

WEST DES MOINES
JORDAN CREEK

JULY 2023

Living

MAGAZINE

HEAD-TURNING

Wheels

**Residents share their passion
for restoring vehicles.**

Seal of Biliteracy Award

EDUCATION

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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed — cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Johnston Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■

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HEAD-TURNING *Wheels*

Residents share their passion
for restoring vehicles.



By Jackie Wilson

While some of us dream about one day owning that fresh-off-the-showroom-floor vehicle with its spotless exterior, dust-free dashboard, brand-new smell and scuff-free tires, others are looking for something quite different: potential. Where we see a rusty, broken-down or past-its-prime set of wheels, they see what will be after repairs, cleaning, fresh paint and hours of labor, frustrations and gratification. They see a dream car in the making.

Robert Cunningham of West Des Moines owns a small economy car, a 1932 American Austin Bantam Roadster. About 50 of the cars remain on the road today.
Photo by Jackie Wilson

American Austin – unique small car

The 1932 American Austin Bantam Roadster car. Have you heard of it? Have you seen one? Have you ridden in one?

If the answer is no, you're not alone. However, there is one of these special antique cars in West Des Moines, and it is owned by Robert Cunningham.

The rarity of the vehicle is one reason Cunningham purchased it. It's also one of the smallest cars ever made.

The car's top speed is 42 mph. The 13 horsepower engine makes for a leisurely ride. Cunningham declares that a riding lawn mower probably has more power. In comparison, a Toyota Prius is 121 horsepower, while a Ford pickup truck boosts up to 400 horsepower.

The 5-gallon gas tank gets about 50 mpg. With no water or fuel pump, the gas drains into the carburetor, cools off and cycles there. The tires are motorcycle sidecar tires.

Cunningham purchased the car initially because he wanted one he could manually push.

"When I was younger, I bought and sold antique cars. They nearly always broke down, and it was difficult to push a car when it broke down. I decided to find the smallest car I could," he recalls.

In 2000, he bought the car after extensive research. As an automotive historian, he found the history of the car. The Bantam Roadster was used to shuttle pilots during World War II, transporting them from the airfield for the Tuskegee Airmen.

After the war, the car was abandoned in an airplane hangar where it sat for nearly 25 years. Someone found it and restored it in 1958. Finally, Cunningham found the car through a car dealer's advertisement.

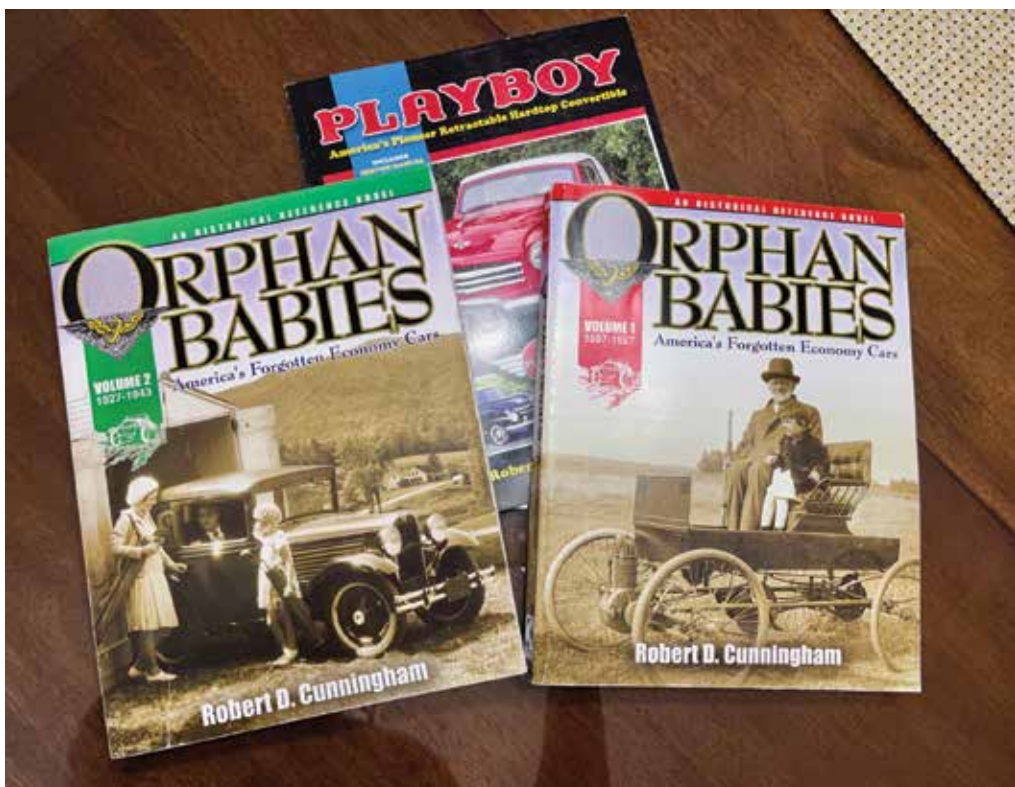
"The dealer sent me a notebook full of records from the day it sold. As an auto historian, I couldn't pass that up," he says.

