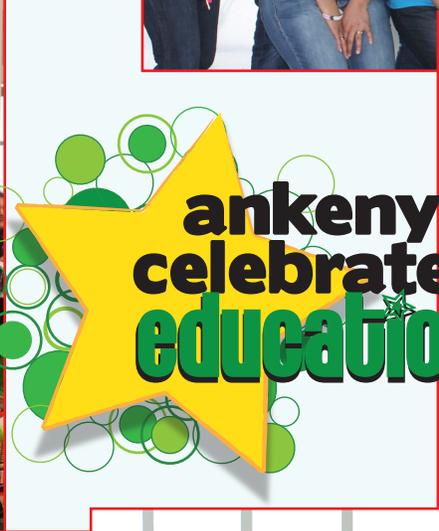


# CHAMBER Action

June 2015

210 S Ankeny Blvd  
Ankeny, IA 50023  
(515) 964-0685



Presented By



# ankeny young professionals

## Rock and Roll Community Bike Ride

June 13 @ 2:00 pm

Firetrucker Brewery

Presented by DRA Properties/Prairie Trail

For more information and to register: [www.ankeny.org](http://www.ankeny.org)

## After Hours Mixer

June 18 @ 4:30 - 7:00 pm

Cabaret Ankeny

Sponsored by Cabaret Ankeny

## New Member Lunch

June 26 @ Noon

Jade Garden

Sponsored by FFA Enrichment Center

feeling young?

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

# CHAMBER CALENDAR

Wed, June 3

4:30 pm **Ribbon Cutting - Homewood Suites by Hilton**  
- 2455 S.E. Creekview Dr.

Thur, June 4

4:30 pm **Ribbon Cutting - Engineered Per4mance**  
- 1171 S.W. Plaza Pkwy.

Mon, June 8

Noon Executive Board Meeting - Chamber Office

Wed, June 10

Noon Spring Fling Golf Open - Briarwood Club of Ankeny

Thur, June 11

4:00 pm **Business After Hours - Cabaret**  
- 2785 N. Ankeny Blvd.

Sat, June 13

2:00 pm AYP Rock and Roll Community Bike Ride  
- Firetrucker Brewery

Mon, June 15

11:45 am Board of Directors Meeting - Chamber Office

Wed, June 17

4:00 pm **Ambassador Meeting**  
- Briarwood Club of Ankeny  
4:30 pm **New Member Networking Social**  
- Briarwood Club of Ankeny

Tue, June 23

4:30 pm **Ribbon Cutting - All Makes Office Interiors**  
- 500 E. Court Ave., Ste 150

Wed, June 24

11:30 am June Membership Luncheon  
- Pinnacle Club, Otter Creek Golf Course

Thur, June 25

Noon **Ribbon Cutting - Radiant Complexions  
Dermatology**  
- 1510 S.W. Oralabor Rd., Ste C

Tue, June 30

5:00 pm Chamber Night at Principal Park

Dates and Times are subject to change.

Check out [www.ankeny.org](http://www.ankeny.org) for the most up-to-date schedule and details.

# MEET YOUR BOARD!



**Heather Lilienthal**  
Board of Directors

*Iowa Soybean Association*  
[hlilienthal@iasoybeans.com](mailto:hlilienthal@iasoybeans.com)

While she didn't grow up on a farm, Heather Lilienthal has worked for Iowa's farmers for more than 15 years and currently serves as the Director of Producer Services for the Iowa Soybean Association (ISA). (Just look for the grain bin building in the Prairie Trail development to find the office!) ISA develops policies and programs to help farmers expand profit opportunities while promoting environmentally-sensitive production using the soybean checkoff and other resources. The association has 10,000 farmer members and is governed by an elected volunteer board of 21 farmers.

Heather joined ISA as the communications manager in 2012 and had previously worked in communications/media relations for the Iowa Farm Bureau Federation. She also operated a freelance writing business for several years writing for many publications including Ankeny Living Magazine.

Heather has lived here for 15 years and is active with the chamber, Holy Trinity Lutheran Church, Kiwanis and is a graduate of Ankeny Leadership Institute class. Her husband, Brad, works for Kreg Tool Company in Huxley. Their kids are proud "south-siders," with Brooke attending AHS and Luke heading to Southview next year.

