FROM O’KEEFE TO OUTREACH, THE DES MOINES ART CENTER IS A CROWN JEWEL OF THE COMMUNITY

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Steve Beckley
More than what meets the eye

Being a Des Moines west siders, you are certainly familiar with the Des Moines Art Center. Even if you are new to town, you can’t help but marvel at the architecture of the center when driving to and from downtown. And that’s just the outside. Once inside the doors of 4700 Grand Ave., a transformation takes place. Suddenly Des Moines has a new feel, a stronger culture, a larger life. Nearly 130,000 annual visitors agree. With a collection of approximately 5,000 works including pieces by Henri Matisse, Claude Monet and Andy Warhol, this facility and organization is a true gem of Des Moines.

Opening in 1948 in its current location, the Des Moines Art Center underwent the construction of two major additions that helped expand its offerings, including educational programs that now provide a wide range of art classes from printmaking to ceramics to cartooning to jewelry making for all ages. The list of available courses is astounding.

There is more to see and do at the Des Moines Art Center than we could begin to explain in the pages of this magazine, but we take great pride in sharing a piece of the history as well as the current offerings that Des Moines west siders and residents from across the metro should take advantage of.

Thanks for reading.

Shane Goodman
Publisher
The Des Moines Art Center has grown from a philanthropist’s vision during the Great Depression to an internationally known museum with a well-respected collection of contemporary and modern art.

“There’s any way or every way to be involved in the art center,” says Jeff Fleming, who has served as director for eight years and worked at the art center for 15.

With Fleming at the helm, the art center has worked in collaboration with city officials to open the John and Mary Pappajohn Sculpture Park in downtown Des Moines, revamped its facilities from top to bottom and increased its outreach programs on an annual basis to bring in more elementary-age children to experience the arts and help at-risk youth better express themselves.

Officials say 127,781 people visited the art center last year, and an esti-
mated 87,991 visited the Pappajohn Sculpture Park in downtown Des Moines.

Philanthropist’s endowment leads to Art Center’s creation

The Des Moines Art Center’s roots began in the decade leading up to the Great Depression with the Des Moines Association of Fine Arts on Walnut Street in the 1920s.

James Edmundson, a lawyer and real-estate investor who by some was considered a recluse, left money, real estate and other contributions totaling $1.5 million to the association to create the Des Moines Art Center in 1933. At the time he left the money, he dictated the museum must be free of charge for admission at least three days a week. Admission to the art center remains free to this day.

The art center opened in 1948 at its current location, 4700 Grand Ave. Initially, the site had a school and gallery space, however, by the 1960s, artists started working on a larger scale, and the more space was needed.

Two additions were construct- ed onto the facility, one of which is the white building visible from Grand Avenue created by architect Richard Meier. A third addition was completed in 2011 and is solely underground to prevent the loss of the view of Greenwood Park.

Collection focuses on modern, contemporary art

The art center’s collection contains a wide range of pieces that total about 5,000 works. The artwork is rotated both for exhibitions and conservation of the pieces. Those pieces not on display are stored in the art center’s vault.

Fleming says the art center is best known for its architecture and quality of collections.

“One of the things that makes us unique is a focus on modern and contemporary art,” he says. “We’ve put all of our resources and efforts into that area.”

While other museums focus on contemporary art, Fleming says the Des Moines Art Center’s collecting philosophy has made it create an “astonishing permanent collection.”

“We’re not going to get as many pieces by an artists as we can, but we’re going to get the best we can,” he says.

The permanent collection is composed of 20th- and 21st-century works of modern and contemporary art. There are also pieces that include other styles and cultures such as the Renaissance, Impressionism and post-Impression- ism; and 18th- and 19th-century Japanese woodblock prints.

Among the list of most well-known artists and their pieces in Des Moines’ collection are:

- Francis Bacon’s “Study after Velázquez’s Portrait of Pope Innocent X,” 1953. This is considered one of Bacon’s most famous pieces of work.
- Edward Hopper’s “Automat,” 1927.
- Henri Matisse’s “Dame à la robe blanche (Woman in White),” 1946.
- Claude Monet’s “Rocher du Lion, Rochers à Belle-Ile (Lion Rock),” 1886.
- Georgia O’Keeffe’s “From the Lake No.1,” 1924.
- “We do have quite a collection, and we’re proud of it,” says Christine Doolittle, the art center’s marketing and public relations director. “Museums and visitors from all over the world are quite impressed with what we have.”

The art center also has three visiting exhibitions each year. Currently, Phyllida Barlow’s Scree is on display. Barlow is a 69-year-old British sculptor who retired from teaching and started her own personal artist career.

