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JULY 2024

# Living

MAGAZINE

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# WELCOME

## DIRT under the fingernails

My dad worked in the “dirt business” much of his life. He and my uncle owned a gravel and excavation company in a small town in northern Iowa. They dug basements, built pads, cleared out groves, hauled gravel and did most anything else that involved heavy equipment and moving dirt. Dad’s hands were stained from years of exposure to dirt and oil and grease, a symbol of his many years of manual work and service to his customers.



My hands may be stained with ink from time to time, but I don’t work in the dirt like Dad did. The exceptions are when I am motivated to tackle a landscaping project or two, and those seem to be annual events. Tearing shrubbery out. Putting new bushes in. Wheelbarrowing dirt. Setting stones. Planting flowers. And watering, watering, watering. It’s all part of the landscaping process. I am certainly not an expert, and I need to call in the pros from time to time, but I don’t hesitate to dig in the dirt when I get a chance to do so.

Landscaping is something my wife and I can do together and not disagree much about. She has a good eye for landscaping design, and I still have a reasonably strong back — at least I think so until the day after proves otherwise.

We have done our share of landscaping in each home we have lived in, and we would like to think that each place looked better when we were done. Of course, the new owners likely tore out what we did and replaced it with something more their style, but that’s OK. Landscaping is art, and beauty is in the eye of the beholder in lawns, too.

This month, we share examples of landscaping projects local residents have embarked on. We hope these stories inspire you to break out the shovels and get some dirt under your fingernails, too.

Thanks for reading. ■

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# YARDS WITH

# *personality*

**How landscaping choices  
create character and style**

**By Tammy Pearson and Joe Baumgarten**

A plethora of pots. A hillside of hostas. Wildflowers willy nilly. Manicured hedges and straight edges. From wild and unruly to precise and planned, the landscaping around a home often reflects the owner's own unique style. While some prefer lush, thick foliage, others enjoy succulents among a garden of rocks. From a tropical vibe to the charm of a country cottage. From mad about mulch to mad for magnolias. Whatever their preferences, homeowners with a green thumb and plenty of imagination enjoy creating landscaping masterpieces with pizzazz.



## Master Gardeners share expertise

Polk County Master Gardeners, a program of Iowa State University Extension and Outreach, share their expertise through a variety of programs and three educational gardens in Polk County: the Demonstration Garden, 92nd Street and Dewey Gibbs Road, Urbandale; the Discovery Garden, 1207 E. Iowa St., Des Moines; and the Enabling Garden, 1050 First Ave. S., Altoona. The public can attend programs at the gardens and visit them to learn about the plants in them or simply enjoy a stroll in the peaceful settings. They can also be inspired to create the garden of their dreams.

The Discovery Garden at the Iowa State Fairgrounds is a cooperative effort between the Polk County Master Gardeners and the Iowa State Fair. It has grown into a beautiful spot maintained by volunteers and visited by thousands each year. About 5,000 square feet is replanted each year, and more than 80 Polk County Master Gardeners maintain the beds from early April through the first snow. All plants and beds are marked for the fairgoer's ease of information. The garden contains annuals, perennials, tropical plants, natives, ornamental grasses, hardy roses, dwarf conifers and bushes. Plants and beds are labeled during the Iowa State Fair.

The garden also features the children's tunnel made of gourds and other climbing vegetables and flowers for children of all ages to explore, a landscaped pond with a bog and rapids, composting areas, a rainwater harvesting system, and a variety of garden design techniques.

While the intent of the Garden is to peak at the Iowa State Fair, it provides interest, color and a place to relax throughout the season. There is rarely a time when the garden isn't in use, whether by wandering gardeners, families with children interested in crawling through the tunnel, wedding parties, or someone just looking for a place to eat lunch or read a book. It is also a favorite place for photographers who value the variety of colorful borders which make up the garden.

The Enabling Garden is "where disabilities become abilities." It started in 2002 as a collaborative effort between Polk County Master Gardeners and the City of Altoona. The primary goal is to welcome people of all abilities to experience the garden. Through the use of design concepts such as raised beds and vertical wall gardens, visitors learn how gardens



Paths provide a relaxing walking experience through the Master Gardeners' Demonstration Garden. Signs provide information about the plants found along the way. Photo by Joe Baumgarten

can be adapted to accommodate any gardener regardless of age or ability. Signs throughout the garden explain the design and construction methods used in making a safe and comfortable environment for leisure activities, as well as horticulture therapy. The garden also includes a meditative water feature, a rain garden and many seasonal annuals and perennials blooming throughout the summer.

The George Washington Carver Learning

Center at the garden is the site of classes held during summer months, starting with an Arbor Day Celebration in April. Also featured are an interactive children's garden where they can play and experience all five senses, a miniature garden, a bottle tree and several unique sculptures by artist John Brommel, including a 12-foot praying mantis.

For events, information and more, visit [polkcountymastergardeners.org](http://polkcountymastergardeners.org).



