

*Living*

# Curtain CALL

Residents share their  
experiences on stage

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## WELCOME

# 4 REASONS to participate in community theatre

Have you thought about getting involved in community theatre? If you want to participate, organizers will surely find a place for you. But what's in it for you personally? How about...

### 1. You can develop your creative talents.

Community theatre provides a supportive environment for people to explore their creative abilities. Whether you enjoy acting, singing, dancing or working behind the scenes, community theatre has opportunities for you to develop your skills and grow as an artist.

**2. You can build confidence and self-esteem.** Performing in front of an audience can be nerve-racking, but it can also be empowering. Participating in community theatre can help build confidence and self-esteem while learning to overcome fears and take risks. Through rehearsals, performances and feedback from peers and mentors, performers gain a sense of pride and accomplishment that carries over into all areas of their lives.

**3. You can develop important life skills at any age.** Community theatre is more than just a hobby; it is also an opportunity to develop life skills. From time management and teamwork to problem-solving and communication, the skills that performers learn through theatre can help them succeed in many aspects of life. In addition, community theatre provides a sense of belonging that is often difficult to find elsewhere. Performers build lasting friendships with their peers and develop connections with mentors and volunteers who share their passion for the arts.

**4. You can make a difference in your community.** The arts have the power to bring people together and make a positive impact in the community. By participating in productions, people have the opportunity to inspire, entertain and educate audiences of all ages. Community theatre programs strive to make the arts accessible to all people in the community, regardless of background or financial resources.

Are you inspired enough now to want to get involved? You can start by reading this month's cover story. Then take the leap and reach out to organizers and say, "How can I get started?" You will be glad you did.

Thanks for reading. ■

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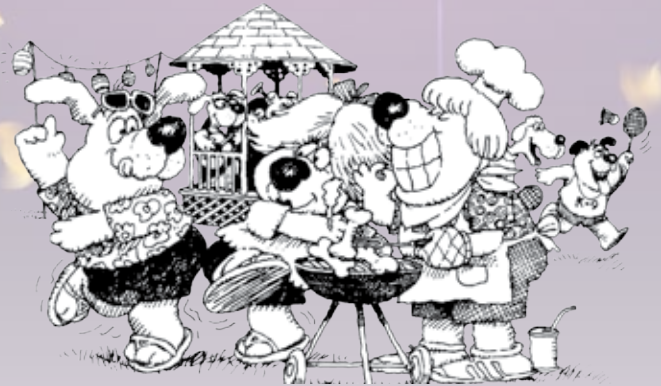


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# Curtain CALL

Residents share their  
experiences on stage

By Jackie Wilson

For many people, public speaking is their worst fear. They recall suffering from butterflies in the stomach or worse before stepping out on the stage for their elementary school programs and the terror of having to speak in front of their peers in high school speech class. For them, the thought of performing before the public in a stage production sounds as appealing as being tarred and feathered. Others actually seek the spotlight, volunteering to memorize lines and create play props, eagerly awaiting the day the curtains are drawn back and the show begins. Some of these people share their reasons why center stage is the place they want to be.

Chelsea Haaland, with  
her daughter, Liliana, 12,  
backstage at "School of Rock."  
Photo submitted



## FEATURE

### Finding her voice

The mother-daughter duo of Chelsea Haaland and Liliana, 12, participated in the summer 2024 production of “School of Rock” at the Des Moines Community Playhouse together.

Chelsea played a teacher, and Liliana was in the ensemble. Both have a passion for acting.

Chelsea began performing at age 7. As a shy child, her mom encouraged her to audition for a church play. Ever since that production, she has liked how people listen to her.

“They laughed at my jokes,” she recalls. “I’ve been doing theatre ever since.”

She acted in several plays and musicals as a youth, including “Charlie and the Chocolate Factory” and “Grease.” She studied theatre education in college, teaching theatre and directing school musicals for Des Moines Public and Waukee Community schools.

Chelsea is currently a related art curriculum facilitator for the Waukee district. Their most recent productions



Liliana Haaland (pictured here with Katie Hughes) in Roald Dahl’s “Matilda The Musical” at The Des Moines Community Playhouse. Photo by Steve Gibbons



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were “Les Misérables” and “The Hunchback of Notre Dame.”

She encourages her students and says acting skills help in real life.

“I share that, even if we’re anxious, such as having stage fright, we still have the skills to communicate,” she says. “Often decisions get made by the loudest people.”

She occasionally gets nervous before a play but says, by exercising those “muscles,” it lessens the anxiety.

“It happens in other parts of life — regardless of what our nerves are saying, we can still perform and get through it,” Chelsea says. “It’s a safe way to express myself. Acting creates a sense of empathy for characters. In the ‘Hunchback’ play, our actors were learning how to generate empathy and what it means to ostracize others.”

Chelsea’s theatre performances often translate to valuable life lessons.

“We talk about serving the story over self. If someone comes with an idea, it’s not personal if we don’t accept it,” she says. “We identify with what we’re working toward to tell the correct story.”

## Like mother, like daughter

Just as her mother did, Liliana Haaland began acting at a young age. In first grade, she was in a school play.

Two years ago, she auditioned for “Matilda,” not sure which part she might get. During a call back, she read for the lead role and was cast in it. She researched the character by reading the book.

“She’s like an introvert,” Liliana says. “I felt like I could connect with Matilda. The storyline was fun. Pretending to be someone else is fun.”

This year, Liliana was happy to perform in “School of Rock” with her mom. She played in the ensemble and says she enjoys making up her own character.

“If you were a lead, you have expectations. If you’re in the ensemble, you can make up your own story line,” she says.

