

FOR BETTER OR FOR WORSE

LONG-TIME COUPLES
SHARE THEIR STORIES

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What is Whooping Cough?

Pertussis is a highly contagious bacterial disease that causes uncontrollable, violent coughing. The coughing can make it hard to breathe. A deep "whooping" sound is often heard when the patient tries to take a breath. **Alternative Names:** Whooping cough

Causes: Pertussis, or whooping cough, is an upper respiratory infection caused by the *Bordetella pertussis* or *Bordetella parapertussis* bacteria. It is a serious disease that can cause permanent disability in infants, and even death. When an infected person sneezes or coughs, tiny droplets containing the bacteria move through the air, and the disease is easily spread from person to person. The infection usually lasts 6 weeks.

Whooping cough can affect people of any age. Before vaccines were widely available, the disease was most common in infants and young children. Now that most children are immunized before entering school, the higher percentage of cases is seen among adolescents and adults.

Symptoms: Initial symptoms, similar to the common cold, usually develop about a week after exposure to the bacteria.

Severe episodes of coughing start about 10 to 12 days later. In children, the coughing often ends with a "whoop" noise. The sound is produced when the patient tries to take a breath. The whoop noise is rare in patients under 6 months of age and in adults.

Coughing spells may lead to vomiting or a short loss of consciousness. Pertussis should always be considered when vomiting occurs with coughing. In infants, choking spells are common.

Other Pertussis symptoms include: runny nose, slight fever (102 °F or lower), Diarrhea
Tests and diagnosis: The initial diagnosis is usually based on the symptoms. However, when the symptoms are not obvious, pertussis may be difficult to diagnose. In very young infants, the symptoms may be caused by pneumonia instead.

To know for sure, the health care provider may take a sample of mucus from the nasal secretions and send it to a lab, which tests it for pertussis. While this can offer an accurate diagnosis, the test takes some time, and treatment is usually started before the results are ready.

Some patients may have a complete blood count that shows large numbers of lymphocytes.
Treatment: If started early enough, antibiotics such as erythromycin can make the symptoms go away more quickly. Unfortunately, most patients are diagnosed too late, when antibiotics aren't very effective. However, the medicines can help reduce the patient's ability to spread the disease to others.

Infants younger than 18 months need constant supervision because their breathing may temporarily stop during coughing spells. Infants with severe cases should be hospitalized.

An oxygen tent with high humidity may be used.
Fluids may be given through a vein if coughing spells are severe enough to prevent the person from drinking enough fluids.

Sedatives (medicines to make you sleepy) may be prescribed for young children. Cough mixtures.

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welcome

By Shane Goodman, shane@dmcityview.com

With this ring...

Lifelong romance is something we all strive for. But with nearly half of all marriages ending up in divorce, some question whether a man and a woman can remain happily and faithfully married for a lifetime and if marriage is worth the risk. Ask those featured in this month's cover story, and they will tell you that the answer is a resounding yes. They say that although marriage certainly has its challenges, it really does get better with time.



The divorce statistics verify their claims, too, as the longer people stay married, the less likely they are to split up. Those who think the grass will be greener in the second round of marriage may want to consider that second marriages have a 10 percent higher divorce rate than first marriages. So maybe, just maybe, there is some truth to the values of patience and understanding in marriage and that wisdom does come with age.

Regardless of how you feel about marriage, or what challenges life has thrown your way, one can't help but respect those who are able to make it work for the long haul. And simply by their lead, their children are 86 percent more likely to stay married, too. That's one of the many circles of life, and we are pleased to share stories of these lifelong romances this month.

Thanks for reading. ■

Shane Goodman
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Photos by Melissa Walker

FOR BETTER

Wilma and Jack Frost say they fell in love the moment they laid eyes on each other. That was more than 60 years ago.

OR FOR WORSE

LONG-TIME COUPLES SHARE THEIR STORIES

By Melissa Walker

Jack and Wilma Frost will never forget the first time they laid eyes on each other.

It was 1950. Both lived in Ottumwa. Jack was 24. He'd been to college and had his stint in the U.S. Army Air Corps under his belt. He'd been stationed in Europe during World War II and was now a brakeman for Burlington Northern Railroad.

Wilma was 18 years old, a senior in high school. She was walking down the street with her cousin, when Jack pulled up in his convertible with two of his buddies. One of the friends was dating Wilma's cousin, so the young men

asked the ladies if they wanted a ride.

The girls jumped in, and the rest is history.

"I looked at him, and I fell in love," Wilma, now 80, recalls as she sits next to her husband of 60 years in their Beaverdale apartment. "I looked up at him when I sat next to him, and I thought, 'He's mine.'"

"I fell in love with her, too," Jack, 86, says.

Wilma finished high school — Jack wouldn't marry her until she graduated — and the couple married on July 29, 1951.

Immediately, the two faced their first chal-

lenge as a couple: Jack was laid off from his job. He had to start from scratch and found work at Northwestern Bell Telephone Co.

"We started out like a lot of young people — poor," Wilma recalls.

The couple's daughter, Jane, was born in 1953. A few years later, in 1956, the telephone company transferred Jack to Des Moines, so the family moved north. They settled in Beaverdale in 1988.

Through their 60 years together, Jack and Wilma say they've never had a fight.

"We can always sit down and talk it out,"

Wilma says. "We cool down easily."

Jack says they made a promise to each other they would never let an issue carry over once it had been discussed.

"We talk about it, and it's done," he says.

