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WEST DES MOINES  
JORDAN CREEK

NOVEMBER 2023

# Living

MAGAZINE

## EARLY RISERS

Residents share experiences working  
while most others sleep.

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**WELCOME**

# BEFORE the sun shines

I don't get on the road in the wee hours of the day too often, except when I have an early flight at the airport or I am driving out of state. On those 4 a.m. or so travels, I often wonder about the other folks I see driving at that time. Why are they up so early? Where do they work? Where are they going? Are they leaving from home or heading home?

I agree there is something rewarding about getting an early start on the day. It gives me the feeling of having a head start on others. Crossing a few tasks off my list before the sun comes up starts the day off right.

For some folks, though, this isn't a once-in-a-while thing. Their jobs or activities or habits have them rising early every day.

When I was in high school, I worked at a convenience store/gas station. On occasion, I would work the graveyard shift. Even in a small town, this was an exposure to another world. I would see the factory workers heading to their shifts or heading home, filling their tanks with gas and buying a few supplies. I would see the route delivery guys ensuring that milk and bread and soda and beer were in the stores. And I would get to know the late-shift police officers who would stop in. For the most part, it was quiet, which is exactly how most of the folks who choose to work those hours like it.

Getting up early wasn't so easy in my younger years, but it seems to more challenging to sleep in now, even when I can. I used to laugh at all the retired guys who were at the café at before 6 a.m. drinking coffee. It's all starting to make sense now. Even the coffee.

This month's cover story is dedicated to those who truly are early risers. We uncover the when and why and how as we interview these folks who prefer to — or must — get a head start on each day.

See you before the sun shines, and thanks for reading. ■

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# EARLY RISERS

Residents share experiences working while most others sleep.

By Jackie Wilson

While most of us are catching our last few Zs before dragging ourselves out of bed, others have long been awake and busy, many of them making it possible for us to get our days off to a good start. After all, someone has to make the donuts, brew the coffee and deliver those energy drinks to the shelves. Others rise and shine to care for the early morning needs of patients in hospitals, residents of care centers and women in labor. The list of those working while we sleep goes on, and some of them share their experiences as early risers in this month's cover story.

Joe Peitzman, baker at Jordan Creek Hy-Vee in West Des Moines, has worked the early shift in the bakery department for 33 years. Photo by Jackie Wilson

## Starting the day off with smiles

Tune the radio dial to FM 93.3, and you might hear a “bad dad” joke or the burning question: What is the worst candy to give at Halloween?

Luke Matthews is dishing out bad dad jokes and more on his KIOA morning show, “Luke & Jeriney,” weekdays starting at 5:30 a.m. To accomplish his radio routine, he’s awake before the sun rises.

Matthews has been with KIOA for 25 years in a variety of positions. He began co-hosting the morning show five years ago. Though he’s on-air by 5:30 a.m., he doesn’t just breeze in, bleary-eyed.

Setting his alarm for 3:30 a.m., he’s out the door by 4:30 a.m.

He’s a professed morning person, but admits, initially, it was an adjustment.

“When you do 20 years of 8-to-5 jobs, it was a bit jarring to get up early,” he says.

But before Matthews accepted the new morning role, he consulted with his wife.

“I knew that if I took the job, it would affect our day-to-day routine,” he says. “We sat down as a family and agreed Mom runs the show in the morning and Dad picks up from school. It was important to have my wife’s buy-in. It takes a team effort to keep the train on the tracks.”

Matthews likes the flexibility of getting off early and picking up his son on early school outs.

“The flexibility is incredibly nice. If I’m done by 11 a.m., I get the whole afternoon to myself. I used to nap, but now I usually power through the whole day.”

Matthews’ foray into radio began early on, as he was an entertainer.

“I was always the guy cracking jokes and making people laugh. I wanted to be the ‘sense of joy’ with people, and radio is a great medium,” he says. “The morning show gives me freedom to talk and bounce ideas off others in the room. It’s the entertainment factor.”

In addition, he’s the music director and assistant brand manager. He attends concerts or takes photos in the evenings.

“Concert nights are a little rough. It makes for a really short night,” he says.

The commute from his home in West Des Moines to the radio station generally goes by quickly, says Matthews.

“I’ve actually been in traffic at 4:30 a.m. I’m surprised to see Des Moines is no longer an 8-to-5 town.”

He says the most challenging aspect of his



Luke Matthews is a radio personality with the “Luke & Jeriney” morning show on KIOA mornings from 5:30-10 a.m. Photo submitted

job is missing early morning family time.

“I can’t see my kid off to school or have breakfast with them. It’s kind of a bummer,” says Matthews.

When he’s in the station, providing smiles to his listeners, he’s in his happy zone.

“We’ve had listeners say they had a bad morning but start off with a good foot after listening to us,” he says.

Although he’s had other career offers, Matthews says he is content to stay in Des Moines.

“It’s easy to get around any place in Des Moines. It’s like the city allows us to sleep in. I’m fortunate to have a career as long as I have,” he says.

## Early-morning aromas

The aroma of fresh-baked breads, pastries, cakes and cookies permeate the bakery department at the Jordan Creek Hy-Vee in West Des Moines.

Stopping by to grab treats for an early-morning office donut run wouldn’t be possible without the bakers who are up before dawn.

One of the bakers, Joe Peitzman, is just the man for the job.

Peitzman has been a baker at Hy-Vee for 33 years. To arrive at the store by 3 or 4 a.m., he’s up by either 2:30 or 3:30 a.m. depending on the shift.

Yet, he’s not the earliest one there. Another shift baker arrives at 1 a.m.

Although he has to get up early, Peitzman admits he doesn’t get to bed too early, sometimes staying up until 11 p.m. the night before.

“I don’t sleep a lot. I’ve never needed that much sleep. Over the years, I’ve gotten used to it,” he says.