## Demonstration garden

The Demonstration Garden is the product of a cooperative arrangement between the Polk County Extension, Urbandale Community School District and the City of Urbandale. The mature fruit trees and the many deciduous bushes and shrubs double as a learning lab where Master Gardener trainees receive hands-on experience in proper pruning techniques. Hardscaped paths allow people with disabilities and parents of small children in strollers easier access to displays.

Among the Master Gardeners who tend to the garden are Patty Wright, Elise Stucky-Gregg and Dana Van der Werf, who were recently busy preparing the garden for the Polk County Master Gardener Garden Tour, which included seven gardens in the metro.

On a recent day, they were engaged in a battle with a furry and destructive resident.

“Voles,” Stucky-Gregg said as she moved a live trap to a new section where the vole had recently done damage.

Stucky-Gregg says she became involved in the Master Gardener program when she moved to the area.

“It’s a wonderful course. Anybody can take and anybody can pass it,” she says. “One of the things that we learned in the coursework is a concept called IPM (Integrated Pest Management). This is a whole new way of looking at what a ‘pest’ is and how you manage it in your garden — even if it’s a weed. Using chemicals to wipe out weeds and other pests puts other life forms at risk. You don’t have to use chemicals. There are ways you can learn to live more in balance with the wildlife around you. We all live together in this ecosystem.”

“For example,” Wright adds, “I am no longer pulling out all of the dandelions from my yard and garden. I leave some because they are one of the very first sources of nectar for the pollinators.” (For more information on IPM, see [www.epa.gov/ipm/introduction-integrated-pest-management](http://www.epa.gov/ipm/introduction-integrated-pest-management).)

The Demonstration Garden features informative signs to help educate visitors.

“They are very informative. They give some of the history of the garden bed and what grows inside it,” Wright says.

But the garden is about more than just education.

“It’s my free therapy. It’s a combination of beauty, harmony and grounding,” Wright says



The Polk County Master Gardeners have three educational gardens. Photo by Joe Baumgarten

“We get a lot of people coming here just to enjoy a quiet part of their day, maybe eat lunch, take pictures, draw a flower,” one of the Master Gardeners says.

“We’ve had senior pictures taken here,” another adds.

“Wouldn’t this be a beautiful place for a wedding?” another suggests, and everyone readily agrees.

One of Van der Werf’s pet projects in the Demonstration Garden is the Woodland Bed.

“This is the Woodland Walk and, as part of rehabilitating it, we wanted to incorporate a lot of wonderful underused Iowa native plants to show people what can be done,” she says. “I used to be of the opinion that a shade garden

didn’t give me a lot of options, but I’ve learned about the many varieties that are in here. There are a surprising amount of options.

“You see here wild ginger. This makes a lovely ground cover,” she continues. “Virginia bluebells come up in early spring and are absolutely beautiful. We have ferns, white wood aster, wood sage, Solomon’s seal.”

She also points out wild geraniums and other “shade-loving plants with fantastic names” like “Ghost Beard,” “Queen of the Prairie,” “Turtle Head,” “Siberian Squill” and “Jane’s Rocket.”

The garden also demonstrates how to grow edible plants, including fruit trees, six varieties of grapes and many vegetables.



“Last year, we donated 8,000 pounds of fresh food to the Urbandale Food Pantry. It just goes to show you how much food you can get out of a relatively small space,” one said.

A pollinator garden attracts bees, butterflies and hummingbirds. The plants are organized to flower at different times of the year to attract different pollinators who are more active at those times.

A variety of programs are offered at the demonstration gardens operated by the Master Gardeners. For more information, see [polkcountymastergardeners.org](http://polkcountymastergardeners.org). And everyone is free to tour the gardens.

“To me, the joy of this garden is how much a part of this community the garden has become. It is truly a Zen place for everyone,” Stucky-Gregg says.

## Create inviting outdoor spaces

*(Family Features)* With all the beauty Mother Nature has to offer, a few pops of color or other simple embellishments can help make your yard look superb from the curb and give it the personality you want for your home.

Whether you’re looking to enhance your front yard, backyard, porch or patio space, consider these easy and affordable ways to spruce up your outdoor oasis:

**Add mirrors:** Just as they do indoors, mirrors can open up small patio spaces and make areas feel larger. Use mirrors made with resin or other waterproof materials so they won’t be compromised when exposed to the elements.

**Make bold statements:** Plant your favorite flowers in a giant, bright red or yellow pot or hang a bright colored swing from a tree. Just a little dab of color can make a statement and brighten the whole space.

**Hang it up:** Place hanging baskets around the porch to bring punches of color to your outdoor sanctuary. With the freedom to pick and choose your favorite plants and flowers, these baskets have the added benefit of easy maintenance.