Both have their own individual activities in which they're involved and their own volunteer work, but they still meet together twice a day, once in the morning and once in the afternoon, in their living room to drink coffee and talk.

The couple says their faith in God is what has kept their marriage strong.

"God is always first in our lives," Wilma says. "When you pray together, you stay together."

The Frosts says some of the best memories of their marriage are vacations they've taken together. They went to Hawaii for their 25th wedding anniversary. They've taken cruises to Cancun and Key West, Fla., and they've visited Jack's sister in Washington, D.C.

The couple has two grandchildren and two great-grandchildren.

"We're so happy we got to see them," Wilma says.

Bill and Sally Hicks

Bill and Sally Hicks' relationship started when the two worked at Armstrong Furnace Co., on the city's east side in the early 1950s. The bus route only went so far, and workers were dropped off at the corner of Southeast 14th and Euclid Avenue and then walked the rest of the way. Those who had cars would stop and pick up co-workers as they saw them walking.

One day, Bill noticed Sally walking and stopped to give her a ride. The rides continued, and Bill even drove Sally home a couple of times. Eventually, he asked her to go to the movies.

As they got to know each other, the couple decided to get married. On June 28, 1952, they tied the knot at St. Augustin Church in Des Moines. They had a small reception afterward at Sally's mother's house with cake, punch and mints.

Sally, 79, says her best memories of the couple's marriage are raising their children, Maureen and Mark.

"We just really enjoyed raising our kids," she says. "It was fun. We live in a wonderful neighborhood with lots of children and nice people."

Sally says the key to working out any issues was "to have a lot of respect for each other and a lot of love for each other, and you have to communicate.

"You have to give and take," she continues. "It's not all about you."

Dave and Jan Bunkers



Photo by Melissa Walker

Jan and Dave Bunkers shortly after they were married. This photo was taken while the couple were in New Jersey for Dave's basic training with the U.S. Army.

Dave and Jan Bunkers have known each other since first grade. But it wasn't until the two were seniors in high school in Remsen that they started to look at each other as more than friends.

"He was the kind of boy who was always everybody's buddy," Jan says.

Things changed when Dave asked her to the Halloween dance. They graduated the following spring. Jan headed to Sioux City for college; Dave went to Des Moines to attend school.

The couple saw each other every three

weeks but wrote to each other every day. It was then that Dave says he realized he wanted to spend the rest of his life with Jan.

The United States was involved in the Vietnam War at the time, and Dave joined the U.S. Army. The couple decided to immediately get married and did so on June 24, 1970.

They spent a couple days in Des Moines as a honeymoon before Dave reported to duty on June 28.

"When you're 19 and facing the unknown, we just wanted to spend time together before he had to leave," Jan recalls.

After nine months of basic training in New Jersey, Dave says he lucked out and got sent to Germany instead of Vietnam. The couple and their oldest son moved to Germany, where their daughter was born.

"It was an absolutely wonderful experience," Jan says.

The couple would put their two kids in the car and drive all over the German countryside and to other areas in Europe.

"Because of that, it developed our love of travel even today," she says.

The time abroad also was the most challenging of their marriage and made their relationship stronger.

"We had no one but each other — we couldn't run home to mommy or anything like that," Jan says. "From the very beginning we had to work on our marriage."

Dave was discharged in January 1974, and the couple settled in Des Moines. They had two more sons. Today, they also have 10 grandchildren, ages 3 to 19.


The couple has taken many trips, but they say the highlight was their return trip to Europe for their 25th wedding anniversary. Jan saved money and purchased bonds for seven years, all of which she kept hidden in



Photo by Melissa Walker

Ed and Dorothy Danielson show a picture from their wedding day in 1944 and a photo of them celebrating 50 years of marriage. The couple has been married for 67 years.

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*“Back then, the war was going on,
and there weren’t a lot of (men) to
choose from.”*

— Dorothy Danielson, 87

a shoe box in order to pay for the trip. On Christmas, she gave him the shoebox of money.

Jan says communication is the key to a good marriage.

“It’s important to always talk things out,” she says. “One rule we’ve made since we got married is we almost always never go to bed mad at one another.”

But Dave says the key in his view is much simpler than that: “It’s easy being married to someone who is a great wife, mother and grandmother.”

Dorothy and Ed Danielson

Dorothy Danielson remembers the first movie night her husband, Ed, took her to more than 67 years ago.

“Dr. Gillespie’s Criminal Case” and “Murder on the Waterfront” were playing on the big screen. It was a real romantic movie,” Dorothy, 87, recalls with a laugh.

Dorothy was living at an all-girls’ house in Des Moines in 1943. She attended Grace Lutheran Church, where she met a young Ed Danielson. He offered her a ride home after church one day, but she said it was too far out of his way and that she would take the street car. So, he asked her out to a movie instead.

“I’ve been glad ever since,” says Ed, who is now 90.

Ed had told his mother that his dream girl would be a blonde who was about 5 feet, 2 inches tall. Dorothy fit the bill: She had white blonde hair and was 5 feet, 3 inches tall.

Ed has been an insulin-dependent diabetic since age 10, so he did not get drafted into World War II like many of the other young men. Dorothy laughs as she

says that is how the two ended up together.

“Back then, the war was going on, and there weren’t a lot of (men) to choose from,” she says.

The couple married on Aug. 20, 1944. They have four children, 11 grandkids and 10 great-grandchildren — the most recent was born on Jan. 6.