He became a baker initially because he didn’t want to work the night shift. He began working at Hy-Vee 37 years ago and was the night supervisor. As he was married, he felt his home life suffered because of the hours — and he wanted to find a career.

“The bakery manager asked if I would be interested in a bakery position. I didn’t know how to do it. He trained me,” he recalls.

As Peitzman pondered which shift to work,



he initially hesitated.

"I could count on one hand how many times I'd ever gotten up that early. On the first day of my job, I wasn't sure I could get up that early," he says. "I set the alarm clock across the room so I'd have to get up to turn it off. When it went off, my wife thought it was a fire alarm and started panicking. It was pretty funny."

Now he wakes up before his alarm goes off. He likes how his schedule allows him time during the day to run errands.

"I have friends with regular hours, and they have to take time off for appointments," he says. "There's no traffic when I get off. It's usually a relaxing drive home."

Besides the hours, Peitzman says he enjoys being a baker. He appreciates being able to make specialty cakes. For example, for folks with egg allergies, he has created a tasty egg-less almond cake.

He also likes baking for special occasions and knowing he is helping with celebrations, such as birthdays and weddings.

Peitzman says he has gotten to know customers and enjoys the relationships.

"Customers come in and ask for advice, such as how to make this or that, or ask why their brownies turned out dry. I love giving out advice," he says.

At home, however, he rarely bakes.

"I could bake 100 or so cookies in one day, but, once I get home, I'm doing as little as possible. My wife does most of the baking at home," he says.

When Peitzman is not working, he'll treat himself and sleep in "late" — until almost 6 a.m.

"I'd have a hard time working 9 to 5," he says.

## No missing kids' events

For many central Iowans, their morning routine includes clicking on their TV early mornings to check the latest news, weather forecast and traffic report. With eyes barely open, they struggle to get moving for the day.

But that's not the case for the person presenting the news — Eric Hanson — because he's been up for nearly half of the morning.

Hanson is a morning anchor for "KCCI 8 News This Morning." As a reporter, he joined the station 23 years ago and became the morning anchor in 2014.

He sets his alarm for 2:45 a.m., is at work by about 3:45 and on the air by 4:30 a.m. He presents a variety of news stories, updates and



Joe Peitzman has worked the early shift in the bakery department for 33 years. Photo by Jackie Wilson

social media posts throughout the morning.

When he first began the shift, Hanson says the time change was quite an adjustment.

"By nature, I'm an evening person," he reflects.

To accomplish his early-morning duties, he closes his room-darkening curtains and hops into bed by 8 p.m. He jokes that, when his kids were younger, they went to bed later than him.

"My kindergartner would have to tuck Dad in bed," he laughs.

Hanson cites many positives in working the early shift. The commute from his home in West Des Moines is easy, with little traffic.

"I'll see the same bread trucks or construction crews. There's always someone on the road," he says.

Wintertime can be a challenge if the snowplows haven't been out yet.

"The snowplow folks have to sleep, too," he says. "I've only slept at the station twice due to icy conditions."

Hanson became interested in broadcasting early on. As a student in Roland-Story City Schools, he was fascinated with news and sports. In high school, he became involved in speech contests, including a high school All State trip for radio news broadcasting.

"That triggered me into thinking I should be on radio or TV," he recalls.

During college at Wartburg, he announced for the college station then spent time at Eau



Eric Hanson of West Des Moines is a morning news anchor for KCCI in Des Moines. He gets up by 2:45 a.m. and is on-air by 4:30 a.m. Photo submitted

Claire and Waterloo television stations. He landed at KCCI, a station he had admired since he was a young boy.

When Hanson arrives at the station in the wee hours, it's quiet.

"There's not many bosses around," he reflects. "Yet all of us putting on the morning show are on the same sleep schedule. We have a great time laughing during commercial breaks. It helps to have friends at work. We're all in the same situation."

He's off before noon, which allows him time to run errands. He says the biggest benefit is the time he can spend with his kids.

"I never miss one of their activities," he says. "While everyone is at work, I'm at home playing with my kids. I spend more hours with them than most families do."

If he wants to watch the Iowa State Cyclones game, he'll DVR the event. He wakes up early and enjoys the whole game experience — fast forwarding through the commercials.

He's diligent about keeping to a sleep schedule.

"If I don't get enough sleep, by the end of the week, I'm worn out, and my gas tank is on empty," he says.

But when vacation rolls around, Hanson's escape starts at 11 a.m.

"There are so many more moments that I get that offset the early time," says Hanson. "I don't miss out on anything." ■

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We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January in Waukee, and February in Adel and West Des Moines - Jordan Creek editions. You can vote in one or every category, or anywhere in between.

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**HURRY! POLL CLOSES DEC. 8, 2023.**

See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll).  
One vote per resident, please.

## FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- 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

## HEALTH insurance: Open enrollment dates

### Medicare

Seniors are inundated with mailings and TV commercials about Medicare's annual enrollment period (AEP) which runs Oct. 15 - Dec. 7. During this time, you can enroll into or change to a different Part D prescription drug plan or a Medicare Advantage plan for an effective date of Jan. 1, 2024. You can also disenroll in these plans or switch back to Original Medicare during this open enrollment period.

It is wise to compare plans during this annual enrollment period. One can talk with their insurance agent, a SHIP representative or run a report on [www.Medicare.gov](http://www.Medicare.gov).

Please note this annual enrollment period does not apply to enrolling into or changing Medigap policies, also known as Medicare Supplements. There are certain times when medical underwriting is not required to enroll



into a Medigap policy. This is too lengthy to discuss in this article, and we recommend you talk to a licensed insurance professional.

### Healthcare Marketplace

Open enrollment for individual health insurance through the Healthcare Marketplace runs Nov. 1 - Dec. 15 for a Jan. 1, 2024, effective date. It is extended to Jan. 15 for a Feb. 1, 2024 effective date.