# JOIN US!

## BUSINESS AFTER HOURS Cabaret

THURSDAY, JUNE 11 4:00 - 6:00 PM

Cabaret is not just a lounge, bar or restaurant, but an entertainment destination. The Cabaret is Ankeny's newest hotspot!



Hosting sports, dinner, happy hour, corporate events, late night parties, outdoors concerts, and much more, this place has something for everyone. The Cabaret also features a spacious patio, and several types of video games!

The décor features a stage for live music & DJs, as well as 5 full HD televisions and a massive 10 foot HD projection screen worthy of any sporting event, concert, or late night party!

While you're catching the game, you can grab a specialty cocktail or beer and enjoy unique twists to many bar food classics. From wings and stone baked pizzas, to shareable bar bite favorites, the Cabaret has a great menu as varied as their atmosphere. The beer selection is nicely balanced and their specialty cocktails are imaginative in their names and flavors.

Visit [www.CabaretNightlife.com](http://www.CabaretNightlife.com) or [Facebook/CabaretAnkeny](https://www.facebook.com/CabaretAnkeny) for events, specials, and more news!

### Cabaret

Meredith Todd  
2785 N. Ankeny Blvd., Ste 18  
Ankeny, IA 50021  
(515) 965-5481  
[www.cabaretnightlife.com](http://www.cabaretnightlife.com)

## Business Spotlight

GNC has been helping the people of Ankeny improve the quality of their lives for over 10 years! We are the number one vitamin and supplement retailer in the world. Looking to boost energy & metabolism, build muscle, or help manage the pain for those achy joints? We've got you covered! We use only the highest quality ingredients, manufactured under the strictest quality controls. GNC was just voted "Ankeny's Best Nutrition Shop" for the 8th year in a row. To the citizens of Ankeny and the surrounding area we would like to say thank you and live well!

# GNC

LIVE WELL

### GNC

AJ Brennecke  
2005 S.E. Delaware Ave.  
Ankeny, IA 50021  
(515) 965-1276  
[www.gnc.com](http://www.gnc.com)

# WELCOME OUR NEW MEMBERS



## Embrace Life Chiropractic

Drew Corpstein  
Ankeny, IA 50021  
(515) 639-0012  
[www.goembracelife.com](http://www.goembracelife.com)

Dr. Drew Corpstein and his wife are excited to open Embrace Life Chiropractic this summer! They'll be sharing exciting news about their new location, construction pictures, and 1st visit special rates very soon. Stay tuned for more information about their ribbon cutting, and follow them during their start-up journey!

"Our mission at Embrace Life Chiropractic is to provide affordable care for the entire family. We're passionate about helping you understand how chiropractic can be beneficial to common adult and childhood ailments such as: headaches, allergies, asthma, ear infections, digestive issues, reflux, sports injuries, hormonal imbalances, painful/irregular menses, infertility, and much more. Using our state-of-the-art NASA published technology, we assess your nervous system and monitor your progress which allows us to get you the best results in less time." -Dr. Drew

Dr. Drew is Certified Advanced Proficiency in Torque Release Technique (TRT), which has been proven through research to be the most gentle and specific chiropractic technique to date. Developed out of scientific research, TRT streamlines 7 of the best techniques into one specific assessment protocol. Dr. Drew is excited to offer his expertise to the community and can't wait to help families embrace their life's true health potential! Schedule a complimentary lunch & learn with the Embrace Life Chiropractic team. Their summer program is filling up fast!



## Miss Kay's

Kay Deems  
802 S.W. Oralabor Rd., Ste 104  
Ankeny, IA 50023  
(515) 964-0472  
[www.misskaysfashions.com](http://www.misskaysfashions.com)

Miss Kay's in Ankeny, your fashion destination from casual days, the work week to fun nights, get exclusive designs at affordable prices. Miss Kay's is Ankeny's exclusive boutique for every woman. We have a wide variety of lady's clothing in all sizes. We also carry an amazing jewelry line and cowboy boots.

