. Check-in starts at 4:45 p.m. with dinner served at 5:30 p.m. To register or learn more, visit [www.ankenyalumni.org](http://www.ankenyalumni.org).

Ankeny Chamber SummerFest officially kicks off Friday at The District at 4 p.m. with the carnival, open until 11 p.m. Wristbands are available for \$25 for unlimited rides from 5-10 p.m. All carnival wristbands and tickets must be purchased on site from the carnival ticket booth. Friday also features live music with Mint performing at 5 p.m., Gimikk at 7 p.m., and Decoy rounding out the night at 9:15 p.m.

Also new this year: Purchase a 2023 Ankeny Chamber SummerFest Pit Pass and get reserved front row to all bands on Friday and Saturday. By purchasing a Pit Pass, you will also be entered to win an additional pass to meet headliners Decoy on Friday Night and Colt



A slew of volunteers make SummerFest possible.

Ford on Saturday night. (Only 10 Meet and Greet passes available. The Ankeny Chamber will notify you if you've won.)

The Pit Pass can be used all day on Friday and Saturday during Ankeny Chamber SummerFest hours — standing room only. Ankeny Chamber SummerFest is not responsible for lost or stolen wristbands. Purchase your Pit Pass at [ankenysummerfest.com](http://ankenysummerfest.com).

In addition to the fun at The District, visit Uptown for Friday Family Fun night with princesses/super heroes, face painting, a game truck, sidewalk chalk, bubbles and more.

Kids will be excited to participate in the

Kiddie Parade where they are encouraged to embrace the "Ready. Set. Play." theme and dress to impress. Decorated bikes and wagons are encouraged. Registration is at 5:30 p.m., judging at 6 p.m., and the start at 6:30 p.m. The route begins and ends in front of the Ankeny Community School District main office on the corner of S.W. Third Street and S.W. School Street and goes north on S.W. School, west on S.W. Second, south on S.W. Pleasant, east on S.W. Third, and south on S.W. School to return to the starting point.

After the kiddie parade, stick around for more family fun in Uptown until 8 p.m.

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## Saturday, July 8

Starting bright and early on Saturday morning from 7-10 a.m. is the Kiwanis PancakeFest. The Ankeny Kiwanis Club has been hosting PancakeFest for the past 16 years. Located at the Hawkeye Park band shell on the Ankeny Chamber SummerFest grand parade route, approximately 300 people enjoy pancakes, sausage and coffee/milk/juice for \$5 (children younger than 3 are free). Volunteers cook the special recipe pancakes on a custom grill that can cook 18 at a time.

PancakeFest is a special event for the club for a couple reasons. First, all money raised through ticket sales and sponsorships goes to support Ankeny students through scholarships and through support of Ankeny High School Key Club service group. Second, it is one of the most visible events Ankeny Kiwanis Club hosts, feeding several hundred people and being seen by hundreds more along the parade route.

In addition to scholarships, the club's community betterment activities include supporting or sponsoring Ankeny Miracle League, Operation Underwear, Shoes & Beds for Kids, Ankeny Parks & Recreation's

adaptive swim lessons, Ankeny Schools Backpack Buddies, and Miracle Kids.

Along with PancakeFest, the club hosts two additional fundraisers to support these programs: A Night for Miracles Gala in February and Putt Around the District in September. The club is small and mighty at 30 members. If you are interested in joining Kiwanis, check out the club's Facebook page or email [admin@ankenykiwanis.org](mailto:admin@ankenykiwanis.org).

Then it's time for the grand parade. The parade's new route gets rolling from Southview Middle School, 1020 S.W. Cherry St., at 9 a.m., travels north on S.W. Cherry Street, turns slightly onto N.W. Ash Drive, and then turns west onto N.W. Prairie Ridge Drive where the parade ends at Prairie Ridge Aquatic Center. For those participating in the parade, decorated floats in the "Ready. Set. Play." theme are highly encouraged. Register your entry at [ankenySummerFest.com](http://ankenySummerFest.com) before the end of day July 5.

After the parade, grab some food and check out the entertainment garden and carnival, which all open at 11 a.m. with a carnival wristband special from 11 a.m. to 4 p.m. The afternoon's free live music



The parade's new route gets rolling from Southview Middle School, 1020 S.W. Cherry St., at 9 a.m.

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festivities begin with Tim and Jana West at 3 p.m. followed by Gabe Lee at 5 p.m., Rob Leines at 7 p.m., and headliner Colt Ford at 9:15 p.m.

## Sunday, July 9

On Sunday, the carnival, vendors and entertainment garden open at 1 p.m. Enjoy the sounds of Suede Rock Band at 1 p.m., Nola Jazz Band at 3 p.m., Stark Raving Madge at 4:30 p.m., and round out the night with The End: A Tribute to the Beatles at 7 p.m.

Ankeny Chamber SummerFest winds down with a fireworks show at 9:30 p.m.

## Bigger and better

Cox says she is excited to show the community an even bigger and better Ankeny Chamber SummerFest this year.

“Last year was a learning experience for everyone involved. We learned a lot and tried to listen to those that gave us constructive feedback in order to make the event even better this year. We did a survey of the community and over 1,000 people responded, and even though we couldn’t make all the changes they requested, we did work to enhance the



The carnival returns to SummerFest.

experience for 2023.”

Without its sponsors, Cox says there would be no Ankeny Chamber SummerFest. Its community partners, including The District, Polk County Supervisors, Ankeny Community School District, DMACC and the City of Ankeny, are also crucial to the event, she says, adding it takes more than 300 volunteers to run the festival, from manning ticket sales, to bar service, clean up and putting on wristbands. If you are interested in volunteering, visit [ankenysummerfest.com](http://ankenysummerfest.com) to sign up.

“Ankeny Chamber SummerFest is a staple in our community, and being the presenting sponsor is core to our mission of giving back to the communities that support our dealerships,”

says Tony Mills, chief marketing officer at Karl Chevrolet. “Splitting this event between Uptown and the District greatly showcases Ankeny, our Chamber members and all the great things our community has to offer, as well as highlighting the core business districts and locally owned businesses of our community. We are honored to be part of such a great community event.”