Fleming says he was happy to land Barlow so early in her re-emergence to the art scene.

“That’s an example of an artist on the rise,” he says.

October’s show will feature Africa’s most acclaimed contemporary artist, El Anatsui. His exhibition is titled “Gravity and Grace.”

Anatsui uses found materials such as printing plates, milk tins and bottle caps to create his works. His pieces contain a historical aspect that tells a story or raises issues such as global consumerism.

“That’s the most exciting time, because not only staff but the community has a chance to meet the artists and to hear them speak at the lectures,” Doolittle says.

Annually, the art center has an Iowa artists exhibition where recommended Iowa artists display their work, sometimes through interactive displays. This year there was a performance art segment in which Shakespeare was performed in various locations of the center. Another artist created drawings of the horizon, where the sky meets Earth, and another segment featured printmakers.

“We make sure to recognize that local talent every year,” Doolittle says.

Other highlights of previous traveling exhibitions include an examination of art from that 1920s and 1930s that included Grant Wood’s “American Gothic,” and the display of Jackson Pollock’s “Mural,” which is considered to be one of the most important modern American paintings.

Collection grows with the help of membership clubs, donations

The Des Moines Art Center’s collection grows each year with the help of several membership organizations as well as private and corporate contributions, estate endowments and grants including the Henry Luce and the Gardner and Florence Call Cowles foundations. John and Mary Pappajohn donated many of the sculptures in the downtown park and have helped pay for acquisitions of other pieces.

The art center also has an acquisitions team that determines what the collection needs and what pieces are no longer valuable in terms of the art center’s mission. These pieces may then be sold at auction or donated to another museum. The art center’s mission is to “engage diverse local and international audiences with the art of today through its museum and school, adding to the cultural record through collections and programs.”

The Des Moines Art Center Print Club, founded in 1981, commissions a new print by a living artist each season. The club has about 160 members. The print is produced in a limited edition with one being given to the art center and the others sold to members and then the general public.

Art Noir is a young professionals’ group with members ranging from 21 to 40 years of age. The Des Moines West Side Living www.iowalivingmagazines.com/desmoineswestside SEPTEMBER | 2013
club has about 400 members. The group offers its members ways to experience the art center in unique educational ways from exhibition tours to social gatherings to the Des Moines Art Center Big Hair Ball. Another recent activity was a dating match event based upon individual’s similarity in art tastes.

Other member organizations include the Book Club, which discusses books that relate to the center’s collections, and Contemporary Collectors, which gives novice and experienced collectors perspective about how to collect contemporary art and maintain an art collection. Members view private collections and can speak with experts in the field.

Outreach programs expand under Fleming’s direction

Each year, Fleming and other employees at the Des Moines Art Center create ways to expand the arts in to the community.

“I hope there’s a feeling of community participation, a more accessible, open, comfortable and engaging atmosphere surrounding the art center,” Fleming says.

The art center is well known for its educational programs that provide a wide range of art classes from printmaking to ceramics to cartooning to jewelry making for all ages from baby (with a parent or guardian) to seniors.

The art center also offers tours to fourth-graders in the Des Moines area so children can experience the arts. Transportation is paid for through the program, which has now grown to 3,000 students from seven area school districts.

Doolittle says the mission of the fourth-grade tours, which began 19 years ago, is to introduce children to an art museum and to help infuse art into the schools’ educational curriculums.

“For many children, it’s their first visit,” she writes. “Our hope is also they come back with their parents since we have free admission.”

What many may not know about are the outreach programs the art center has for at-risk youth, adult refugees, Alzheimer’s patients and more.

Art center employees work with various organizations — Lutheran Services in Iowa’s Refugee Connection Center, Achieving Maximum Potential, Children & Families of Iowa, Oakridge Neighborhood Services, Youth Emergency Services & Shelter, Merrill artists, Casady Alternative Center, Voices to be Heard and Mentor Iowa — in Des Moines to help youth and adults who, for a number of reasons, may be in difficult situations. About 200 children and adults take part in the program each year, which allows them to work one on one with a mentor.

Doolittle says the success stories for some of the children who have participated in these programs are amazing. One child wouldn’t speak, but after participating in the class, he opened up and grew confident enough to communicate with others and asked the director to look at his artwork.

“Sometimes the only way these kids feel they can communicate is through artwork, and it really helps them with self-esteem and problem solving,” Doolittle says.

As Fleming says, there’s any way or every way to be involved in the art center.
Hamburger pie

Grandmother’s recipe pleases today’s families

By Kris Tracy

This family favorite recipe came from my grandmother. She raised five kids and knew how to make economical, filling meals. I always use 90 percent lean hamburger, and I add a half cup of Parmesan cheese to the cottage cheese filling when I make it.