**Consider time when planting:** If you wish to add color to your landscape, consider the time of day you normally spend in your outdoor space. Early risers may appreciate vibrantly colored foliage that perks with the morning sun. Those who spend time outdoors in the evening hours can incorporate white or lightly colored plants that take on a silvery sheen in the moonlight.



Visitors to the Polk County Master Gardeners’ educational gardens can gain inspiration for their own gardens from the plantings they see.



Accents like birdbaths can help create the atmosphere you want in your landscape.

**Tie up a hammock:** Make a relaxing retreat in the comfort of your own yard by hanging a hammock from trees or between posts on your deck.

**Add a birdbath:** These garden favorites come in a variety of styles and colors to fit your unique tastes and budget. Birds of all kinds can find an oasis in their new bath and provide you with a beautiful view.

**Throw some pillows:** Outdoor pillows are often available in the same fun designs of their indoor counterparts. Add some throw pillows to your outdoor furniture for a chic yet comfortable update.

These subtle changes can help beautify your outdoor spaces and cause onlookers to do a double-take — for the right reasons. Find more ideas at [eLivingtoday.com](http://eLivingtoday.com). ■

# RECIPE

## BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit [barilla.com/recipes](http://barilla.com/recipes) to discover more dishes that can help you follow the Mediterranean lifestyle. ■

### Cellentani Caprese pasta salad

Prep time: 10 minutes  
Cook time: 15 minutes  
Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste



#### DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.



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# BUDGETING for your next vacation

The notion that a little saving goes a long way is especially applicable to budgeting for a vacation. If careful thought is put into budgeting, then the vacation you need may be within reach. In this article, we'll go over how you can plan, budget and save.



## Planning ahead

After choosing your destination, it's helpful to make a plan for every cost you know you will encounter. You can group these expenses into categories, such as lodging, transportation, food and activities. From there, do your research so you can make decisions about how much you want to spend, and consider ways to save in each category. For example:

1. **Lodging** – Will you need a hotel or vacation rental home, or can you stay with a friend or relative at your destination? Can you split lodging expenses with anyone?
2. **Transportation** – Will you fly or drive?

If you fly, be sure to consider whether you will need a rental car once you arrive, or factor in ride share and public transportation costs. If you drive, try to estimate the cost of gas and the impact on your vehicle.

3. **Food** – Will you eat out for every meal or buy a few groceries when you arrive and make some meals yourself? There are probably meals you'll want to splurge on, and you may find perks such as breakfast being included at your hotel.

4. **Activities** – Most tourist destinations have a website that lists all the activities in the area. While some activities will surely cost money, usually there are a lot of free things to do at almost every destination. You can also look for deals if you buy tickets early online, or as part of a package. When building your budget for this category, also consider whether you will be bringing home souvenirs or memorabilia from your trip.

## Finding room in your budget

If you don't already, track your spending for two or three weeks. This will allow you to see where

you put every dollar, and you may find yourself saying, "I spend that much money at the coffee shop each week?" There may be items like this in your budget that aren't crucial to your day-to-day life. Cutting back in those areas leaves more money to put toward your goal each month. If you can be disciplined in this area, you will reach your goal before you know it.

## Expect the unexpected

It is also a good idea to set aside a small amount of money for unplanned expenses on vacation. For example, if you forget to pack everyday items such as soap or shampoo. Bigger ticket items like car problems or lost luggage can also pop up unexpectedly. You will have more peace of mind knowing you can cover these expenses.

If you remember to plan, budget and save, you can soon be on vacation. ■

Information provided by Chris Beener, VP, Clive branch manager, CBeener@BankersTrust.com, 515-222-5888, 11111 University Ave., Clive.



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# SUMMER safety tips for senior citizens

Summer is a wonderful season, but, for senior citizens, it can pose unique health challenges. High temperatures, intense sunlight and outdoor activities can exacerbate existing health issues and create new ones. However, with a few simple precautions, seniors can enjoy the summer safely and comfortably. Here are some essential summer safety tips for senior citizens.

• **Stay hydrated:** Dehydration is a major concern for seniors during the summer months. Older adults often have a diminished sense of thirst, making it easy to forget to drink enough fluids. It's crucial to drink water regularly, even if you don't feel thirsty. Aim for at least eight glasses of water a day and consider eating water-rich foods like cucumbers, watermelon and strawberries. Avoid excessive consumption of caffeine and alcohol, as these can lead to dehydration.

• **Dress appropriately:** Wearing the right clothing can make a big difference in staying cool. Choose lightweight, loose-fitting, light-colored clothing made from natural fibers like cotton, which allow the skin to breathe. Wide-

brimmed hats and sunglasses with UV protection are also essential to protect the face and eyes from the sun's harmful rays.

• **Protect your skin:** The skin becomes more sensitive with age, increasing the risk of sunburn and skin damage. Always apply a broad-spectrum sunscreen with an SPF of at least 30 before going outdoors, even on cloudy days. Reapply every two hours, or more often if swimming. Don't forget to cover often-missed spots like the ears, back of the neck and tops of the feet.