For the latest information on Ankeny Chamber SummerFest, visit @AnkenyChamberSummerFest on Facebook and [ankenysummerfest.com](http://ankenysummerfest.com). Summerfest® is a registered trademark of Milwaukee World Festival, Inc., and is used with permission. ■

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## Avoid surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.



**1. Opticians and eye exams** - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

**2. Hearing aids** - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

**3. Dental work** - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

**4. Overseas care** - Medicare usually doesn't cover health care while you're traveling outside the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

**5. Cosmetic surgery** - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic

surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

**6. Chiropractic care** - Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

**7. Massage therapy** - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

**8. Nursing home care** - Medicare pays for limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it.

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to [RetireWithMerkle.com](https://RetireWithMerkle.com). Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: [Medicare.gov](https://www.Medicare.gov) [AARP.org](https://www.AARP.org)

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## FAITH

By Pastor John Wagner

# WHATEVER you do... it matters

It's not lost on me what an honor it is to write in a magazine that reaches so many people in Ankeny. When I sit down to write, even though I may not know you well at all, I think of you. One of my next thoughts is usually, "I wonder what I can say that would make sense to someone reading this FAITH column today?"



There might be an even more important question I should be asking. I want to share a scripture from the Bible that probably requires more study and thought to fully understand than a half-page article can provide, but it is one that has been on my mind as I think about you/us.

1 Corinthians 10:31 - "So whether you eat or drink or whatever you do, do it all for the glory of God."

Today I have the privilege of being able to choose between a number of different foods or drinks. There are thousands of combinations of activities in which I could participate. There are probably millions of things I could write about in this column. The question I should be asking, and that I ask you now is this: Whatever I decide to do, whatever I decide to write about, is it for the glory of God?

What does that even mean — to do something for the glory of God? Perhaps we can rephrase the question like this: Is what I am doing pleasing to God? Is my behavior something that would cause others to see or sense the goodness of God? Would what I am eating or drinking or how I am behaving cause someone else to stumble or to question God's love for them? Living in Ankeny affords me opportunities that are varied and seemingly endless. Do each of these opportunities draw me closer to God or bring God glory by suggesting to others that God loves them as well?

Is this article "bringing glory to God?" I think that anytime we redirect our minds/hearts to the love that God has for us and for all people, we are pleasing God. When we reorient our actions and activities to better share God's love, we are honoring a God who wants to be known.

Whatever you do... whatever I do... it matters.

Our actions demonstrate our beliefs, our character and, in some way, the character of the God we say that we worship or serve. Whatever you decide to do this summer, perhaps measure its "value" by whether or not it could be seen by God as a way to say thank you to God for God's love. Whatever you do, do it so that someone else might know God's love as well. ■

Information provided by John Wagner, campus pastor,  
Christian Life Center, Ankeny First United Methodist Church.





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## REAL ESTATE

By Bonnie Christensen

## WHAT to know about researching home prices



There are a lot of home pricing resources out there, and some are far better than others. When it's time to sell your house, you may be feeling a little anxious. A chapter of your life is closing. There's a lot of money on the table. You may be thinking "Is my house priced too high?" "Too low?" "Am I leaving too much money on the table?" These are big questions.

The more you know, the more confident you'll be when it's time to make those big decisions.

### Turn to local experts — because they really know their stuff

When pricing your house, a listing agent has your back in a way an online property listing site just can't. An agent:

- Has real world experience in your community.
- Knows the nuances of your neighborhood's micro-market.
- Can expertly assess how your home compares to similar ones recently sold in your area.
- Can tour your property to determine, inside and out, where your house fits in the real estate landscape.

A website will do none of the above.

An agent will, yes, consider online market data to help you set the price of your home. But he or she will also rely on first-hand knowledge about your home's unique perks (and quirks), as well as about the neighborhood, to better inform your listing price.

He or she can also recommend ways to market your house (Instagram-able photos, blog-worthy descriptions, etc.), pro stagers who can set your home up to dazzle buyers, and inspectors and contractors who can make any needed repairs.

### Search online property sites — because they'll give IRL experience some context

The internet is there for you as well — to an extent — when you're ready to sell your home. Online property sites like [realtor.com](http://realtor.com)® can give you a sense of local real estate trends, including your city's median listing price, median closing price, and the average price per square foot.

Also, as you search, be aware that not all real estate listing sites are created equal. [Realtor.com](http://realtor.com)® aggregates listings from Multiple Listing Services (MLS) around the country, which provides the most up-to-the-minute data about home sales. Most of "for sale" listings at [realtor.com](http://realtor.com)®, for example, are refreshed every 15 minutes — so what you see is likely what you get. Another big property listing site (and brokerage), Redfin, also aggregates data from MLSs.

Trulia and Zillow, on the other hand, collect their listing information from a variety of sources, and may not always be as up to date as the MLS.

The takeaway: Seller, beware. Consider your online source. Take what you've learned from online listings to your agent to talk about what's really best for you and your home. Your listing agent's knowledge and expertise are more reliable measures for determining your own home's price. He or she knows the subtleties of your home, neighborhood, and real estate market inside and out. Before you and your agent can confer, don't get your heart set on a sale price. ■

Article by HouseLogic. Information provided by Bonnie Christensen, broker, ReMax Precision. 225 N.W. 18th St., Suite 103, Ankeny. 515-971-9973.

## ANKENY KIWANIS SUMMERFEST PancakeFest

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# BOYS of summer

Ankeny to host Central Regional Intermediate Tournament.

Ankeny will be bustling with baseball this July as some of the nation's best Little Leaguers come to town July 16-20 for the Central Regional Intermediate Tournament.

And it's not just any tournament. Ten teams will compete in a double elimination tourney with the winner being crowned the Central Region champion and advancing to the Intermediate World Series held in Livermore, California, July 30-Aug. 6.

Ankeny Little League President Rob Sheeks says this will be the second year of hosting this tournament in Ankeny. There were a lot of factors that came into play in being awarded the honor of being called "host."

