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MAGAZINE

Super FANS

Residents share their passion
for their favorite teams

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Dennis Winter, DDS

WELCOME

MAKE way for the Super Fans!

Just admit it. We all know some. Or maybe you are one? Either way, these folks are easy to find.

I am talking about Super Fans, and they stick out like a banana in a bowl of blueberries.

Bumper stickers promoting their teams on their cars aren't enough for Super Fans. They have the personalized plates and the clever number and letter schemes that the rest of us need one of those secret decoder rings to decipher.

Of course, their closets are full of their team-themed shirts, sweatshirts, hats, pajamas, socks, slippers and underwear. You name it, and Super Fans have their team logo on it. And regardless of how worn and tattered those items have become, they never throw them away.

The pre-set stations on the car radios of Super Fans are locked in to sports talk and sports talk only. Don't even think about turning the dial.

They fork out more money on game tickets than they do on groceries, and they are just fine with that.

Super Fans spend countless hours on Twitter or X or whatever you call it just to be the first to know the latest news on trades, injuries or other breaking news about their teams.

And to top it all off, and to show their true commitment, Super Fans spend their hard-earned money having their team mascots or logos permanently tattooed on their skin. And not just one tattoo, either.

I am not a Super Fan. Far from it. I enjoyed participating in sports and coaching, and I do enjoy watching occasional games and sporting activities, but it stops there. Even so, I am greatly entertained by those who are Super Fans. I love their passion, their feistiness, their spirit. And I can look past those fading tattoos.

Does this all sound familiar to you? Well, you don't have to be a Super Fan to enjoy this month's feature story on local residents who are.

Thanks for reading. ■

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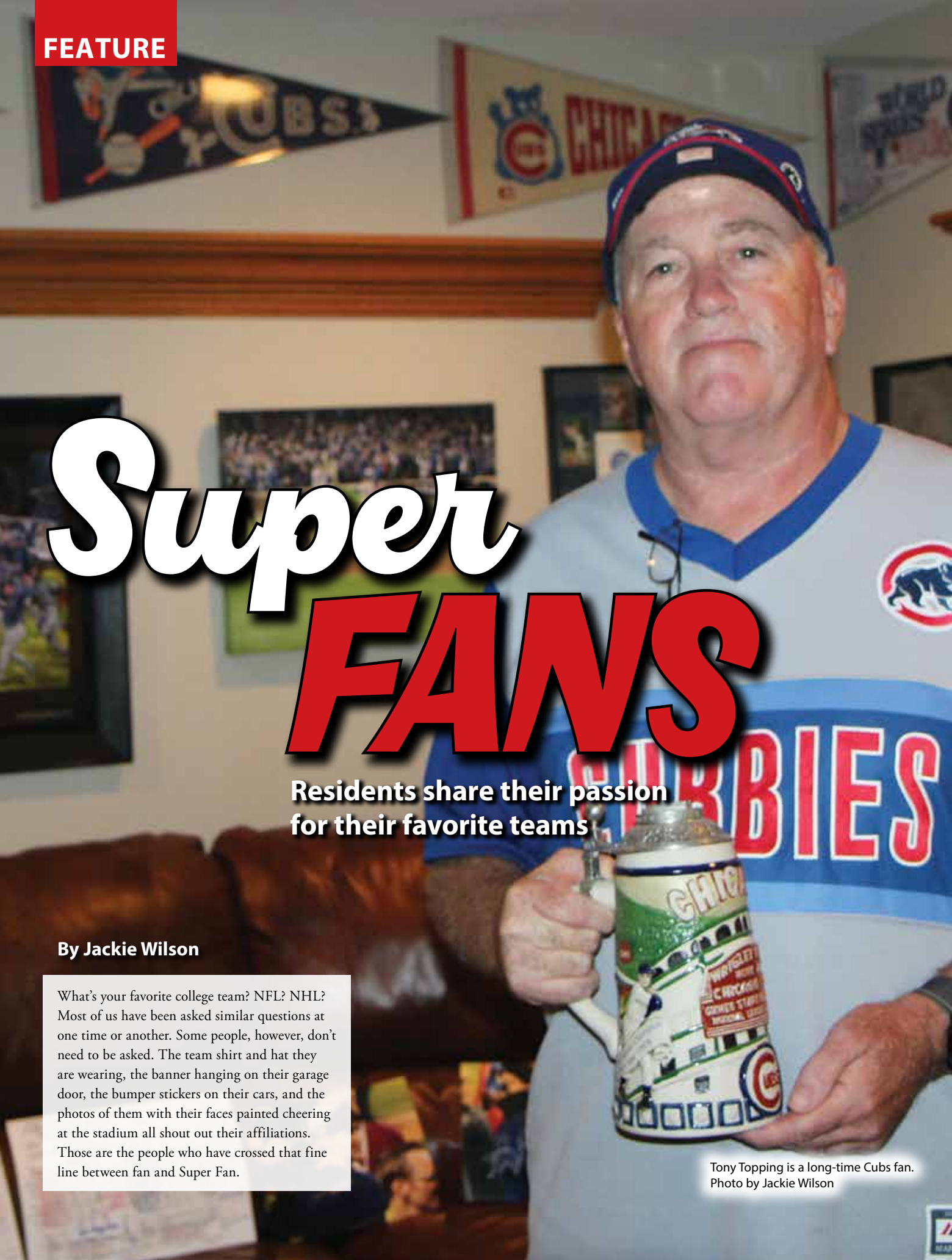
Super FANS

Residents share their passion
for their favorite teams

By Jackie Wilson

What's your favorite college team? NFL? NHL? Most of us have been asked similar questions at one time or another. Some people, however, don't need to be asked. The team shirt and hat they are wearing, the banner hanging on their garage door, the bumper stickers on their cars, and the photos of them with their faces painted cheering at the stadium all shout out their affiliations. Those are the people who have crossed that fine line between fan and Super Fan.

Tony Topping is a long-time Cubs fan.
Photo by Jackie Wilson





Tony Topping of West Des Moines has a Cubs Cave with more than 1,000 pieces of Chicago Cubs memorabilia. Photo by Jackie Wilson

Chicago Cubs fanatic

Wednesday, Nov. 2, 2016, 11:47 p.m. The day and time are etched in Tony Topping's memory as a wonderful, spectacular time. His Chicago Cubs had won the elusive World Series Championship.