During this time, you can enroll new into a health insurance program. If you are currently covered by a Marketplace plan, you can change plans, change carriers, add dependents and update your income. If you are receiving premium tax credit to help lower your monthly premium, you should update your estimated income for 2024 so you are receiving the correct amount of tax credit. You can update your income mid-year if you find that your 2024 income is going to be higher or lower than you initially estimated.

Many believe that someone can only get

assistance from the Healthcare Marketplace if they are very low income. In Polk County in 2023, a 60-year-old making \$50,000 a year may be eligible for \$616 a month premium tax credit towards a Healthcare Marketplace plan. A 35-year-old couple with two young children making \$100,000 a year may be eligible for \$786 a month premium tax credit. There are other requirements to be eligible for the premium tax credit such as not having affordable employer group coverage available and being a U.S. citizen or naturalized citizen.

### Family glitch

Starting in 2023, dependents may be able to get a premium tax credit if the employee is eligible for affordable employer group coverage but it is considered unaffordable to insure the family. ■

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



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# EVENTS IN THE AREA

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

Check for cancellations

- **NOV. 11: Living History Farms race.** Run for 5 miles and see 300 years of history. Beginning at 9 a.m. at 11121 Hickman Road, Urbandale; [lhf.org](http://lhf.org).
- **NOV. 12: Jazz at Caspe Terrace by Sparks.** From 2-4:30 p.m. at 33158 Ute Ave., Waukee; [jewishdesmoines.org/our-community/caspe-terrace](http://jewishdesmoines.org/our-community/caspe-terrace).
- **NOV. 15: Roomful of Teeth.** The Grammy-winning octet performs 7:30- 9:30 p.m. at the Sheslow Auditorium, 2507 University Ave., Des Moines; [calendar.drake.edu/sheslow\\_auditorium](http://calendar.drake.edu/sheslow_auditorium).
- **NOV. 18: Fall into Wine and Art.** Fall-themed arts and crafts show. From 11 a.m. to 3 p.m. at Summerset Winery, 15101 Fairfax St., Indianola; [summersetwine.com](http://summersetwine.com).
- **NOV. 19: Fall Makers Market.** Local vendors, crafters, artisans and more will be available for your shopping needs right before the holidays, from 11 a.m. to 4 p.m. Jester Park Nature Center, 12130 N.W. 128th St., Granger; [www.jesterparknaturecenter.com/calendar-events/fall-makers-market](http://www.jesterparknaturecenter.com/calendar-events/fall-makers-market).



## Book discussion

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

The book discussion Nov. 16 is "In the Time of the Butterflies" by Julia Alvarez. Dec. 21 will be a discussion of the best books participants have read.

## Jordan House Museum tours

Daily

Jordan House Museum, 2001 Fuller Road, West Des Moines

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



- **NOV. 22: A Night Under the Lights.** Waukee's second annual light parade, with activities all day, local food vendors and entertainment. From 6-9 p.m. at Centennial Park, Waukee; <https://fb.me/e/3nnUYFKhy>.
- **NOV. 23: Des Moines Turkey Trot.** Voted "Top Trot" in Iowa five years in a row by Runner's World Magazine, the 5K and 5-mile race takes over Des Moines on Thanksgiving. Starting at 9 a.m. on Court Ave.; [desmoines turkeytrot.com](http://desmoines turkeytrot.com).
- **NOV. 24: Winterset Festival of Lights.** The holiday season will be in full swing with live music, food and drinks to keep you warm and, of course, lights. From 5-8 p.m. at 73 Jefferson St., Winterset; [madisoncounty.com/special-events](http://madisoncounty.com/special-events).
- **NOV. 24-26: Festival of Trees and Lights.** Expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 7 p.m. Sunday at Iowa Events Center, 833 Fifth Ave., Des Moines; [unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights](http://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights).
- **NOV. 25: Christmas in Olde Town.** A holiday celebration in the heart of downtown Altoona. S.E. Second Street, Altoona; [visitaltoona.com](http://visitaltoona.com).
- **NOV. 24 through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; [lhf.org/event/santas-rock-n-lights](http://lhf.org/event/santas-rock-n-lights).

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Check for cancellations



• **NOV. 24 through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; [horizoneventscenter.com](http://horizoneventscenter.com).

• **NOV. 30 through DEC. 3: ChristkindlMarket.** Regional vendors selling old-world, hand-crafted products from wooden vendor stalls, lively performances of polka music, traditional dance and choirs in Yuletide Hall; children's activities; and Glühwein (warm, mulled wine) and European beer. All at Principal Park, 1 Line Drive, Des Moines; [christkindlmarketdsm.com](http://christkindlmarketdsm.com).

• **DEC. 1: Light Up Polk City** from 6-8 p.m. at the Polk City town square; [gopolkcitey.com/light-up-polk-city](http://gopolkcitey.com/light-up-polk-city).

• **DEC. 1-2: Comedian Jeffrey Arcuri.** 560 S. Prairie View Drive, No. 100, West Des Moines; [desmoines.funnybone.com](http://desmoines.funnybone.com).

• **DEC. 2: Movies in the Park.** Watch "Elf" at Colby Park. Event will be moved inside the community center depending on weather. Starting at 6 p.m. 6900 School St., Windsor Heights; [windsorheights.org/523/Events](http://windsorheights.org/523/Events).

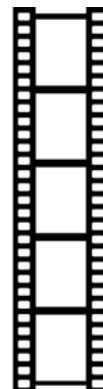
• **DEC. 2: Family Christmas at Living History Farms.** 11121 Hickman Road, Urbandale; [lhf.org](http://lhf.org).

• **DEC. 8-9: Winter Solstice Market.** 6-9 p.m. on Friday, 10 a.m. to 4 p.m. on Saturday. 116 S. First Ave., Winterset Courthouse Square; [madisoncounty.com/special-events](http://madisoncounty.com/special-events).