"Out of the hundreds of leagues from the states we are hosting with this division, our league was a finalist when we applied to host the event," Sheeks says. "The condition of our baseball facilities and the multitude of restaurants, hotels and other businesses in Ankeny is what helped in landing this prestigious event."

In 2022, there were 18 games played at Ankeny Little League fields.

"For the 2023 tournament, we are anticipating 10 teams once again, and games start in the afternoon and are played through the evening," Sheeks says.

The Intermediate State Champions from Nebraska, Kentucky, Ohio, Indiana, Illinois, Missouri, Iowa, Wisconsin, Michigan, as well as Iowa's District 3 champion will compete. These teams are comprised of players ages 11-13.

Teams from nine states (12-14 ball players on each team, plus two to three coaches) along with their families stay in selected hotels in Ankeny for the duration of their tournament play. Sheeks says that means an extra 300-400 people in the community during that time. The community as a whole stands to benefit greatly.

"The financial impact is unlimited, as the teams are here for three to five days," he says.

That number doesn't include the eight or nine umpires who will stay in the area as well. Being selected to call a game is an honor in itself, Sheeks says.

"The umpires are selected after a lengthy evaluation process that also considers their quality of umpiring," he says. "To be selected as a regional umpire is a prestigious honor and one that takes years. Once selected as a regional umpire, in the future they could be selected as a World Series umpire. These umpires come from throughout the United States."

Ankeny Little League is the host for this tournament and takes on full financial responsibility of it as well. The organization is looking for more businesses or individuals to sponsor this tournament to help offset the cost. Expenses for the tournament include umpire hotel rooms, awards/trophies, daily umpire and team stipends, team welcoming dinner, umpire shirts and hats. Those who would like to help financially or would like more information, are asked to reach out to Janean Carey at [Janean.carey@yahoo.com](mailto:Janean.carey@yahoo.com). ■



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## Ankeny Senior Center Activities

515-963-0527

**June 16:** Father's Day Brunch/Juneteenth Celebration. Bingo at noon. Open Mahjong at 1 p.m. 500 Cards 1 p.m. Foot care clinic by appointment.

**June 19:** Closed

**June 20:** Euchre 12:30 p.m. Murder Mystery Hour 12:30 p.m. Open Mahjong 1 p.m.

**June 21:** Mahjong 9:30 a.m. Pinochle 10 a.m. Open cards 12:30 p.m. Live 2B Healthy, 1:30 p.m.

**June 22:** Bag Toss 10 a.m. 10 Warning Signs of Alzheimer's 10 a.m. Open cards 12:30 p.m. Duplicate Bridge 1 p.m. Foot Care Clinic by appointment.

**June 23:** Bingo noon. Open Mahjong 1 p.m. Live 2B Healthy 1:30 p.m.

**June 26:** Book Club 9:30 a.m. Hand and Foot 12:30 p.m. Live 2B Healthy 1:30 p.m.

**June 27:** 500 Cards 10 a.m. Euchre 12:30 p.m. Open Mahjong 1 p.m.

**June 28:** Mahjong 9:30 a.m. Pinochle 10 a.m. Open cards 12:30 p.m. Live 2B Healthy 1:30 p.m.

**June 29:** Bag toss 10 a.m. Open Cards 12:30 p.m. Movie and Popcorn 12:30 p.m.

**June 30:** Bingo noon. Open Mahjong 1 p.m. Live 2B Healthy 1:30 p.m. Foot Care Clinic by appointment.

## Ankeny Senior Center Menus

515-963-0527

**June 16:** Goulash, carrots (Friday Flex Chicken Caesar salad), orange, breadstick, sugar cookie, chocolate milk.

**June 19:** Closed

**June 20:** Turkey burger, whole wheat bun, potato salad, apple juice, Rice Krispy treat, skim milk.

**June 21:** Beef taco, tortilla, cheese and lettuce, Mexicali corn, banana, taco sauce, birthday cake, skim milk.

**June 22:** Meatloaf, mashed potatoes, copper penny salad, raisins, dinner roll, skim milk, Boston Cream Pie.

**June 23:** Sausage patty, scalloped potatoes, green beans (flex Friday spinach salad with chicken), orange, Goldfish, chocolate milk.

**June 26:** Chicken fajita, peppers and onions, tortilla, pinto beans, apple, Snickerdoodle, skim milk.

**June 27:** Pasta with meat sauce, Cali blend, orange, breadstick, skim milk.

**June 28:** Cali Burger on bun with lettuce, tomato, onion; baked beans; banana; skim milk.

**June 29:** Swedish meatballs, mashed potatoes, lettuce with ranch dressing, raisins, dinner roll, skim milk, strawberry rhubarb pie.

**June 30:** Beef hot dog on bun, diced potatoes (flex turkey wrap), mixed veggies, apple, chocolate milk.

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## EVENTS IN THE AREA

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

Check for cancellations

### Summer Celebration with Chuck Crain

July 16, 5:30 p.m. to dusk  
Faith Chapel, 7384 N.W. 16th St., Ankeny

Faith Chapel invites the public to enjoy a summer celebration of music and family fun with Chuck Crain from Presleys' Branson & RFD TV. Games, food, a puppet show, veterans salute and entertainment are featured. Bring your lawn chairs and picnic meal and enjoy a night out with your neighbors. A freewill offering will be accepted.

### Summer art camps

Ankeny Art Center,  
1520 S.W. Ordinance Road

These fun summer art camps keep students engaged and learning all summer long. Offering camps for students in grades K-8, the Ankeny Art Center has more than 30 camps to choose from. Art Exploration, Drawing, Pottery Sculpture, and Pottery Wheel are included. Go online for more camp information and to get your student registered at [www.ankenyardcenter.org](http://www.ankenyardcenter.org).

### Bankers Trust Summer Branch Celebrations

Wednesday, June 28,  
11 a.m. to 1 p.m.  
Ankeny Branch, 1925 N.  
Ankeny Blvd., Ankeny

Bankers Trust is showing its appreciation to its customers with Branch Celebrations, featuring free food while supplies last and giveaways.