• **Stay cool:** High temperatures can be dangerous, leading to heat exhaustion or heat stroke. Stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m. Use air conditioning or fans to keep your living space cool. If you don't have air conditioning, consider spending time in public places like shopping malls, libraries or community centers that are air-conditioned. Cool showers or baths can also help lower your body temperature.

• **Be mindful of medications:** Some medications can increase sensitivity to sunlight or affect the body's ability to regulate temperature.

Review your medications with your healthcare provider to understand any potential side effects related to heat and sun exposure. Carry a list of your medications and their dosages in case of emergencies.

• **Stay active but smart:** Physical activity is important for maintaining health, but it's essential to adapt your routine to the summer heat. Engage in outdoor activities like walking or gardening early in the morning or later in the evening when it's cooler. Take frequent breaks and listen to your body. If you feel dizzy, weak or overheated, stop immediately and rest in a cool place.

By following these summer safety tips, you can enjoy the sunny season while minimizing health risks. With proper hydration, sun protection, and smart activity choices, the summer months can be both safe and enjoyable. Stay cool, stay safe and make the most of summer. ■

This article was written by Meadowview of Clive, 515-644-8740.



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# ABLE: planning for a disabled child's future

Planning for a disabled child's future care is challenging for parents. Whether the children are minors or adults, family members often must balance putting money aside for their children's future, while maintaining much-needed government benefits.

To be eligible for programs such as Medicaid and Supplemental Security Income (SSI), an applicant must have less than \$2,000 in countable resources. Not only are there limits to assets, but many government programs have income restrictions as well. For example, if an applicant has too much monthly income, it can negate Medicaid eligibility.

The maximum monthly amount of SSI paid to a disabled beneficiary is \$943 in 2024. It can be difficult to locate safe and secure housing with this income; however, if family and friends contribute to basic living expenses — such as rent — it can be considered “in-kind” support and reduce monthly benefit. Luckily, there is an option.

The Achieving a Better Life Experience Act (ABLE) of 2014 created a way for disabled individuals and their families to save money for expenses relating to the disability. This is a client-directed account, established through the Iowa Treasurer's portal, that can be used by the beneficiary



to supplement basic needs.

An ABLE account can only hold cash assets, such as paychecks or monetary gifts from family. While there are limits to the yearly amount of money contributed to the account, an individual can accrue up to \$100,000 without losing benefits.

Money from an ABLE account can be used to pay for education, transportation, health services and employment-related expenses. Additionally, unlike some Medicaid trusts, funds from an ABLE account can be used for housing and basic living expenses. The disabled individual is also allowed to have direct access to the money.

Currently, to be eligible for an ABLE account, an individual must be disabled and the disability occurred before the age of 26. However, recent adjustments to the law will raise the age limit to individuals found disabled up to 46 years old. The new law goes into effect Jan. 1, 2026.

ABLE accounts can be used in conjunction with other Medicaid trusts. They are a useful tool that assists disabled children and adults in planning for their future. If you have questions about how an ABLE account can complement your estate planning, contact an attorney who specializes in estate planning for individuals with disabilities. ■

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

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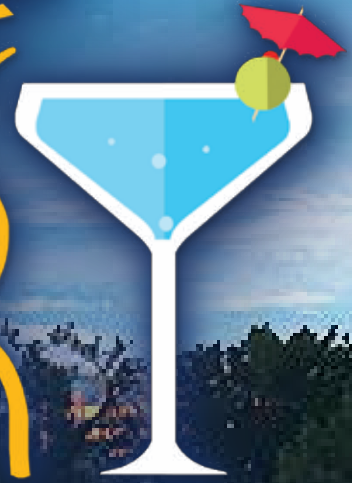
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## INVESTMENT

By Daniel Rundahl

# TIME to take stock



In July of 1996, I attended a movie in the theater. This would be the only movie that I have ever seen more than once in theater seats — “Independence Day.” A great flick, culminated by a fantastic and moving speech given by Bill Pullman. “...Today we celebrate our Independence Day.”

July also brings us to a mid-point in the year. This is a good time to take stock on the first half and do any planning for the second half. Let me get you started. How about starting with a list?

A few years ago, I had the crazy and headache-resulting idea that I would like to know where all of our accounts were at. I think back to when I was a teenager and only had a checking and savings account. Initially, I didn't think this process would be too difficult. I made a list that would help me jog my memory. It included checking, savings, old and current 401Ks, investments, insurance policies and even the places that we have debt or credit accounts. I then compared this list to what is listed on my credit report to find out that there were more accounts open than I even realized. By the time the spreadsheet was completed, I had more than 200 accounts listed for my wife and I — a long way from the teenager Dan Rundahl simplicity. I wanted to start a list, not draft my memoirs. This exhausting project morphed into the alternative nature of why I performed this practice. As the primary finance person in our house, I take for granted that what is in my head of knowledge doesn't exist in a simple-to-understand form for those who may need to “take the baton” if I were gone.