They’ve had a lot of fun during their 67 years of marriage. They’ve traveled both together and with their children.

“We had several good times, didn’t we?” Dorothy says.

“Yeah we did; still do,” Ed responds.

They laugh as they tell stories about how one year Ed spent his entire Christmas bonus on a horse. Or about the time he drove down to the gas station to get four copies of the Sunday paper because their granddaughter was featured in the sports section. Only once he got home with the papers did Dorothy realize it wasn’t their granddaughter at all.

They like to watch the squirrels play in their backyard and both are animal lovers, especially when it comes to dogs. Their favorite dog was a fox terrier named Dinky who lived 17 years.

In their later years, they’ve had to face problems associated with Ed’s diabetes. He’s had both of his feet removed and wears two prosthetics.

But through all their years together, Dorothy says she’s learned that patience is the most important thing in a marriage.

And Ed says Dorothy has been the key to all of his happiness.

“She’s been a good one; she puts up with a lot,” he says. ■



Where eagles soar

By Kathy Bognanni, Branch Manager

S.O.A.R. (Saving our Avian Resources) will visit the Franklin Avenue Library with an eagle from 1 - 3 p.m. on Jan. 28.

Watch a brief film about the natural history of eagles and learn about the eagles in Iowa. Ages 6 through adult.

At 6:30 p.m. on Feb., 21, photographer Ty Smedes will present a slide show of photos from his new book “The Return of Iowa’s Bald Eagles.” Ty will sell and sign copies of his book after the program.

Let’s Talk About It: Making Sense of the American Civil War

The Franklin Avenue Library will offer a five-part reading and discussion series on Thursday evenings March 1, 15 and 29 and April 12 and 26 at 6:30 p.m. Scholar Dr. Nicholas Proctor, department of history at Simpson College, will lead the discussions of the books. Funding for this program was provided by a grant from the National Endowment of the Humanities to the American Library Association. Contact the library on or after Jan. 23 to sign up for the series and receive more details. The books will be provided.

Iowa’s Service in the Civil War

Feb. 25, 2 p.m.
The Iowa Gold Star Military Museum staff, costumed historians, Civil War re-enactors and weapons experts will present a program about Iowa’s involvement in the Civil War. Learn about the daily life of a Civil War soldier from Iowa. For adults.

Going Green at Franklin

Tuesday, Feb. 7, 6:30 p.m.

i-Renewable Energy Series: Here and Now: The Current Trends in Renewable Energy. This is the first of four discussions on renewable energy sponsored by the Iowa Renewable Energy Association.

Meet Clifford the Big Red Dog

Feb. 14, 4 p.m.

Feb. 18, 10:30 a.m.

Meet Dan Wardell of IPTV and Clifford. Dan will read Clifford stories. Ages 8 and younger.

Franklin Avenue Library

5000 Franklin Ave.

Hours:

Mon. - Thur.: 10 a.m. – 8 p.m.

Fridays: 1 – 6 p.m.

Saturdays: 10 a.m. – 5 p.m.

Stuffed Animal Sleepover

Feb. 23, 6:30 p.m.

Join us for a special evening storytime for children and their stuffed animal friends. After stories, the stuffed animals will be tucked into “bed” to spend the night at the library. Children can pick up their stuffed animals the next day after 1 p.m.

Share Stories with a child

Bring your child to one of our weekly storytimes and introduce them to pre-literacy activities with other children.

Baby Rhyme Time

(Ages 0 - 12 months)

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Fun With Ones Rhyme Time

(Ages 12 - 14 months)

Thursdays, 10:15 a.m. ■

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Meet Krystyn Williams

Instructor builds relationships with her students

By Kenzie Stroud

Growing up, Krystyn Williams had never thought about becoming a teacher.

While she loved school, she was passionate about sports and wanted to pursue coaching. It wasn't until her high school principal suggested that she try teaching during her senior year that she got the chance, and she fell in love with educating others.

"School is more than just academics; with this being said I hope each of my students leaves my class with an understanding that not everyone is exactly the same way and they need to keep open minds and accept people for who they are," Williams says. "The greatest reward of my job is building relationships with my students."

Teaching fourth graders at Monroe Elementary School can be a challenge, but Williams enjoys her students' realization of the social aspects school offers.

"To fourth graders the end goal (graduating or college) is so far away that it is a challenge to get them to understand that academics, even at this early age, is important," she says. "Social skills are some of the hardest lessons to teach fourth graders. They are starting to get into that age where they judge oth-



Photo by Kenzie Stroud

Krystyn Williams teaches fourth grade at Monroe Elementary.

ers based on what they wear or how they act. It is difficult to break through that type of thinking. I love the diversity in my school."

Williams remembers her own fourth grade experience and the excitement of something little like switching classes for different subjects.

"That was my favorite part of fourth grade because I felt more grown up than I did in previous grades," she says.

Williams aims to help each of her students improve and exceed their current reading level by at least one grade level during the year. She is also looking forward to her upcoming science lessons.

"We have a science unit on magnetism and electricity that is a lot of fun, and students will get to build their own circuits," she says. "The students are a lot more involved in the learning process than I was at their age."

When she is not teaching Williams enjoys spending time with her family and friends. She is an avid reader and is looking forward to warmer weather so she can get outside for sports. ■

What do you like best about Ms. Williams' class?



Cing Mang:
"I love when we do multiplication with Ms. Williams because I am pretty good at it."