Try experimenting with your own family’s favorite flavors. Try adding a can of Rotel tomatoes and chili to the meat mixture, or perhaps add a teaspoon of chopped thyme.

Hamburger pie

Ingredients
1 cup biscuit mix
1/3 cup cream
1 lb. ground beef
1 medium onion, minced
1 tsp. salt
¼ teaspoon pepper
2 eggs
1 large container cottage cheese
½ cup parsley, chopped

Directions
1. Stir cream into biscuit mix. Press into a deep pie pan, flute edges.
2. Saute meat, onions and seasonings. Drain off any drippings.
3. In a separate bowl, beat eggs and mix into the cottage cheese. Stir in parsley.
4. Spoon the meat into the prepared crust and top with the cottage cheese mixture.
5. Bake at 350 degrees for about 30 minutes, or until a knife inserted into the mixture comes out clean.

Kris Tracy is from Iowa and currently lives in Highlands Ranch, Colo.
Help them find their way home

My dogs are highly trained, and I would have sworn that one of my dogs would never be lost, but in a moment of panic my sheltie ran and was missing. It was a very long 24 hours before he was found.

There are many reasons pets can come up missing from wandering off, an accident or even a natural disaster. According to the American Humane Association, almost 9.6 million pets are euthanized every year because they can’t be reunited with their owners. Collars and tags are important, but microchipping is a valuable way to identify your pet because microchips don’t slip off, tear, wear off or become lost.

A microchip is about the size of a grain of rice, and it is injected under the skin between the shoulder blades. It does not require anesthetic, takes just a few seconds and can be done in the exam room by your pet’s doctor.

Each microchip has a registration number that is entered into a data base with your name and contact information after you submit the paperwork. Remember to keep it current. When a pet is found, a veterinarian or shelter will use a scanner to read the number and contact the registry.

According to the American Animal Hospital Association, only about 17 percent of lost dogs and 2 percent of lost cats ever find their way back to their owners. Prevent the heartache and see your veterinarian to ensure your pet has an up-to-date microchip.

Q: How do I deal with friends who aren’t concerned with their health as I try to lose weight?

A: You’re right to recognize the power our friends and family have on our daily choices. Even the most well-intentioned person can have trouble when surrounded by people consuming sugar, fat, alcohol and salt in high doses. In fact, in 2007 the New England Journal of Medicine concluded, after following an interconnected network of more than 12,000 subjects, that people who associate with overweight people become obese themselves — even if they’re not geographically close. For that reason, it is crucial to find the support system that aligns with your personal health goals. Make friends with the people in your exercise class — get together socially outside of class. Use online support. Internet-based programs have advanced tremendously — many are interactive and can be very effective. Use a personal health coach or a formal group for personal support and accountability. Groups, and especially one-on-one coaching can be powerful, but sometimes pricey. Be mindful of personality and budget compatibility. So, knowing what we need to do can be different than doing what we need to do. Choosing to associate with like-minded individuals can make all the difference in your success.
Meet Elizabeth Moldovan
Helping all students receive a music education

By Dawn Sagario Pauls

Elizabeth Moldovan’s students may have challenges that others don’t. But, just like other kids, the students at Ruby Van Meter School in Des Moines, which serves individuals with disabilities, need to learn about music, Moldovan says. And she’s there to teach them.

“I believe they deserve the best music education I can give them,” she says.

It was during a college internship at a case management office when she learned more about individuals with special needs. There, she read a lot of medical documentation about people’s lives and instances of where they were neglected or not valued, she says.

That experience stayed with her. When Moldovan applied for a job as a music teacher at Ruby Van Meter, she was able to observe the students. It all clicked for her then, she says. Here, she could pursue her lifelong passion for music and also help others.

“Combining the music and special needs was kind of a cool way to start out my career,” says Moldovan, who is going into her third year at the school.

Her goal is “to provide a music curriculum that is aligned to what other general educators are doing, but is accessible to our kids.” A range of tools and approaches place music education within their reach. For example, there’s adaptable equipment, including various sizes of instruments.

Encouraging a love of music and the fine arts is also important to Moldovan, who constantly tries to expose students to new things. She reasons that you never know where individuals may find their passion.

Students benefit physically, emotionally and socially from music. For example, it allows students to be a part of, and work as a group. So, even though they may have different capabilities, Moldovan says, they’re all able to play the drums together, by providing more assistance to those who need it.

Every demographic has its challenges. Moldovan says her group happens to have some that are more unique compared to other students, as are their set of accomplishments. In her line of work, every achievement is worthy of recognition.