The World Series is a celebrated time for fans — and Cubs fans had been waiting a long

time for their turn. Yet Topping has remained a loyal Cubs fan through all their ups and downs. Not only is he a diehard Cubs fanatic, he has the memorabilia to prove it.

As Topping gives a tour of his Cubs Cave in his West Des Moines' basement, he points out nearly 1,000 Cubs-related items. The familiar red and blue logo is stamped on objects stacked

on bookshelves, protected in glass enclosures and displayed on framed wall art — and there's more in storage totes.

As he walks from item to item, he shares dozens of vivid and detailed stories about players, games and coaches — any Cubs-related memory etched into his mind.

He points out actual stadium chairs

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purchased from the old Sec Taylor Stadium.

"We took the seats out and watched the World Series to feel like we were sitting in the stadium," he says.

He draws attention to dozens of autographed baseballs, posters and pictures. His son was a bat boy for a professional game. For his birthday, he received a poster of Sammy Sosa and Mark McGwire as both raced to break a home run record in 1998. Later, both players autographed the poster separately.

When he attends games, he photographs the players and blows up the picture. He'll get autographs during Cubs training sessions, conferences and Cubs events.

Tony became a baseball fan as a child.

"I never had the opportunity to play baseball because we lived 6 miles out of town. My parents were not excited about driving me to town for games or practice."

He attended his first Major League Baseball game — a Cardinals game — in 1980. He thought he might follow the St. Louis team; however, he learned the Iowa Cubs AAA affiliate could play in Des Moines, so he followed the Cubs.

"1984 cemented my fandom when they won the division for the first time since 1945. I thought for sure they would go to the World Series," he says.

In 2014, his name came up on the wait list, and he was finally able to purchase Cubs season tickets.

"The main reason we wanted to get season tickets was to be guaranteed seats for when they played in the World Series," he says. The Cubs played three games in the series, so everyone in the family got to see at least one game.

After they won the World Series, Tony told his wife, Janet, he wanted to attend the victory parade in Chicago. "She said, 'Do you really need to? Why don't you just go the next time?' I remember reading a story of a dad telling his son in 1945, 'I will take you to the World Series next year.' You just never know when next year will be. I never regretted that decision," he reflects.

His three sons and wife have caught his love of the Cubs. Two of his sons live in Chicago, so it's easy to connect. Whenever the Cubs win any game during the season, Topping displays his "W" flag. One special memory is when he won a prize from American Airlines and was able to

throw out the first pitch at a game.

Janet cemented her love of the Cubs in 1990, the year they married.

"We went to a Cubs spring training practice, and, afterwards, she was getting autographs of the players. It was a rush for both of us, which has led to us collecting all the memorabilia in our Cubs Cave.


"I think everyone needs some passion outside of family or faith," he adds. "To me, there isn't anything better than standing and yelling and sharing a walk-off home run with 40,000 other fans at Wrigley Field singing 'Go Cubs Go' and flying the W."

Fan of the Game award

If you attended Valley High School or a Valley sporting event, you may have purchased a ticket from Pam Wymer.

Pam, a long-time VHS staffer, worked in various school positions for 40 years. She began selling tickets for athletic events 15 years ago, which meant she could watch any games of her favorite team — the Valley Tigers.

Athletic Director Brad Rose gave her some advice about working at the ticket stand.




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Pam Wymer owns dozens of team jerseys, flags and shoes for her four favorite teams. Her bright orange shoes are in honor of Valley Tigers. Photo by Jackie Wilson

"We're not just selling tickets. We're greeting the team and all the officials. We're welcoming the opposing team to Valley," she explains. "Brad taught me that."

She's followed Valley Tigers boys basketball and football, as well as girls sports throughout the years. She has become a well-known Tiger supporter, garnering attention from students.

"I was on a plane to Mexico once and someone yelled, 'Ms. Wymer!' I love the Valley students," she says.

Because of her love of attending sporting events, she received a "fan of the game" award. She was presented with a basketball signed by the players in 2016.

Pam celebrated at midnight once to greet the Valley boys, who had just won the state football tournament.

"It was important to celebrate — even at midnight — to share the trophy. It was awesome."

Basketball was her first love. She played 6-on-6 basketball in her hometown of Collins. Later, she played granny ball with other older women.

Her dad was also a big sports fan, and the two watched games on TV together. In addition to Valley sports, she's a huge Dallas Cowboys fan. The New York Yankees is another favorite team.

"My dad took us to Minnesota when the Yankees played there," she recalls. "I later went to the Yankee Stadium in New York. It was so unbelievable."

Both her children attended the University of Iowa, and she became a Hawkeye fan. She attended tailgates with her family. When her dad wintered in Texas, she'd mail him a VHS tape recording of the Hawkeye game, since it wasn't



on the local TV station.

Today, her daughter lives in Waukee, with a grandson attending Waukee Schools.

"I take him to Valley games," she says. "He knows that Grandma is a Valley Tiger."

She likes how she's connected with the athletes at Valley.

"I get to know the kids and get hugs from them before or after the games," she says.

She's a loyal fan, regardless of the game or team outcome.

"If they lose, they lose. You go on to the next game. Being a fan, you take the wins with the losses," she reflects. "I don't jump on the team bandwagon. I've always stayed with my teams throughout all the years."

All teams, all sports

Packers. Steelers. Red Sox. Tigers. Cyclones. And soon to be Vikings.

The Cooley family's fan allegiance is all about rooting for whatever team is playing. Whether it's their first love, football, or baseball, they all agree on supporting the West Des Moines Valley Tigers.

Ryan Cooley is a baseball and football coach and a math teacher at Valley High School. His wife, Krista, teaches Spanish. All three of their daughters attend or graduated from WDM Schools.

But outside of school grounds, their team support varies.

When Ryan was "chasing his wife," he played baseball and was a coach.

"She was not a fan of baseball," he recalls. "Then I took her to Fenway Park, and she fell in love with the Red Sox."



The Cooley family of West Des Moines is divided in rooting for their various teams. One team they all agree to cheer for are the Valley Tigers. From left: Drew, 16, Krista, Ryan, Quinn, 11, and Reese, 19.