• **DEC. 9: Santa 5K run.** 521 E. Locust St., Des Moines; [fleetfeet.com/s/desmoines](http://fleetfeet.com/s/desmoines).

• **DEC. 10: Peppermint Trail.** Winter festival located along Ingersoll Ave.; [theavenuesdsm.com/peppermint-trail](http://theavenuesdsm.com/peppermint-trail).

• **DEC. 16-17: QuadCon.** Comic convention featuring video games, comics, vintage magazines and more. Free entry after 2:30 p.m. at Merle Hay Mall, 3800 Merle Hay Road, Des Moines; [quadcitycon.com](http://quadcitycon.com). ■



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# HONORING OUR LOCAL VETERANS

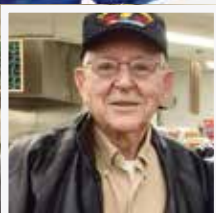
VETERANS DAY IS SATURDAY, NOV. 11



## DAVID LOVETT

**Branch:** Army **Rank:** Specialist 4 **Deployment:** Vietnam

**How can the public best honor veterans?** "Let them know you are thankful for their service." — David Lovett



## LEROY HENSLEY

**Military branch:** Marines **Rank at discharge:** Sergeant

**Deployments:** Korea and Japan

**How can the public best honor veterans?** "The public does a good job of honoring veterans." — LeRoy Hensley



## JAMES KNEE

**Military branch:** Air Force **Rank at discharge:** Airman 1st Class

**Deployments:** Kimpo, Korean War

**How can the public best honor veterans?** "Respect veterans whenever you see them." — James Knee



## LARRY HANSON

**Military branch:** U.S. Navy **Rank at discharge:** Captain

**Deployments:** Vietnam; 22 years in active reserve

**How can the public best honor veterans?** "Continue to teach children about veterans and military service and the sacrifices they made." — Larry Hanson



## STEVE HERWIG, D.O.

**Military branch:** Air Force **Rank at discharge:** Major

**Deployments:** Medical officer at Malcolm Grow USAF Medical Center, Andrews AFB, D.C. 1981-1984

**How can the public best honor veterans?** "Remember, when people are in the service, it's called 'service' for a reason. The military is there on behalf of the nation, providing a public service." — Steve Herwig, D.O.

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# WHY FALL and winter are the best time to start laser hair removal

With the beautiful colors of the changing leaves, pumpkin spice everything, and the upcoming holidays, it's easy to see why fall is a favorite season for so many people. But did you know it's also the perfect time of year to start laser hair removal? You might already be packing up your shorts and tank tops for the season. But, if you had been considering laser hair removal all summer, now is actually the best time to go for it. It's true that most people tend to seek laser hair removal at the start of summer, but if you want silky, smooth skin by summer, you'll want to get started now. Here are three reasons why fall is the best time to start laser hair removal.



## 1. You're out of the sun.

It is extremely important to stay out of the sun for one week prior and two weeks after any laser hair removal treatments because the laser targets the melanin, or color, of your hair follicles. For this reason, it's important to stay out of the sun so we are accurately hitting the color of your hair follicles instead of your suntan. Since most of us are winding down our time out in the sun, it's a naturally perfect time to get started on those laser hair removal sessions.

## 2. To ensure you have enough prep time before summer.

Laser hair removal usually takes an average of seven to 10 sessions to get your desired results. These sessions are typically spaced six to eight weeks apart for the body and four to six weeks apart for the face, so, in total, it can take about a year to have the permanent hair reduction you are looking for. You'll be able to see a lot less hair during the process, but wouldn't you like to ditch those razors by summertime?

## 3. Save money and time.

Often you can get the best laser hair removal packages in the fall because providers want you to be satisfied by summer. Make the investment now, so you can stop spending money on waxing and shaving and gain your time back by always being invitation-ready and hair free. Once you start laser hair removal, you will notice how much softer and smoother your skin becomes when it is not constantly fighting razor burn and irritation from new hair growth. Add laser hair removal to the top of your fall-favorites list. For all these reasons and more, don't wait to get started on your laser hair removal package. ■

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

# INTRODUCING WDM Library learning kits

The WDM Public Library's collection of STEM Kits for learning have always hovered around 60 items to check out. Now, we've been able to expand our offerings to more than 130. Not only are the Learning Kits fun for kids to play with, but they are curated to focus on "sneaky learning" objectives such as early literacy skills, dramatic play, fine and gross motor skills, and early math concepts.



New learning kits have been added in conjunction with the Simple Steps Program on which we partner with Des Moines Public Library. These kits have a specific early literacy focus.

We've also added some new interactive doll sets featuring Our Generation dolls with different hobbies. For instance, we have a Theodore Doll Kit available that includes Theodore's skateboarding gear and items from the Happy Camper set.

Patrons can check out Learning Kits like any other material in our collection. Kits can be checked out for 14 days and cannot be renewed. A 50-cent charge will be added for each day the kit is returned late.

## Upcoming event highlights

*Register for events at [wdmlibrary.org/events](http://wdmlibrary.org/events).*

**Iowa History: POW Camps (adult program), Saturday, Nov. 11, 1-3 p.m.** Join us for a program from author Linda Betsinger McCann about her research for her book, "Prisoners of War in Iowa." She will talk about how she first started writing her books about Iowa history, as well as the research that went into this book. No registration required.

**Welcome to Medicare (adult program), Tuesday, Nov. 14, 6-8 p.m.** Join us for a free Welcome to Medicare seminar alongside the state of Iowa's Senior Health Insurance Information Program (SHIIP). Registration is requested.

**Teen Tiny Art Program (grades 6-12), Thursday, Nov. 16, 6-7:30 p.m.** Join us to create a small-scale art piece. Attendees will be provided with a small canvas and materials to create their own artwork. Each work will be hung in the Teen Center for voting. The three pieces that receive the most votes will earn a prize. Registration required.