## Kona Ice of Ames & Ankeny

Steve Bensema  
2018 Prairie View East  
Ames, IA 50010  
(515) 257-6531  
[www.kona-ice.com](http://www.kona-ice.com)



Kona Ice of Ames & Ankeny is a fundraising, fun-having, experience machine. We love to partner with community organizations for fundraising efforts and we provide generous give back checks! We are also available for large and small parties, corporate events, youth sports, schools, churches, daycares, festivals or any other crazy idea you can come up with. What we bring is our Kona Entertainment Vehicle (KEV) that is a stand-alone mobile food unit serving Hawaiian Shaved Ice. With our Flavorwave your guests will be able to flavor their own shaved ice right from the side of the truck. Go with something normal like wedding cake or blueberry or branch out and try a gooba jooba, heck, come back often and try them all!

## Wine Shop at Home - Lori Lovstad, Independent Wine Consultant

Lori Lovstad  
1715 S.W. Abilene Rd.  
Ankeny, IA 50023  
(515) 689-2291  
[www.wineshopathome.com/lorilovstad](http://www.wineshopathome.com/lorilovstad)

At Wine Shop At Home I invite you to come for the taste, stay for the lifestyle. We are a bonded California winery headquartered in the famous Napa Valley and are the only direct seller to offer its own exclusive artisan wines, available nowhere else on earth. As an Independent Wine Consultant, I offer private, guided wine tastings, in your home or office, where you and up to 16 guests can taste six of our wines with selected food pairings and learn about, experience and buy wines directly from the Winery. We also offer an Artisan Wine Club, corporate wine gift baskets, stemware, and custom wine bottle labeling. We offer a full and diverse selection of wines, many that are award winning, at a price point that is accessible for anyone. As a member of the Direct Sales Association, I strive to offer an exceptional consumer experience, as well as an unparalleled and exciting business opportunity to those interested. Contact me to schedule your private wine tasting today.



# WELCOME OUR NEW MEMBERS

## Designed 2 Move Chiropractic & Sports Rehabilitation - Abbi Sunner-Rickelman, DCMS

Abbi Sunner-Rickelman, DCMS  
1210 N.W. 18th St., Ste 110  
Ankeny, IA 50023  
(515) 957-4042  
www.designed2movechiro.com



Ankeny native, Dr. Abbi Rickelman (formerly Abbi Sunner) and her husband Dr. Aaron Rickelman established Designed 2 Move Chiropractic & Sports Rehabilitation to provide the Ankeny community with an all encompassing musculoskeletal alternative care clinic. The doctors strive to provide a healthcare experience that not only facilitates in healing current injuries but maximizes human performance (in sport, at work, and in all of life's ventures) and prevents injury and disease. This is accomplished by thinking differently about the human body and the patient experience. Designed 2 Move treats everyone as an athlete because if you have a body, you are an athlete. From the elite athlete to the desk jockey, we were all DESIGNED 2 MOVE. The goal is to keep you moving so you can keep up with any adventure life brings your way. The doctors' approach utilizes evidence based, hands on, cutting edge, and patient centered care that implements not only spinal manipulation but active rehabilitation, manual and tool assisted soft tissue release, RockTape kinesiology taping, extremity manipulation, nutritional counseling, and sport specific treatment to help maximize performance. By analyzing a patient's biomechanics and function, the appropriate treatments will be customized to the patient to meet and exceed their healthcare goals. Follow Designed 2 Move on Facebook, Twitter, and/or Instagram for events, current research, and health/wellness tips. Also, feel free to stop by the office whether for your healthcare concerns or just for a tour. At Designed 2 Move there are NO EXCUSES, ONLY RESULTS!