Growing up in eastern Iowa, he had to pick one of four NFL teams to root for.

"My father hated the Bears, so I became a Packers fan," he says. "I used to be a Hawkeye fan, but followed Iowa State just to rebel."

Krista grew up watching the Pittsburgh Steelers with her dad, and Terry Bradshaw was her favorite player.

As their daughters watched their parents' teams, they each chose their own team to follow. Reese was just 4 days old when she attended her first Valley football game and later became a Tiger athlete. She sided with her mom, rooting for the Steelers.

Since Reese graduated, she has been attending Grand View University and playing softball as a Grand View Viking.

Her sisters, Drew and Quinn, both side with dad to cheer on the Packers.

Sunday nights at the Cooley household are meant for football or baseball, and they switch back and forth on TV stations during the fall.

Krista and Ryan attended yearly games at Fenway Park until the kids got older and busy with their own activities. Ryan says he loves Fenway Park.

"I remember seeing the perfect game. While we were sitting by the Green Monster (a high wall at Fenway Park), a player hit a fly over our heads at the bottom of the 10th inning," he recalls. "Fenway Park is one of the most amazing places in the world."

Krista says they'd like to take the whole family to a Red Sox game. Yet, school comes first, so it may have to wait. Until then, they'll stick with rooting on the Valley Tigers — and the Packers, Steelers, Cyclones and Vikings. ■

MEDICARE Supplement vs. Medicare Advantage

Making the right choice for your healthcare needs

When it comes to healthcare coverage for seniors, navigating through the maze of options can be overwhelming. Medicare offers two main options to choose from —



Medicare Supplement and Medicare Advantage. Both options have their benefits and drawbacks, so it is crucial to understand the differences and make an informed decision that best suits your healthcare needs.

Medicare Advantage plans, also known as Part C, are an alternative to Original Medicare. By enrolling in a Medicare Advantage plan, you receive the same coverage as Original Medicare, along with additional perks and benefits that may not be covered by Parts A and B, such as dental, vision and gym memberships.

One significant advantage of Medicare Advantage plans is low to no premium costs.

Most plans include copays for covered services. Medicare Advantage plans have an annual claims out-of-pocket maximum. This means that, once you meet the maximum, you will no longer have to pay for services covered by your plan for the rest of the year.

One aspect to consider when choosing a Medicare Advantage plan is network selection. In order to minimize claim costs, you must use doctors and healthcare providers who are in the plan's network. Many plans offer some out-of-network coverage. It typically comes with higher cost-sharing.

On the other hand, Medicare Supplement plans, also known as Medigap, can be purchased in addition to Original Medicare. These plans work alongside Original Medicare and help cover the remaining costs that are not covered by Parts A and B, such as deductibles, copays and coinsurance.

One advantage of Medigap plans is the predictable costs. These plans have a fixed monthly premium, although they may change

from year to year. This allows beneficiaries to budget for their healthcare expenses and avoid unexpected financial burdens.

Furthermore, Medigap plans do not have a network, giving beneficiaries the freedom to use any healthcare provider that accepts Medicare. With Medigap, you can rest assured that you will have access to the healthcare providers you trust without worrying about additional out-of-pocket costs.

In conclusion, when choosing between Medicare Supplement and Medicare Advantage, it is important to consider your healthcare needs, budget and preferred healthcare providers. By carefully evaluating the pros and cons of each option, you can make an informed decision that ensures you receive the best possible healthcare coverage tailored to your individual needs. ■

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Prescription drug take back day

Saturday, Oct. 28, 10 a.m. to 2 p.m.

WDM Police Department, 250 Mills Civic Parkway

On DEA National Rx Take Back Day, help keep your family safe by taking unused or expired prescription drugs to the WDM Police Department.

Edgewater Holiday Mart

Nov. 4, 9 a.m. to 3 p.m.
Edgewater, 9225 Cascade Ave., West Des Moines

Holiday Mart features more than 30 local artists and vendors, all inside. Choose your gifts from: watercolor paintings, fiber arts, jewelry, fused and stained glass, ISU and U of I carved snowmen, carved Santas, wooden toys and pens, pottery, cutting boards, notecards, poetry prints, scarves, pillows, cheese boards, lotions, goat milk products, honey, candy wreaths and baked goods.



WDM Parks and Recreation Halloween Fun

- Starting Oct. 17, Spooktacular STEAM, Nature Lodge, \$75
- Oct. 20, Halloween Hoopla, Nature Lodge, cost varies
- Oct. 21, Magic Tricks and Treats, Activity Center, \$35
- Oct. 28, Ooey-Gooey Pumpkin Slime, Activity Center, \$40
- Halloween Hullabaloo, Recplex, cost varies
- Beggars' Night is Monday, Oct. 30

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.

Book discussion

Every third Thursday, 7-8 p.m.
Jordan House Museum, 2001 Fuller Road, West Des Moines

The book discussion title for Oct. 19 is "Circling the Sun" by Paula McLain. Nov. 16, the title is "In the Time of the Butterflies" by Julia Alvarez. Dec. 21 will be a discussion of the best books participants have read.



One Million Steps for OCD Walk

Oct. 14, 9:30 a.m.

Gray's Lake, 2101 Fleur Drive, Des Moines

OCD Iowa announces the Des Moines One Million Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit ocdiowa.org or www.iocdf.org.

Madison County Covered Bridge Festival

Oct. 14-15, 9 a.m. to 5 p.m.

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/. ■



NEWS BRIEF

ENERGY assistance available

The Low-Income Home Energy Assistance Program (LIHEAP) is a federal program established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs. This is a one-time credit that households can reapply for each year.

If you live in western Polk County and are interested in applying for LIHEAP, contact West Des Moines Human Services at 515-222-3660 to apply. Dallas County residents should call New

Opportunities at 515-465-5185 to apply.

Applications are accepted Nov. 1 through April 30. For more information, visit: www.wdm.iowa.gov/government/human-services/programs-services/energy-assistance-weatherization.

Required documents include but are not limited to ID for each adult household member; proof of income for all household members; documentation of Social Security numbers for all household members; and copy of your most recent heating/electric bill. ■

CHAMBER presents DEI awards

The West Des Moines Chamber of Commerce (WDM Chamber) held its third annual Diversity, Equity and Inclusion Workplace Excellence Awards (DEI Awards) on Sept. 7 at the Community Choice Convention Center.