Humberto Flores:
"She let us open up an owl pellet, and we found fur and a skull inside; it was really cool."



Lucas Messner:
"I love when we do math because we get to play math games like pie."



Diana Nguyen:
"Ms. Williams loves books and so do I, so I love it when we get to read."



Photo by Jared Curtis

Justin Waits and his 2002 Dodge Ram.

Reliable Ram

Justin Waits is loyal to his Dodge truck

By Jared Curtis

Sticking with a vehicle for a while is a sign of trust and reliability.

Justin Waits knows this to be true as he has driven his 2002 Dodge Ram since he bought it brand new almost 10 years ago. Although the truck has seen better days, Waits still believes it's reliable enough to not even look for a new vehicle.

"Other than seeing the commercials on TV, I haven't looked at a new truck in years," he says. "I've been a fan of Dodge trucks for years. They are big, tough and powerful."

Waits saw how reliable his truck was a few months ago when he moved some family members to another state.

"I was a little skeptical about getting everything loaded in the back, but we got it all in there," he laughs. "I drove my brother and his girl to Missouri, helped them unload all of their stuff and made it back to town in a day. It was a long trip, but it went pretty smooth."

Waits is excited for the impending winter weather and is looking forward to putting his

truck to good use.

"I have plenty of fun slipping and sliding through the snow, but I'm missing it a little this year," he says. "Hopefully we'll get dumped on a few times before it warms up. I do a little snow removal, too, so the lack of winter weather is affecting my wallet as well."

Although there are a few changes Waits would like to make, it won't deter him from continuing to drive the truck.

"I'd love to get a little better gas mileage, and I'd like to load it with some buddies and head out for a weekend, but it doesn't really work that well for either," he says. "But even with a few little nitpicks, I still love the truck."

As the miles continue to climb and the wear and tear adds up, some owners might look into buying a new vehicle, but not Waits.

"I'm in it for the long haul with this truck," he laughs. "I call her my baby, and she has definitely taken care of me over the years. I don't ever plan on giving up this truck, and I plan to drive it until the wheels fall off. And who knows, I might not even get rid of after that." ■

Contact Jared at 953-4822 ext. 306 or jared@dmcityview.com to recommend someone for an upcoming issue of "What's In Your Garage?"

Friday, Jan. 27

- Toastmaster meeting, Naurine Room, Broadlawns Hospital, 1605 Hickman Road, Sands Entrance, 7 p.m.
- Beaverdale VFW Post 9127 Dinner, 4029 Urbandale Ave., \$8, 5 - 7 p.m.
- The Hillyard Storyteller, Beaverdale Books, 7 p.m.
- Iowa Bicycle Summit & Expo, Vets Auditorium, all day
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- Hoover varsity girls BB at North, 6:15 p.m.
- Hoover 10/V boys BB at North, 4:45 p.m.

Hope United Methodist Church, 6 p.m.



Library, 1 p.m.

- Young American Poets Reading Series, Beaverdale Books, 7 p.m.
- Tween Wii Gaming, Franklin Ave. Library, 4 p.m.
- Hoover 9 girls and boys BB at Ottumwa, 5:30 p.m.

Friday, Feb. 3

- Beaverdale VFW Post 9127 Dinner, 4029 Urbandale Ave., \$8, 5 - 7 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- Varsity WR invite at SEP, 3:30 p.m.
- Hoover 10/V boys BB vs. Ottumwa, 4:45 p.m.
- Hoover JV/V girls BB vs. Ottumwa, 4:45 p.m.

■ Hoover 9 girls and boys BB vs. SEP, 6:30 p.m.



Monday, Jan. 30

- Preschool storytime, Franklin Ave. Library, 10:15 a.m.
- Green Teens: Ride the Bus, Franklin Ave. Library, 4 p.m.
- Hoover 9 girls and boys BB at Johnston, 6:30 p.m.

Tuesday, Jan. 31

- Baby Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Crafty readers, ages 3 - 8, Franklin Ave. Library, 4 p.m.
- Hoover 10/V boys BB vs. Johnston, 4:45 p.m.
- Hoover JV/V girls BB vs. Johnston, 4:45 p.m.



Saturday, Feb. 4

- Beaverdale VFW Post 9127 Lunch, \$5, 11 a.m. - 1:30 p.m.
- Author Event: Karen Weir Jimerson, Beaverdale Books, 2 p.m.
- Varsity boys SW district tournament at Hoover, TBA

Tuesday, Feb. 7

- Baby Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Beaverdale Neighborhood Association Annual Meeting & Potluck, Northwest Community Center, 6:30 p.m.
- Beaverdale Writer's Group, Beaverdale Books, 7 p.m.
- Texas Hold 'em Tournament, Beaverdale VFW Post 9127, 4029 Urbandale Ave., 6 - 10 p.m.
- DM School Board meeting, Central Campus, 2nd floor, 1800 Grand Ave., 6 p.m.
- Hoover JV/V girls BB at SEP, 4:45 p.m.
- Hoover 10/V boys BB at SEP, 4:45 p.m.

Saturday, Jan. 28

- Beaverdale VFW Post 9127 Lunch, \$5, 11 a.m. - 1:30 p.m.
- Make and take craft, Franklin Ave. Library, 1 p.m.
- Westminster's Anchor Coffee House with Teresa Storch, Westminster Presbyterian Church, \$12, 7 p.m.
- RAGBRAI Route Announcement Party, Vet's Auditorium, \$30, 7 p.m.
- JV/V boys SW invite at East, 12:30 p.m.