There is an old saying, “Don't put all your eggs in one basket.” I get the philosophy of the statement, but I never thought that I would personally find a way to create more than 200 easter baskets to accounts that we have. As we work with our clients, we always aim to simplify their retirement plans and end-of-life estate planning needs. Although this forced headache took us more than 25 years to create — and a few weeks to track down — the end result has a purpose. This Fourth of July, as you are meeting with family and friends, catching a BBQ and relaxing with a cold drink in hand, there are many things you will do... and not do. Having the end-of-life discussion with your kids and grandkids is likely not one of them. I urge you to take stock in your halfway point of this year and get some of your “life's accounts” in order. The headache will ultimately be worth it. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinancial.com, 515-727-1701, www.rundahlfinancialconsultants.com.

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\*Sales ranking based on 2023 car and truck sales report of the Kansas City Region of Lincoln Motor Company.



Be sure to check for cancelations.



## Food Truck Fridays

Fridays, Sept. 6 and 13,  
5:30-8 p.m.

Campbell Park, 12385  
Woodlands Parkway, Clive

Live entertainment and food are presented by Clive Parks and Recreation and the Clive Chamber of Commerce. Jump on the Greenbelt Trail and make your way to Campbell Park to enjoy music, food and fun. Bring the whole family. The park has three playgrounds and a green space. Bring a blanket or a lawn chair. Note: Campbell Park is now a cashless facility. No cash is accepted. Payment methods are Visa, Mastercard, Discover, American Express, Apple Pay and Google Pay. Sept. 6 features the Dick Danger Band, and Sept. 13 features Brother Trucker.



## Hinterland Music Festival

Aug. 2-4  
Avenue of the Saints  
Amphitheatre, 3357 St. Charles  
Road, St. Charles  
[www.hinterlandiowa.com](http://www.hinterlandiowa.com)

Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike. Headliners: Aug. 2: Hozier; Aug. 3: Vampire Weekend; Aug. 4: Noah Kahan.

## Summer Friendly Fridays

Various dates and parks

Join us for mid-morning playdates at various Clive park playgrounds. Meet new friends and families on the playground. Adult supervision is required. This program is simply free play on the playgrounds to connect families with others in our community. Clive staff will serve free treats (ice cream or popsicles) at 11 a.m. Come and go as you please. Events are:

- June 28 – Stonegate Park, 15280 Boston Parkway
- July 12 – Greenbelt Park/Porter Shelter, 10490 Maddox Parkway
- July 26 – Campbell Park, 12385 Woodlands Parkway
- Aug. 9 – Stonegate Park, 15280 Boston Parkway



## Clive Aquatic Center

1801 N.W. 114th St.

The Clive Aquatic Center is open through Aug. 17. Open swim is daily from 11:30 a.m. to 6 p.m. Go to [cityofclive.com/cac](http://cityofclive.com/cac) for more information on swim lessons, pricing and programming. All hours are weather permitting.

## National Balloon Classic

July 26-Aug. 3  
Memorial Balloon Field, 1136 150th  
Ave., Indianola  
[www.nationalballoonclassic.com](http://www.nationalballoonclassic.com)

Just look up. Beautifully colored hot air balloons adorn the skies of Indianola. The National Balloon Classic has been dropping jaws of Iowans and travelers with its wondrous display for more than 50 years.



## Outdoor Yoga

Wednesdays, through Aug. 7,  
6-6:45 p.m.  
Campbell Park, 12385 Woodlands  
Parkway, Clive

Join this free community yoga classes at beautiful Campbell Park. Instruction is provided by various local, certified instructors. Bring your own yoga mat.



## Harbach Center hours

8505 Harbach Blvd.

The Harbach Center is open Monday through Friday, 3-7 p.m., and Saturday, 10 a.m. to 2 p.m. (closed Sundays). Membership is now required for all users, and you can enroll online. This will help staff better track attendance and gather important emergency contact information. Visit <https://ow.ly/UrGw50RsIXt> for more information.

## STAGE PRODUCTIONS

### Ankeny Community Theatre

1932 S.W. Third St., Ankeny  
[www.ankenycommunitytheatre.com](http://www.ankenycommunitytheatre.com)

- Aug. 2-11: "Vanya and Sonya and Masha and Spike"

### Des Moines Performing Arts

Des Moines Civic Center, 221  
Walnut St., Des Moines  
[www.dmpa.org](http://www.dmpa.org)

- Aug. 20 - Sept. 1: "Moulin Rouge: The Musical"

### Urbandale Community Theatre

Urbandale High School  
Performing Arts Center, 7111  
N.W. Aurora Ave., Urbandale  
[www.urbandaletheatre.com](http://www.urbandaletheatre.com)

- July 26-28, Aug. 2-4: "The Wizard Of Oz"



# EVENTS IN THE AREA

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

Be sure to check for cancelations.