### Neighbor to Neighbor free meal

June 25, 5 p.m. Doors open at 4 p.m.  
St. Anne's Episcopal Church,  
2110 W. First St., Ankeny

This month, the menu will include walking tacos in a bag or a bowl, side dishes and homemade desserts. No one is required or expected to be a member of St. Anne's. The meals are free and are followed by seven rounds of free Bingo with small prizes for each round and a \$15 prize for the last hand. Freewill donations will be accepted but are not expected or required.



### Leprechaun Bags Tournament

July 15, noon  
Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information. ■



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# ANKENY Pride is roaring back for its second year

Rainbow Run, pet parade and more



Participants in last year's Rainbow Run gather for a race-day photo.

Last year's inaugural Ankeny Pride event was a rousing success, and the new planning committee is excited to put on an even bigger community celebration as they prepare for their second annual Ankeny Pride on Saturday, June 24.

Co-founders Jill Bjorklund and Jenn Dreier had a dream of creating a family-friendly, local celebration where the community could come together to connect, find unity, and celebrate Pride Month. They were overwhelmed by the outpouring of support from local businesses, nonprofits, artists, musicians, and residents who made their dream a reality, and they say they are thrilled to offer even more proud fun this year.

The day will kick off at 8:30 a.m. with a Rainbow Run on the High Trestle Trail. Due to construction this year, the event will begin near Ankeny High School, where participants can run, walk, roll, bike, strut, or stroll the out and back 5K route to the new Oralabor Overpass. There will be prizes for Most Pride and Best

Coordinated Group. Register at <https://bit.ly/RainbowRun23> for \$5 each. Ages 4 and younger are free. To commemorate the experience, participants may buy a Rainbow Run shirt at Ankeny Pride later that afternoon.

The fun continues at the Ankeny Market & Pavilion from 4-9 p.m. where there will be plenty of food, fun and festivities throughout the afternoon and evening. Guests can enjoy the vendor fair, kids' zone, story times, book giveaway and more and enter to win a Yeti cooler.

New this year, Ankeny Pride will be hosting a Pet Parade to show off your cutest family member. Check in will begin at 4:15 p.m. with the parade officially beginning at 4:30 p.m. Leashes are required and owners are responsible for cleaning up after their pets. The judges will determine the winningest pets and prizes will be awarded.

The Pride of Ankeny Art and Talent Showcases will keep audiences entertained and

inspired throughout the event's evening hours. Vivian von D, Ankeny alum and former Miss Central Iowa Youth Pride, will return to host the talent portion. The top artists and performers in the showcases will receive prizes.

Ankeny Pride will then welcome to the stage their headlining act, Broadway performer and Iowa native Joel Waggoner. Waggoner is a singer, songwriter, multi-instrumentalist, TV/theater actor, comedian, composer, arranger, and one-time game show winner. Finish the night out at Ankeny Pride's after parties at local establishments, Uptown Garage and Firetrucker, where Ankeny Pride attendees wearing the event bracelet will receive an exclusive drink discount.

Ankeny Pride welcomes donations to their Venmo (@AnkenyPride23) and any questions to [ankenypride@gmail.com](mailto:ankenypride@gmail.com). You can follow Ankeny Pride on Facebook and Instagram and check out their new website at [www.ankenypride.org](http://www.ankenypride.org). ■

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**BEFORE AFTER**



## MOCK TRIAL team wins national championship

Ankeny High School defeats New Mexico in final round.



The Ankeny High School mock trial team won the 2023 National High School Mock Trial Competition in Little Rock, Arkansas.

For the first time in school history, the Ankeny High School mock trial team won the National High School Mock Trial Competition after defeating New Mexico in the final round in Little Rock, Arkansas.

Amy Akers, the team's teacher-coach, brought the mock trial program back to Ankeny in 2017 after a hiatus of many years. In the seven years since, AHS has had a team make it to state most years. This year, five teams competed at regionals and three of them made it to state.

Attorneys Marcus Miller and Joel Metzger serve as the team coaches. Miller, head attorney coach, is a graduate of Johnston High School, the University of Iowa and Harvard Law School.

The team started with pre-season practices in November. During those practices, students learned the rules of evidence and other courtroom procedures. They reviewed footage of high-level college rounds, and Miller wrote a few mini cases which the students had less than an hour to read and prepare their parts for a scrimmage.

"At the state tournament, the students had five solid trials against worthy competitors. Each trial my students continued to improve. And then they won the championship round, becoming the first team from Ankeny High School to win the state tournament," says Miller.

Celebrating the team's win at state quickly turned into a scramble to prepare for the nationals tournament. They practiced roughly five to six days a week, with six- to seven-hour practices on the weekend.

Miller says there was something that set his team apart from the others.

"To me, that something more was the trust and love the students had for each other. Mock trial is a team activity that requires on-the-spot decision making and sometimes blindly trusting each other. Mock trial is about chemistry and cohesion. It's the kind of intangible that isn't coachable. Throughout this season, the students have formed a special bond with each other."

This win is significant for the students personally and for AHS.

"Nationals was one of the best experiences of my life," Mallory Jordan, a junior at AHS, says. "I met so many interesting and talented people from around the country. It was amazing to compete at that level and see all of our hard work come to life. I want to be an attorney, so having this experience will not only provide great future knowledge but also be a great experience to share on college applications and also with future employers."