Included in the history were photos of a family in the car, along with their 5-year-old and an infant. They documented how they drove across New York in the tiny car.

"He fashioned a car seat in the front of the dash, with the baby facing the driver, and drove across New York like that."

The car is rare. American Austin only sold the car from 1930 to 1934 with 20,000 built. Only 1,550 in this particular model were made.

"There's only about 100 left in the world and only about 50 on the road," he explains. "The car cost \$285, which was a low cost at the time.



Robert Cunningham, an auto historian and illustrator, has written seven different car history books. Photo by Jackie Wilson

It was a popular car for parents to buy for their kids, who were students or young adults who needed a car instead of using the family car."

Cunningham takes the car to various car shows and gets many comments and looks as he

drives along.

"It's different. You go to a car show, and there's dozens of Corvettes and Camaros. You don't ever see these," he says as he points to his car. "There's only two in Iowa that I know of."

Cunningham's love of old cars started when he was a teenager. As he worked on his paper route, he noticed a dusty car with flat tires in a barn and asked if it was for sale. He made a deal for the 1936 Chevy and took out a loan for \$200.

In college, he drove a 1927 Willys-Knight. When he spotted a 1952 Packard on a street — a much newer ride than his — he asked the owner if it was for sale.

"I'd been taking photography classes. I gave him all of my photography equipment and a dollar and traded it for a Packard," he recalls.

He joined a Bantam Car Club in 1979 and began researching the unique cars. He spoke with people at factories where the cars were manufactured. He and his wife became the newsletter editors in 1980.

With more than 1,000 pages of research, he's written books about the history of cars, including the book "Orphan Babies — America's Forgotten Economy Cars." Since then, he's written and illustrated seven books detailing various car histories about small and economy cars.

He's adept at engine work, taking apart cars and putting them back together — correctly.

"I've had to do most of the work myself. Most shops won't touch a car like this," he says.

He continues to write the newsletter and research auto history as much as possible. His dream car is a 1936 Auburn Boattail Speedster.

"But it's out of my league," he says.

For now, his small car is the perfect size, as it doesn't take up much room.

"I can tuck it under my work bench in my garage," he laughs.

Mercedes in the '80s

As a young, single man in the 1980s, Terry Bolson, like other friends in that decade, desired a speedy car that conveys fun and excitement. A sporty car unlike his parents' vehicle. One that stood out.

The local car dealers didn't have the exact car he was searching for, so he looked in a catalogue for cars not available in the United States. He found a 1980 Mercedes 230 LE, owned by two people in Germany. The car, still in Germany, was shipped to the States to Bolson in 1985.

"I got a better price to buy it there and have it shipped," he says.

Price wasn't the only factor. It was a unique find.

"It was a four-speed manual that you couldn't get in the U.S.," he says.

He also chose a Mercedes — one of the oldest car manufacturers — because it was a status car.

"Back in the day, when I was young and single, everyone wanted a cool car."

Another distinct feature is that it's a two-door Mercedes, which he rarely sees on the road.

"It's rare to get a two-door. I remember all the college professors had four doors."

As it's a solid car, it came with seatbelts and a power sunroof.

"There's no post, so when you roll the windows down and have the sunroof open, it's almost like it's a convertible," he says.

Since it's a manual four-speed, Bolson says he is more engaged when driving.

"It's a lot more fun to drive with a manual than an automatic," he says.

Mercedes is a solid brand, and he hasn't had to make many repairs or updates. He put in a passenger's side mirror, a wood shifter and a stereo with a CD player — a must-have in that era. Although it's an older car, it's still fairly

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easy to get parts if needed, he says.

A new grill was necessary when he hit a deer with the car. As he was driving one mid-afternoon, just four blocks from his house, a deer ran into his car.

"I ended up harvesting the deer and eating the meat," he recalls.

Although it's just a two-door, he says the back seat is roomy.

"You can seat five in the car. That's the same room as a new car, such as a Camry or Accord. The windows are lower, too."

It's also a fast car.

"I've had it up to 100 mph," he admits. "It's solid and built like a tank. When I slam the door, it's like a big thud."

Bolson takes it to various car shows, such as Cars and Coffee Des Moines, a meet-up with other vintage car owners at various places or parking lots in the Des Moines metro area. He gets a lot of looks and attention.

"People always question, 'What is that model?' This is so rare. I've never seen a white model anywhere."