## Together Through Sound Music Festival

Sept. 8, 1-10 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit [www.togetherthroughsound.com](http://www.togetherthroughsound.com) or email [info@togetherthroughsound.com](mailto:info@togetherthroughsound.com)

## Square Dance Lessons

Sundays starting Sept. 8, 6:30 p.m.

Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit [www.ankenysquares.com](http://www.ankenysquares.com).



## CITYVIEW's Summer Stir - East Village

Friday, July 26, 5-9 p.m.

East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit [summerstirs.dmcityview.com](http://summerstirs.dmcityview.com). ■

## ART SHOWS

### Des Moines Art Center

Des Moines Art Center, 4700 Grand Ave., Des Moines

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

Through Sept. 22: "Hurricane Season" by Deborah Jack

### Ankeny Art Center

1520 S.W. Ordinance Road, Ankeny

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

July 31 - Sept. 24: Seso Marentes "explores the intersections of identity, culture and home through art."

July 31 - Sept. 24: Jonah Haug specializes in mixed media art and graphic design.

### Mainframe Studios

900 Keosauqua Way, Des Moines

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

First Fridays of the month: See the creators behind the masterpieces while enjoying live music, food and, of course, art.

### Anderson Gallery

Harmon Fine Arts Center, 1310 25th St., Des Moines

[andersongallery.wp.drake.edu](http://andersongallery.wp.drake.edu)

Sept. 5 - Oct. 20: Ken Buhler and Kim Uchiyama



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# CLIVE FIRE Department serves in many ways

In addition to responding to emergencies, members provide fun and education.



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Reed Smith, Rachel Schmidt, Eric Kallem, Clay Garcia, Jason Glaza, Caden Hudson and Kari Davis.

The Clive Fire Department believes in serving the community beyond just the high-adrenalin times when sirens are blaring. Fire Chief Clay Garcia explains the various non-emergency services and events in which his crew is involved.

“We do a lot of off-the-cuff type stuff. One really neat thing we have in the fire department that is not well-known is we do have certified car seat technicians. So, if people have questions or need assistance properly installing their car seat, they can come to the fire department, and we can properly install it. The statistics behind improperly

installed car seats is very high,” Garcia says.

Many people don’t realize that child car seats have “expiration dates” and should be replaced after being in an accident, due to the possibility of structural damage. For anyone interested in help with a car seat, Garcia suggests calling the Clive Fire Department to schedule a time with one of their car seat technicians. He says it only takes about 20 minutes to make sure that an infant or child is protected to the full extent of the particular model of car seat.

Garcia shared his tenure with the department.

“I’ve been the fire chief now for a little over a year. Prior to that, I was a fire marshal. I’ve been with the Clive Fire Department now for a total of 14 years,” he says.

Garcia is proud of the additional ways he and his crew support the community through local events and traditions.

“During Clive’s annual Clive Fest, we have an enormous slip and slide that we set up on a hill, and we use our ladder truck to spray water on it from a very high distance. We welcome anybody to come out and enjoy it,” Garcia says. “It has turned into a large event and a very fun one. We get anywhere from 3-year-olds to 80-year-old people. It’s an absolute blast for all of us.”

Garcia shares that his crew frequently makes visits to daycare centers and schools to inform and connect with youngsters. Fire station tours are also offered to various groups. Garcia also noted two fun holiday traditions.

“We do an annual Easter egg hunt, which draws a very large crowd. Our Clive Firefighters Association purchases a bunch of Easter eggs, and we have an awesome Easter egg hunt,” Garcia says. “And then, Santa visits the fire department for Santa Day. We drive Santa across the city, and he waves to the kids. That draws a really fun crowd as well. I do believe that our Santa Day is the longest running tradition in the city of Clive. It’s been around for many, many years.” ■



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## PLAN AHEAD

By Scott Eriksen

# THE ROLE of funeral staff

“We don’t need to worry about it; the church will take care of everything.”

I have recently experienced the planning that goes into a family member’s funeral service. When you want a celebration that truly reflects and honors the loved one who has died, you learn firsthand about the many details which need to come together.

You also appreciate the job of the funeral director and support staff, who make sure all of these details come together seamlessly.

So, when a family says they do not need the funeral home involved with services... we cringe.

We cringe because we know that churches don’t typically have staff ready to take care of the many details that need to be attended to: creating memorial folders, memorial DVDs and other service items; checking in flowers and arranging them for the service; setting up displays of personal items for the service; and providing ushers, just to name a few.

Individually, these may not seem like big things; however, these details can quickly become overwhelming. That is why I urge you to take my personal experience to heart and let the funeral home do what they are here to do for the family. Let the funeral director “direct” and guide the family through these many details and decisions.

And remember... planning in advance will make this a smoother and less stressful process for everyone. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).