Performing with her mom is extra special, Liliana says.

“It’s a bonding experience with my mom. We talk over the play and have memories to look back on,” she says.

Liliana practices lines diligently and says the

most challenging aspect is stage fright.

“It’s a lot to remember,” she says. “You have lines, stage directions, and you need to memorize props. The audience sees the show happen but doesn’t realize everything that goes with it, making all the different scenes and props.”

Liliana says acting has benefitted her personal life.

“I don’t think about myself as much,” she says. “I’m not an extrovert, so it helps me to make friends and connect over something, like being in the play.”

At the conclusion of a production, Liliana says she feels euphoric.

“It makes me proud. People are clapping. There’s a sense of happiness and feeling proud that I connected with the audience,” she reflects.

In her recent sixth-grade play, Liliana took on a new role as backstage manager. Since then, she’s learned that the production is not just about the cast on stage but has many parts, with everyone pitching in and helping.

Liliana’s mom, Chelsea, has noticed that her daughter’s confidence soared with each play.



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## FEATURE

"All of the confidence that comes out is wonderful," Chelsea says. "It shows discipline, confidence and a work ethic. These are soft skills people need to succeed later in life."

Chelsea says she was happy to perform "School of Rock" with her daughter.

"I did a show with my dad when I was 13. Since that, I have wanted to do one with my daughter. It's a nice experience," she says.

Liliana hopes to continue theatre in high school and beyond.

"I'd love to be on Broadway," she says, "If I can do this full time, I'd like to. I'm ready to experience different roles. I've only played students and shows about school."

Chelsea encourages people to try community theatre, as it might be a good fit.

"Every story has a different character to tell it. You might be that person to tell the story," she says.

### Wagner Summer Theatre

A Waukee couple began providing summer camp theatres to school-age kids as a way to keep their own kids engaged over the summer. The couple, Lisa and Dave Wagner, put on a variety of theatre-in-the-park camps, such as "Harry Potter," "Barbie," Taylor Swift



Dave and Lisa Wagner began the Wagner Summer Theatre camps as a way to help their kids connect without cellphones. A wizardry camp offers an immersive experience.

Songwriting camps and more. All the camps are designed to keep kids engaged and busy, plus stay off cell phones and learn communication skills.

Lisa says, when their kids were in first grade, they put on a play in their backyard with some neighborhood friends. The kids wrote and performed the play. The following year, they decided to open it up to the public



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and perform in a Waukee park.

Wagner Summer Theatre was born. The kids continue to put together a story and script.

"It's a popular camp," Lisa says.

After their first camp, the Wagners wanted to get other creatives involved who might have interests other than acting. They came up with a wizardry camp that offers Harry Potter fans an immersive experience. Others are a sports broadcasting camp, which was taught by a local TV broadcaster, and a movie camp offering camera and lighting instruction.

Throughout all the camps, the Wagners recognized a great deal of talent and began offering a masters level camp. Kids audition, and, during the camp, they talk with Broadway performers, casting agents and a vocal coach who has worked with "American Idol" contestants.

Lisa enjoys getting kids involved in activities.

"Being a parent, I want to get kids off phones and talking to one another," she says. "Any time you can help youth and impact them, it's tremendously joyful."

Lisa serves on the business side of the camp, while her husband, Dave, is the creative force. The pair used to live in Chicago, where they have performed. Dave is a semi-professional singer and recently sang at Hoyt Sherman Place with David Foster, a 16-time Grammy Award-winning writer and producer.

When the Wagners moved to Waukee, they discovered great teachers and volunteers to help with their camps. The theatre in the park has been met with enthusiasm from parents and kids alike. One girl's mom says the camp taught her daughter confidence.

"Her mom said how amazing her voice was, but she had never sung before. One of the teachers was so nurturing and encouraging. Ever since then, she has sung in public. I was so proud of her," Lisa says.

Lisa says creative improv roles offer kids a way to verbalize and express themselves.

"I think our kids are in a high-anxiety world, which comes from pressure to be the best," she reflects. "I'm against phones and social media. They learn to be OK with making mistakes. We teach them how to

communicate and step out of their comfort zone in a safe environment."

She's noticed a change in her son, who came up with the Sneaker Design Camp. The Wagners brought in a content YouTuber, a Nike senior designer and a store owner. The kids got to design their own sneakers and create a marketing pitch — learning real-world skills along the way.

"It's important. We want to morph into where sports meet art. Most parents whose kids are in sports didn't know they were that creative after attending camp," Lisa says. "It brings me the most joy seeing kids create and have fun and grow friendships."

Wagner Summer Theatre also puts on plays in local high school auditoriums. Their long-term goal is to offer more formal shows and pop-up camps.

"We're blessed our camps sell out," Lisa says. "Our educational director is always looking for top talent to teach. We really want to do a show here in Waukee."

For more information on Wagner Summer Theatre, visit [www.wagnersummertheatre.com](http://www.wagnersummertheatre.com) or their Facebook page. ■

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Everyone knows a library card will get you all the books you can dream of, but there's so much more. Cardholders who take advantage of all the programs, resources and services available at the library can save hundreds, if not thousands, of dollars each year. Stop by the Waukee

Public Library during Library Card Sign-up Month to sign up for a card and start making the most of your local public library.

### Here are five free things you can do with a library card.

**1. Try new activities:** Cardholders of all ages can check out kits made to spark your curiosity and scientific minds. Whether it's a telescope, knitting supplies or a toy lab kit, you can find something for everyone to take home for up to three weeks at a time.