**Lincoln on Leadership (adult program), Thursday, Nov. 30, 6-8 p.m.** In this presentation, President Lincoln (portrayed by Kevin Wood) discusses his leadership values and style by sharing "16 Precedents From the 16th President," that is, 16 ways in which he strove to lead our nation and our people in his day. No registration required. ■



## RECIPE

# SWEETEN the holiday season with deliciously creamy desserts

*(Family Features)* Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

Find more sweet holiday recipe inspiration at [SuccessRice.com](https://SuccessRice.com). ■

## Cran-raspberry quinoa pudding truffle

Prep time: 25 minutes  
Cook time: 5 minutes  
Servings: 6

### QUINOA PUDDING:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

### CREAMY YOGURT LAYER:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

### CRAN-RASPBERRY LAYER:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

### DIRECTIONS

- To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.
- Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.
- To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.
- To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.
- To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.



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# HANSON recalls benefits of serving in the Navy

Says leadership experience was invaluable

When Larry Hanson was drafted into the military, he had just completed a pharmacy school internship at the University of Minnesota. To fulfill his draft requirement, he chose the Navy. He chose wisely, as he says it was the most influential experience of his life.

Hanson entered the Navy in 1967 and served in Vietnam from 1968 to 1971. He was deployed on two ships. In 1968, he served on the USS Winston, an amphibious assault ship. The second ship, USS Oriskany, was in the Gulf of Tonkin.

Working his way up to a division officer, he soon took responsibility for 25 enlisted men.

“Under my guidance, I trained them, wrote their evaluations and listened to their personal problems,” Hanson says. “I did everything I could to ensure that they were successful in the Navy.”

On his second shift, he was responsible for 50 enlisted personnel. It was after his second



Larry Hanson says his service in the U.S. Navy provided him an opportunity to develop leadership skills.



shift he realized how beneficial the Navy was.

“I learned so many leadership skills in this role. The leadership I learned was invaluable to my life,” he reflects.

As a young man, he almost made a career out of military service. He aspired to attend the Naval Academy. However, he first needed to attend Navy Prep School but thought it was too costly. Then he was offered a scholarship to the University of Minnesota. As a twist of fate, he realized the Naval prep school wouldn't have cost him anything.

“Coming from a farm family with no money, I picked the scholarship, not realizing that prep school was a free ride. It was a failure on my part. Life would have been totally different. I could have easily made it a career.”

After returning from Vietnam, Hanson still had a chance to get a Navy job. However, not wanting to have to move around with a wife and a new baby, he declined.

“I thought it would be tough,” he says. “I became a member of the (active) reserves instead.”

Hanson lives in West Des Moines and is a current member of the Military Officers Association of America, which meets at Camp Dodge.

He says he is concerned about the declining military today and encourages young people to enlist. He says it helps open doors for the future.

“With technology increasing, we need the best and brightest for our military,” he says. “We need a smart group of physically fit men and women who can step up and defend our country.”

Hanson retired in 1994 as a captain.

“I formed lifelong friends and obtained valuable leadership skills,” he says. “The Navy provided a great foundation. Whenever someone says, ‘Thank you for your service,’ I tell them I'd do it all over again. It was the best experience of my life.” ■

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# LEGAL strategies for the challenges of aging

At some point, many families will encounter a medical or personal-care event beyond what they ever could have imagined. A spouse diagnosed with a debilitating disease can throw a family into turmoil. Sometimes, a situation can arise quickly and require immediate action.

Whether you are proactively planning for the challenges of aging, or whether you are reacting to an unexpected crisis, there are options to help you.

Often an important goal is to want the spouse to stay in the home for as long as possible. This involves realistic goal setting. You must balance independence with safety and quality of life.

For someone aging in place, there are in-home services available. From meal deliveries



to traveling nurses to hospice care, there are more options than ever for providing high-level care in your own home.

The disabled spouse should have foundational documents in place, including a durable financial power of attorney and an advance health directive. These documents ensure that another family member can arrange for these services.

If a live-in caregiver is an option, it is vital to have a written personal caregiver agreement in place, especially if the caregiver will receive payment. There are specific legal criteria for drafting a caregiver agreement that will be enforceable.

If the disabled spouse needs to move to a long-term care setting such as assisted living or a nursing home, protecting the at-home spouse becomes a major issue.

The community spouse living at home should have a valid power of attorney, health care power of attorney, and living will. The

agent should be someone other than the spouse living in a nursing facility.

In the event that one spouse qualifies for Medicaid assistance, the community spouse should change his or her will to avoid the transfer of assets to the disabled spouse. If the disabled spouse is receiving Medicaid, the receipt of assets from the community spouse's estate will disqualify the disabled spouse for benefits. Assets that have named beneficiaries or "transfer-on-death" designations should be reviewed to remove the disabled spouse as a beneficiary.

When an elderly individual becomes sick or disabled, ordinary estate planning flies out the window. You need a specialist who understands the legal pitfalls and solutions that are available to protect you. ■

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

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## HEALTH

By Ashley Powell

# CBD and a sense of wellbeing

A common question among many new cannabis users is, naturally, what does it feel like? Cannabinoids like THC produce an intoxicating “high” experience, but CBD does not. However, that doesn’t mean it won’t alter one’s state of being in a noticeable way. CBD performs as an adaptogenic, meaning it helps the body adapt to various environmental stresses and biological changes. A person can expect to feel a sense of calm and relaxation, along with an improved mood. Many users can take CBD at various times throughout the day because of its adaptability. The proper dose of CBD during the day can give a person a sense of mental stimulation and energy but also can help one relax and sleep better when taken before bed. Again, this is due to its ability to adapt to what the body needs. It is common to notice changes within the first hour of using, but the most improved results tend to take several days or weeks of consistent use. Results will depend on the severity of what’s being treated, personal biology and tolerance, and the product quality. It is recommended to start with a low dose and increase slowly as needed, and remember to keep a log of your results. CBD won’t get you high, but it can certainly get you happy; give it a try to achieve that sense of wellbeing so many others have passionately reported. Stop in at a store where you can try free samples and talk to a certified CBD consultant. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. References: [www.healthline.com/health/does-cbd-get-you-high](http://www.healthline.com/health/does-cbd-get-you-high).