Participating students include Chloe Andersen, Nicki Casady, Sareena Casady, Hayden DeWitt, Mallory Jordan, Marissa Larson-Minar, Grant Miner, Hannah Pross and Noah Yeager. ■

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# ANKENY CHAMBER SUMMER FEST

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## SCHEDULE OF EVENTS:

**AnkenySummerFest.com**

### Friday, July 7<sup>th</sup>

- 4:00 PM: Ankeny Chamber SummerFest Grounds Opens
- 5:00-10:00 PM: Carnival wristband- \$25
- 5:00 PM: Bands Begin
- 11:00 PM: Ankeny Chamber SummerFest Closed

### Friday Family Fun Activities

- 4:00 PM: Family Fun Day Activities Begin in Uptown Ankeny
- 5:30 PM: Registration for Kiddie Parade
- 6:30 - 7:00 PM: Kiddie Parade
- 7:00 - 8:00 PM: Activities Resume
- 8:00 PM: Family Fun Day Concludes

### Saturday, July 8<sup>th</sup>

- 9:00AM: Grand Parade Begins
- 11:00AM: Ankeny Chamber SummerFest Grounds Opens
- 11:00AM- 4:00 PM: Carnival Wristbands
- 1:00 PM: Bands Begin
- 11:00 PM: Ankeny Chamber SummerFest Closed

### Sunday, July 9<sup>th</sup>

- 1:00 PM: Ankeny Chamber SummerFest Grounds Opens
- 1:00 -5:00 PM: Carnival Wristbands
- 1:00 PM: Bands Begin
- 9:30 PM: Fireworks in The District at Prairie Trail  
Tune into 92.5 KJJY for Fireworks music
- 10:00 PM: Ankeny Chamber SummerFest Closed



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### Friday Bands

- 5PM Mint
- 7PM Gimikk
- 9PM Headliner  
Decoy

### Saturday Bands

- 3PM Tim & Jana West
- 5PM Gabe Lee
- 7PM Rob Leines
- 9:15PM Headliner  
Colt Ford

### Sunday Bands

- 1PM Suede Rock Band
- 3PM Nola Jazz Band
- 4:30PM Stark Raving Madge
- 7:30PM Headliner  
The End  
- A Tribute to the Beatles





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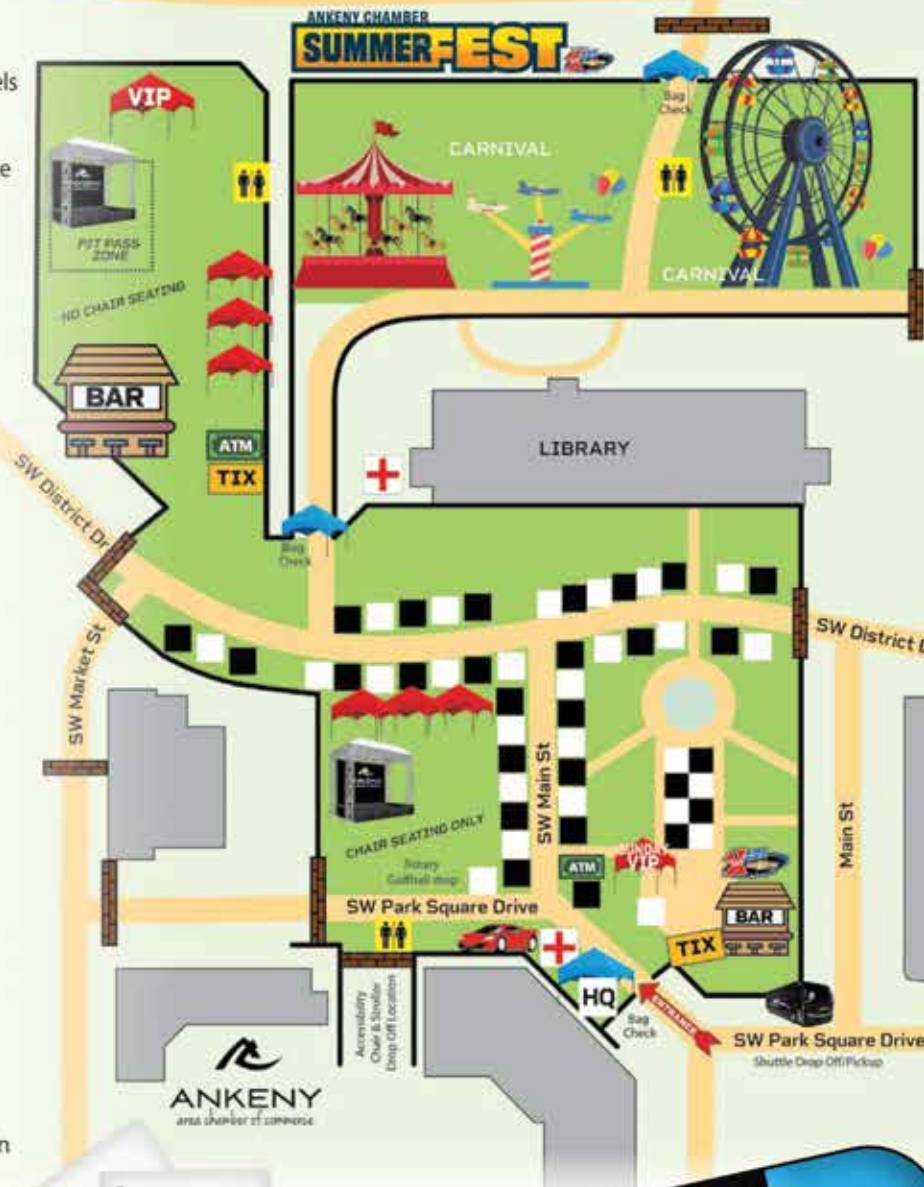
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For best results, it is also important to achieve basic lifestyle changes such as clean eating with healthy meats and protein sources, low glycemic fruits, healthy grains, dairy and oils, and avoiding sugars and processed foods, alcohol and inflammatory fats. ■

Information provided by Alex Townsend, BSN, RN, assistant clinic director, IV Nutrition, 2405 S.W. White Birch Drive, Suite 105, Ankeny, 515-686-8400. [www.ivnutrition.com](http://www.ivnutrition.com)

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## HOSPICE services: Chances are they're not what you think

Charles had been living with diabetes and related conditions for several years when his health took a turn, and he was told his condition was life-limiting. Although Charles knew he was very ill, he and his wife, Carrie, were stunned when Charles' doctor began talking about the benefits of hospice services.



"We were so confused; we knew hospice is for people who are ready to die, and, in our minds, Charles certainly was not that sick," Carrie says.

"The doctor had said there was not anything new they could do for him, and his diabetes had taken a toll on his whole system, and he had had two strokes. But I thought he was doing better. So, when we heard that, we didn't know what to do."

