



Wednesday, June 14, 2023

Good Wednesday Morning to You!

The simple things. Many of us say those are the parts of our lives we enjoy the most. But when asked to identify those “simple things,” we often have to ponder for a moment or two.

For some people, the simple things in life are about food or drink. A hot cup of coffee. A slice of apple pie and ice cream. A sizzling steak on the grill.

For others, the simple things are about nature. The sight of an evening sunset. The coos of a mourning dove. The smell after a fresh rain.

Still others say the simple things are in the human touch. Holding a newborn baby. Hugging an old friend. Petting a dog.

Simple things in life can also be activities like reading a great book, listening to an old album or rewatching a classic movie you have seen dozens of times.

Or, simple things could be meditation or prayer or exercise... or a well-deserved nap.

Or simpler. Much simpler.

My friend, Cory, who despises hot-air hand dryers, says all he wants are paper towels to dry his hands after washing them.

My buddy, Jim, finds the simple things in sitting in a deer stand all day, whether he harvests a deer or not.

And I have learned to appreciate the simpleness of pure silence — no cell phones, no honking horns, no thumping stereos, no blaring TVs, no police sirens.



All these things sound oh so simple, yet we often struggle to make the time to find them or participate in them. Why? Maybe we just aren't trying enough. The good news is that we can start truly seeking those simple things in life right now.

I certainly missed some of the simple things in your life that you have learned to appreciate. Send me a note and let me know which ones.

Have a wonderful Wednesday, and thanks for reading.

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CITYVIEW's Best Of Des Moines

CITYVIEW announced its 2023 Best Of Des Moines readers' choices Jan. 31. You can find all the results from the poll in the February issue of [CITYVIEW](#) magazine!

Best Local E-Cigarette Shop

1. Central Iowa Vapors
2. Almost Paradise Tobacco & Vapor
3. Route 69 Vapor

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Your Clear Mortgage forecast from Jason Parkin

The heat continues to build today and into tomorrow and Friday, with highs in the upper-80s to near 90 expected. Computer models have slowed the weekend system, now putting the best rain chances Saturday night into Fathers' Day.

For help with preapprovals or refinancing, get in touch with Carrie at carrie.mortgage.



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A rare ranch resale located in Scenic Pointe neighborhood. This lovely custom built Brick home is surrounded by mature trees, gorgeous perennials and shrubs. The formal entry adjoins a spacious great room that has a two-sided gas fireplace, large windows, built - in bookcases and hardwood floors in the main living areas.



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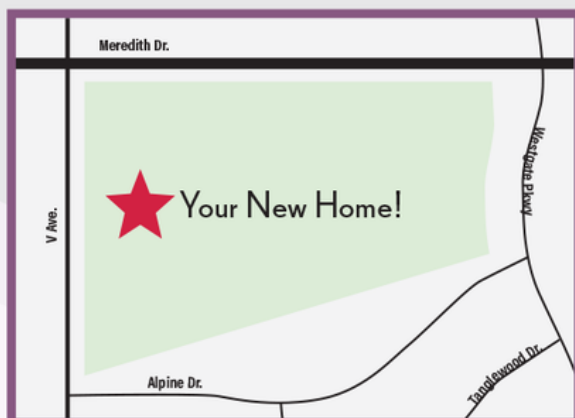
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Headlines

FROM KCCI: Security camera captures unusual break-in technique along Fleur Drive

DES MOINES, Iowa — Burglars are targeting some Des Moines businesses with an unusual break-in technique, and one of the thieves was caught on camera. Mayalu Coffee shop owner Deep Paudel got the shock of his life Monday morning. Shortly after midnight, someone took apart the outside hinges on his door, walked into his shop, and stole \$500. [..READ MORE FROM KCCI](#)

FROM WHO-TV: ‘Astrovirus’ sickens metro kids: what it is and how it spreads

... Astrovirus is the name given to a group of viruses discovered by electron microscopes in the 1970s. Like the norovirus, it is a fecal virus. It can be killed with chlorine if detected and properly treated. Public splash pads can be particularly susceptible to the spread of the virus due to children’s habits of sitting or squatting over spray features. [..READ MORE FROM WHO-TV](#)

FROM WOI-DT Local 5: Urbandale parents concerned over hiring process of new Coordinator of Equity & Inclusion

Stephanie Davis' hiring was approved by the school board on their June 12 meeting, by a 4-3 vote. Some parents are looking for more transparency from the district. [..READ MORE FROM WOI-DT Local 5](#)

On June 13 in history ...

1777. Congress adopts the Stars and Stripes. June 14, 1777: During the American Revolution, the Continental Congress adopts a resolution stating that “the flag of the United States be thirteen alternate stripes red and white” and that “the Union be thirteen stars, white in a blue field, representing a new Constellation.” The national flag, which became known as the “Stars and Stripes,” was based on the “Grand Union” flag, a banner carried by the Continental Army in 1776 that also consisted of 13 red and white stripes.

2017. Five people shot, including Republican congressman, at baseball practice. On June 14, 2017, a gunman walked onto a baseball field at Eugene Simpson Park in Alexandria, Virginia, opening fire on politicians and wounding House GOP Whip Steve Scalise of Louisiana and four others.

1985: TWA flight 847 is hijacked by terrorists. TWA Flight 847

from Athens to Rome is hijacked by Shiite Hezbollah terrorists who immediately demand to know the identity of "those with Jewish-sounding names." Two of the Lebanese terrorists, armed with grenades and a 9-mm. pistol, then forced the plane to land in Beirut, Lebanon.

Read more at [History.com](https://www.history.com).

Personalities

Meet Whitney Weiss

First year math teacher enjoying "aha" moments.

By T.K. West

When Whitney Weiss graduated from Iowa State University last spring, she knew she wanted to stay in central Iowa. She thought the Winterset Community School District would be a good size for her for her first year of teaching. Weiss teaches geometry and algebra I at the high school.

She says she likes teaching students at the high school level because they are great to work with and easy to have conversations with.

“

The district was very welcoming from the moment I came for an interview and (staff members) have given me great advice at times when I needed it,” Weiss said.

... [Read more in the June issue of Winterset Living magazine.](#)



Birthdays and Notables!

Happy Birthday Nathan Deutmeyer!



These celebrities were born on this date: Lucy Hale, Daryl Sabara, Steffi Graf, Torrance Coombs, Will Patton, Boy George, Yasmine Bleeth, Traylor Howard

SUBMIT: Send your birthday greetings and congratulatory notes to: tammy@iowalivingmagazines.com

Morning Chuckle



The answer to yesterday's riddle:

Why did the vulture cross the road? BECAUSE THE CHICKEN DIDN'T MAKE IT!

Today's Riddle

What classic rock song did the all-vulture band play?

Have a guess? Email tammy@iowalivingmagazines.com



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