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## HEALTH

By Paul Guerdet

# TAKING a pause

It feels odd to acknowledge that we’re already in the fall, and it feels even odder to admit that the holidays will be here before we know it. For some of us, the holidays involve a lot of planning and social interaction. For others, they can bring feelings of isolation and loss. Either way, the holidays tend to bring a lot of stress and anxiety. The arrival of fall is the perfect time to stop, take a breath, and pause.



We all tend to hit pause in our own way. For some, taking a pause might mean going for a walk and checking out the leaves or their neighbors’ decorations. For others, taking a pause might be watching your favorite scary movie. Regardless of how we choose to hit pause, what’s important is that we make the conscious effort to actually pause and attempt to slow ourselves down.

We live in an unfortunately high-paced society that puts more emphasis on deadlines and due dates than it does on our wellbeing. If we want to slow down, we must consciously choose to do so. We must choose to make ourselves a priority in our own lives, if only for a moment. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [guerdet@sstherapyandconsulting.com](mailto:guerdet@sstherapyandconsulting.com).



# FLEXIBLE spending account and orthodontic FAQs

**Q: What is a flexible spending account (FSA)?**

**A:** A flexible spending account or FSA is a special account you put money into through your employer that you can use to pay for certain eligible out-of-pocket health care costs. The best part is you don't pay taxes on this money. This means you'll save an amount equal to the taxes you would have paid on the money you set aside. Employers may make contributions to your FSA but aren't required to.



within the plan's calendar year or you lose it. There may be a grace period of a couple months or a maximum amount that can be carried over to the next calendar year, so you will want to verify your plan details to not lose any funds without your knowledge.

**Q: How do I know if, or when, I should contribute to my FSA when considering orthodontic treatment?**

**A:** If you or your child has never been seen by the orthodontist, scheduling a free consultation is your best first step to determine treatment needs and timing. A highly trained orthodontist can tell you if treatment is prescribed now or approximately when it would be recommended. With that knowledge, you can then plan your flex funds for the year corresponding to when treatment is needed so you won't risk losing any of your funds.

**Q: I'm currently in orthodontic treatment. Can I still use my flex funds?**

**A:** Most likely this should not be a problem. If you are currently in treatment and have a

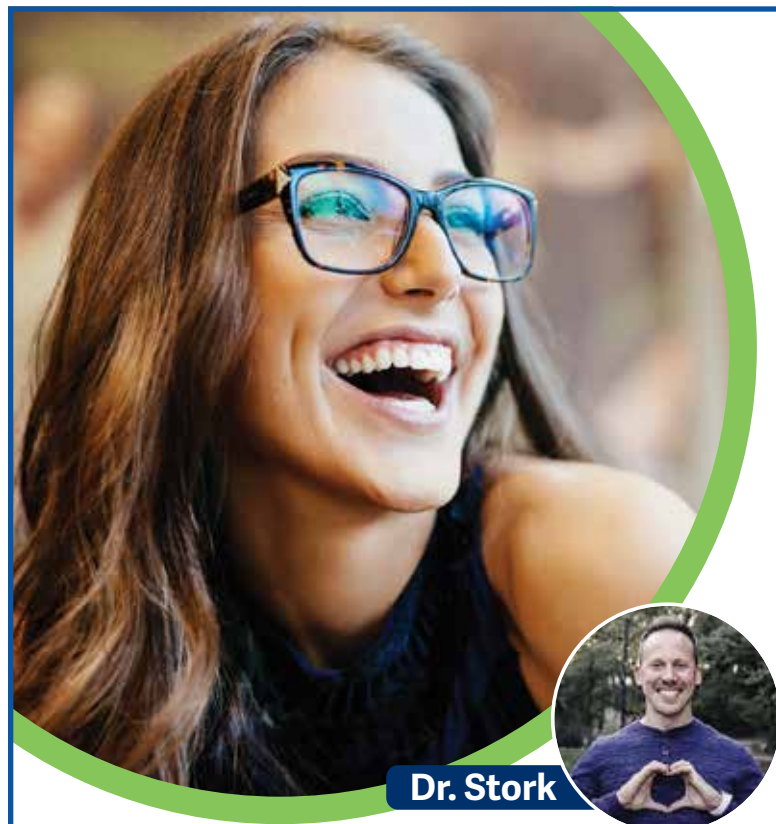
balance on your account, your FSA funds can be used.

**Q: I have flex money to use this year, but my child doesn't need treatment yet. Can I use my flex funds as a downpayment for future treatment?**

**A:** With most plans, no. Flex accounts are typically very specific on the services being rendered during the same calendar year in which the funds are paid.

FSA accounts can be a phenomenal tool to help with the cost of orthodontic treatment. To get the most of your tax-free dollars and not lose any of your funds, you must work with your HR department and a knowledgeable orthodontic team. Contact an orthodontist today to ensure you use your funds before you lose them or that you can plan to contribute at the right time to fully utilize your flex funds. ■

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



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## TIPS for supporting caregivers

As a caregiver for seniors, taking care of someone can be a challenging and sometimes isolating experience. Here are eight ways you can support your friend who is a caregiver:

1. Offer to help with specific tasks such as cooking a meal, running errands, or providing respite care for the person they're caring for.
2. Listen to them and let them vent about their frustrations and challenges.
3. Offer words of encouragement and remind them that their efforts are making a difference.
4. Ask how they're doing and genuinely listen to their response.
5. Respect their boundaries and be mindful of their time constraints.
6. Validate their feelings and let them know that it's OK to feel overwhelmed or stressed.
7. Educate yourself about their caregiving situation and offer helpful resources or support groups.
8. Offer to spend time with them doing something enjoyable and unrelated to caregiving. Consider offering to take a senior out for a shopping trip or to the park for some fresh air.