Whether it’s someone writing his or her name or reading a word, she says: “You don’t forget to celebrate the really small things.”

The talk
St. Augustin’s addresses the taboo subject of sex

By Rachel Sinn

No subject is quite as taboo as sex. For many it’s not only difficult to talk about, it’s not something to discuss at all.

St. Augustin’s Church has decided to change the conversation into a learning experience by offering a series of study sessions to the community.

Beginning on Sept. 19, church members and other interested individuals will meet in the St. Augustin School Library, located at 4320 Grand Ave., for an Introduction to the Theology of the Body, by Pope John Paul II.

“Primarily we are offering it because there are still many who are unaware of Blessed John Paul II’s beautiful teaching about God’s plan for human love and sexuality,” says Janis Falk, religious education coordinator in an email. “Secondly, we want parents to have more exposure to the teaching, since it is included in the curricula for upper grades at St. Augustin School and Dowling High School.”

The study series will be held at the church for eight consecutive Thursdays from 7 to 8 p.m.

“Anyone is welcome. Singles, couples or singles. Cost is only for the workbook, which a couple can share,” Falk says.

For more information, contact St. Augustin Church at 515-255-1175, email Janis Falk at janisf@staugstin.org, or visit the study website at www.theologyofthebody.org. The registration deadline is Sept. 6.
Friday, Sept. 13
- Fiddler on the Roof, $20-$26, 7:30 p.m., Des Moines Community Playhouse.
- Wild Kingdom: Prints of Britain Exhibit Opens, 11 a.m., Des Moines Art Center.
- RHS 9/V Football vs. DM Lincoln, 5/7:30 p.m.

Saturday, Sept. 14
- Depression Bipolar Support Alliance (DBSA), peer to peer & anonymous, 2 p.m., contact Glenn at 205-2132 with questions, Lutheran Hospital, Level B Cafeteria Conference Room, University & Penn
- Fiddler on the Roof, $20-$26, 7:30 p.m., Des Moines Community Playhouse.
- The Laramie Project, $9, 2 p.m., DM Community Playhouse.

Sunday, Sept. 15
- Fiddler on the Roof, $20-$26, 2 p.m., Des Moines Community Playhouse.
- The Laramie Project, $9, 7 p.m., DM Community Playhouse.

Monday, Sept. 16
- Crossroads of Iowa: Winner Circle, 7 p.m., for information call 515-633-7968 or 515-274-3904, 4211 Grand Ave.
- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Ave Library.

Tuesday, Sept. 17
- Beautiful Job Seekers, 6:30-8 p.m. by appointment, free, pointers for filling applications, interview advice and more, call 633-7968 for more info, The Friends House, 4211 Grand Ave.
- Baby Rhyme Time, ages 0-18 months, 10:15-10:45 a.m., Franklin Ave Library.
- Crafty Readers, ages 3-8, celebrate Talk Like a Pirate Day, 4-5 p.m., Franklin Ave Library.
- RHS JV/V Boys Golf vs. DM Lincoln, 3:30 p.m.
- RHS 7 Girls/Boys Cross Country at Valley, 4:15 p.m.
- RHS 9/JV/V Volleyball vs. Dowling, 4:45/6/7:30 p.m.
- RHS JV/V Girls Swimming at Outerwa, 5:30 p.m.

Wednesday, Sept. 18
- Emotions Anonymous (CICIL), peer to peer support academy, 1 p.m., contact Duane at 243-1742 or email virgiludanebeets@yahoo.com 655 Walnut Suite 131.
- Toddler Story Time, 10:15 and 10:50 a.m., Franklin Avenue Library.
- Fiddler on the Roof, $20-$26, 7:30 p.m., Des Moines Community Playhouse.

Thursday, Sept. 19
- Opiate, Medication and Heroin Support Group, need volunteers and a facilitator, 6:30 p.m., call 515-633-7968 or 515-274-3904, 4211 Grand Ave.
- Preschool Storytime, ages 3-5, 10:15-10:45 p.m., Franklin Ave Library.
- Gallery Talk: Wild Kingdom, 6:30 p.m., Des Moines Art Center.
- Fiddler on the Roof, $20-$26, 7:30 p.m., Des Moines Community Playhouse.

Friday, Sept. 20
- RHS V Boys Golf at Marshalltown, 10 a.m.
- RHS 9/V Football at DM North, 4:45/7:30 p.m.
- Fiddler on the Roof, $20-$26, 7:30 p.m., Des Moines Community Playhouse.

Saturday, Sept. 21
- Fiddler on the Roof, $20-$26,
Sunday, Sept. 29
- Fiddler on the Roof, $20-$26, 2 p.m., Des Moines Community Playhouse.
- Manhattan Short Film Festival Second Screening, free, reservations required, 1:30-3:30 p.m., Des Moines Art Center.