Award recipients across 10 categories were recognized in front of the 300 leaders in attendance, and the impact of their work was highlighted through videos produced by Fred Ebong with FE Studios.

There were also three check presentations throughout the evening. One was a \$4,800 check for Can Play, the nonprofit donation recipient selected by the WDM Chamber's DEI Committee. The other two check presentations were thanks to the Minority Leader Scholarship Sponsor, IMT Insurance.

Ayanari Morales-Rodriguez, the Student Leader of the Year, received a \$1,700 scholarship for her future education. Iowa Safe Schools, the nonprofit award recipient, will select a minority leader to go through the West Des Moines Leadership Academy on a full-ride tuition scholarship beginning fall of 2024.

As attendees arrived to the event, they

participated in a community art project drawn by Laura Palmer of XO-LP. This collective art had representations of love, family, culture and inclusion. The three canvases were presented to a randomly drawn attendee, Gilmara Mitchell as the DEI Awards Chair in gratitude, and to the West Des Moines Chamber of Commerce to display in their office as a reminder of community.

"What's most important right now in our community when it comes to Inclusion work," Meredith Murphy, Talent Attraction Manager at the West Des Moines Chamber of Commerce says, "is that we listen when someone speaks up. The award recipients we are recognizing this year have spoken up for themselves, their coworkers, their families, and for our communities. We are not here to feel better, we are here to lift up and push forward so that those voices are not ignored."

Des Moines Gay Men's Chorus and CultureALL made performances with Emmett Phillips and Pragnya Yogesh & Co. possible at the event.

The need for continued work remains, and

therefore, so will the DEI Awards. The date for the 2024 DEI Awards has officially been set as Sept. 12, 2024. Anyone interested in being a part of the inaugural planning committee for the next year's DEI Awards can contact the chamber to learn more.

Award recipients:

DEI Student Leader of the Year: Ayanari Morales-Rodriguez, Valley High School Student

DEI Emerging Leader of the Year: Jackie Minsoe, Hoover High School Boys Soccer

DEI Leader of the Year: Kate Hightshoe-Lambert, QCR Holdings, Inc.

Small Business: Knight Moves

DEI Ally of the Year: Adrienne Towe, Waukee Community Schools Foundation

Large Business (250 employees and more): Bankers Trust

Nonprofit: Iowa Safe Schools

Education: Youth Justice Initiative

Medium Business (50-249 employees): Merchants Bonding Company

Best Inclusion Initiative: Spark DSM, Greater Des Moines Partnership ■

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In fact, according to a 2023 study conducted by Life Happens and LIMRA, which closely follows life insurance trends, nearly 50% of Americans say they have no life insurance coverage at all, even though 39% say they intend to obtain life insurance coverage within the next year.

Role of life insurance

Realizing the role life insurance can play in your family's finances is an important first step. A critical second step is determining how much life insurance you may need.

Several factors will affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Life insurance policies have expenses,

including mortality and other charges. If a policy is surrendered prematurely, the policyholder also may pay surrender charges and have income tax implications. You should consider determining whether you are insurable before implementing a strategy involving life insurance. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.

Rule of thumb

One widely followed rule of thumb for estimating a person's insurance needs is based on income. One broad guide suggests a person may need a life insurance policy valued at five times their annual income. Others recommend up to 10 times one's annual income.

If you are looking for a more accurate estimate, consider completing a "DNA test." A DNA test, or Detailed Needs Analysis, takes into account a wide range of financial commitments to help better estimate insurance needs. The first step is to add up needs and obligations.

Short-term needs: Which funds will need to be available for final expenses? These may include the costs of a funeral, final medical bills,

and any outstanding debts, such as credit cards or personal loans. How much to make available for short-term needs will depend on your individual situation.

Long-term needs: How much will it cost to maintain your family's standard of living? How much is spent on necessities, like housing, food and clothing? Also, consider factoring in expenses, such as travel and entertainment. Ask yourself, "What would it cost per year to maintain this current lifestyle?"

New obligations: What additional expenses may arise in the future? What family considerations will need to be addressed, especially if there are young children? Will aging parents need some kind of support? How about college costs? Factoring in potential new obligations allows for a more accurate picture of ongoing financial needs. ■

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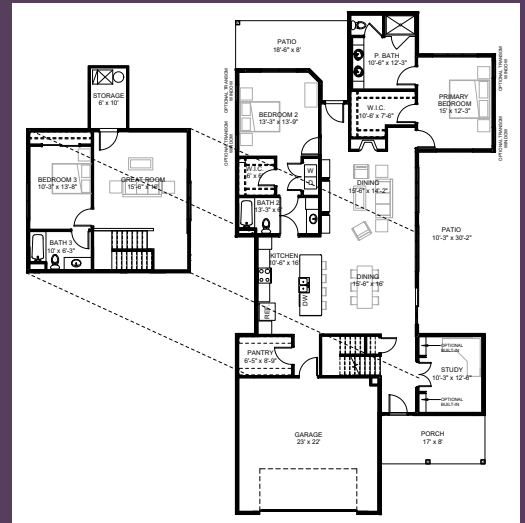
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HALLOWEEN at the WDM Library

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

Adult Craft Night: Ghost Wall Hangers Thursday, Oct. 19 – 6:30-8 p.m.

Come join us to create a fun craft for the adult crowd. We will have a variety of supplies to make ghost wall hangers. Registration is required and spots fill quickly.

Family Night at the Library: Hocus Pocus Hex-A-Long!

Monday, Oct. 23 – 6:30-7:30 p.m.

This month we'll be showing the movie "Hocus Pocus," and everyone is invited to sing, play, hex (and snack) along with us. Please register each person attending (children and adults).

Preschool Halloween Storytime Wednesday, Oct. 25, 6:30-7 p.m. or Thursday, Oct. 26, 10:30-11 a.m. or Friday, Oct. 27, 10:30-11:30 a.m.

(Ages 2-6 with adult) Put on your favorite costume and join us in the community room for not-too-scary stories and Halloween fun at the library. We'll start the program by showing off our costumes with a short parade around the first floor of the library. Registration required.

How to "Read" a Cemetery Thursday, Oct. 26, 6:30-7:30 p.m.