The doctor took the time to explain that even though he did feel Charles had some time, he qualified for hospice services because he had a life-limiting illness and that hospice care would afford him some amenities — all covered by insurance — that could enhance his quality of life.

That made sense to Charles and Carrie, and they decided to look into home hospice services. After their adult children had returned to their homes out of state after the holidays, Carrie scheduled a meeting with a care team.

"We learned in that first meeting that there was a lot we didn't know," Carrie recalls. "They talked about pet therapy and music therapy and all kinds of things that ended up making Charles' quality of life the best it could have been in those last months. He lived for eight more months and was content and comfortable almost all the time."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Charles' case — benefit the person who is ill as well as the whole family.

"The hospice team was there when we needed them but also left us alone to have a lot of family time, and the kids and I were all very comfortable with how they fit into our lives," Carrie says. "When Charles took a turn for the worse, and it was clear there was not much time left, the hospice nurses made sure he was never in pain. When he passed, it was very peaceful, and they have been very supportive to all of us, even since then."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal and making that first call to a hospice provider can be difficult. But know that, once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for them — and for all who love them. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.



## 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.

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# Polk County North/East Side Highlights



## Polk County Acquires Sleepy Hollow Sports Park

Polk County has purchased **Sleepy Hollow Sports Park**. The addition of Sleepy Hollow will add to the inventory of parks and recreational opportunities of the Polk County Conservation Department. Plans are in the works for renovations and upgrades to the 76-acre sports and family recreation complex located on **Polk County's East Side**.

## 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 Gives Funds for a New Four Mile Elementary Playground

Polk County presented a \$75,000 Community Development Grant to **Southeast Polk Schools** for construction of new state-of-the-art playground for students of **Four Mile elementary**. In addition to the improved safety features, the new playground will feature century walls, new slides, climbing capabilities, and is ADA accessible. This is the 5th playground Polk County has helped fund in the district in the past 6 years.

## Fourmile Creek Greenway Clean-Up Effort Underway

Polk County, the City of Des Moines, and Iowa Department of **Agriculture** are in the process of creating a 450-acre urban linear park through the heart of **Des Moines**. This reconstructed watershed will provide additional recreational opportunities and help clean and restore our waterways. Perhaps most importantly this effort will help mitigate flooding.



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AAMS®, CRPC®, CRPS®  
Financial Advisor  
2575 N. Ankeny Blvd. Ste 217  
Ankeny, IA 50023  
515-965-7582



**Luke A Boyd**  
AAMS®  
Financial Advisor  
1200 SW State St. Ste B  
Ankeny, IA 50023  
515-964-2089



**Curt Brooks**  
AAMS®  
Financial Advisor  
3720 N Ankeny Blvd. Ste 102  
Ankeny, IA 50023  
515-964-4949



**Ryleah Cross**  
CRPC®  
Financial Advisor  
1255 N. Ankeny Blvd.  
Ste 102  
Ankeny, IA 50023  
515-964-4404



**Kerry Curran**  
Financial Advisor  
2005 S. Ankeny Blvd.  
Ste. 500  
Ankeny, IA 50023  
515-965-6901



**Patrick Domann**  
Financial Advisor  
1690 SE Delaware Ave  
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**Mark Ellison**  
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3606 NE Otterview Cir.,  
Ste. 101  
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515-964-1010



**Brandt R Hockman**  
AAMS®, CRPC®  
Financial Advisor  
1610 SW Main St. Ste 206  
Ankeny, IA 50023  
515-446-2193



**Stacey S. Koeppen**  
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1210 NW 18th St. Ste 120  
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## INVESTMENT

By Brandt Hockman

# BIGGEST threats to a comfortable retirement?

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

• **Inflation** – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

• **Excessive withdrawals** – Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

• **Market volatility** – The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and allow your equity investments time to recover their value.

• **Unexpected costs** – You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

• **Health** – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Brandt Hockman, 1610 S.W. Main St., Suite 206, Ankeny, 515-446-2193.





# WHAT IS a revocable trust?

A revocable trust is an estate planning vehicle that is similar to a Last Will and Testament, but has many important differences. It becomes effective while you are alive, unlike a will. Property and assets are transferred to the trust, to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your benefit.



After death, the trust could be administered for the benefit of a surviving spouse or children, or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell and acquire assets, change investments, and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust avoids probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, settling the trust should take less than three months.

Third, a revocable trust allows you to make private provisions with

respect to the disposition of your assets. Unlike probating your estate, your wishes will not become part of public record.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor Trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that aren't in the trust.

Using a revocable trust has no tax disadvantages. It offers great flexibility in managing assets and ensuring wealth transfer. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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).

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## BEFORE YOU GO

By Jan Shawver

## PRE-PLANNING is a gift

If you knew that you only had a short time left to convey important information to your loved ones, what would it be?

Would you tell them you love them? Tell them that you are proud of them? Talk to them about important life decisions? Care for financial obligations?

As I anticipate retirement at the end of June, this may be my final opportunity to share with you. First, I want to say how thankful I am for the privilege of working with families here at Highland Memory Gardens. Many have had the sad responsibility of burying a loved one; others have taken the time to prepare for their own future burial needs; still others have asked questions as they anticipate treading into the unknown territory called death.

What else would I tell you? One of the greatest gifts you can give your family is pre-planning for your own future burial needs. Pre-planning will allow your family to grieve at the time of your passing instead of being forced to make difficult decisions.

Thank you for allowing me to serve you, whether in person or through this publication.

Give your family a gift of love and care for your future end-of-life needs now. ■

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



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## HEALTH

By 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](http://evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## DON'T sweat it

It's summer and it's hot. Feeling sweaty this time of year is pretty common. Sweating is the body's natural response to hot temperatures and cools the body as the sweat evaporates. This keeps us from overheating. However, not all sweating is normal.

Some people have hyperhidrosis, which means "excessive sweating." Hyperhidrosis is a medical condition that occurs when a person's body doesn't need cooling. It may affect the entire body but usually affects one or two body areas such as palms, feet, armpits or scalp. There are some conditions that may cause excessive sweating. More commonly, primary hyperhidrosis affects healthy teens and young adults.