Wednesday, Feb. 1

- Toddler storytime, Franklin Ave. Library, 10:15 and 10:50 a.m.
- Leonard Boswell Staff Office Hours, Beaverdale Books, 3 - 4 p.m.

Thursday, Feb. 2

- Groundhog Day
- Fun with Ones Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Book Discussion, Franklin Ave.

Monday, Feb. 6

- Preschool storytime, Franklin Ave. Library, 10:15 a.m.
- Teen e-Lounge, Franklin Ave. Library, 4 p.m.

Wednesday, Feb. 8

- Toddler storytime, Franklin Ave. Library, 10:15 and 10:50 a.m.
- Financial Peace University, First Church of the Open Bible, 6:30 p.m.

Sunday, Jan. 29

- Auditions for "Godspell," New

Thursday, Feb. 9

- Fun with Ones Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Beaverdale Book Browsers Club, Beaverdale Books, 7 p.m.
- Hoover 9 girls and boys BB vs.

Lincoln, 6:30 p.m.

Friday, Feb. 10

- Beaverdale VFW Post 9127 Dinner, 4029 Urbandale Ave., \$8, 5 - 7 p.m.
- Toastmaster meeting, Naurine Room, Broadlawns Hospital, 1605 Hickman Road, Sands Entrance, 7 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- Hoover JV/V girls BB at Lincoln, 4:45 p.m.
- Hoover 10/V boys BB at Lincoln, 4:45 p.m.



Saturday, Feb. 11

- Second Saturday Book Club, Beaverdale Books, 10:30 a.m.
- Indoor Canoeing Class, Central Campus, 1800 Grand Ave., noon
- Varsity boys SW state tournament at Marshalltown

Sunday, Feb. 12

- Beaverdale VFW Post 9127 Lunch, \$5, 11 a.m. - 1:30 p.m.

Monday, Feb. 13

- DM City Council meeting, City Hall, 4:30 p.m.
- Preschool storytime, Franklin

Ave. Library, 10:15 a.m.

Tuesday, Feb. 14

- Valentine's Day
- Mothers of Preschoolers (MOPS), First Federated Church, 4801 Franklin Ave., 9 - 11:15 a.m.
- Baby Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Book Discussion, Franklin Ave. Library, 6:30 p.m.
- Learn Irish Des Moines, Olivet Baptist Church, 2743 82nd Place, for teens and adults, free, Urbandale, 7 p.m.
- Texas Hold 'em Tournament, Beaverdale VFW Post 9127, 4029 Urbandale Ave., 6 - 10 p.m.
- Hoover 9/10/V boys BB vs. Ames, 6 p.m.

Wednesday, Feb. 15

- Toddler storytime, Franklin Ave. Library, 10:15 and 10:50 a.m.

Thursday, Feb. 16

- Fun with Ones Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Beaverdale Young Professionals meeting, Grounds for Celebration, 6 p.m.
- Varsity WR state tournament at Wells Fargo Arena

Friday, Feb. 17

- Beaverdale VFW Post 9127 Dinner, 4029 Urbandale Ave., \$8, 5 - 7 p.m.
- Des Moines Metro Opera Wine & Food Showcase, Des Moines Marriott, \$50, 4:30 - 8:30 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- Varsity WR state tournament at Wells Fargo Arena
- Hoover 9/10/V boys BB at Valley, 4:45 p.m.

Saturday, Feb. 18

- Beaverdale VFW Post 9127 Lunch, \$5, 11 a.m. - 1:30 p.m.
- Pancake Breakfast, Masonic Lodge, 4133 Urbandale Ave., \$3 - \$6, 7:30 - 10:30 a.m.
- B. John Burns performs, Tally's Restaurant & Bar, 9 p.m.
- Varsity WR state tournament at Wells Fargo Arena



Sunday, Feb. 19

- Beaverdale VFW Post 9127 Breakfast & Bake Sale, 4029 Urbandale Ave., \$6, 9 a.m. - noon

Monday, Feb. 20

- President's Day
- No school
- Medicap Bingo, Calvin Community Rec Room, 4210 Hickman Road, 6:45 - 7:45 p.m.

Tuesday, Feb. 21

- Baby Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- DM School Board meeting, Central Campus, 2nd floor, 1800 Grand Ave., 6 p.m.
- Beaverdale VFW Post 9127 meeting, 4029 Urbandale Ave., 7 p.m.

Wednesday, Feb. 22

- Ash Wednesday
- Toddler storytime, Franklin Ave. Library, 10:15 and 10:50 a.m.
- Texas Hold 'em Tournament, Beaverdale VFW Post 9127, 4029 Urbandale Ave., 6 - 10 p.m.



Thursday, Feb. 23

- Fun with Ones Rhyme Time, Franklin Ave. Library, 10:15 a.m.
- Greater Des Moines Garden Club, Polly Johnston, Program Specialist from Alzheimer's Assoc., Westminster Presbyterian Church, 1 - 2 p.m.

Friday, Feb. 24

- Beaverdale VFW Post 9127 Dinner, 4029 Urbandale Ave., \$8, 5 - 7 p.m.
- The Hillyard Storyteller, Beaverdale Books, 7 p.m.
- Toastmaster meeting, Naurine Room, Broadlawns Hospital, 1605 Hickman Road, Sands Entrance, 7 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.

It's free!

Submit calendar items for your school, church, business, organization or family to darren@dmcityview.com.