**2. Use public computers:** Did you know that whether or not you have a library card, you can use the library's computers? Simply enter your card number (or get a guest code) to use the computers for work, school or leisure. A printer and scanner are available, too.

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**5. Visit local attractions:** Through Central Iowa's Adventure Pass, Waukee cardholders can access free tickets to local attractions like the Blank Park Zoo, the Science Center and more. The Waukee Public Library has your ticket to fantastic destinations nearby.

It's important to note that everyone is always welcome at the Waukee Public Library whether or not you have a library card. There are study spaces, worktables, programs, events and more waiting for anyone who walks through the doors.

Learn more and sign up for a card at [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact us at [askme@waukee.org](mailto:askme@waukee.org) or 515-978-7944.

### PROGRAMS AND EVENTS

Most events require advanced registration and can be viewed at [waukeepubliclibrary.org/calendar](http://waukeepubliclibrary.org/calendar).

**Art Gallery Exhibit:** "Nature in All of its Splendor," Sept. 3-29, Mary Dutcher

**Kids: Elementary Craft Lab,** Friday, Sept. 27, 4 p.m. Design, create and make. Craft Lab is an open-ended art space exploring a different craft technique each month. This month, enjoy making faux terrariums. For kids in grades K-5 and their caregivers. Registration required.

**Teens: Teen Advisory Group,** Mondays in September, 3:30 p.m. Students are invited to participate on the library's Teen Advisory Board (TAB). TAB meets weekly to help plan teen programs, sign up for library volunteer opportunities, build leadership skills and suggest teen books to be purchased by the library. For students in grades 7-12. Registration requested. ■

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# HOW elections could impact your retirement

As you near retirement, it's important to understand how elections could affect your retirement savings and how you can protect your portfolio from market ups and downs. Presidential elections are significant events that can bring uncertainty and market volatility. There are many questions during an election year. Who will be the next president? Which party will control the House and Senate? What laws will be passed if power is split in Congress? Historically, stock market volatility tends to increase in the months before an election due to the market's aversion to uncertainty. It's not surprising that the stock market performs better in a year when an incumbent president is re-elected compared to a new administration.

As for whether a Democratic or Republican winner is better for the market, experts agree that there is no clear winner. While market returns may vary in election years



compared to non-election years, the data does not conclusively support a direct correlation between election outcomes and market performance. The stock market has gone up — and down — under all presidents, but the overall trajectory is positive.

In recent history, some of the worst years for stock market volatility and returns have coincided with presidential election years. Still, other factors had the most significant impact on the stock market. For example, the tech bubble burst started in 2000, the year George W. Bush ran against Al Gore. The 2008 housing collapse and subsequent Great Financial Crisis began the same year Barack Obama ran against John McCain. The 2020 COVID-19 pandemic happened the first time Joe Biden ran against Donald Trump.

Plenty of opinions and predictions will make headlines regarding the elections, the party that wins, and the impact on the stock market. However, you are most concerned about your retirement savings and how to invest for growth while protecting against swings.

Historical perspective can help you focus on what matters in retirement: controlling what you can control. We help families and individuals prepare for market volatility before it happens by building recession resistant retirement plans. We know that recessions happen, on average, every five to six years. By diversifying investments and incorporating long-term, mid-term, and short-term strategies, you can mitigate the impact of market volatility on your retirement savings.

Proactive planning and strategic investing can help those planning for retirement navigate market volatility. Then, you can stay on track to live out your retirement vision regardless of who gets elected or what other factors may impact the stock market. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: McKenna, Kristin, "Here's How The Stock Market Has Performed Before, During, And After Presidential Elections" (Aug. 18, 2020). Forbes.com. Accessed May 17, 2024.



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# ESTATE planning when children have special needs

We often assist families of children with special needs with estate planning. One challenge is ensuring that the child has long-term protection. While the child is a minor, the parents have the ability to act in the child's best interest. But when the child turns 18, he or she is a legal adult. The parents can no longer get medical information, arrange for therapy or oversee finances. Luckily, there is a solution.



a minor who is at least 17 ½ years old, which will take effect when the minor turns 18. The standby proceeding for a minor approaching the age of majority starts in Probate Court rather than Juvenile Court.

Previously, the law required the minor to turn 18 before any proceeding could commence. There was often a delay between the 18th birthday and the hearing establishing a guardianship or conservatorship. That can be detrimental to an individual who needs assistance. The new law is helpful because it allows for action before the individual turns 18.

A guardianship is often necessary and beneficial because a child with special needs will continue to need guidance even after becoming a legal adult. The guardianship will allow the guardian to continue to act as a parent — helping with housing decisions, making medical appointments and setting up services.

The law also allows for the establishment of a conservatorship, which gives someone else (the conservator) control over the protected person's finances. A conservator can also apply for Social Security disability or Medicaid benefits for the child with special needs.

The conservatorship can stay in place if the individual will need long-term assistance in handling finances. Or, the conservatorship can terminate once a Social Security representative payee is set up.

Make sure that you have all of the information you need before your child turns 18. Work with an attorney who specializes in disability law and who is on the cutting edge of the new guardianship and conservatorship law. ■

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

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## HOPE to Shine

Torvik, Kelly offer job resources for refugees.

A nonprofit established in 2023 offers refugees job experience, language skills and resources to when coming to the United States.

Hope To Shine was established by Cindy Torvik and Caryn Kelly.

The two women purchased a Waukee-based cleaning company, Shine Housekeeping. The business initially offered cleaning jobs to refugees.

However, they realized their employees wanted more than a job; they desired skills assimilating into their new country.