People — mostly thieves — are enamored with the hood ornament. The signature



Terry Bolson bought his 1980 Mercedes 230 LE from Germany and had it shipped to Iowa in 1985. Photo by Jackie Wilson

Mercedes round logo, which sits atop the hood of his car, has been stolen five times. He's replaced it each time.

"I try to park away from other cars and watch where I go," he says.

He's traveled the Midwest with his Mercedes but now is a leery of driving it too far and possibly breaking down a long distance from a shop that can fix it.

His everyday car is an Acura, with 204,000 miles on it, which he says he will drive until it dies. He says he also plans to keep the Mercedes forever.

However, if he could ever find a 1970 Cougar convertible in mint condition, he'd consider buying it.

"I probably couldn't afford it," he says. "I'm pretty happy with this car." ■

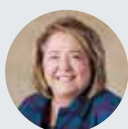


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HEALTH Insurance Terms 101

We all know how confusing health insurance can be with its continuously changing components. Understanding the basic lingo can go a long way in easing the confusion and feeling comfortable with your benefits.



coinsurance for in-network care and services, your health plan pays 100% of the costs of covered benefits on Affordable Care Act (ACA) plans.

Copayment – A fixed amount (for example, \$20) you pay for a covered health care service, usually when you receive the service. Copayments (sometimes called “copays”) can vary for different services within the same plan, like drugs, lab tests, and visits to specialist providers.

Network – The facilities, providers and suppliers your health insurer or plan has contracted with to provide health care services. You will come to find there are many different types of networks when you are shopping health insurance plans:

Premium – The amount that must be paid for your health insurance or plan.

Deductible – The amount you pay for covered health care services before your insurance plan starts to pay. With a \$2,000 deductible, for example, you pay the first \$2,000 of covered services yourself.

Co-insurance – The percentage of costs of a covered health care service you pay (for example, 20%) after you’ve paid your deductible.

Out-of-pocket maximum – The most you have to pay for covered services in a plan year (for example, \$6,000). After you spend this amount on deductibles, copayments and

• **Preferred Provider Organization (PPO):** A type of health plan where you pay less if you use providers in the plan’s network. You can use doctors, hospitals, and providers outside of the network for an additional cost.

• **Point of Service (POS):** A type of plan where you pay less if you use doctors, hospitals,

and other health care providers that belong to the plan’s network. You may go outside of the plan’s network for health care services, but you will pay more of the cost.

• **Health Maintenance Organization (HMO):** A type of health plan that usually limits coverage to care from doctors who work for or contract with the HMO. It generally won’t cover out-of-network care except in an out-of-area emergency. HMOs often provide integrated care and focus on prevention and wellness.

Prior authorization – Approval from a health plan that may be required before you get a service or fill a prescription in order for the service or prescription to be covered by your health plan.

Step therapy – A coverage rule that requires you to try one or more similar, lower cost drugs to treat your condition before the plan will cover the prescribed medication. ■

Information provided by Lee Patton, FHIAS, Patton Insurance Benefits, 1112 Maple St., West Des Moines, 515-270-8178. Sources: Healthcare.gov/Medicare.gov.



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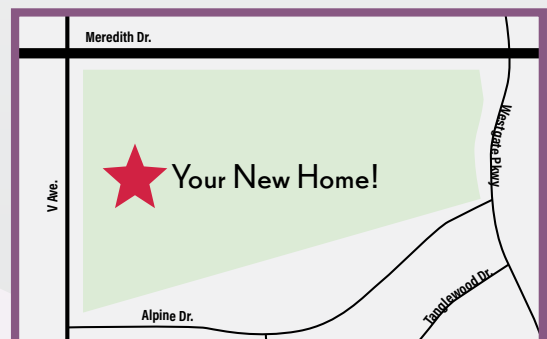
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EVENTS IN THE AREA

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

Check for cancellations

Schoolhouse Storytime

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 July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

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.

First Responders Appreciation Breakfast

Sept. 21

Embassy Club West

The keynote speaker for the West Des Moines Chamber of Commerce First Responders Appreciation Breakfast will be Jim Olson, a former CIA spy with an extraordinary journey and captivating story to tell. The event is presented by West Bank and supported by Aureon.

Olson is a graduate of Valley High School. In addition to his remarkable achievements, Professor Olson is the acclaimed author of "Fair Play: The Moral Dilemmas of Spying." His book sheds light on the complex ethical considerations that confront intelligence professionals and provides a unique perspective on the inner workings of intelligence agencies.

The First Responders Appreciation Breakfast is held each year to honor all West Des Moines First Responders and their families. This event is a unique opportunity for our communities to ensure these brave individuals receive the recognition they deserve. Registration is now open on the WDM Chamber's website, wdmchamber.org, under events. Attendees also have the opportunity to purchase additional tickets that will be distributed to first responders. Ten percent of proceeds from registration will be given to the West Des Moines Public Safety Cadets.