Some options for caregivers include: adult day care, home healthcare and a senior center. Remember, if you run out of bright ideas, a hug or a smile can brighten up a person's day without saying a word. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukeg, 516-518-0977, [www.graceestatesadc.com](http://www.graceestatesadc.com).



## MEET Hien Nguyen

Veteran helps build better citizens.

Students at Valley High School are learning how to become better citizens and develop their leadership skills through Air Force Junior Reserve Officer Training Corps (AFJROTC) classes.

The classes are taught by veterans Mike Morrow and Hien Nguyen. The AFJROTC program was restarted last year.

The program's mission is to teach young kids leadership skills and produce better citizens in the community and the country.

"We don't directly recruit students for military service," says Nguyen.

About 50 enrolled students take elective classes, such as leadership, aerospace studies, and science of flight. Drill and marching is taught, along with fitness and wellness. Students can obtain PE credit for the fitness aspect.

Community service is a big part of the class. Last year, approximately 2,600 hours of service were completed by the students. Options include serving on the color guard for events, attending veterans' ceremonies and other team-building experiences.

Nguyen, a decorated lieutenant colonel, served in the military for 25 years as a space and nuclear operations officer. He was deployed at Incirlik Air Base near Adana, Turkey, in support of Operation Northern Watch and Operation Enduring Freedom. He also served at Pirinlik Air Station near Diyarbakir, Turkey. He retired in 2017.

He's in his fifth year of teaching ROTC classes. He taught college-age ROTC students in Nebraska and joined Valley High School last year.

Nguyen joined the Air Force after high school. He was born in Vietnam, and his parents immigrated to the U.S. in 1975. His parents stressed the importance of academia.

"My family were boat people," he says. "The first people we met when we arrived in the U.S. was the military. Our family stayed at the Army post. They provided us an opportunity to start a life. I want to do that for the younger generation. I want to give back to the nation who did that for my family."

He says his military experience taught him teamwork and trust, which he teaches in the classroom.

"Teamwork was the best part of my service. It didn't matter where we were. It was always about the team," he reflects. "I miss my team and the trust we had. Expectation in the military is very high, and you have to establish trust early on to get the mission done, whether it's with 100 or 20 folks."

Nguyen says he likes "being in uniform" and enjoys mentoring the next generation, providing them with educational opportunities.

"Education is the No. 1 tool to get out of a socioeconomic situation. I enjoy serving our community in different capacities, including teaching."

He sums up his service, pointing to a sign posted in the classroom, "I am a veteran — our oath never expires." ■



Veteran Hien Nguyen says serving in the military and now teaching Air Force Junior Reserve Officer Training Corps classes are ways in which he gives back to his country.

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ENROLL TODAY!



# YEAR-END financial checkup

Cooler weather, shorter days, football and pumpkin patches all bring home that we are well into fall and approaching the end of the year. For many people, the end of the year can be a good time to reflect and take stock of where you are and where you would like to go. As someone who provides financial advice professionally, I encourage my clients, friends and family to apply this to their financial lives as well.

Approaching year-end is always a good time to check in on your financial plan. Doing a check-in on the goals that you set out to achieve at the beginning of the year is an excellent place to start. Additionally, several tax-smart strategies have a year-end cutoff time if you would like to take advantage of them.

For those charitably inclined, several moves



can be taken to reduce the impact of taxes. This may include utilizing a charitable vehicle that lets you take deductions today for donations tomorrow. It could also include using a bunching strategy to help get over the standard deduction on your tax return and be able to utilize itemized deductions. Additionally, giving your required minimum distribution from your IRA to a charity can be an efficient way to minimize taxes and meet your charitable goals.

This past year has been one of the most difficult years on record for bonds due to the rising interest rates. For many who are holding bond funds, the losses have added up. With this in mind, taking a look at your positions to see if there is any tax-loss harvesting that can be done can be an integral part of your financial plan. This will allow you to capture the benefit of the losses today to offset gains in the future. This is another opportunity to be sure to capture before year-end.

Year-end is also a time to consider whether

a Roth conversion may be a strategy that will help you in the future. While there are a lot of nuances to this strategy, many times, it does make sense to convert an amount if you think you will be in a higher tax bracket in the future. One of the most important considerations when looking at your tax bracket is to understand the impact of required minimum distributions. For this to apply to the current year, it needs to be completed before year-end.

Should you have any questions on any of these strategies, working with a local Certified Financial Planner™ professional is a great place to start. Their education, experience and ethics ensure they are qualified to help with these strategies. Take the first step in building a financial plan today by reaching out. ■

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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# MEET Mike Morrow

## Veteran teaches life skills.

Mike Morrow says one of his most inspiring high school experiences was when he was in the Air Force Junior Reserve Officer Training Corps (AFJROTC).

With four years of AFJROTC, he joined the Air Force after high school — almost a week after 9/11. He served for 21 years before retiring as a Master Sergeant in 2023.

He began teaching AFJROTC classes at Valley High School earlier this year. He is co-instructor with veteran Hien Nguyen. VHS restarted the program in 2022, with about 50 students including kids from Valley Southwoods and Walnut Creek.

The program's mission is to teach kids leadership skills and produce better citizens in the community and the country.

Students take elective classes, such as leadership, aerospace studies, world culture and science of flight. Drill and marching is taught, along with fitness and wellness. The color guard presents the flag at various events and ceremonies. Students can obtain PE credit for the fitness aspect.