## Plan Ahead for PEACE OF MIND

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6 Area Locations

## HEALTH

By Dr. Tara Federly

# ABOUT food allergies

More than five million children in the U.S. have food allergies, and that number is increasing. That means a typical classroom has two students with food allergies, and 40% are allergic to more than one food. So, what are food allergies, can they be prevented, and what can be done for a food allergy?

Food allergy is the immune system overreacting to a harmless food. The most common food triggers are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish. Food allergies can be serious, sudden and can cause death.

In the past, parents were told to delay introduction of high allergy foods, but research now shows that early and regular exposure, specifically to peanut, can prevent food allergy. Infants with severe eczema or a known food allergy are at higher risk and should be introduced to peanut products at 4-6 months under the guidance of a physician. These infants should have allergy testing and may require supervised feedings in the allergy clinic. If not at higher risk, peanut products can be introduced at home around 6-12 months. Parents should talk with their pediatrician or allergist about infant-safe forms and symptoms of food allergy.

Children with a food allergy must avoid the food, but many families want to be proactive. Oral immunotherapy/OIT is a treatment program that retrains the immune system to tolerate the food. Starting with a very small amount, the food is slowly reintroduced over months. Call your allergist to schedule an appointment to learn more. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



## FOOD ALLERGIES

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## RECIPE

# LINGUINE with zucchini carbonara

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 8

- 5 egg yolks
- 1 cup Pecorino Romano cheese, grated, divided
- 1/2 cup milk
- salt, to taste
- 1 tablespoon extra-virgin olive oil
- 1 medium zucchini, julienned
- 1 box Barilla Linguine
- 1 tablespoon fresh mint, chopped
- black pepper, to taste

### DIRECTIONS:

- Bring large pot of water to boil.
- In bowl, mix egg yolks, 1/3 cup Pecorino Romano cheese and milk. Season with salt, to taste. Set aside.
- In large skillet, heat olive oil and cook zucchini.
- Cook pasta according to package directions. Reserve 1/2 cup cooking water.
- Mix pasta in pan with zucchini. Add egg yolk mixture and 2 tablespoons cooking water. Combine well.
- Add remaining cheese and mint; mix. Season with salt and pepper, to taste. ■



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# VOTE TODAY!

Who will be voted favorite in the Northwest Metro?  
Includes Grimes, Dallas Center, Johnston, Clive and Urbandale

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 2024 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center, Johnston, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

**HURRY! POLL CLOSES SEPT. 3, 2024.**

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

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## 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
- Auto Parts Store

## COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

## 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

## 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 Children's Birthday Parties
- Golf Course

## HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy

## HEALTH/BEAUTY

- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- 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 Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling Contractor
- Exterior Contractor (siding, roofing, windows, doors)
- Pest Control
- Tree Service



# FULL-OVERLAY cabinets

Are you looking to give your kitchen or bathroom a modern makeover? If so, you should definitely consider full-overlay cabinets. These sleek and stylish cabinets offer a seamless, flat surface that's perfect for creating a clean and uncluttered look.

So, what sets full-overlay cabinets apart from standard ones? For starters, the doors and drawers completely cover the cabinet box, giving you a smooth, frameless appearance. Plus, they're super versatile and can be used in a range of settings, from traditional to contemporary. You can even choose from a variety of materials, like wood, metal or thermofoil, to match your personal style.

One thing to keep in mind is that full-overlay cabinets work best when used consistently throughout a space. Mixing them with standard cabinets can create a disjointed look, so it's best to stick with one style for a cohesive, professional appearance.

Overall, full-overlay cabinets are a great choice for anyone looking to update their kitchen or bathroom. They're space-saving, stylish and offer a clean, modern look that's hard to resist. So be sure to check out full-overlay cabinets when you start looking and see the difference they can make in your home. ■

Information provided by Karen Kolbe, Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, 515-410-1968, www.Avid-KB.com.



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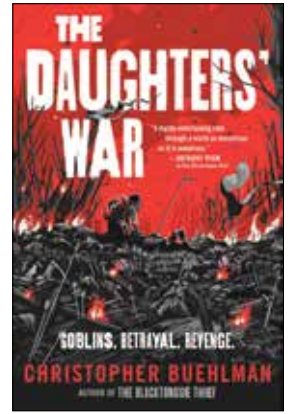
# 'The Daughters' War'

To be perfectly clear before we start, this is a book about grief. It is a story of loss and war and lives cut short in the pursuit of survival. Sure, this is a military fantasy at its most basic level, but, in truth, it is an ode to the beauty of grief, growing up and becoming something extraordinary.

Galva is the youngest daughter of prominent family, and instead of staying cloistered safety, she chooses to train with an experimental army unit that will likely mean her death. Humans are edging toward extinction, and the goblins just keep coming. Brutal, cunning and overwhelming, these goblins want one thing only: to tear down humanity and make them into livestock. Paired with a diverse and fascinating array of comrades, Galva will fight for her people's right to live and lose almost everything along the way.