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EVENTS IN THE AREA

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Summer Stir

East Village

July 21

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. Hosted by CITYVIEW from 5-9 p.m. summerstirs.dmcityview.com

Leprechaun Bags Tournament

July 15, noon

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

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A LOOK at diversification

Ancient Chinese merchants were said to have developed a unique way to manage their risk. They would divide their shipments among several different vessels. That way, if one ship were to sink or be attacked by pirates, the rest stood a good chance of getting through. Thus, the majority of the shipment could be saved.

Your investment portfolio may benefit from that same logic.

Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss. The key to diversification is to identify investments that may perform differently under various market conditions.

On one level, a diversified portfolio should be diversified between asset classes, such as stocks, bonds and cash alternatives. On another level, a diversified portfolio also should be



diversified within asset classes, such as a diverse basket of stocks.

A diversified approach

For example, let's say a stock portfolio included a computer company, a software developer and an internet service provider. Although the portfolio has spread its risk among three companies, it may not be considered well diversified, as all the firms are connected to the technology industry. A portfolio that includes a computer company, a drug manufacturer, and an oil service firm, however, may be considered more diversified.

Similarly, a bond portfolio that invests exclusively in long-term U.S. Treasuries may have limited diversification. A bond fund that invests in short-term and long-term U.S. Treasuries, plus a variety of corporate bonds, may offer more diversification.

Mutual Funds and ETFs

The concept of diversification is one reason why mutual funds and Exchange Traded

Funds (ETFs) are so popular among investors. Mutual funds accumulate a pool of money that is invested to pursue the objectives stated in the fund's prospectus. The fund may have a narrow objective, such as the auto sector, or it may have a broader objective, such as large-cap stocks. ETFs also can have a narrow or broader investment objective. Keep in mind, though, the more narrow an investment objective, the more limited the diversification. Furthermore, a narrow investment objective may result in more volatility and additional risks associated with a particular industry or sector.

The concept of diversification is critical to understand when you are evaluating a portfolio. ■

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OLD GLORY flies at Windstone

Volunteers purchased and placed the flags.



American flags for the holidays at Windstone

The Windstone neighborhood has started a new and patriotic tradition. On three summer holidays (Memorial Day, Independence Day and 9-11), every front yard in the community is decorated with American flags. The Windstone community is on the southwest corner of 60th and EP True Parkway in West Des Moines.

“Last year, a few of the owners, five or six homes, put them up on their own,” says Linda Blackburn. “Many of us saw them, and I just went crazy, saying, ‘Wouldn’t that be fun if the whole community did that? If we could get that organized?’ So, we went to work with our Homeowners Associations. We actually have two, for the separate cottage areas and then the gardens. So, we worked together with the two boards and got approval to purchase the flags — and we did that as a gift to our community.”

After hundreds of 24-inch flags were purchased, Blackburn says, “We got a great group of volunteers, and our first venture was Memorial Day. The current plan is to display the flags on Memorial Day, Independence Day and Sept. 11.”

Carol Smith, president of the Cottages homeowners association, said there was a lot of feedback from those living in the Windstone

neighborhood, and it was all positive. Smith added that some veterans who live at Windstone were particularly pleased with the patriotic display. Smith and Blackburn said they and five other volunteers spent roughly four hours putting the flags up, but they said it’s worth it.

“We’re still asking for volunteers,” Smith says. “It’s just a fun thing to do for our community.”

“We’re all doing it for the same reason,” Blackburn says. “We want to always remember and always honor those who sacrificed ultimately for us. This is a way that the whole community can celebrate that together. And we’re just having a lot of fun with it.”

Both Blackburn and Smith agree displaying the flag should not be seen as a partisan gesture, but rather just showing pride in being American.

“We ended up putting in about 525 (flags for Memorial Day), but we’re expanding out to the street on the 60th Street and EP True entrances, so we’ll probably be closer to 560 (next time),” Blackburn says.

When asked how they made it all happen, Blackburn summarizes, “We didn’t take ‘no’ for an answer. People were worried about the expense, of course. But we said volunteers will do all the work.” ■

CELEBRATE Summer Reading with the library



We'll be hosting two parties at the end of the summer to celebrate readers. First is for adults only and will be hosted after hours on **Friday, July 28 from 6-8 p.m.** The Adult Summer Read Wrap-Up Party will include fun bookish games, free books and ice cream treats. Registration is required for the adult-only event. The family-friendly celebration will be the next day, **Saturday, July 29, from 10 a.m. to noon.** The Summer Finale is a giant party in the library's backyard where we'll have our foam machine, inflatables, a dunk tank, balloon animals and more. No registration is required for this event. Register for the adults-only party at wdmlibrary.org/events.