Q: Do I have a choice in home health care providers when going home from the hospital?

A: Yes. Medicare requires that hospitals provide patients with a choice of post-hospital providers including home health agencies that can deliver Medicare services and that serve the area where the patient lives. Often the hospital discharge planner or social worker provides information on home healthcare options to the patient. Patients should ask the hospital for a list of home health care agencies in the community in which they live in so they are aware of all options available to them.

There are many things to consider when choosing a home health care provider. Does the agency serve my community? For how long? Who owns the agency? Who are they affiliated with? Is the agency approved or certified to provide services to Medicare patients? What kind of training does the agency provide to its caregivers? Does the agency provide or can they help find other community resources like home delivered meals, medical equipment, or homemaker services? How quickly will I be admitted after I get home from the hospital?

If being able to receive the health services you need, in your home, from the agency you prefer is what you want, then understanding your options is especially important. Exercise your rights as a patient and a consumer and when planning your discharge with hospital staff, ask for a list of providers in your area. ■

Answer provided by Angie Krull, WesleyLife Home Health Director, 699-3259.



Caleb Stieler, Sara Stieler, Jayne Stieler and Evander Stieler enjoy a day at the Franklin Public Library on Jan. 18.



Kathy Bognanni, branch manager at the Franklin Public Library, on Jan. 18.



Ashley Raske enjoys the warm fire at the Franklin Public Library on Jan. 18.



Bob Guilford, Indianola native visiting the Franklin Public Library while his wife has her hair done on Jan. 18.

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Remodeling ideas for bathrooms

Start small or do a total overhaul

From Jan Stehl, Iowa Realty

Ready to give your bathroom a facelift, but can't decide what changes to make?

From tubs to toilets to tile, the sky is the limit when it comes to bathroom renovations, even if budget is not.

Whether you are planning some small do-it-yourself changes or a major overhaul, here are some fresh ideas for bathroom remodeling that will help you build the smart, stylish and functional bathroom of your dreams.

- **Start living large.** Feeling crowded in a small bathroom? For a small budget fix-up, replace your old space-wasting vanity with a smart open-design style that maximizes storage while visually opening up the room. If your project is major and you are opening the walls, replace your floor-mounted toilet in favor of a wall-mounted toilet, such as Porcher Solutions Dual Flush model, which stows the water tank behind the wall. The Porcher Solutions toilet is water-wise, as well as space-savvy, and the EverClean surface inhibits the growth of stain and odor causing-bacteria, mold and mildew on the surface.

- **Focus on your faucet.** If you have a small budget, making a simple change like updating a bathroom faucet and accessories can still have a dramatic impact on the style of the room. Faucets with the Speed Connect drain can be installed in minutes and reflect any decor choice, from traditional to minimalist, in popular finishes such as oil-rubbed bronze and polished chrome. Change light fixtures and drawer pulls to match your faucet, splurge on some updated colors for towels and rugs and you have



a beautiful before-and-after makeover of your very own.

- **Think accessible.** A bathroom remodel is a great time to invest in fixtures that will allow you and your loved ones to remain independent in your home through illness, aging or other unforeseen events. The best products also work great and feel terrific in the here and now. A taller Right Height toilet is a luxurious comfort. If you rarely use your bathtub, it can be easily replaced with an acrylic seated-safety shower unit that simply slides into your existing tub recess. Optional acrylic surrounds are easy to install and easy to keep clean, while the integral seat provides a safe option for both bathing and shaving.

- **Go green to save green.** The cost of water will be rising, so get ahead of the curve by choosing toilets, faucets and showerheads that carry the EPA's WaterSense certification label. The label assures that you won't be sacrificing performance. Visit www.responsible-bathroom.com for a wide range of WaterSense-certified products and a handy calculator so you can watch your water, and money, savings add up. ■

Information from ARA Content and provided by Jan Stehl, Iowa Realty Beaverdale office, 3521 Beaver Ave., 453-5993.

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legal briefs **By Ross Barnett**

Planning for your child's future

Make provisions in your will for fund managing

**By Ross Barnett, attorney,
Abendroth and Russell Law Firm**

If you and your spouse both pass away, what will happen to the money you leave to your children?

It is sometimes difficult for parents to plan for their children's financial futures, especially since it is rare for children to lose both parents. But all it takes is one accident involving you and your spouse for these issues to impact your family.

In Iowa, children under the age of 18 are considered legally incompetent. If your children are minors when they inherit money, the court will create a conservatorship. This is a legal entity which will manage the money. A conservator will be appointed — usually someone connected to your family, but not necessarily — and that person will make decisions about investing the money.

A conservator may use the funds for the benefit of your children, but almost all expenditures require prior court approval. In addition, the conservator must make annual reports to the court of the income and expenses of the conservatorship. Often, the conservator must post a bond. The bond, court costs and attorney's fees are all expenses that will be paid from the money you left to your children.

Regardless of your child's financial maturity, a conservatorship ends when the ward turns 18. No longer subject to oversight by the conservator or the court, the teenager can spend the money any way he or she chooses.

A better alternative for most parents is to create a trust in their last will and testament. In your will,



you can create a trust — a legal entity that will manage your children's inheritance for their benefit. The trust holds the money to be used for your child's health, education and general welfare. A trustee and a conservator have similar roles — they are duty-bound to manage the money wisely and preserve it for the benefit of your children. However, the trust in your will can waive the bonding requirement, the court oversight and the annual reporting.