"We go the extra mile for employees to become successful," Caryn says. "Some come from refugee camps and have never been employed. We'll help with transportation, community resources, English classes and more."

Often the job is a temporary stop for refugees. Some branch off into their own careers, thanks to the training and resources that Hope to Shine offers for free.

Language barriers are often an obstacle. Caryn has taught English as a second language for most of her adult life. As a young adult, she lived with a family in Mexico for a church mission program, teaching English and French.

"I found a profound experience of welcoming with the family. It was incredible," she reflects. "It increased my interest in immigration. I also got



Travis Gaule, Edward Jones, presents the Neighbor Spotlight certificate to Caryn Kelly, co-founder of Hope To Shine.

familiar with racism and hatred."

While working at the Mexican border, she taught English, conflict resolution and peacekeeping. She knew that people wanted to learn about living in America.

"People are hungry for casual personal learning. Women want to start a business and have career-related opportunities to learn and network with others," she explains.

They've had teams of cleaners from two different countries. Although the women spoke different languages, they realized they had a lot in common.

"One great example is a lady who had problems communicating with her landlord, so another person went with her to explain the problem. Learning English has been transformative to communicate with others."

Caryn says the women are grateful for the opportunities.

"Many of our employees have kids, so we learn to be flexible and have mom hours," she says. "One single mom from Malawi had three kids. A year after working for us, she bought a car, and she's now living on her own. Another lady is starting her own cleaning business," Caryn says.

Caryn's faith background and her passion for social justice are intertwined.

"I love what we're doing," she says. "It's not always financially rewarding. I'm leading with my heart. It's important to model to others. I help because I was helped."

She says it's more than just a job.

"Our mission is not just to pay a wage, but to think how can we improve the lives of others," she says.

To learn more, visit [www.hopetoshineiowa.org](http://www.hopetoshineiowa.org). ■

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## SENIOR

By Jay Heaton

# IMPORTANCE of friendships

As we grow older, friendships become more important than ever. Having good friends around can really brighten our days and make life feel richer and more fulfilling. Friends provide emotional support, helping to combat feelings of loneliness and isolation that sometimes come with aging. They give us a sense of belonging and purpose, which is crucial for our mental health.

Chatting and laughing with friends keeps our minds active and sharp. These social interactions can help delay cognitive decline and keep our brains healthy. It's like a workout for the mind, keeping us engaged and on our toes.

Physically, friends motivate us to stay active. Whether it's going for a walk together, joining a fitness class, or just getting out and about, having someone to share these activities with makes them more enjoyable and keeps us moving. Friends also encourage us to stick to healthy habits, like eating well and taking care of ourselves.

On a practical level, friends are priceless. They can help with daily tasks, provide a ride to appointments, or lend a hand when we're not feeling our best. This kind of support is especially important if family isn't nearby.

Frankly, friendships make life better. They lift our spirits, keep us healthy and provide the support we need as we navigate the ups and downs of aging. Investing in these relationships is one of the best things we can do to ensure a happy and connected life as we get older. ■

Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, [www.attivotrail.com](http://www.attivotrail.com).



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## PLAN AHEAD

By Sarah Masteller

# 'IT'S A guarantee'

Did you know that prepaying funeral arrangements allows you the opportunity to have service selections and merchandise selections prepaid and guaranteed?

So, what does that mean? The services provided by the funeral home that are paid in advance will be provided at no additional expense to the family at the time those services are needed in the future.

Merchandise selections that are prepaid are also guaranteed to be provided at no additional expense to the family.

You might be wondering, "What if the casket I want is no longer available when I die?" Given that you are guaranteed the casket you select, or one of comparable value, your family would have a replacement option to consider that is guaranteed to not be inferior to the one that was purchased in advance.

Imagine going to the car dealership and purchasing a brand new car — but delaying delivery for several years — all with the guarantee you will be provided a brand new car when you are ready to accept delivery... at no additional cost at that time. That would be a pretty amazing deal.

That is what you can do by prepaying funeral expenses. Plus, you will be making a future event less stressful by giving thought and consideration to these important decisions now.

Ask your preferred funeral provider if they offer a guaranteed plan. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



## Plan Ahead for PEACE OF MIND

**Plan & Protect before  
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There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

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# City of Waukee Bulletin

## AUGUST 2024

Find more information on City services, programs and events at [Waukee.org](http://Waukee.org)

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City of Waukee



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[Waukee.org](http://Waukee.org)



Waukee City Hall  
230 W. Hickman Rd.  
515-978-7900

### Register for Fall & Winter Programs

Registration for Fall and Winter programs with Waukee Parks & Recreation opens August 30 at 8 a.m. Youth basketball, adult indoor volleyball, art classes, karate, group meal planning and prep parties and more will entertain and educate people of all ages. Visit [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec) for more details on programs, classes and events.

Check out these new programs:

- Tippi Toes Dance: Ballet/Tap/Jazz for 4–5 year-olds
- Magicamp for 7–14-year-old budding magicians
- Family Yoga with Fit and Fierce 515
- Can Play Soccer for children with physical, cognitive or emotional disabilities
- Nature Therapy with Intertwined Iowa
- DIY Floral Arranging with Grace Fiore Co.



### Get a Tour of Development Around Waukee

The Waukee Area Chamber of Commerce is hosting an Economic Development Bus Tour on September 12 for the community to see current development projects and learn about upcoming projects around Waukee. After a brief program, City of Waukee staff lead the guided tour followed by a networking social. This event is \$7 per person. Register on the Waukee Area Chamber's calendar at [WaukeeChamber.com](http://WaukeeChamber.com).