Upcoming event highlights

- **Owls of Iowa with Polk County Conservation, Monday, July 17, 1:30-2:15 p.m. (ages 5-12)** Meet Jester Park's newest education ambassador, Luna the Great Horned Owl. Learn about Iowa owls and their special adaptations that allow them to function and survive. Registration required.
- **Teen Terracotta Pot Art & Plants, Wednesday, July 19, 2-3:30 p.m. (grades 6-12).** Join us for worms in dirt and an afternoon of art. Participants will decorate their own planter to take home. Potting soil and plants will be available to take home in your new planter. Registration required.
- **Was the Book Better Than the Movie: "Old," Saturday, July 22, 1-4 p.m. (adults).** Read the book beforehand (if you like), and then come and enjoy a good movie, followed by some lively discussion about the differences between the two. This month we will watch "Old," based on the graphic novel "Sandcastle" by Frederik Peeters and Pierre Oscar Lévy. The library will provide popcorn. No registration required.
- **Preserve The Taste of Summer 101, Monday, July 24, 6-8 p.m. (adults).** Home food preservation is not difficult, but it does require following specific directions to keep you, your family and friends safe. Preserve the Taste of Summer 101 will teach you the researched-backed basics of canning, freezing and drying foods safely at home. Registration requested. ■

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RECIPE

BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.

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BENEFITS of a chemical peel

Over time, our skin is exposed to sun and a variety of harsh conditions throughout our life, leaving us with inevitable signs of aging including rough skin, fine lines and an uneven tone. Not to worry, there are viable treatment options for all of these concerns. One of our favorite solutions is chemical peels. A good recommendation for a peel is the Vi Peel®.



The great thing about the Vi Peel® over other chemical peels is that you can see an almost immediate difference in your skin with each treatment. Most individuals recover from the peel and see that their skin looks more even and youthful after just seven days. Although there is an improvement after each treatment, chemical peels work best when completed in a series. Typically you can achieve your ideal results with a series of 3 to 4 peels scheduled one month apart from each other. Ask your spa or dermatologist to track your progress by taking clinical photos at each appointment to monitor the results of your treatment.

The Vi Peel® is a great treatment for individuals who are looking to maintain a youthful appearance. It is a skin-resurfacing chemical peel that stimulates collagen and increases cellular turnover to reveal smoother and more radiant skin. With five custom blends targeted for each patient's needs, VI Peel helps treat all skin concerns such as aging, acne, acne scarring, melasma, sun damage, keratosis pilaris and much more. Most importantly, Vi Peels are safe for all skin types and tones.

The other great thing about the Vi Peel® is that it is meant to be comfortable. Vi Peel is a comfortable and tolerable treatment with only a couple days of active peeling within the first week post treatment. The day of your treatment, cosmetic professionals will apply the product in office for a specific period of time in order to give you the best results. When getting chemical peels, make sure to ask about special products and instructions on how to care for your skin over the next few days at home to further your results. It really is that simple. ■

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. Sources: Vipeel.com, ViPeel Institute, 6121 Santa Monica Blvd., Suite A, Los Angeles, CA 90038.

HAYES concert benefits Catholic Radio

“Celebrate Country” features chart-topping star.

The Iowa Catholic Radio Foundation is hosting a fundraising concert, Celebrate Country, on July 15, featuring one of Nashville's brightest stars, Walker Hayes.

Hayes' chart-topping songs include, “Fancy Like,” “Ya’ll Life,” “U Gurl,” and more. Opening acts include George Birge and Joshua Sinclair. It will be held at the Community Choice Convention Center Ballroom.

Hayes answered a few questions for West Des Moines - Jordan Creek Living magazine.

What’s been most surprising to you about your musical career?

“The most surprising part of my musical career was without a doubt when ‘Fancy Like’ blew up. It was just like any other day when my daughter Lela suggested that we create a dance for ‘Fancy Like,’ and it probably only took us about 30 minutes and put on TikTok. It was wild watching it blow up in real time. Doing TikTok dances started as a special way to bond with my kids. That was me just being a dad, and I never imagined what it would turn into. Now, because of that song, I get to bring all the kids out on the road with me.”

How do you stay connected with family while touring?

“The whole family is out on the road with us... Laney, the kids, and even all three dogs. I’m so grateful to get to travel the world with them and spend so much time together as a family. I know they’re sacrificing a lot to join me on the road, but it makes me happy that I never have to say bye to them anymore, and it’s really special including my kids in the music.”

What’s one musical goal?

“My number one goal is to create music that reaches people and makes them feel less alone. Music does that for me, and I am so grateful that God has gifted me with the opportunity to craft lyrics that help people and that they can relate to. Going forward, my biggest goal is to continue to create music that does that for people.”

Why is it important to be involved in charitable endeavors?