Morrow says serving the community assists with growing adult leaders. "Community service is a big part of the class. They have the opportunity to build and lead teams," he says.

He says his job is to stand in the background and provide mentorship, as well as develop leadership and management skills. He brings his own military experience into the classroom.

With five different deployments beginning in 2003, Morrow served in Qatar twice — in support of Operation Iraqi Freedom and Operation Enduring Freedom. He was also deployed to Afghanistan, Kuwait and Iraq.

Instructing others was a big part of his military job, which is why he likes teaching at VHS.

"Throughout my career, I've been drawn to pushing and training airmen," he says.

He says the greatest lessons he learned in the military were discipline and focus.

"I'm grateful for military service. My family didn't have much when I was growing up," he explains. "Through tuition assistance, I got my bachelor's degree, and I paid just \$200 for it."

Additionally, he experienced travel and new cultures throughout his service.

"I've been able to see the world. The new, wonderful experiences were addicting and opened my eyes to the opportunities around me," he says.

Morrow says it is important to instill respect and service in his students, which is his way of serving and giving back.

He says the best way to serve veterans today is by continuing to serve.

"Most veterans do not expect parades or special recognition. As veterans, we found great purpose in our service. By helping us continue to find ways to serve, either through teaching or community service, it allows us to use our experiences and find great fulfillment in continuing to be of use to society." ■



Veteran Mike Morrow, who teaches Air Force Junior Reserve Officer Training Corps classes, says the greatest lessons he learned in the military were discipline and focus.

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\$250,000.00 - \$499,999.99	3.75%
\$500,000.00 - \$999,999.99	4.00%
\$1,000,000.00 - \$1,999,999.99	4.50%
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<sup>1</sup>Annual Percentage Yields (APYs) are effective as of 11/01/2023 and subject to change without notice. Rates may change after the account is opened. Your actual APY may vary based on your actual account balance and activity during your statement cycle. <sup>2</sup>Advertised introductory interest rates and APYs are fixed for 12 months after the account is opened. After introductory period, the rate may change. Limit one promotional account per customer. Minimum balance to obtain the APY is \$25,000.00. Requires new money not already on deposit with MidWestOne Bank. Matured MidWestOne Certificates of Deposit can be deposited into this account and will qualify as new money. The bank reserves the right to deny deposit accounts over \$5,000,000.00. See a Personal Banker for current rates and account terms. Minimum balance to avoid \$10.00 service fee is \$25,000.00. Fees could reduce earnings. <sup>3</sup>National average APY is 0.42% and represents the average of the \$2,500.00 product tier as of June 20, 2023, as calculated by the FDIC. Certain exclusions apply.

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# HALLOWEEN Concert



The West Des Moines Community Band's Halloween Concert was held recently at the Valley Junction Activity Center. The band dressed in costumes and handed out candy to attendees. Photos by Beckham Miller



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## OUT & ABOUT



Samira Kahrimanovic and Todd Kolbe at the West Des Moines Chamber of Commerce ribbon cutting for Avid Kitchen and Bath on Oct. 5.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, on Oct. 5.



Karen Kolbe, Richard Fidler and Barb Cole at the West Des Moines Chamber of Commerce ribbon cutting for Avid Kitchen and Bath on Oct. 5.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Crisp & Green, 141 S. Jordan Creek Parkway, on Sept. 30.



West Des Moines Chamber of Commerce hosted a ribbon cutting for NextHome Your Way, 4949 Westown Parkway, Suite 165, West Des Moines, on Oct. 12.



Tiffany Valene and Madi Andersen at the West Des Moines Chamber of Commerce ribbon cutting for NextHome Your Way on Oct. 12.



Cora Mondloch and Pete Mondloch at the West Des Moines Chamber of Commerce ribbon cutting for NextHome Your Way on Oct. 12.



Brenda Johnson and Mary Ward at the West Des Moines Chamber of Commerce ribbon cutting for NextHome Your Way on Oct. 12.



Chris and Liz Lashier and Aaron Wailes at the West Des Moines Chamber of Commerce ribbon cutting for NextHome Your Way on Oct. 12.



## OUT & ABOUT



Sandra McKeever Betres and Katherine Harrington at the West Des Moines Chamber of Commerce ribbon cutting for Glen Meadows Retirement Community on Sept. 21.



West Des Moines Chamber of Commerce host a ribbon cutting for Glen Meadows Retirement Community, 850 S. 60th St. Building 1000, West Des Moines, on Sept. 21.



Connie Blogett and Rob Reinard at the West Des Moines Chamber of Commerce ribbon cutting for Glen Meadows Retirement Community on Sept. 21.



Ellie Crouch, Robin Doyle and Bang Lake at the West Des Moines Chamber of Commerce ribbon cutting for Glen Meadows Retirement Community on Sept. 21.



Pedro Felix and Sean O'Neill at the West Des Moines Chamber of Commerce ribbon cutting for Glen Meadows Retirement Community on Sept. 21.



The West Des Moines Chamber of Commerce and Waukee Area Chamber of Commerce hosted ribbon cuttings for Remodelworks!, 175 S. Ninth Lane, No. 445, West Des Moines, on Oct. 11.



Kelsey Chaves White, Katherine Harrington and Ruth Ebke at the West Des Moines Chamber of Commerce and Waukee Area Chamber of Commerce ribbon cutting for Remodelworks on Oct. 11.



Jon and Jan West at the West Des Moines Chamber of Commerce and Waukee Area Chamber of Commerce ribbon cutting for Remodelworks on Oct. 11.



Kristin Salge and Meghen West at the West Des Moines Chamber of Commerce and Waukee Area Chamber of Commerce ribbon cutting for Remodelworks on Oct. 11.



Mary Yacko, Charity Baird and Connie Blodgett at the West Des Moines Chamber of Commerce and Waukee Area Chamber of Commerce ribbon cutting for Remodelworks on Oct. 11.

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