### DID YOU KNOW?

City of Waukee utility customers can use convenient, online forms to add a person to their account, transfer service from one Waukee address to another or set up automatic payments from a bank account. Find all the options at [Waukee.org/UtilityBilling](http://Waukee.org/UtilityBilling).

### Dates to Know

#### City Council Meetings

September 3 and 16, 5:30 p.m.  
City Hall and Zoom

#### Bingo

September 6, 1 p.m.  
Waukee Community Center





## Labor Day Closures & Trash Pick-up Delay

All City of Waukee offices will be closed Monday, September 2 in observance of Labor Day. The city council meeting regularly scheduled for Monday is rescheduled for Tuesday, September 3. There will be no garbage, recycling or yard waste collection on Labor Day. Yard waste will be collected on Tuesday, September 3. Garbage and cycling collection will run Tuesday through Saturday, so your regular pick-up day will be delayed by one day.



## Waukee Canopy Program Offers Low-Cost Trees

Waukee residents can order up to two low-cost trees through the canopy program with Waukee Parks & Recreation. Choose from 11 species, ranging from \$40-50 per tree. Find details at [Waukee.org/Canopy](http://Waukee.org/Canopy).



## Now Hiring for Seasonal Positions

The City of Waukee has several positions open with Sugar Creek Municipal Golf Course and Triumph Park for the fall season. Check out openings for a variety of roles from first-job opportunities with no experience necessary to site supervisor positions at [Waukee.org/Jobs](http://Waukee.org/Jobs).



## Library News

The Waukee Public Library will resume Sunday hours on September 8. Find open hours at [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org). In addition to great reading materials, the library offers meeting and study rooms, computers, wireless printing and a flatbed scanner.



September is Library Card Sign-Up Month, so swing by 950 S. Warrior Lane or visit the website to get your card today! While you're at the Library, pick up a September calendar for great programs and events this month. You can also view all upcoming fall programs at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events).

## New Fire Patch

As part of the 11th fastest growing community in the U.S., the Waukee Fire Department has changed a lot since it was established in 1938. Now there's a new logo to reflect the growing and evolving department. You will see the new emblem on the Waukee Fire social media pages, event promotions and in our new Public Safety building next summer.



**Snacks & Facts: Chair Yoga**  
September 6, 11 a.m.  
Waukee Community Center

**Walnut Creek Watershed Festival**  
September 19, 4-8 p.m.  
Valley Junction Farmers Market

**Yoga in the Park**  
September 7 and 21, 8:30 a.m.  
Windfield Park

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## EDUCATION

By T.K. West

## MEET Stephanie Jorgensen

Helping students thrive socially and academically

While growing up in Storm Lake, Stephanie Jorgensen did not think about becoming a teacher. In high school, she volunteered at a hospital and worked at a home for kids with special needs. It was then that she knew she wanted a career where she helped others. However, it wasn't until working at a before and after school program while in college that she decided to become a teacher.

After graduation, Jorgensen and her husband relocated to Waukee, and she worked for the Des Moines Public School District for five years. She then received a position at the Waukee Community School District where she has worked for the past 13 years. She currently teaches fourth grade at Brookview Elementary School.

"One of my favorite things about working for Waukee schools is that it is a growing district, but it still feels small," Jorgensen says. "Our administrators work hard to hire teachers who truly care about our students. They set high standards for academics but also care about each child as a whole. Our goal is that every child looks forward to walking into school and that it is a place where they feel safe, their voice matters, they are loved, and they feel connected to their classmates, teachers and staff."

Jorgensen likes working with students at the fourth-grade level because they are so much fun. Her students like to learn, soak up everything, and enjoy exploring and sharing their talents, interests and passions. Jorgensen works hard to make learning fun and provide opportunities for her students to be creative throughout the year.

One of Jorgensen's favorite fourth-grade projects is the Hall of Fame Wax Museum. Students research a leader of their choice and then present a speech about the person. Jorgensen appreciates that her students not only get to practice research and speaking skills but also that the project focuses on what makes a great leader and how most leaders have overcome obstacles or failures to succeed.

"I feel the biggest challenge and reward as an educator is to make sure every child in your classroom has a voice and feels connected. All students come into the classroom each day with unique experiences, worries and challenges. It is important that their needs are met so that they can thrive and grow both socially and academically," Jorgensen says.

In their free time, Jorgensen and her family enjoy going to Hawkeye and Chiefs football games, traveling to anywhere with a beach, and watching her two daughters participate in dance. Although Jorgensen enjoys the first weeks of the school year, her favorite time of year is after a couple months. It is then when she really starts to feel that connection and like her classroom is a home.

"I'm very lucky to do what I do, and I look forward to coming to my job every day. Each day is a new challenge but also such an opportunity with so many rewards," Jorgensen says. ■



Stephanie Jorgensen teaches fourth grade at Brookview Elementary School.



# BURCH is an ambassador of music

Musician collects shoes to raise funds.

Emi Burch, 14, was recently selected as a member of the Iowa Ambassadors of Music — an honor which offers talented musicians an opportunity to travel and perform in Europe in 2025.

The honor is by invitation only, and Emi's choir instructor at Des Moines Christian Schools nominated her.

To attend the trip requires funding. Emi and her mom, Tammy Burch, began researching ways to raise money and found an organization that also helps people in developing countries get out of poverty.

Part of the fundraising effort is collecting used shoes. The shoes are sold by the pound as a micro-enterprise. Then, developing countries create small business opportunities for selling the shoes.

Tammy says the fundraising does double duty — not only by helping cover the trip costs, but by helping others in need.