“If you’ve heard my song ‘Craig,’ you know that my family has been blessed to have wonderful people, like my buddy Craig, give back to us in times of need. Craig’s kindness meant that my family would have a vehicle with enough seatbelts for all of my kids to ride safely, and, ever since then, I’ve made it my mission to ‘Be A Craig’ to others through my ‘Be A Craig Fund’ and other charitable organizations. I love that this show is giving back, as well.”

What would you like tell your fans?

“I’m so jacked to be coming out to Des Moines for Celebrate Country. I don’t take it for granted that y’all spend your hard-earned money to come out to my shows, and I plan on making it well worth it. Bring your fam and come out to dance with us.” ■



One of Nashville's brightest stars, Walker Hayes, will perform in a fundraising concert, Celebrate Country, on July 15.

ABOUT guardianships for a child with a disability

If you are a parent of a child with a disability, and your child is about to turn 18, this can be a scary time. You may be aware that once a child turns 18, they are a legal adult and are presumed to be capable of making decisions and exercising rights on their own. This means that you, as the parent, will no longer be able to make decisions for your child regarding their finances, healthcare, or education.



In order to remain an active advocate for your child and to be included in conversations regarding their finances, healthcare and education, you should file for a guardianship over your child. A guardianship is a legal proceeding where a person, typically a family member, asks the court to find that the adult child is unable to effectively manage their affairs due to their disability.

To obtain a guardianship, you must petition the court. The petition must include all basic facts, including the petitioner's relationship to the person who will be under the guardianship as well as a brief description of the ward's disability. The description should include how the disability affects the person's ability to make decisions. Following the petition,

there will be a hearing before a judge. At this hearing, you must present sufficient evidence of the need for a guardianship.

A guardianship doesn't completely eliminate your child's ability to make decisions for themselves; rather, it provides you the opportunity to continue to support their self-sufficiency.

Having a guardianship over your adult child allows you to continue to support them and assist them in their everyday lives. You will, with a guardianship, be able to assist them in maximizing their independence. Without a guardianship over your 18-year-old, you lose the ability to speak with their doctors and care providers, communicate with insurance companies on their behalf, coordinate benefits, and assist in managing their finances and assets.

In order to ensure that your petition is done correctly and that you are maximizing your chances of continuing to be an advocate for your child, you should speak to a reputable attorney with experience in guardianships. Your attorney will be able to assist you in the petition and in any court hearings that follow. ■

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

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HEALTH

By Elijah Johnson

GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.



Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■

Information provided by Elijah Johnson, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com.

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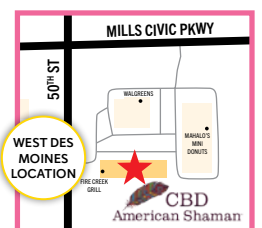


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HEALTH

By Ashley Powell

CBD in water-soluble format

As CBD grows in popularity, more effective ways to consume it are aggressively explored in order to help users get the best experience and the most relief from pain, stress and sleeplessness. CBD is extracted as an oil and commonly digested as such, but, due to a process known as first pass metabolism, much of it is likely to be destroyed before it is properly absorbed. Thankfully, we can now turn to a water-soluble form, which is created using nano emulsification, forcing two incompatible substances (oil and water) to mix. Most adults are made up of 50-65% water, so when water soluble CBD is taken, it is absorbed at a significantly higher rate through the lymphatic system. Another perk of water-soluble CBD is that, since it's absorbed so easily, sometimes less is more when it comes to the proper dose, so you're getting more bang for your buck. Besides water solubles, taking the oil sublingually, as a topical cream or inhaling, can also bypass the first pass metabolism process and get you closer to the desired dose. So, perhaps you've taken CBD in capsule or edible form and didn't get the relief the dose advertised. Don't give up. Water soluble could be what you need. ■



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. Resources: Nanomaterials Peer Reviewed Journal Article - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5302540/>. Molecules Peer Reviewed Journal Article - <https://www.mdpi.com/1420-3049/24/16/2967/htm>.

3 QUESTIONS only an orthodontist can answer

Have you ever considered orthodontic treatment: braces or clear aligners? If so, you probably have three big questions floating around in your head. After meeting with thousands of patients, the three most common questions I hear are:

- Can you fix it?
- How long will it take?
- How much will it cost?

So, why write an article about these questions if they can't be answered? The great news is the questions can be answered and are super easy for a trained orthodontic specialist to answer. The down side is you won't get specific answers about your teeth by reading this article. But don't stop reading now. If you do, you will miss out on some valuable information relating to those questions.

Can you fix it? An orthodontist uses braces



and aligners to correct smiles. If you have a strong preference between braces or aligners you should choose an orthodontist that has successfully treated others with that method. There are certain circumstances where one method of treatment is preferred over another. In which case, if you choose a provider that uses both braces and aligners, and you are not able to use your first choice, the orthodontist can still treat you in their office.