Perhaps most importantly, the trust terminates when you decide. While the conservatorship terminates at age 18, your testamentary trust can terminate at any age you choose. Many parents want their children to only have full access to the assets later in life. You can also stagger the payout of the funds over several years.

A simple will that contains a child trust is an easy and inexpensive way to prevent problems in the future. ■

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

Investing in 2012

Looking ahead at the financial landscape

By Jim Talley, financial advisor, Edward Jones

As an investor, you know that 2011 was a somewhat “choppy” year, with the financial markets going through many ups and downs. So what can you expect in 2012?

As baseball Hall of Famer Yogi Berra is quoted as saying: “It’s hard to make predictions — especially about the future.” And these words are certainly applicable for anyone who would like an accurate forecast of the investment climate.

Yet we do know of some factors that may affect your portfolio in the months ahead. Here are a few of them:

- **Strong business fundamentals.** This past year, all the noise about the debt ceiling debate, the size of the U.S. deficit and the European financial situation tended to drown out some fairly good news: U.S. businesses’ balance sheets were strong for the most part, borrowing costs remained low and corporate profits were good — and corporate profitability remains a key driver of stock prices. Heading into 2012, these fundamentals continue to look positive, which may bode well for investors.

- **Europe’s debt crisis.** Greece’s economic problems made a lot of news in 2011, but they weren’t the end of the story in Europe, as major financial difficulties also face Italy, Spain, Portugal and Ireland. It’s by no means clear how these problems will be resolved, so don’t be surprised to see them lead to intermittent, if short-lived, shocks to the markets.

- **Election-year patterns.** As you’re well aware, we’re voting for president in 2012. But you

might be surprised to learn that the S&P 500 index has shown negative returns in only three of the last 21 presidential election years. Coincidence? No one can say for sure — and at this point, no one can say if this pattern of positive returns will continue during this election year. Still, it’s an interesting phenomenon.

So there you have it: the good, the bad and the quirky. Take them all together and you still may not be able to foresee what will happen with the markets this year, but you’ll have a lot to think about. But instead of trying to predict what will happen in 2012, you may be better off following these tried-and-true investment strategies:

- **Diversify your holdings.** By spreading your money among a wide range of investments, you can reduce the effects of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.

- **Don’t ignore your risk tolerance.** If you worry excessively about market fluctuations, you may have too much risk in your portfolio, which means you may need to make some changes.

- **Always look at the “big picture.”** Financial markets will always fluctuate. But if you can keep your focus on your long-term objectives and make decisions accordingly, you can avoid overreacting to short-term events.

Like other years, 2012 will bring with it periods of both turbulence and smooth sailing. But by making the right investment moves, you can still chart a course that can allow you to move ever closer to your future goals. ■

Information provided by Jim Talley, financial advisor at Edward Jones, 2703 Beaver Ave., 279-4179.

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Q: What is sciatica?

A: Sciatica is generally described as pain that begins in the lower back and travels into the buttocks and down the back of the leg. The pain can be dull to sharp and shooting.

The sciatic nerve is compromised of the five nerves that exit out of the lumbar spine (lower back). Sciatic-related pain can occur as a result of misalignments to one of the five lumbar vertebrae or misalignments to the sacrum (tailbone) or pelvis. Sciatic pain can also be a result of a bulge of the discs in between the spinal segments that place pressure on the nerves, thus causing the pain.

Chiropractic care can help relieve sciatic pain by removing the pressure off the nerves and correcting the misalignments in the spine. If you are experiencing low back pain that travels down into the leg and any of the following, you may have sciatica.

- Sensation changes at the back of the buttocks or legs.
- Numbness or tingling in the back of the calf or sole of the foot.
- Weakness of the knee or foot.
- Difficulty walking.
- Inability to move the foot or bend the knee (in severe cases).

Contact Dr. Jennifer Rahe-Thompson at Balance Chiropractic and Wellness to see if chiropractic care can help your sciatic symptoms. ■

Information provided by Dr. Jennifer Rahe-Thompson, Balance Chiropractic and Wellness, 6611 University Ave., Suite 103, Windsor Heights, 255-5330



All Pregnant Women Should Read This!

If you are pregnant and suffering from neck or back pain, you need to look at chiropractic. Chiropractic can be the right alternative to living in pain or masking your discomfort with medication.

Pregnant women should consider chiropractic care. The body changes and forward weight bearing stress on the neck and back can especially be improved with chiropractic treatments. Sometimes all you need is an adjustment to bring better balance to your body, reduce pain symptoms without the need for drugs and allow your developing baby to grow into your future beautiful, healthy child.

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Westminster Presbyterian Church, 4114 Allison Ave., kicks off its Fine Art Series.

Fine arts

Westminster Presbyterian starts its series

By Amber Williams

Art imitates life, so they say, which is why it should be valued as such. One thing the Westminster Presbyterian Church has become known for in Beaverdale is its art appreciation.

The Westminster Fine Arts Series began on Jan. 15 with an opening reception featuring an art exhibit with works of art based on the theme “Spirit, Hand, Vision: A Confluence of Self.” The featured works will be on display in the sanctuary and the narthex through Feb. 19. It can also be viewed Monday through Thursday, 8 a.m. to 9 p.m.; Friday, 8 a.m. to 5 p.m. and weekends from 8 a.m. to noon. Participating artists include Kelly Boon, Jan Davison, Beth Ann Edwards, Vicki Ingham, Melissa Merical, Elizabeth Miller, Concetta Morales, Lyne Neymeyer, Jane Robinette, Earle Rock, Judy Sebern Beachy, Michael (Cody) White and Bev Wooddell.