"We're collecting shoes for people in low-income countries, so they can sell the shoes. It

helps them start their own business when they take the shoes, which teaches entrepreneurship."

So far, the family has encouraged their Waukee neighbors to contribute, and numerous folks have donated six large garbage bags full of shoes, as of press time.

"It's been a great response," says Tammy.

"It's a great way to get rid of shoes."

Tammy says it's a good way to fund a trip.

"It's also helping others get out of poverty. It's a good way to learn, if you want something, you earn it — and you're helping others, too."

Emi, who begins ninth grade this August, enjoy singing and began taking voice lessons three years ago. For two years in a row, she's been selected for Opus — a state honor choir for middle school students. In addition to choir, she is in show choir and leads a worship team. She aspires to someday sing professionally or become a music teacher.

"I like to sing because it brings me joy," she reflects. "It calms me."

She says she is excited to perform in five



Emi Burch is collecting used shoes as a fundraiser for her Iowa Ambassadors of Music trip. The shoes are then sold in developing countries to help people get out of poverty.

countries and experience performing for people in different cultures.

"We'll be touring where the music was written and singing free performances to the public," she says.

Tammy and Emi are still collecting used shoe donations. To donate, contact [tamburch@live.com](mailto:tamburch@live.com). ■

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# UNIQUE new program offers senior living alternative

Stay at home — with peace of mind.

Susan has lived in her Des Moines home since her children were toddlers. She's now 76, and she wonders what the future holds for her health and her living situation.

She has no desire to move into a senior living community, although many of her friends have made that choice and are happy with it. Susan simply wants to stay in her home, but she worries about needing assistance down the road. Her children live out of state, and she has no other family members in the area.

Susan's situation is far from unusual. "Aging in place" — in your home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: "If I don't want to move into a community but I'm



concerned about health issues later on, what can I do?"

The answer: You have more options than ever before. Some organizations that serve older adults have designed Continuing Care at Home (CC@H) membership programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're interested in looking into CC@H programs, the questions below can help you make sure the program's premises, amenities and outcomes will be the best ones for you.

• **Do you understand the program and what it offers?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

• **Is personal support included?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to succeed with encouragement from a trusted

adviser or advocate.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later on. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

If you're considering membership in a CC@H program, make sure it feels tailor-made for you. Your wellbeing and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).





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## EVENTS IN THE AREA

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

Be sure to check for cancellations.

### Bible Reading Marathon

Wednesday, Sept. 4 through  
Friday, Sept. 6, 8 a.m. to 5 p.m.,  
and Saturday, Sept. 7, 8 a.m. to  
3 p.m.

Southeast corner of the Dallas  
County Courthouse lawn

Dallas County will be participating in the 2024 Iowa 99 County Bible Reading Marathon for the ninth year. People are invited to read 30-minute or longer segments of the Bible when convenient. Volunteer readers of all ages are welcome. Bring your Bible, lawn chair and a bottle of water and an organizer will be there to greet you with a portion of the Bible to read. Those unable to join at the event are encouraged to call or email to adopt scripture to read at home or organize a gathering to read as a group. Contact Linda Emehiser, [lindaemehiser@gmail.com](mailto:lindaemehiser@gmail.com), 515-478-0952, or Dianne Bentley, [diannebentley60@gmail.com](mailto:diannebentley60@gmail.com), 712-790-0598.

### Packages collected for deployed Guard unit

Month of September

Waukee American Legion Post 737 is collecting items for care packages to send to members of a deployed Iowa Army National Guard Unit. Non-perishable snacks such as chips, microwave popcorn, nutrition bars, peanuts, crackers, gum, breath mints, raisin packs, cereal bars, small box cereal, hard candy, jerky, Slim Jims and small packages of Goldfish crackers are needed. Donations will be collected at the Waukee YMCA, 210 N. Warrior Lane, and MercyOne Health and Fitness Center, 12493 University Ave., Clive. Financial contributions are also sought to help pay for postage (each box will cost \$24.75 to mail.) Contributions can be made to: American Legion Post 737, P.O. Box 286, Waukee, IA 50263.



### Farmers Market


Wednesdays through Sept. 25, 4-7 p.m.  
Triangle Park, Ashworth Drive and Sixth  
Street

Enjoy this open-air market that features farm-fresh fruits and vegetables, flowers and plants, prepared foods, crafts and more. Live music is featured each week. You will love the small-town feel you get being able to really get to know the vendors you buy from and build relationships that you can enjoy week to week.

### A Night Under the Lights 2024

Wednesday, Nov. 27, 11 a.m. to 9 p.m.  
Waukee Centennial Park

Enjoy food, vendors and fun all day long. The third annual light parade will begin at 6 p.m. Tickets are available at <https://forms.gle/xU1df2YtqAYgn7wh9>. ■



“Hello, I have 3 kids and I was severely anemic. I am VERY thankful that there are such selfless people on this planet willing to sacrifice a part of their body as well as time out of your day to help others in need. You've inspired me to become a donor as well. May you be blessed eternally.”




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## WELLNESS

By Kristen Shelton

### SCULPTRA improves skin quality

Collagen, elastin and regenerative aesthetics have been on the rise and are quickly becoming sought after nationwide.