### Signs of hyperhidrosis:

1. Visible sweating at rest. Beads of sweat appear or clothing is wet.
2. Sweating interferes with daily activities. It is difficult to write with a pen due to sweat.
3. Skin turns white (macerated) and peels. Occurs from prolonged moisture exposure.
4. Skin infections occur in sweaty areas. Athlete's foot may develop.

What can you do for excessive sweating? Keep the area clean and wear moisture-wicking clothing. Wear a clinical strength antiperspirant. If this doesn't help, see a board-certified dermatologist. ■

Information provided by Dr. Katrina Smith, MD FAAD, co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.



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## ABOUT near-sightedness

You are probably familiar with the concept of near-sightedness, that a person sees well up close but needs glasses or contact lenses to see better far away. Near-sightedness (also known as myopia) is caused when the refractive power of the eyes causes light to focus in front of the retina, or, more simply, the eyes are too long or too strong.

As kids grow up, their eyes are also growing lengthwise from front to back (a measurement we call the eye's axial length). This means that children's eyes can grow in a relatively predictable manner. As the eyes get longer, they also get more myopic or less hyperopic (far-sighted). This means that far-sighted young patients may "outgrow" glasses whereas our young myopes feel like their eyes just keep getting worse and worse.

An eye that has become very nearsighted can lead to issues beyond just difficulty seeing. Patients who are too myopic may not be good candidates for refractive surgery. Also, an eye that is too long can have a stretched or thin retina which can possibly lead to significant ocular conditions such as an increased risk of retinal detachment.

Luckily, we increasingly have ways of slowing down the progression of this axial length progression. These include soft contact lenses, orthokeratology, drops, and maybe, in the near future, there will even be glasses that can treat this. ■

Information provided by Dr. Jesse Kahnk, OD, Prairie View Eyecare, 1345 S.W. Park Square Drive, Suite 106, Ankeny. 515-305-2922.



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Dr. Jesse Kahnk





## 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 blood stream. 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.

There is a procedure called the FoodSafe Allergy Test to measure for IgG4 antibody levels. The FoodSafe Allergy Test is a quick and easy way to test individuals for 95 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, look into chiropractic care. 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 515-965-3844.

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# SUMMER Library Program

The Ankeny Kirkendall Public Library Summer Library Program is back with a variety of fun activities for all ages. This year, we want to help you "Get Your Paws on a Good Book!"

## Regular events for the whole family:

- Weekly story time in the park (various parks)
- Sing & Shake at the Ankeny Market & Pavilion
- Monthly tween, teen and adult book discussions
- Social Games — including cribbage, canasta and chess

## Don't miss the following special events:

- Blank Park Zoo Program
- Dinosaur Ranger Anthony Presents: Pre-historic Pep Rally Dinosaur Adventure

## Adventure

- Animal Rescue League Off-Site Adoption & Play
- Harry Potter and Pokémon escape rooms for teens
- Tween Taste Testing
- Adult Craft Night
- History of the Circus virtual presentation

## Why should you participate?

In addition to a full schedule of free events for all ages, participants will have the opportunity to keep track of the time they spend reading or completing literacy activities for chances to win one of our many grand prizes. You can track your reading/activities online through Beanstack or pick up a paper log at the library. The more activities you do, the more chances you have to win. We have multiple grand prize sets to give away, including:

### Birth through entering fifth grade:

- Lego Bundles
- STEAM Activity Bundles
- Melissa & Doug Ice Cream Sets
- Melissa & Doug Pet Vet Sets
- \$25 Gift Cards to the District of Prairie Trail
- \$25 Gift Cards to Target

### Entering grades 6-12:

- 3D Printer Pens
- Reading Pillow with Book Light
- Wireless Earbuds
- Bookish Swag Bundle
- \$25 Gift Cards to the District of Prairie Trail
- \$25 Local Book Store Gift Cards

### Adults (18 and older):

- Drone with Camera
- Hot Sauce Making Kit
- Book Lovers Bundle
- Retro Gaming System
- Wood Burning Kit
- Candle Making Kit

No matter what your schedule looks like for the summer, don't forget to pick up your Summer Library To-Go kits. Kits include crafts, literacy activities, jokes, and more. A new kit will be featured bi-monthly while supplies last.

For additional information about the Summer Library Program, visit [ankenyiowa.gov/read](http://ankenyiowa.gov/read). You can also see a full list of library events at [ankenylibrarycalendar.com](http://ankenylibrarycalendar.com). To get signed up for the program, head to [ankenylibrary.beanstack.org](http://ankenylibrary.beanstack.org). ■

# 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

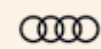
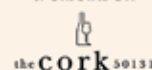
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# TIPS before buying down your interest rate

The mortgage interest rate buydown option, also called “paying discount points,” is a one-time fee paid at closing that lowers your interest rate temporarily or for the entire loan term.

But before deciding to pay discount points, consider these important questions:

## 1. What is your break-even point?

Mortgage buydown can be an expensive option, so it's important to determine the point at which your interest savings will outweigh the upfront buydown cost.

The cost of permanent interest rate buydown varies based on your lender and loan amount. Generally, each discount point costs 1% of the loan amount and will reduce your interest rate by approximately 0.25%. This means you would



Mindy Selix



Yvonne Silvers

need to buy four points to lower your interest rate by one percent.

## 2. Is your seller or builder offering to buy discount points?

Most buydowns are negotiated between buyers and lenders, though sellers and builders can also purchase discount points to lower the buyer's interest rate. This is especially common in slower markets, as sellers and builders are typically more motivated to attract buyers.

## 3. Which structure would be most advantageous?

As mentioned above, mortgage buydowns have either a temporary or permanent structure. Temporary structures lower the interest rate to a certain percentage, then increase each year until it returns to the original rate.

### Temporary options include:

- 1-0 buydown: Interest rate is 1% lower than the original rate for the first year.
- 2-1 buydown: Interest rate is 2% lower for the first year and 1% lower for the second.
- 3-2-1 buydown: Interest rate is 3% lower for the first year, 2% lower the second and 1% lower the third.