Spread the Word

Have an upcoming event or church news you would like to announce? Send information to darren@dmcityview.com.

A schedule of the rest of the Fine Arts Series is available online at www.westpres.org, including:

• **Sunday, Feb. 5, 3 p.m. Souper Bowl Organ Concert.** On the day of the “big game,” hear

organist Ruth Harris perform on the organ. Bring a canned good or non-perishable food item or make a monetary donation, and all proceeds will go to the Souper Bowl of Caring to help fight against hunger.

• **Monday, April 9, 7 p.m.: Drake University Trombone Choir.** Enjoy a brass tour-de-force as Dr. Grady McGrannahan and the Drake Trombone Choir join for a concert full of great music and a few surprises.

• **Sunday, May 20, 7 p.m.: God Save the King!** The Westminster Oratorio Choir, orchestra and organ join for coronation music, including works by Mozart, Handel and Vaughan Williams.

Then, “The Arts in Worship” series begins with Good Friday, April 6, at 7 p.m., followed by Faure’s “Requiem” featuring the Westminster Oratorio Choir’s presentation of choral masterwork, interwoven with the Passion according to the Gospel of John. Easter Sunday will involve a Celebration of Resurrection with a worship filled with choirs, brass, handbells and organ. And finally, Dixie in Des Moines on Sunday, April 15, which is a Westminster tradition celebrating Des Moines’ finest Dixieland and blues players.

Learn more by calling the church at 274-1534, or email info@westpres.org. ■

Staying on the west side

President vows to shop close to home

By John Smith, 2012 president Des Moines West Side Chamber

As with any plan, it started with an idea. As a Drake University graduate, Drake administrator and 15-year-resident of the west side, I have constantly reminded my family, friends and colleagues that I grow extremely uncomfortable west of 63rd Street. The honest truth is that sometimes I take my comments to the extreme and question why anyone would venture beyond the offerings of Des Moines proper. As the newly-elected president of the West Side Chamber, it seems like a good time to put fully into practice what I have been preaching for years.



So here is the plan: My family and I will attempt to do all of our shopping and dining in 2012 within Des Moines — with special focus on the west side. When I pitched this idea to my wife Mary Kay, my 14-year-old son Jake and 13-year-old daughter Emi, you might imagine the response. Without going into detail, simply know that there were many statements about Jordan Creek, Super Target and Barnes and Noble.

Having worked through their protests, I am happy to state that my family is now enthusiastically on board. We all know at times it will not be easy — there may be some sacrifices, there may even be some cheating (undocumented trips out west and Internet purchases). As a family, we will discover the benefits and challenges of local neighborhoods, small businesses and downtown Des Moines. We also know that we will discover much about our local community and maybe even a bit more about each other.

We are in position to embrace

this opportunity because of the vibrant, enthusiastic and enterprising businesses within the west side and in Des Moines. These businesses, retail shops and restaurants have remarkable and dedicated people behind them. Thanks to each of you for taking the entrepreneurial risk, exercising your creativity and deciding to enrich to communities in which we work and live.

As I close, please allow me to thank all the current members of the West Side Chamber. Your leadership within our young Chamber has inspired more than 100 area businesses to prosper from the benefits of membership. I ask all local businesses to give consideration to joining the West Side Chamber and making our business and social environment stronger.

My family and I wish all of you a prosperous and joyful New Year. We look forward to visiting familiar restaurants and businesses and discovering new ones throughout 2012. ■



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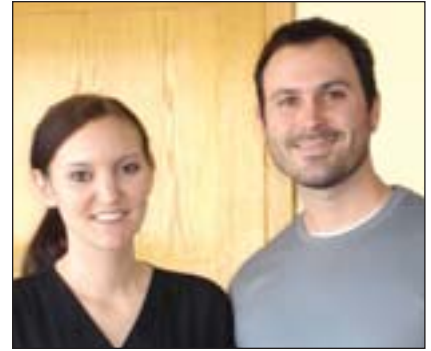
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Twyla Woods and Mahalie Leftridge at Mahalie's Beauty Salon at Beaverdale Place on Jan. 18.



Tom Coleman, owner of Beaverale Confection Co., taking a break from making marshmallows on Jan. 18.



Kayla Jones and Neil Meylor at Meylor Chiropractic and Acupuncture on Jan. 18.



Jozetta Burrell and Tamitra Brown at Mahalie's Beauty Salon at Beaverdale Place on Jan. 18.



Jane Reeve and Kristen Taubert at Dr. Timothy Lowe's dentist office on Jan. 18.



Shawn Gude, employee at The UPS Store, at Beaverdale Place on Jan. 18.



Ed Veak repairing a customer's bicycle at his shop, Beaverdale Bicycles, at Beaverdale Place on Jan. 18.



Kathy Thoreson at Jim Talley's Edward Jones office in Beaverdale Place on Jan. 18.



Theresa Caon and Alisha Reicks-Sturgill at Grounds for Celebration on Jan. 18.



Brian Wilson and Tiffany Goetzman at O'Donnells Ace Hardware on Jan. 18.



Dave Kouri, owner of Uptempo, on Jan. 18.



Susan Donohoe and Larry Donohoe at Tally's Restaurant on Jan. 18.

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