(Adults) Join us in exploring common cemetery iconography. You'll learn about how even though there are multiple points of views and facets to these images, the symbolism is represented across many cemeteries. No registration required.

Was the Book Better Than the Movie? Practical Magic

Saturday, Oct. 28, 1-4 p.m.

(Adults) Read the book "Practical Magic" by Alice Hoffman beforehand (if you like), and then come and enjoy a good movie, followed by some lively discussion about the differences between the two. The library will provide popcorn. No registration required. ■



The West Des Moines Library Friends Board elected new officers. The board includes, seated: Heather Martin, Bridget Johnson, Scott Griesse, Ed O'Neill, Andrea Solomon, Kathryn Greenfield, Angie Arthur, Brandon Denner; and, standing: Abby Draisey, Laura Hassebrock, Laura McCall, Roxanne Nikkel, Kristin Sunde, Lynda Oakley, Mary Fratianni, Deb Guntly, Jennifer Hochberger, Ellie Wakefield and Dan Wakefield. Absent from the picture are Chinmay Bajikar, Paul Bishop and Jim Rasmussen.



Halloween storytime is enjoyed by attendees. Photos by Maggie Martin, Library Information Coordinator



RECIPE

FILL your family's plates with cozy fall meals

(Family Features) Putting away the homework, turning off electronics and spending a little quality time together can help ease everyday stresses. Add a cozy meal packed with tastes you love and you'll have the perfect recipe for an autumn evening with your family.

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies — from sweet potatoes to pumpkin and more — paired with hearty favorites like cheesy pierogies that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

For an extra special celebration with the ones you love in honor of the 15th anniversary of National Pierogy Day, consider a cozy, warming dish like Roasted Sweet Potatoes Brown Butter Pierogies, which is loaded with the flavors of the season. This comforting meal starts with cubed sweet potatoes — a hallmark of fall — along with pierogies tossed in a homemade brown butter sauce. Top with pecans for a nutty crunch and fresh thyme leaves for the final touch on a newfound favorite that'll bring loved ones running to the dinner table.

Find more ways to incorporate fall flavors into your family's everyday menu by visiting MrsTsPierogies.com. ■

Roasted sweet potatoes brown butter pierogies

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4-5

- 1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies
- 2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- water
- 1/2 cup pecans
- fresh thyme leaves, for serving

DIRECTIONS

- Preheat oven to 400 F.
- Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.



- In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.
- In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.
- Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.
- Top with fresh thyme leaves.

HONOR OUR VETERANS

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

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

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

SUBMISSIONS MUST BE RECEIVED BY OCT. 25.

CORVETTES are the fruits of Loffredo's labor

Car collection also includes Model A.

John Loffredo of West Des Moines enjoys Corvettes and other classic cars, and his garage (or “man cave,” as he calls it) is testament to that. The garage currently houses six cars, including a 1930 Model T. The garage also displays numerous trophies Loffredo has earned at the car shows he attends.

Prior to retirement, Loffredo made a career with Loffredo Fresh Produce, a business that's been in his family for many years. Now that he has more free time, Loffredo has found that he enjoys classic cars — and the people he meets through his automotive hobby.

“I bought my first Corvette in 1976, when my daughter was born, as a present to her and I,” says Loffredo. “About 2000, I started buying cars, and I sell some now and then. I replace them. But for the most part, I do enjoy these cars, and I get attached to them. I retired in 2019, bought my shop here, and started bringing in a few more cars. I have three more at home. And they're all pretty much original. I drive them all. I don't trailer them.”

For some years now, Loffredo has been a frequent participant in car shows throughout the state. For any particular car show, it's anyone's guess as to which car he'll bring.

“We do about 30 to 40 shows a summer, some friends and I. We rotate them. We caravan to all of our car shows in case someone has a problem,” he says. “We go to Iowa City, Cedar Rapids, State Center, Jefferson, Atlantic, Clear Lake. There might be anywhere from six to 12 of us, so we can all park together and tell our stories.

“I love these cars because I grew up with them,” he continues. “At the time, I couldn't afford them, but now I'm collecting them.”

At car shows, he says he enjoys hearing when one of his cars reminds someone of a similar vehicle from decades ago.

“Car show people are some of the friendliest people in the world. Everyone has a story,” he says.

Although most of his cars are Corvettes, his oldest isn't.

“This old Model A has been in our family for 83 years,” he says, gesturing to it. “It was my wife's uncle's car, and when he got sick, they had a sale. I use it for parades and just to putz around in. It's a 1930. I've had it for about



John Loffredo is happily surrounded by his classic cars.



John Loffredo's Corvette and Model A are parade-ready.

five or six years. It's all original. It's only got about 26,000 original miles on it.”

Although he's not adverse to selling his cars, some would be hard to part with.

“I don't know. I'd like to keep my C2s, which are the 1966 and the 1967. For right now, I'm into the 'Vettes.”

C2 is the designation of the “second generation” of Corvettes, those made between 1963 and 1967. In the eyes of many Corvette enthusiasts, these are the most sought-after Corvettes of all.

Loffredo says he's often asked which car is his favorite, and his answer is, “The one I'm driving today.”

Loffredo says there isn't currently any particular car he's looking to add to his collection, but he adds, “I used to drive GTOs, which I really like. I've had three of those.”



John Loffredo's Corvette convertible.

One challenge in collecting is getting a good deal, he says.

“There's a lot of junk out there. And you might think you're getting a good deal on a car, but it has to be gone through,” he says. “I try to buy nice cars, and I keep them serviced.”

Although Loffredo strives to keep his cars beautiful and running smoothly, he doesn't stress himself out trying to avoid every tiny scratch or blemish.

“You've got to live every day like it's your last and have a good time, and that's what I do. I do enjoy them,” he says.

Soon, the car show season will end.

“But I drive the cars year-round, really,” he says. “If it's cold out but the streets are dry, I'll take them out a little ways, just to keep the gears lubricated.” ■

SOCIAL Security disability benefits

Social Security disability benefits are available to an individual who has a mental or physical impairment that prevents him or her from working. If you have a medical condition that prevents you from working, you may be eligible for Social Security benefits. There are two main types of benefits:



• **Supplemental Security Income (SSI)** is a benefit available for an individual who is disabled and has low income and few resources. Generally, a disabled individual who does not have sufficient work history to qualify for Social Security Disability Insurance (SSDI) will qualify for SSI. In 2023, the SSI benefit is \$914 per month. This amount is designed to help meet basic needs for food, clothing, and shelter.