**Keller Williams Ankeny Metro - Amy Miller**  
Amy Miller  
2325 S.W. State St., Ste D  
Ankeny, IA 50023  
(515) 330-8422  
www.amymillerrealestate.com

## MB2 Raceway Grimes

Mark Bonnell  
1350 S.E. Gateway Dr., Ste 108  
Grimes, IA 50111  
(515) 986-2442  
www.mb2raceway.com



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**Dickinson, Mackaman, Tyler & Hagen, P.C.**  
- Jeffrey Krausman  
Jeffrey Krausman  
699 Walnut St., Ste 1600  
Des Moines, IA 50309  
(515) 244-2600  
www.dickinsonlaw.com



**RE/MAX Opportunities - Tamara Kracht**  
Tamara Kracht  
107 E. 1st St.  
Ankeny, IA 50021  
(515) 657-3445  
www.tkracht1.remaxagent.com

## Designed 2 Move Chiropractic & Sports Rehabilitation

- Aaron Rickelman, DCMS  
Aaron Rickelman, DCMS  
1210 N.W. 18th St., Ste 110  
Ankeny, IA 50023  
(515) 957-4042  
www.designed2movechiro.com



# CONGRATULATIONS TO OUR 2015 ANKENY LEADERSHIP INSTITUTE GRADUATES!



Photo taken by Monohan Photographic Artist



IGNITE YOUR FUTURE

**Applications are being accepted for the 2016 Ankeny Leadership Institute!**

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

Pictured (Standing L to R) : Chad Sorensen, Justine Peebles, Ryan Housel, Tammy Miller, Matt Adams, Joe Beelner, Brett Burkhart, Betsy Knoblock Grabinski, Angi Bright, Eric Miller.  
(Seated L to R) Kelly Royal, Lindsay Fox, Sharlyn Hulling, Donna Morgan



## TASTEBUD TUESDAYS!

CJM Financial was our May recipient of Tastebud Tuesdays! Lunch was provided by Noodle Zoo! Thank you to our Presenting Sponsor, 1st National Bank, Ankeny!



## Chamber Facts!

What business does the Rock and Roll Bike Ride turn around at?

Email [lweyer@ankeny.org](mailto:lweyer@ankeny.org) with the correct answer and be entered to win two movie passes to Springwood 9 Theater!

*\*Winners names' will be drawn the day after the newsletter is sent out. Winners can pick up their movie passes at the Chamber Office, 210 S. Ankeny Blvd. Answers and winners' names will be posted in next month's Chamber Action Newsletter.*

### May's Chamber Facts

What is the 2015 SummerFest theme?

*Answer: Making Magic!*

Winners: Peter Strauss, Reset

Amanda Mueller, Northwest Bank

Ann Bockenstedt, Courtyard by Marriott, Ankeny

# Ribbon Cuttings



## Keller Williams Ankeny Metro

Barb Wiedenman

2325 S.W. State St., Ste D, Ankeny, IA 50023, (515) 210-3358  
[www.barbwiedenman.kwrealty.com](http://www.barbwiedenman.kwrealty.com)



## Fong's Pizza

Kevin Adams

1450 S.W. Vintage Pkwy, Ste 120, Ankeny, IA 50023, (515) 243-8888  
[www.fongspizza.com](http://www.fongspizza.com)



## N2 Publishing

Brett Swim

1214 S. 24th Ct., West Des Moines, IA 50265, (641) 295-0826  
[www.n2pub.com](http://www.n2pub.com)



## Allstate - Ketelsen Davis Agency

Janel Ketelsen

110 N. Ankeny Blvd., Ste 700, Ankeny, IA 50023, (515) 257-7072  
[www.agents.allstate.com/janel-ketelsen-ankeny-ia.html](http://www.agents.allstate.com/janel-ketelsen-ankeny-ia.html)



## Designed 2 Move Chiropractic & Sports Rehabilitation

Abbi Sunner-Rickelman, DCMS

1210 N.W. 18th St., Ste 110, Ankeny, IA 50023, (515) 957-4042  
[www.designed2movechiro.com](http://www.designed2movechiro.com)



# Rock and Roll

## BIKE RIDE

JOIN THE ANKENY YOUNG PROFESSIONALS ON

# JUNE 13, 2015

FOR THE SECOND ANNUAL ROCK AND ROLL BIKE RIDE!

FOR MORE INFORMATION AND TO REGISTER, VISIT [WWW.ANKENY.ORG](http://WWW.ANKENY.ORG)

**\$40 - REGISTRATION FEE**

THIS RIDE IS OPEN TO THE COMMUNITY • ALL PROCEEDS GO TO ART FOR ANKENY

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