A product that has been sweeping the nation in this category is called Sculptra — the first and original PLLA collagen stimulator. Collagen plays a key role in the body, structuring our bones, cartilage, teeth, tendons, connective tissue and skin. As we age, we naturally lose collagen, which results in a weakened skin structure and increased wrinkles. Did you know that there are treatments, such as Sculptra, that can help restore your collagen while providing long-lasting skin improvements? Sculptra is a biostimulant, made up of poly-L-lactic acid (PLLA), which is a substance that stimulates the skin's natural collagen production process. As the PLLA particles gradually break down and are absorbed by the body, they encourage the growth of new collagen. This process works to restore the skin's inner structure and increase facial volume that has been lost due to the aging process or other factors, such as weight loss. Sculptra is used for facial rejuvenation; treating deep facial wrinkles, folds, creases and volume loss; and for a more youthful, natural-looking enhancement that develops over time. With Sculptra, your natural collagen is restored gradually, with results that can last for up to two years. An added bonus: Due to the ramp-up of collagen production that Sculptra produces, your skin will achieve improvement in skin quality, texture and a healthy, radiant glow. If you're looking for a way to rejuvenate your appearance, Sculptra is the way to go. ■

Information provided by Kristen Shelton, RN, BSN, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive, [Livin-Vivid.com](http://Livin-Vivid.com) 515-415-1550

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## HEALTH

By Dr. Jason Brown

### DENTAL care in children

A common question asked by many parents is, "When do I take my child to the dentist for their first checkup?" Most literature recommends children be seen between 6-12 months old or once their first tooth has erupted. This first visit is beneficial for both parents and child to evaluate teeth and gums for any early concerns and give educational aids to help in the process and success of good oral hygiene.



A lot of parents ask about "training toothpaste" (which typically does not contain fluoride) for their children — if they should be using this, and, if so, for how long? The American Academy of Pediatrics recommends fluoride toothpaste be used after the first tooth has erupted with a small smear amount on the toothbrush bristles until the age of 3, then a pea-sized amount of fluoride toothpaste from ages 3-6 years. The benefits of brushing twice a day with fluoridated toothpaste to reduce the risk of developing cavities outweigh the risks when used in proper amounts.

Pacifier use or thumb sucking is another topic parents often ask about. Children typically stop sucking their thumbs between the ages of 2-4 years or by eruption of the first couple of permanent teeth. The duration of time and how hard they suck their thumb or pacifier can create dental problems with tooth positioning or changes to the roof of the mouth.

Make sure you have your child's next dental visit scheduled to maintain healthy oral development. ■

Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukee.





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# WAUKEE

# Warriors

## 2024 FALL SCHEDULE

### VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Ames	Ames High School
Sep 6	7:00PM	Waukee Northwest	Waukee Stadium
Sep 13	7:00PM	Sioux City North	Waukee Stadium
Sep 20	7:00PM	WDM Valley	Valley Stadium
Sep 27	7:00PM	Johnston	Waukee Stadium
Oct 3	7:30PM	Des Moines Lincoln	MediaCom Stadium
Oct 11	7:00PM	Southeast Polk	Southeast Polk High School
Oct 18	7:00PM	Des Moines Roosevelt	Waukee Stadium
Oct 25	7:00PM	Council Bluffs	Waukee Stadium

### B/G CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27*	6:20PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Sep 5	4:00PM	Ames	Iowa State University Cross Country Course
Sep 12	4:00PM	Marshalltown	Marshalltown Community College
Sep 17	6:05PM	Multiple Schools	Valley Southwoods Freshman High School
Sep 21	9:20AM	Central College	Central College - Pella
Sep 26**	5:00PM	Multiple Schools	Pickard Park
Oct 3	4:30PM	Multiple Schools	Southeast Polk High School
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal Golf Course

\* Girls Only \*\* Boys Only

## FOR ALL WARRIORS'S SCHEDULES



Schedules are subject to change. Scan for most up-to-date schedules.

### VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 31	9:00AM	Multiple Schools	Ankeny Centennial High School
Sep 5	7:30PM	Johnston	Waukee High School
Sep 7	8:30AM	Multiple Schools	Valley High School-Tlger Track
Sep 10	7:30PM	Ankeny High School	Waukee High School
Sep 14	8:00AM	Multiple Schools	Southeast Polk High School
Sep 17	7:30PM	Southeast Polk	Southeast Polk High School
Sep 19	7:30PM	Dowling Catholic	Waukee High School
Sep 21	8:30AM	Multiple Schools	Waukee High School
Sep 24	7:30PM	Waukee Northwest	Waukee Northwest High School
Oct 1	7:30PM	Ankeny Centennial	Waukee High School
Oct 8	7:30PM	Urbandale	Urbandale High School
Oct 15	7:30PM	WDM Valley	Valley High School
Oct 19	8:30AM	Johnston	Johnston High School

### VARSITY BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 15	9:00AM	Multiple Schools	Beaver Creek Golf Course
Aug 19	11:00AM	Linn-Mar	Hunters Ridge Golf Course
Aug 21	3:30PM	Multiple Schools	River Valley Golf Course
Aug 22	10:00AM	Cedar Rapids	Saddleback Golf Course
Aug 26	9:00AM	Johnston	Jester Park Golf Course
Aug 29	10:00AM	Multiple Schools	The Legacy Golf Club
Sep 4	9:00AM	Multiple Schools	River Valley Golf Course
Sep 16	10:00AM	Ames	Veenker Memorial Golf Course
Sep 18	3:30PM	Multiple Schools	Jester Park Golf Course
Sep 23	10:00AM	Multiple Schools	Willow Creek Golf Course
Sep 24	9:00AM	Cedar Falls	Pheasant Ridge Golf Course - Cedar Falls