How long will it take? This is a great question. An orthodontist can project your estimated time in treatment after examining your teeth and smile. Typical treatment times previously ranged from two to three years. With new orthodontic technology and appliances, treatment time can now average less than two years consistently. If you are curious how long it will take to straighten your smile, be sure to contact an orthodontist to schedule your initial exam.

How much will it cost? Any time people talk about braces or aligners, the first comment

is usually about the cost. Orthodontics is an investment that can last a lifetime. Although the total or upfront cost can seem large, when averaged out over the treatment time and over the lifetime value, there isn't a better deal on this planet. To find out your exact cost for treatment and whether your insurance, health savings account, or flex spending account can be used, you must schedule your initial consultation with an orthodontist.

Orthodontics is an invaluable tool to improve your facial aesthetics, improve your oral health, increase your confidence, and overall improve your quality of life. It is very common to have questions about orthodontics. Scheduling a consultation with an orthodontist today can get all your questions answered so you can achieve peace of mind and start smiling. ■

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



Dr. Stork



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As we age, home becomes a place of comfort, familiarity and security. It's no wonder that most older adults want to remain in their homes for as long as possible. Not only does this allow them to maintain their independence and autonomy, but it can also be more cost-effective than other options.

According to the 2022 Genworth Cost of Care Survey, home care in Iowa costs an average of \$66,352 per year, while a private one-bedroom at an independent facility costs an average of \$52,404 per year. These costs can quickly add up, making aging in place a more attractive option for those looking to save money.

In addition to being cost-effective, aging in place can also be a more enjoyable experience for older adults.

This option can be a great way for older adults to maintain their independence while also staying active and social.

Overall, there are many benefits to aging in place, including cost-effectiveness, comfort, and independence. With support and resources, older adults can continue to live fulfilling lives in their own homes. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukee, 516-518-0977, 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.



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ENROLL TODAY!

SEAL of Biliteracy award

31 students proficient in two languages

Thirty-one Valley High School students obtained a Seal of Biliteracy on their graduation transcript for 2023.

Natalie French, director of English for Speakers of Other Languages, says three of those students earned the Seal of Biliteracy in multiple languages. Student recipients demonstrated proficiency in English along with Amharic, Arabic, Chinese, French, Latin, Romanian, Russian, Serbian, Spanish, Telugu, Tigrinya and/or Ukrainian.

The State of Iowa's Board of Education offers the Seal. To obtain the designation, a student needs to demonstrate proficiency in two or more different languages, English and another language.

"Many different students attempt to earn the Seal of Biliteracy," says French. "Some students have been studying a world language for more than three years, through our district's world language program, outside coursework or independent study. Others are fortunate to be bilingual or multilingual students from linguistically diverse homes, where they've grown up speaking languages in addition to English."

She says the West Des Moines Community School District is a diverse community.

"Nearly one in four students and families are multilingual. Having students and staff with oral and written language skills in languages other than English facilitates communication, builds community and supports our student learning," she says. "It's an attractive skill for future employers and college admission offices."

Valerie Vera, who graduated with the seal, pursued the recognition to validate the knowledge, experience and skills she's developed throughout her life.

"I'm hoping to gain a tool which certifies the abilities I worked so hard to expand," she says. "In addition, this title will have a positive impact on any career path I decide to follow."

Vera uses both languages daily at a variety of places.

"When I translate information for my family, not only for them, but I'm also able to assist complete strangers who I find struggling to get their needs met due to the pre-existing language barriers," Vera says.

Vera says she believes the Hispanic population will continue to grow in the U.S.

"I would love to be part of the community willing to facilitate the transition from immigrants' old life to their new one," she says.

Being able to properly communicate is vital, and those who struggle with communication often lack a sense of belonging.

"That's why it is meaningful for me — to make people feel seen, valid, respected, acknowledged and included as much as I can," she says. "Being bilingual opened my eyes to countless lessons that taught me to have empathy and a community to rely on. Learning this has become an important foundation of my lifestyle, for which I will forever be grateful." ■

PERFORMANCE vs. planning

This month we are going to talk about investment performance in relation to a financial plan. If you have been following along, we are a big proponent of planning, and over the last several months, we have advocated an approach to planning for the long term. We believe that long-term planning allows you to not react to all the news and noise we face daily. We have also suggested that an advisor will help you calibrate your plan as you go so that you can gradually adjust for multiple factors, not just the current investment climate.

Think of the past three years: record high inflation, a global pandemic, and a war in Europe, to name a few things that caused fear and uncertainty. Would you believe me if I told you that even with all of the volatility experienced from the beginning of 2020 until the end of 2022, when you compare the S&P 500 Index (one index that represents the success of the top 500 companies in the world) from 2020 to 2022 to the previous 94-year history of the market (1926 to 2019), the numbers would suggest that the overall performance was typical?