Monday, Sept. 30
- Crossroads of Iowa: Winner Circle, 7 p.m., for questions call 515-633-7968 or 515-274-3904, 4211 Grand Ave.
- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Ave Library.

Tuesday, Oct. 1
- Beautiful Job Seekers, 6:30-8 p.m. by appointment, free, pointers for filling applications, interview advice and more, call 633-7968 for more info, The Friends House, 4211 Grand Ave
- Baby Rhyme Time, ages 0-18 months, 10:15-10:45 a.m., Franklin Ave Library.
- Crafty Readers, stories, songs and craft based on “This is NOT a Good Idea,” ages 3-8, 4 p.m., Franklin Ave Library.
- RHS JV/V Cross Country at Waukee, TBD.
- RHS V Girls Swimming vs. DM North, 5:30 p.m.
- RHS 9JV/V Volleyball vs. DM North, 6:730 p.m.

Wednesday, Oct. 2
- Emotions Anonymous (CICIL), peer to peer support group, need volunteers and a facilitator, 6:30 p.m., call 515-633-7968 or 515-274-3904 with questions, 4211 Grand Ave.
- Des Moines Golden Kiwanis Club, 8:30–10 a.m., Westminster Church.
- Lecture: Scott Wilcox, “Transatlantic Reflections: British Artistic Traditions and American Photographers in Britain,” 6:30 p.m., Des Moines Art Center.
- RHS JV/V Girls Swimming at Abraham Lincoln, 4:30 p.m.

Thursday, Oct. 3
- Opiate, Medication and Heroin Support Group, need volunteers and a facilitator, 6:30 p.m., call 515-633-7968 or 515-274-3904 with questions, 4211 Grand Ave.
- Des Moines Golden Kiwanis Club, 8:30-10 a.m., Westminster Church.
- Lecture: Scott Wilcox, “Transatlantic Reflections: British Artistic Traditions and American Photographers in Britain,” 6:30 p.m., Des Moines Art Center.
- RHS JV/V Girls Swimming at Abraham Lincoln, 4:30 p.m.

Friday, Oct. 4
- Manhattan Short Film Festival Final Screening, free, reservations required, 6:30-8:30 p.m., Des Moines Art Center.
- RHS JV/V Football vs. Sioux City West, Homecoming, 7:30 p.m.

Saturday, Oct. 5
- Depression Bipolar Support Alliance (DBSA), peer to peer & anonymous, 2 p.m., contact Glenn at 205-2132 with questions
- Lutheran Hospital, Level B Cafeteria Conference Room, University & Penn

Monday, Oct. 7
- Crossroads of Iowa: Winner Circle, 7 p.m., for questions call 515-633-7968 or 515-274-3904, 4211 Grand Ave.
- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Ave Library.
- Franklin Afternoon Book Discussion, discuss “Orphan Train” by Christina Baker Kline, 1-2 p.m., Franklin Avenue Library.
- After-School Program, stop by library for application, 4 p.m., Franklin Avenue Library.
- City Council Meeting, 4:30 p.m.

Tuesday, Oct. 8
- Beautiful Job Seekers, 6:30-8 p.m. by appointment, free, pointers for filling applications, interview advice and more, call 633-7968 for more info, The Friends House, 4211 Grand Ave.
- Baby Rhyme Time, ages 0-18 months, 10:15-10:45 a.m., Franklin Ave Library.
- Free Advice for Your Device, get the lowdown on your library’s downloadable, 12:30-2:30 p.m., Franklin Avenue Library.
- Crafty Readers, ages 3-8, stories, songs and craft based on “The Secret Olivia told me”, 4 p.m., Franklin Avenue Library.
- Franklin Evening Book Discussion, discuss “Miss Peregrine’s Home for Peculiar Children” by Ransom Riggs, 6:30-7:45 p.m., Franklin Ave Library.
- RHS JV/V Girls Swimming vs. DM Lincoln, 5:30 p.m.
- RHS JV/V Volleyball vs. DM Lincoln, 6:730 p.m.

Wednesday, Oct. 9
- Emotions Anonymous (CICIL), peer to peer support group, 1 p.m., contact Duane at 243-1742 or email virgilduanebeetis@yahoo.com 655 Walnut Suite 131.
- Toddler Story Time, 10:15 and 10:50 a.m., Franklin Avenue Library.