• **Social Security Disability Insurance (SSDI)** is similar to Social Security retirement but is for people who have become disabled prior to retirement age. If a person has sufficient "work credits," earned by working for a certain period of time during lifetime, the disabled individual can qualify for SSDI. The amount of monthly benefit is calculated based on work history.

Applying for disability can be a lengthy process. After filing an initial application, Social Security will request medical records. Social Security may send the individual for examinations. It can take anywhere from three to six months to get a decision depending on how quickly medical records are received and reviewed.

Following a denial, the next step is to appeal the decision with a Request for Reconsideration. At this stage, Social Security

will update information, have it reviewed by its doctors, and make a new decision. This can take an additional three to six months. It is important to file an appeal; filing a new application starts the whole process over.

Once a case is denied at Reconsideration, the next step is to request a hearing in front of an administrative law judge. Most cases in Iowa are assigned to the hearing office in West Des Moines. The current wait for a hearing is 20 months from the date the hearing is requested, not the date of application.

At the hearing, you can be represented by an experienced attorney who can present your side of the story. You need someone on your side who understands the process and respects you as an individual. ■

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 Evans

EMOTIONAL validation makes or breaks relationships

Emotional validation is a critical skill for healthy relationships. To validate someone's emotions is to communicate the understandability or reasonableness of their feelings. This is not the same as agreeing with the person's stance, and, in fact, this skill becomes all the more important when the feelings of the person you are acknowledging are different from your own. For example, I find coffee disgusting, but, for all the coffee lovers out there, I respect that, to you, it is an invigorating brew in which you find genuine satisfaction. The alternatives to validation include the assertion of one's own perspective (e.g. coffee is gross) or attempts to change a person's feelings (e.g. arguing tea is the superior hot, bitter beverage). These alternatives become problematic when responding to the emotions of others because they imply there is something wrong with the way they feel, since you are either unwilling to relate to their feelings or suggesting they should be different. Instead, practicing validation communicates empathy and respect for differences, which are crucial for navigating conflict. While the coffee example is a mundane way to demonstrate validation, one can easily imagine an emotionally charged interaction in which one person expresses an important feeling, and validation is the only thing that would make them feel seen and cared for. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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HEALTH

By Ashley Powell

HEALTH benefits of cannabinoids

Let's explore the origins of two well-known compounds, CBD and THC, and shine a light on CBGA (cannabigerolic acid), the "parent" of all cannabinoids. We can extract CBD, THC and other compounds from CBGA using specific methods.

CBGA is getting attention for its potential in fighting heart disease. It does this by blocking an enzyme called aldose reductase, which is linked to oxidative stress and heart problems. Moreover, CBGA has shown promise in battling colon cancer cells and stopping the growth of polyps that could turn into carcinomas.

Another important compound is CBDA (cannabidiolic acid). It helps by regulating serotonin levels in our bodies, which affect functions like digestion and emotions. CBDA is helpful for reducing nausea and vomiting, especially in cancer patients dealing with high stress. It also acts as an anticonvulsant, helping to prevent and lessen seizures. CBDA interacts with receptors in a way similar to medications called selective serotonin reuptake inhibitors (SSRIs), which could potentially be helpful for people dealing with depression. Interestingly, CBDA's structure is similar to that of non-steroidal anti-inflammatory drugs (NSAIDs), making it a potent pain reliever. ■



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. References: <https://pubmed.ncbi.nlm.nih.gov/33964342/> and <https://jpet.aspetjournals.org/content/376/2/204/sec-7>

SPOOKY sweets and brace-friendly treats

Can you feel the anticipation of Halloween filling the hearts of children and adults alike? It's a time for costumes, haunted houses and, of course, candy. However, for those with braces, the joy of indulging in Halloween treats can be shattered by concerns about their orthodontic appliances. Fear not, for we have the ultimate guide to help you navigate the world of Halloween candy while keeping your braces in good shape.



Avoid sticky situations: Sticky and chewy candies are some of the biggest enemies of braces. These candies can easily get lodged in your braces or damage the wires and brackets. This Halloween, steer clear of treats like taffy, gummy bears, caramel and sugar gum. Biting into a sticky candy can lead to a visit to your orthodontist for repairs, and that's no treat.

Chocolatey delights: Good news for chocolate lovers. Most chocolates are braces-friendly. Smooth and melt-in-your-mouth

chocolate bars like Hershey's or Kit Kat are safe choices. They don't pose a significant risk to your braces and are a delightful way to satisfy your sweet tooth. Just be sure to brush your teeth thoroughly after indulging to prevent any sugar-related complications.

Crunchy cravings: Crunchy candies like M&Ms or chocolate-covered pretzels are a great choice for those with braces. They offer a satisfying crunch without the risk of harming your orthodontic appliances. Hard candies like jawbreakers can also be braces-breakers. So, if you want to enjoy them, be sure to suck on the treat instead of biting into them.

Fruity fun: Fruit-flavored candies like Skittles and Sourpatch Kids are often a popular choice during Halloween. While they are not as harmful as harder sticky candies, they can still pose some risks. These candies can get stuck between your braces, so it's essential to clean your mouth thoroughly after indulging.

Sugar-free sweets: If you're concerned about cavities and gum disease during your orthodontic treatment, sugar-free candies and gum are a great option. They won't contribute to tooth

decay, making them a smart choice for those with braces. Look for brands that use xylitol as a sweetener, as it has been shown to increase saliva and decrease your cavity risk.

Pop...corn not braces: Popcorn can come in many varieties, especially in the fall. If you are looking forward to this delicious salty treat, plan to eat it slowly, one kernel at a time, to avoid damage to your appliances. Avoid popcorn balls and other popcorn mixes that may contain nuts or other hard objects that could break your braces.

Halloween can still be a spooktacular time for those with braces by choosing treats wisely. Breakage can cause you to be in treatment longer, and that's a haunting thought. If you ever notice something that is not right, call your orthodontist right away.