## 4. What upcoming changes or decisions do

## you anticipate?

The purpose of a mortgage buydown is to pay more money up front so you can save money in the long run. If you anticipate refinancing your loan when rates drop or moving again in the near future, you likely won't realize savings that should result from the money you paid up front. In these cases, a temporary mortgage buydown might not be the best option.

If you currently have extra liquidity or anticipate your household income will increase significantly in the next few years, it's definitely worth looking into the temporary mortgage buydown option. ■

Contact a Bankers Trust mortgage loan originator who will review your complete credit profile along with your home-buying goals to help you determine the best mortgage type for your individual situation. Information provided by Mindy Selix, VP Construction Lender, NMLS ID#: 571223, 515-222-2017 (office), 515-491-1050 (mobile), MSelix@BankersTrust.com; and Yvonne Silvers, VP Mortgage Loan Officer, NMLS ID#: 571224, 515-222-2005 (office), 515-490-4221 (mobile), YSilvers@BankersTrust.com. Bankers Trust Company, NMLS ID#:440379, 1925 N. Ankeny Blvd., Ankeny IA 50023.

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NMLS ID#: 571223  
(515) 222-2017  
MSelix@BankersTrust.com  
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**Yvonne Silvers**  
NMLS ID#: 571224  
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## 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.



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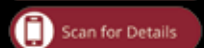


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## EDUCATION, mentoring and fun ahead



Summer is here, and there is so much happening at the Ankeny Area Chamber of Commerce. Everything we do at the chamber is with the goal of promoting and developing our members within our community. This summer is all about education, mentoring and having some fun at Ankeny Chamber SummerFest. This issue has all the information you need for the three-day festival on July 7, 8 and 9. Make sure to follow us on social media, @ankenysummerfest and check out our website at [www.ankenysummerfest.com](http://www.ankenysummerfest.com) for all the details and updates for the weekend.

Now onto the non-SummerFest events coming up. I would like to personally invite all of you to join the Ankeny Chamber Board of Directors, the Multicultural Taskforce and numerous Ankeny businesses to "What Lies Between Us" — a five-week group study created to guide you through foundational race education with the opportunity for self-reflection and learning. Everyone is welcome to participate, and the cost is \$20/person. This covers the study guide used in the course. There is financial assistance available so please reach out to [mcox@ankeny.org](mailto:mcox@ankeny.org) for more information. Session dates are July 19, Aug. 2, 9, 16, 23 and 30, and we will hold the classes from 6-7:30 p.m. at the Holiday Inn Express & Suites, Ankeny (2502 S, Hulsizer Road). We will be hosting the sixth session as an opportunity to network and explore "What is Next?" To register, you can go to our website at [www.ankeny.org](http://www.ankeny.org), under the events tab.

On Aug. 8, we are hosting our annual Mentoring for Women event at the Courtyard by Marriott Ankeny. We have expanded our capacity because of the popularity of this event. You will enjoy round table discussions with eight different mentors and hear their stories and be inspired to continue your own journey. We will end the morning with our keynote speaker, Sue Hudson, owner of IV Nutrition Ankeny. To find out more information about registration, go to [Ankeny.org](http://Ankeny.org).

To round out our summer, we are hosting our inaugural Minority Owned Business Summit. This is a great opportunity for small business owners, allies and entrepreneurs to attend breakout sessions with varying topics on Marketing, Pursuing your Passion, Finance/Accounting, Allyship, Kickstarting your Business, Leadership and Empowerment. Our keynote speaker is Judge Odell McGhee, a retired judge of the Fifth Judicial District where he served for more than 20 years. Our Multicultural Taskforce has led the charge in finding these dynamic speakers and topics for everyone. Please plan to join us on Tuesday, Aug. 29, starting at 7:30 a.m. at the Courtyard by Marriott Ankeny.

There is a lot going on at the Ankeny Area Chamber of Commerce, and we want to thank all our members, volunteers, partners and the community for your continued support. Make sure to follow us on social media to stay up to date on future events. ■

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

**NEW**

**ANKENY**  
area chamber of commerce

**SUMMERFEST PASSPORT**

**Get Ready To Travel Around Ankeny....**

**KICK OFF**  
ANKENY CHAMBER SUMMERFEST

**Travel The Map With Our New Digital Passport!**

Register and travel around to local Ankeny Chamber Businesses (June 1st to July 6th). A unique QR code will be displayed in businesses for participants to scan & get a "digital stamp" along with a small discount/coupon to use at the business!

**IT'S FREE TO SIGN UP!!**



### LATTES & LEADS

TUESDAY, JUNE 27, 2023 | 8:00-9:00 A.M.

ON WITH LIFE OUTPATIENT CENTER

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Gain a shared understanding of race/ism in order to foster personal and collective healing.

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**6:00 - 7:30PM CT**

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[www.ankeny.org](http://www.ankeny.org)



# ANKENY Celebrates Education

Ankeny Celebrates Education was held May 16 at the FFA Enrichment Center at DMACC.



Krystle Lenth and Sue Hudson



Denise Miller, Renae DeVenney and Beth Rassmussen



Alex Loudon and Amanda Neitzel



Louis Deleon and LeAnn McGrath



Sharlyn Estrem and Renya Immerfall



Diane Weber and Cassie Pasker



Carrie Becker and David Reiter



Carissa Holter, Cait Westcott and Addison Chasteen



Sheri Fogarty and Mackenzie Gracey



Gwynna Miner and Terra Barlow



Kati Ploeger, Malory Smith, Emily Hall and Courtney Lason



# CHAMBER Golf Open

Ankeny Area Chamber of Commerce Spring Fling Golf Open was held at Briarwood Golf Club May 31.



Mike Claeys and Brandon Beem



Laney Coenen and Chelsea Martin



Patrick Morrison and Corey Morrison



Betsy Amato and Kelli Conger



Patti Hood and Michele Starkenburg



Beth Bezdicek and Leslie Mayo



Michelle Verrips and Colton Verrips



Jim Elliott and Jason Crimmins



Huey Su and Matt Allen



Hannah Preston and Dylan Preston



Brad Dougherty and Curtis Scheuerman



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