Thursday, Oct. 10
- Opiate, Medication and Heroin Support Group, need volunteers and a facilitator, 6:30 p.m., call 515-633-7968 or 515-274-3904 with questions, 4211 Grand Ave.
- Des Moines Golden Kiwanis Club, 8:30-10 a.m., Westminster Church.
- RHS JV/V Cross Country at Fort Dodge, 4:30 p.m.
- RHS JV/V Volleyball at Ankeny Centennial, 5:30 p.m.

Friday, Oct. 11
- RHS V Football at Abraham Lincoln, 7 p.m.

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**Announcement**

Submit event information to lindsey@iowalivingmagazines.com

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**View events and happenings from this community and others at www.iowalivingmagazines.com**
Have you recently received a pension buyout offer? If so, you need to decide if you should take the buyout, which could provide you with a potentially large lump sum, or continue accepting your regular pension payments for the rest of your life. It’s a big decision; your choice needs to be based on your individual circumstances. As you weigh your options, you’ll need to consider a variety of key issues, including the following:

- **Estate considerations.** Your pension payments generally end when you and/or your spouse dies. But if you were to roll the lump sum into an Individual Retirement Account (IRA), and you don’t exhaust it in your lifetime, you could still leave something to your family members.

- **Taxes.** If you take the lump sum and roll the funds into your IRA, you control how you’ll be taxed and when, based on the amounts you choose to withdraw and the date you begin taking withdrawals. (You must start taking a designated minimum amount of withdrawals from a traditional IRA when you reach age 70½. Withdrawals taken before age 59½ are subject to taxes and penalties.) If you take a pension, you may have less control over your income taxes, which will be based on your monthly payments.

- **Inflation.** You could easily spend two or three decades in retirement, and during that time inflation can really add up. If your pension checks aren’t indexed for inflation, they will lose purchasing power over time.

- **Cash flow.** If you took the lump sum and converted it into an IRA, you can withdraw whatever amount you want (as long as you meet the required minimum distributions), but you’ll have to avoid withdrawing so much that you’ll eventually run out of money.

Before making a decision, weigh all the factors carefully to make sure your decision fits into your overall financial strategy. You will probably want to consult with your financial and tax advisors. Ultimately, you may find that this type of offer presents you with a great opportunity — so take the time to consider your options.

This article was written by Edward Jones for use by your local Edward Jones financial advisor.

Engmans build memories in Colonial-style home

By Melissa Walker

Arny and Karen Engman weren’t looking for a house when a friend called Karen one morning and said “You have to see this house.”

The house was a large white Colonial-style historic home located at 345 42nd St., south of Grand Avenue and built in 1885.

“We walked in and just felt like it was the right place,” Karen says. “It was big and airy. We had three kids and two dogs... It was just kind of funny because we weren’t looking for it.”

They were living north of the area, but had purchased a lot in a western suburb subdivision with plans to later build a house.

“This is more in keeping with our style — the old trees, the neighborhood,” Karen says of the historic house. “So, it all worked out in the end.”

The first floor was covered in blue carpet when the family moved in. Arny says one evening the couple had dinner with neighbors and learned there were wooden floors with a unique herringbone pattern underneath. They began ripping up the carpet as soon as they returned home that evening.

The Engmans made other updates to the house — remodeled the kitchen and bathrooms, removed wallpaper throughout the house, added central air conditioning and had built-in seating added to the bay window in the dining room. They also had leaded glass added to the bay windows to give it an historic feel.

“The only instructions I gave them was we wanted it to look like it was here originally,” Arny says. The couple has many memories of the years they have spent in the home.

There was an asphalt tennis court located in the back of the property. The family played tennis at first, but then decided to turn it into an ice skating rink on which their kids and their children’s friends could play hockey.

Traditionally, the Saturday after Thanksgiving, the family would lay out a large piece of plastic over the court and fill it with water for about two days. By Christmas, it would be frozen enough to play hockey until mid-February. The family’s children are grown, and they recently removed the tennis court and had sod laid in its place.

One of the couple’s daughters also was married on the property. She walked down the aisle between the rows of double hemlock bushes that are still in front of the family’s home.
Spotting the signs of a concussion

Recovery is a six-step procedure

By Des Moines University Clinic

Back-to-school time means back to sports for kids of all ages. Participating in a sport always brings a risk of injury, none more serious than head injuries. A serious blow to the head can shake the brain around inside the skull, causing a concussion.

While it is more common in contact sports like football, a concussion can occur in any sport or activity. A team’s athletic trainer can evaluate a player who gets hit in the head, but in times where one is not available, it is up to parents to spot the signs of a concussion.

“The first step in treatment is recognizing the symptoms of a concussion. Common immediate symptoms include headache, neck pain, nausea and vomiting, confusion and changes in vision and balance,” says Bret Ripley, D.O., chairperson of the Family Medicine Clinic at Des Moines University. “The more serious the concussion, the longer the symptoms last.”