The S&P over the past three years provides an excellent



illustration of focusing on short-term investment performance versus having a long-term plan. Without a plan within those past three years, it may have been easy to make drastic changes to your investment portfolio. These drastic changes might have included trading to become more conservative or moving away from equities altogether. Either way, this strategy could have easily caused someone to miss out on the days when the market did perform and ultimately could cause you to miss the beginning of a market rebound.

What does this mean? Volatility in the market is healthy, and it is through volatility that opportunity is created. And despite volatility and uncertainty, if performance in seemingly one of the most challenging markets over the past three years is normal, then perhaps there is something more valuable than chasing investment returns. We argue that prioritizing planning and execution is usually more indicative of success than what stocks you pick, and over time, with this long-term approach, you will likely meet your goals. Reach out today to see what a plan can do for you. ■

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

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NEWS BRIEF

PROCLAMATION notes mental health awareness



Gov. Kim Reynolds signed a proclamation declaring May 2023 (and all year) Child and Adolescent Brain and Mental Health Awareness month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds.

Gov. Kim Reynolds signed a proclamation declaring May 2023 Child and Adolescent Brain and Mental Health Awareness Month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds. The tradition of a party celebrated the youth's achievements during the year. Dr. Richards emphasized funding for future therapists and the thoughts of professionals about the age of consent within existing law. Our adolescents may perform well on higher education examinations; however, their brain is not fully developed until they reach the age of 25 or 26, Dr. Richards says.

"Our youngsters process information within the emotion of the amygdala as the judgment and consequential actions while the prefrontal cortex is developing. Whereas, adults think in rational terms of good judgment and consequences within a developed prefrontal cortex. Significant adults may help our youth by assisting them in looking at consequences with fact when acting upon impulsive behaviors beyond this minute," she says. "Adults may connect with our youth by asking if they want the person to just listen or to listen and offer suggestions when they come with a problem. Being involved in the child's activities, affirming his or her interests, and modeling a healthy diet, sleep pattern, how to love and be loved creates a safe space when we help our youth find purpose in life and the 'who am I' journey." ■

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AC HISTORY: from Egypt to Iowa

When the summer heat in Iowa turns up, and you find yourself melting faster than an ice cream cone on a hot sidewalk, there's one hero that comes to your rescue — the air conditioner. But have you ever wondered about the origins of this magical machine that keeps you cool and comfortable?

Believe it or not, the concept of air conditioning dates back to ancient times. Clever Egyptians used to hang reeds soaked in water in their windows, allowing the breeze to blow through and create a natural cooling effect.

Fast forward to the 20th century when the modern air conditioner made its grand entrance. In 1902, a genius engineer named Willis Carrier invented the first electrical air conditioner. And yes, you guessed it, he was also a real cool guy. Carrier's invention was initially meant to control humidity in a printing plant, but it didn't take long for people to realize its potential in providing much-needed relief from the summer swelter.

Did you know that the term "air conditioning" was coined by a textile mill owner named Stuart Cramer in 1906? He used it to describe the process of adding moisture to the air to condition the yarn and prevent it from breaking. Little did he know that his term would soon be associated with indoor comfort.

In the early days, air conditioners were considered a luxury reserved for the elite. Only posh movie theaters, fancy hotels, and the homes of the super wealthy were graced with the cool breeze of air conditioning. It wasn't until the mid-20th century that air conditioners became more affordable and started appearing in regular households. Suddenly, staying cool wasn't just for the rich and famous — it was for everyone.

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West Des Moines Chamber of Commerce hosts a ribbon cutting for Edencrest at Timberline on June 29.



West Des Moines Chamber of Commerce hosts a ribbon cutting for Edencrest at Timberline on June 29.



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Tom Florian and Jay Mathes



Amy Croll and Aaron DeJong



Brandi Smith and PK Christopherson



Tiffany Michaud and Jim Sarcone



Melodee Pomerantz and Kelsey Chaves-White



Brittany Wallen and Keri Weidmaier



Kyle Davis and Jade Harris



Martha Munro and Amber Rhoades

RIBBON Cutting

West Des Moines Chamber of Commerce hosts a ribbon cutting for Olson-Larson Galleries, 542 Fifth St., West Des Moines on June 16.



West Des Moines Chamber of Commerce hosts a ribbon cutting for Olson-Larson Galleries, 542 Fifth St., West Des Moines, on June 16.



Janet Hanson, Connie Blodgett and Frank Hanson



Terry and Ruth Ebke



Alyss Vernon and Helen Chandler



Janet and Dave Bergeron



Keith Ratzlaff and Treva Reimer



Jacki Boldt and Sveta Miller



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Bill Roach and Annie Lund

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