This is not an easy book to read, but the starkness and gritty horror make the moments of humor and hope that much more powerful. The prose is hypnotic and stunning, like an epic poem, and will linger long after the cover is closed. It is absolutely worth the tears. ■

— Review by Julie Goodrich



By Christopher Buehlman  
6/25/24  
Tor Books  
416 pages  
\$28.99

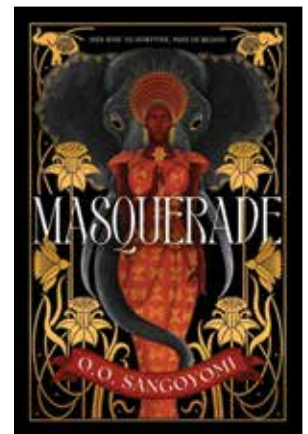
# 'Masquerade'

There have been a handful of times in my life when I felt so wildly out of place that I couldn't tell up from down. That kind of upheaval is a powerful motivator for digging deep and finding out what you're made of. Transformation, power and self-discovery weave through this gripping, gorgeous story I fell in love with from the first page.

Òdòdó is a blacksmith in Timbuktu, a city being ground down under the heel of warrior king. Òdòdó's struggle suddenly changes, however, when she's kidnapped to be the bride of a warrior king who refuses to take no for an answer. Left with little recourse, the story follows Òdòdó as she learns to reclaim her power, navigate the politics of her new city, and embrace the power she finds unexpectedly at her fingertips.

This is a deep, tense and deeply satisfying story that weaves together West African myth with the classic story of Hades and Persephone in a unique and utterly enthralling tale. I love the blending of the familiar and the new. This feels like a classic in the making. ■

— Review by Julie Goodrich





# BEST OF SHOW!

**Big Green Umbrella Media publications won 11 regional awards at the annual Association of Community Publishers awards show, including the highly coveted "Best of Show" designation.**

Yes, old dogs can learn new tricks. And it's good to know that our peers in the industry recognize our ongoing efforts.

It's a dog-eat-dog world out there, so forgive us while we lick our chops for a few moments. We appreciate the honors, but we know we have to keep barking up the right trees.

Because, as the saying goes, if you're not the lead dog, the view never changes.



[WWW.BIGGREENUMBRELLAMEDIA.COM](http://WWW.BIGGREENUMBRELLAMEDIA.COM)



# STONEGATE Re-opening

June 17 was a beautiful day to celebrate the grand re-opening of Stonegate Park with the City of Clive and Clive Chamber of Commerce.



A ribbon cutting and grand re-opening celebration of Stonegate Park, 15280 Boston Parkway, were held June 17 by the City of Clive and Clive Chamber of Commerce.



Jake Irlmeier, Oakley and Alicia and Kelsey O'Bleness and Callum



Miranda Hubner, Leo, Ashton Duea and Jamison



Richard Brown, Jeff Thielen and Jon Gibbs



Kaleena Nowak and Katie Lensch



Patsy Waddell and Teresa Speck



Greyson Carter, Gail Graham, Nylah Hawkins and Ira Muhamedovic



Josh Heward and Tanya Heward



Eric Klein and Carson Klein



Susan Kramer, Carey Anderson and Jon Anderson



# PM Exchange

The Clive Chamber of Commerce PM Exchange was hosted at Spare Time July 16.



Mike Torrez and Olivia Schmidt



Nick Ballard and Diana Phan



Leah Nelson and Marissa McCun

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## FINANCIAL

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## HEALTH & MEDICAL

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DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

## HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

Want a greener lawn? TruGreen's your go-to for a tailored lawn care plan. Act now and get 50% off your first service with a purchase of an annual plan. Call us at 1-833-912-3666 to learn more. (mcn)

## MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798(mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-833-599-2238. (mcn)

Prepare for power outages with Briggs & Stratton & #9415; PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty 7 years (\$849 value). Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

Reach over 1.6 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

## WANT TO BUY

Wanted: Antique Bicycles from 1930's-50's. Deluxe or unusual models with horn tanks, headlights, etc. Also buying Schwinn Stingray bikes from 1960's-70's. Top prices paid. Will pick up anywhere. 309-645-4623. (mcn)

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TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

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Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

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VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

## HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-

9091 (ACP)

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

## MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer.) Offer ends 8/25/24. Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951 (ACP)

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# Fun Facts

## ABOUT APPLIANCES

In 1797, the first "Washing Tool" comprised of a tub and a ridged board.



The first official electric clothes dryers appeared in the U.S. in the years prior to World War I.

The first dishwashers were too expensive for an average household, costing between \$75 and \$100, which most women would not spend on an item for their kitchen even if it meant easing the effort they had to put in washing dishes.



The First Official oven in recorded history was built in 1490, in France and made with brick and tile.



Nearly 100% of Americans have a Refrigerator.

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The icebox was invented by an American farmer and cabinetmaker named Thomas Moore in 1802.

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