If you see any of these indicators after your child gets hit in the head, seek medical help. Doctors are trained at recognizing and treating concussions. If you can explain the symptoms your child is experiencing, it makes it easier for your doctor to evaluate.

“Quit playing today. That’s the first thing your child needs to do to recover from a concussion,” advises Dr. Ripley. “A second concussion before complete recovery increases the chances of permanent harm.”

Recovery takes time and rest; there is no medication to treat a concussion. The latest protocol requires a graded return to activity. There are six stages of rehabilitation, each lasting a minimum of 24 hours.

- No activity. Full rest with no cognitive activity, including TV, music and reading.
- Light aerobic exercise. Low-intensity activities like walking and swimming to increase heart rate.
- Sport-specific exercise. Movement is introduced, but no head impact activities allowed.
- Non-contact training drills. More complex drills to test coordination and cognitive load.
- Full-contact practice. Normal training activities to assess functional skills.
- Return to play. Full participation with no restrictions.

Assuming your child progresses through each stage successfully, he or she will only miss a week of action. However, if symptoms linger or reoccur, your child can be stopped at any level or sent back to a previous level. If two weeks pass without clearance for full participation, Dr. Ripley recommends you seek a neurologic consultation to ensure nothing else is wrong.

Information provided by Des Moines University Clinic, 3200 Grand Ave., 271-1700.
Car is Lively’s creative outlet
Chrysler is the place where driver “lets loose”

By Rebecca Bowen

For many people, a “creative outlet” consists of an art studio, a Pinterest account or even a glue gun. But for Kaleena Lively, her car is the place she chooses to go to “let loose.”

“My car is an absolute disaster,” Lively admits. “I have found receipts from more than a year ago crumpled on the floor. I would bet my winter coat is still in there as well.”

Lively has a staunch rule about simplifying her and boyfriend, Rob’s, apartment together.

“I hate clutter and can’t handle it in the house. I am constantly nagging Rob to de-clutter the closets, counters and tables. Anything that doesn’t fit in the closet basically goes in my car,” Lively explains.

The black floor mats of her black 2012 Chrysler 200 are barely visible under her stash of empty Diet Mountain Dew bottles and cans, her tackle box and a couple of fishing poles, shoes, clothes, a baseball glove and a wakeboard.

“It’s all garbage,” laughs Lively. “I hate when people litter, so I make sure my car is where my trash goes and not out of my window.” Lively adds, “Rob hates it, and so does anyone who sits in the passenger seat of my car. They get so mad because their feet hardly even touch the floor.”

Lively also works at a local paint store, so it’s no surprise that binders and fan decks of paint colors can be found littered around the vehicle.

“I always feel like a lot of my job shapes my car. Paint is messy, so I guess it makes a lot of sense,” she says.

For now, Lively’s car will remain the source of clutter within their garage, and she doesn’t see that changing any time soon.

“It’s my creative outlet. I can’t be messy anywhere else except for my car,” she says. “People door-ding the crap out of my car and even though it’s only about two years old, it’s already been in an accident. She coyly admits that she “may have rear-ended someone.”

“My house is spotless but my car is clearly another story,” Lively says.

Contact Darren at 953-4822 ext. 304 or darren@dmcityview.com to recommend someone for an upcoming issue of “What’s In Your Garage?”

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Rockabilly with the El Dorados

Group performs at Franklin Library Oct. 5

By Pam Deitrick, Branch Manager

Des Moines band The El Dorados, who play traditional style American roots music, will be at the Franklin Avenue Library on Saturday, Oct. 5 at 3 p.m. for a program of rockabilly tunes.

The band was formed in the summer of 2008 by guitarist/singer Jason Boggs and bassist/guitarist Jeff Baker, two like-minded musicians who wanted to play songs that make audiences happy and encourage them to get up and dance. Jason and Jeff will be joined for this performance by Bob Tyler on upright bass and vocals, and Dirk Newton on drums and vocals.

Canine House of Cards

Wednesday, Sept. 18, 4 p.m.
Third through fifth graders can come and test their engineering skills as they build a structure out of cards. This program is presented by Iowa State’s Student Role Models group.

Storytelling with Catherine Brophy

Saturday, Sept. 21, 10:30 a.m.
Join in the fun of storytelling at Franklin Avenue Library with special guest Catherine Brophy. Brophy tells a wide variety of stories, including Irish myths, folk stories, children’s stories and personal stories from her own life.

Pizza and Pages

Monday, Sept. 23, 4 p.m.
Come and enjoy some pizza as we discuss “The Maze Runner” by James Dashner. The book can be picked up at the information desk.