Remember to indulge in the magic of Halloween wisely to keep your smile and braces as bright as a full moon. ■

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

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COMMUNICATING with a parent with dementia

Communicating with a parent who has dementia can be challenging, but it's important to approach them with patience, understanding and compassion. When communicating with a parent with dementia, it's important to use simple language and short sentences, speak slowly and clearly, avoid distractions and loud noises, use visual cues and gestures to help convey your message, be patient and give them time to process information, ask questions that can be answered with a simple "yes" or "no," avoid correcting them if they make a mistake or say something that doesn't make sense, and show them respect and dignity.

As an adult daycare provider, it's important to understand the statistics related to dementia. According to the Alzheimer's Association, one in three seniors dies of alzheimer's or another form of dementia. Dementia is the sixth leading cause of death in the United States. More than 5 million Americans are living with alzheimer's. Every 66 seconds, someone in the United States develops alzheimer's. In 2021, the cost of caring for individuals with dementias is estimated to be \$355 billion.

By understanding the statistics, we can better serve those who are affected by the disease and help to improve their quality of life. ■

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





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ENROLL TODAY!

VALLEY Tiger Booster Club

A village of volunteer parents

Some folks say it takes a village to raise a child. It might also be said it takes a village of volunteer parents to help make school activities successful for their kids.



That's where the Valley Tiger Booster Club comes in. The Booster Club supports West Des Moines Valley High School's extracurricular activities, such as athletics, dance, band and music — any activity that takes place outside of school.

The club has been around for decades. Membership Coordinator Ward Buttolph has lived in West Des Moines since 1995 and became involved in the club when his kids attended Valley High School.

"My wife was a Valley grad, and I coached youth sports teams. We wanted to give back to those areas," he explains.

Last year, the club, a non-profit organization, provided more than \$75,000 for school extracurricular activities.

"This was money raised from parents, families and business donations," he says.

The club raises funds and receives a portion of the revenue from concession stands at various Valley events, which are run by parent volunteers. Each parent of a student who is involved is encouraged to sign up for a few shifts a year. Students seeking Silver Cord hours also help out.

Another way the group raises funds is by selling Tiger merchandise and activity punch cards, which admit spectators into various home events.

They work with the Valley activities director to determine where the funds go. Often it helps fund transportation costs for away games or events.

"It helps to supplement the sports budget or anything across the board," he explains.

Ward says Valley is one of the largest high schools in the state.

"It's important to provide this service to students, so they can enjoy their experience at Valley and not spend their time fundraising. We help financially so they can enjoy what they do," he says. "We have pride in being competitive with our athletics, choir and band and want to keep that high level of dedication to our students."

Membership costs add to the fundraising efforts and are available for parents, families or businesses. Businesses can display their information on various school signs and programs.

Ward encourages parents and businesses to buy a membership, attend a meeting or volunteer for an event.

"We're always looking for parents and families, as well as creative ways to help raise dollars," he says. "We're thankful for those who volunteer."

Memberships start at \$25. For more information or to volunteer, visit valleytigersathletics.com/about-the-valley-tiger-booster-club/. ■

TruSculpt iD: Get the body you want without surgery

TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment is a safe and effective technology that is clinically proven to permanently eliminate fat cells and help tighten skin in stubborn areas that are otherwise resistant to diet and exercise.



How does TruSculpt iD work?

TruSculpt iD uses innovative Monopolar RF technology to selectively target fat and then therapeutically heats it until the fat cells are destroyed and eliminated by passing them through the body's lymphatic system naturally. An average of 24% fat reduction is achieved per treatment.

How is TruSculpt iD different from other body sculpting procedures?

- This procedure is versatile and effective and can treat a wide range of patients who may not be a candidate for other contouring procedures due to treatment location, skin type, fat thickness, and presence of skin laxity.
- The treatment has minimal discomfort and has been compared to a hot stone massage.
- There is no visible downtime after the procedure, and normal activity can be resumed immediately.
- The treatment time is dependent on the treatment size and how many areas are treated.
- Treatment time is typically 15 to 30 minutes for an area like abdomen and flanks.
- Typically, only one to three treatments are needed. (Additional treatments may be required to achieve the personalized results you desire.)
- Results are visible in as little as 6-12 weeks after each treatment.

Clients all over whom have been treated for a variety of stubborn fat issues — including lower abdomen, flanks, bra area, knees, inner thighs, arms, and under the chin — are raving about their experience with TruSculptiD.

TruSculpt iD is a non-invasive and efficacious procedure. It has no downtime, is well tolerated, has a short treatment time and a very low risk of any complications. It really is that simple.

Post-procedure, the treatment area will be warm and flushed for less than one hour. While you may experience mild sensitivity to touch for a few days, you'll be able to immediately return to normal activities and exercise.

Are you a candidate for TruSculpt iD?

Because TruSculpt iD is a customized and tailored treatment to meet individual needs, most adult men and women are a candidate. Additionally, this treatment can be done on all skin types and even over tattoos. Unlike other devices, it is also the first of its kind that is cleared to treat patients over a 30% BMI. Remember, multiple treatments can be combined to achieve your desired results, and you can even treat the same area again as soon as 90 days later, which will allow for the full success rate of each treatment before re-treating. ■

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.

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YOUR financial health

A recent article I read by David Booth, founder and chairman of Dimensional Fund Advisors, made an interesting observation about the relationship between health and wealth. His article, "Practicing Healthy



Habits, Pursuing Wealthy Outcomes," relates how he looks at investing compared to how Peter Attia looks at living longer in his book "Outlive: The Science & Art of Longevity." Booth says living a wealthier life has the same underlying principles as living a healthier life.

The three main similarities between living healthier and living wealthier, according to Booth, are:

- There is no one-size-fits-all solution.
- There are no quick fixes.
- It is better to prevent problems than to fix them.

These concepts are intuitive from a health perspective, but let's examine them through the

investment lens.

First, let's talk about a no one-size-fits-all solution. I've written about this one way or another consistently for the past several months. The reason there is no one-size-fits-all solution is that different people have different goals, different means, and different risk tolerances. As a result, what someone would call a successful investment strategy another might not.

Next, the concept of no quick fixes is about dealing with the reality that the market is unpredictable. Investors will likely deal with inevitable volatility and loss in the short term. Creating a wealthier life requires resolve and patience to endure the peaks and valleys of the market.