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# NORTHWEST

# Wolves

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## 2024 FALL SCHEDULE

### VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Johnston	Waukee Northwest High School
Sep 6	7:00PM	Waukee	Waukee Stadium
Sep 12	7:00PM	Des Moines Roosevelt	Mediacom Stadium
Sep 20	7:00PM	Dowling Catholic	Waukee Northwest High School
Sep 27	7:00PM	Waterloo West	Memorial Stadium
Oct 4	7:00PM	WDM Valley	Waukee Northwest High School
Oct 11	7:00PM	Ottumwa	Schafer Stadium
Oct 18	7:00PM	Ankeny Centennial	Waukee Northwest High School
Oct 25	7:00PM	Ames	Waukee Northwest High School

### B/G CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Sep 5	4:00PM	Ames	Iowa State University Cross Country Course
Sep 12	4:00PM	Marshalltown	Marshalltown Community College
Sep 21	9:00AM	Central College	Central College
Sep 28**	TBD	Rim Rock Classic	Kansas University
Oct 3	4:30PM	Multiple Schools	Southeast Polk High School
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal Golf Course

\*\* Boys Only

## FOR ALL WOLVES'S SCHEDULES



Schedules are subject to change. Scan for most up-to-date schedules.

### VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 31	9:00AM	Multiple Schools	Ankeny Centennial High School
Sep 3	7:30PM	Ankeny Centennial	Ankeny Centennial High School
Sep 5	7:30PM	Urbandale	Waukee Northwest High School
Sep 7	8:30AM	Multiple Schools	Valley High School
Sep 10	7:30PM	Johnston	Johnston High School
Sep 14	8:00AM	Multiple Schools	Southeast Polk High School
Sep 17	7:30PM	WDM Valley	Waukee Northwest High School
Sep 19	7:30PM	Southeast Polk	Southeast Polk High School
Sep 24	7:30PM	Waukee	Waukee Northwest High School
Sep 28	9:00AM	Cedar Falls	University of Northern Iowa
Oct 5	8:00AM	Multiple Schools	Urbandale High School
Oct 8	7:30PM	Ankeny High School	Waukee Northwest High School
Oct 15	7:30PM	Dowling Catholic	Dowling Catholic High School
Oct 19	8:00AM	Johnston	Johnston High School

### VARSITY BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 15	3:30PM	Multiple Schools	River Valley Golf Course
Aug 19	11:00AM	Linn-Mar	Hunters Ridge Golf Course
Aug 21	3:30PM	Multiple Schools	River Valley Golf Course
Aug 26	8:30AM	Johnston	Jester Park Golf Course
Aug 27	10:00AM	Fort Dodge	Fort Dodge Country Club
Aug 29	10:00AM	Multiple Schools	The Legacy Golf Club
Sep 4	3:30PM	Multiple Schools	Willow Creek Golf Course
Sep 16	10:00AM	Ames	Veenker Memorial Golf Course
Sep 18	2:30PM	Multiple Schools	Briarwood Golf Course
Sep 23	10:00AM	Multiple Schools	Willow Creek Golf Course
Sep 24	9:00AM	Cedar Falls	Pheasant Ridge Golf Course - Cedar Falls

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## RECIPE

# TASTY recipes to combat the hustle and bustle

*(Family Features)* Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](https://SuccessRice.com). ■

## Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

### DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.



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# OUT & ABOUT

## RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Edencrest at Kettlestone, 805 S.E. Tallgrass Lane, on June 27.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Edencrest at Kettlestone, 805 S.E. Tallgrass Lane, on June 27.



Tesse Lester and Chloe Gayer



Ashley Pencil and Jodi Wilson



Brittany and Cameron Kleinschmit and Shelly Timm



Claire Brehmer, Mayor Courtney Clarke and Anna Heroux



Ashley Aust, Michael Bialas and Tom Rude



Kyle Gamble, Mayor Courtney Clarke and Rick Tollakson



### VOTE HALBUR

FOR DALLAS COUNTY AUDITOR

**TUESDAY, AUGUST 27, 2024**

First Day to File Absentee Ballot Request with County Auditor

**TUESDAY, NOVEMBER 5, 2024**

Absentee Ballots Receipt Deadline; Election Day

CONNECT WITH TODD AT [www.toddhalburfordallascountyauditor.com](http://www.toddhalburfordallascountyauditor.com)

**PAID FOR BY TODD HALBUR FOR DALLAS COUNTY AUDITOR**



# OUT & ABOUT

## RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for The Kissed Peach, 540 Walnut St., on June 27.



Waukee Area Chamber of Commerce hosted a ribbon cutting for The Kissed Peach, 540 Walnut St., on June 27.



Zach Elsbecker and Terry Snyder



Kelly Troxel and Becky Knowles



Kylie Gray and Mandi Borst



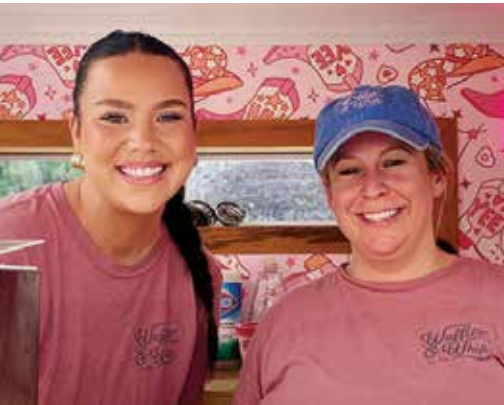
Kristin Belken and Jessica Taylor-Fink



Vee Richmond



Jamie Thompson and Morgan Dodds



Jayden Vasquez and Leah Wafful



Tiffany and Rayni Lynch



Randi Willard and Renee Lupkes



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# Back to School

# BACK TO ROUTINES AND BEDTIMES!

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