Furry Tales

Saturday, Sept. 28, 11 a.m.
Visit the library to sign up for a 10-minute slot to read a favorite story to therapy dog Scout.

Free Advice for Your Device

Saturday, Sept. 28, 2 p.m.
Tuesday, Oct. 8, 12:30 p.m.
Bring your mobile device (smartphone, tablet or e-reader) to get advice and help installing the library’s apps for e-books, downloadable audiobooks and e-magazines. The class and apps are all free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged and know the basics) as a prerequisite to this class. You will need your library card and PIN, and you may need the password for your App Store on your device. Pre-register.

Star Wars Reads Day II

Saturday, Oct. 5, 1 p.m.
Come celebrate reading at our second Star Wars Reads Day. Participate in games, trivia and crafts. You can also dress as your favorite Star Wars character (optional). Children’s area. Ages 3 - 10.

Afternoon Book Discussion

Monday, Oct. 7, 1 p.m.
We will discuss “Orphan Train” by Christina Baker Kline.
Get to know the Des Moines West Side Chamber

Membership comes with many benefits

By Amy Eaton, Allegra Marketing, Print Mail

During the past few months, the marketing committee of the Des Moines West Side Chamber was tasked with developing a way to welcome new Chamber members while also educating new, prospective and current members on the role of the Chamber.

We are happy to say that Welcome West Side debuted on Sept. 12 at Star Bar as a refreshment course on all things involved with the West Side Chamber. The event included a brief orientation on the many benefits of Chamber membership and was followed by a networking Business After Hours.

So what are the things you need to know about the Des Moines West Side Chamber if you missed this event?

First of all, the Chamber is comprised of several wonderful communities, including Beaverdale, Merle Hay and Roosevelt neighborhoods within the borders of Martin Luther King Drive, 63rd Street, the Raccoon River and Douglas Avenue.

Membership comes with many benefits, one of the biggest being marketing. Through networking, you can market your business to a group of people who are also invested in the business communities of Des Moines’ west side. Events are held regularly, and each business gets access to the Chamber website and social media outlets. More promotion is available through unique advertising and sponsorship opportunities, and you could even host an event at your business.

Chamber membership is also a helpful way to stay on top of local and regional government policies and have a voice through a credible business organization.

We have plenty more networking and educational opportunities morning, noon and night throughout the fall including Morning Networking at Wake Up West Side on Sept. 18 at 7:30 a.m. at Massage Heights on Ingersoll, Business After Hours at Walker Coen Lorenzen Architects on Oct. 3 and Government Policy Council State Legislative Policy Meetings on Sept. 18, Sept. 25, Oct. 2 and Oct. 23.

The Chamber is excited for you to attend these events. As our membership continues to grow, so do the opportunities for involvement. Chamber members have found the best way to get the most out of membership is to get right in there and volunteer for a committee or board position. Committees include membership, marketing, government relations, events and programs and Ambassadors.

The Chamber looks to its member base for fresh ideas and momentum, and members get the opportunity to meet other community leaders while also directly affecting change. Let’s finish out 2013 with a bang.
Dave Nagel at his retirement party and Business After Hours hosted by Freedom Bank on Aug. 20.

Heather Miller, Dave Nagel and Dan Evans at the Business After Hours and Nagel's retirement party hosted by Freedom Bank on Aug. 20.

Steve Jones and Jean Jones at the Business After Hours and Dave Nagel's retirement party hosted by Freedom Bank on Aug. 20.

Travis Nicholson, Carolyn Nagel and Mark Beatty at the Business After Hours and Dave Nagel’s retirement party hosted by Freedom Bank on Aug. 20.

Tim Lane and Carl Yass at Wake Up West Side hosted by Dan Evans on Aug. 21.

Rita Perea and Jennifer Chittenden at Wake Up West Side hosted by Dan Evans on Aug. 21.

Carolyn Drake and Doug Drake at the Business After Hours and Dave Nagel’s retirement party hosted by Freedom Bank on Aug. 20.

Kathy Bennett and Dan Evans at Wake Up West Side hosted by Dan Evans on Aug. 21.

Kristen Hall and Kristen Walker at Wake Up West Side hosted by Dan Evans on Aug. 21.

Soozie McBroom, Buz Brenton, Dave Nagel, Jean Jones and Janis Ruan at the Business After Hours and Nagel's retirement party at Freedom Bank on Aug. 20.


See more photos online at www.iowalivingmagazines.com
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Q: Does my child need to get the flu vaccine?

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Mercy Pediatric Clinics are here to keep your family healthy during the upcoming flu season. Schedule an appointment to receive the flu vaccination and protect your child today!

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