Last is preventing problems rather than fixing them, which is all about planning. Back to comparing health and wealth, preventative health is about having a plan, getting checkups, and making healthy choices. The same is true for financial planning. Having a plan defines where you want to go and outlines what you

must do to get there. Checkups are talking to your Certified Financial Planner™ regularly to calibrate your plan. Healthy choices are about all things in moderation and knowing what activities will disrupt your plan.

I would encourage you to give David's article a read. He goes deeper into the investment principles they espouse (Dimensional Fund Advisors) and draws further comparisons to healthier living.

My biggest takeaway from the article and this concept, in general, is that all planning lives and dies based on discipline. To help with that, having an advisor is like having a personal trainer in many ways. Yes, you can do it yourself, but a good advisor will help hold you accountable and keep you on track. ■

Information provided by Michael Jiskoot, Valiant Wealth, 3408 Woodland Ave., Suite 204, West Des Moines, 515-223-6068. At Valiant Wealth, we ascribe to many of these principles, and I advise my clients to take a measured and proactive approach to achieving their financial goals.

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

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

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

SHOPPING

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

ENTERTAINMENT

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

HEALTH/BEAUTY

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

HEALTH/BEAUTY

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

OTHER PROFESSIONAL SERVICES

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

A BUSINESS of Character

Walter Roofing and Solar honored by Center for Character Counts.

Character Counts. In every aspect of life, the six pillars of character — trustworthiness, respect, responsibility, fairness, caring and citizenship — are important for a positive community.

One business, Walter Roofing and Solar, was recently awarded the Business of Character award from the Robert D. and Billie Ray Center for Character Counts. Walter Roofing is owned by West Des Moines residents Jesse and Shelease Rittenhouse.

The award recognizes 11 honorees in Iowa for various aspects of the pillars of character. Individuals and organizations are nominated for ethical leadership and humanitarian efforts.

Since 2005, approximately 200 awards have been given to Iowans. Jesse says they were nominated by two separate Realtors, Brooke Doheny and Dave Stock.

“They nominated unbeknownst to us,” says Jesse.

The Rittenhouses established their business six years ago and named the company after their rescue dog, Walter. They specialize in roofing, siding, solar and outdoor structures. After the derecho, they repaired 300 roofs in one year.

The Rittenhouses are active in their church. One of their fellow church members reached out to the couple, asking for help remodeling a home.

The home was occupied by a Ukrainian refugee family of 14. The interior was in bad shape, and there was a hole in the roof. After Jesse looked at it, they decided to repair the roof free of charge. After that, they noticed the rotted siding and replaced it with vinyl siding.

“We paid our crews but didn’t charge them. It was our way of saying welcome to Iowa,” says Jesse.

In addition to providing roofing, the couple is involved in other charitable organizations, such as Rescue Rehab Rehome, Hope Family Services and Meals for the Heartland.

In addition to their charitable involvement, their team members and subcontractors also began volunteering.

“It’s cool to introduce them to these service organizations. It’s fun to see that compounding effect,” Jesse says.

He says it’s important to give back as he’s been given help in the past.

“I’m a recovering alcoholic. People have given me grace and help,” he explains. “It’s my responsibility to turn around and give back any chance



Walter Roofing and Solar was awarded the Business of Character award from the Robert D. and Billie Ray Center for Character Counts. Owners Jesse and Shelease Rittenhouse accepted the award.

that we can get.”

When they found out about the award, the couple was surprised.

“It was awesome. It’s not something we expected. It was a cool honor,” Jesse says.

The company continues to give back to the community.

“Part of our core value is to have a positive impact on our colleagues and families,” says Jesse. “We feel so blessed and want to help out as many others as we can.” ■



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OUT & ABOUT



West Des Moines Chamber of Commerce hosted a ribbon cutting for Femme Revival, 415 Fifth St., West Des Moines, on Aug. 3.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Maple Studios, 1207 Maple St., West Des Moines, on Aug. 10.



Chris Whalen and Katherine Harrington at the West Des Moines Chamber of Commerce ribbon cutting for Hyper Energy Bar on Aug. 25.



Anna Doud and Kelsey Chaves White at the West Des Moines Chamber of Commerce ribbon cutting for Hyper Energy Bar on Aug. 25.



West Des Moines Chamber of Commerce hosted the ribbon cutting for Ruth's Chris Steak House, 950 Jordan Creek Parkway, suite 1100, West Des Moines, Aug. 14.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Hyper Energy Bar, 675 S. 60th St., West Des Moines, Aug. 25.



Charity Baird, Chris Whalen and Mady Yacko at the West Des Moines Chamber of Commerce ribbon cutting for Tommy's Express Car Wash on Aug. 25.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Tommy's Express Car Wash, 645 S 60th St., West Des Moines, Aug. 25.



Stephanie Miers and Jamie Stoltenberg at the West Des Moines Chamber of Commerce ribbon cutting for Tommy's Express Car Wash on Aug. 25.



Josh Brady and Kevin Clemens at the groundbreaking for the Stivers PRO Elite Service Center on Aug. 30.



Stivers Ford held a groundbreaking for the Stivers PRO Elite Service Center on Aug. 30.



Matthew James, Lance Howard, James McNaughton and Tanner Bowman at the groundbreaking for the Stivers PRO Elite Service Center on Aug. 30.



Scott Politte and Mike Simpson at the groundbreaking for the Stivers PRO Elite Service Center on Aug. 30.



Jolene Goodman and Holly Lewis at the groundbreaking for the Stivers PRO Elite Service Center on Aug. 30.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Venice Beach HRT, 5465 Mills Civic Parkway, No. 243, Aug. 16.



Jeremy Porter and Bill Wright at the West Des Moines Chamber of Commerce ribbon cutting for Venice Beach HRT on Aug. 16.



Wendy Street and Sue McKernan at the West Des Moines Chamber of Commerce ribbon cutting for Venice Beach HRT on Aug. 16.



Joseph Beedon, Connie Blodget and Rob Reinard at the West Des Moines Chamber of Commerce ribbon cutting for Venice Beach HRT on Aug. 16.



Mady Yacko and Alex Wright at the West Des Moines Chamber of Commerce ribbon cutting for Venice Beach HRT on Aug. 16.

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