

# Living

MAGAZINE

# New AGAIN

Residents share their home renovation experiences

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**Blackened spatchcock chicken**  
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# How to Ease Back-to-school Anxiety



## 1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

## 2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

## 3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

## 4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

## 5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



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# WELCOME

## ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■



**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305

**WAUKEE SOURCE CORRECTION:** In the Waukee Source, City Councilmember Rob Grove was incorrectly identified. His email address should have read rgrove@waukee.org. We apologize for the error.



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Martha Munro**  
Advertising Account Executive  
515-953-4822 ext. 314  
martha@iowalivingmagazines.com



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# New AGAIN

Residents share their home renovation experiences

By Jackie Wilson

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Jess and Jon Severson, with their dog, Rosie, enjoy the added entertainment space their newly remodeled basement provides. Photo by Jackie Wilson



## FEATURE

*BEFORE*



*AFTER*



### New patio brings joy

Michelle Bowden moved to Waukee in 1996 and to her current home in 2006.

Her home was ideal, yet the patio was just a concrete slab. She enjoyed sitting outside for many years but wanted to sit in the open air in all types of weather, regardless of rain or intense sun.

She contacted Cody Bailey Construction and told him what she wanted. She scoured the internet for ideas and inspiration. When the two of them discussed the patio, Cody came up with a plan, incorporating her style.

Michelle Bowden of Waukee wanted to enjoy her outdoor space, so she remodeled her concrete deck. Photo by Jackie Wilson



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Michelle Bowden enjoys entertaining friends in her newly remodeled back patio. Photo by Jackie Wilson

Today, a covered patio includes a roof with a pillar at each corner. The stone pillars lend to the design of the patio. Michelle says she likes how the pillar “shelves” offer extra space to put items.

“If I have a party, people can put drinks on them,” she explains. “I can put my stereo on one of them.”

Décor includes a high-top patio table, along with other seating arrangements. A TV mounted on the side of the home and an outdoor cooler offer easy entertaining. A ceiling fan provides a cool breeze. She recently had friends over when it began raining.

“We still sat outside,” she recalls. “I couldn’t have done that if I didn’t have this patio.”

The patio blends with her above-ground pool for summertime enjoyment. A beach theme for the patio is evident in various décor, as she enjoys visiting Florida and Costa Rica. Memorabilia from the tropical spots often makes its way to her patio.

Rounding out the rest of her outdoor space are flowerpots, lawn decorations, metal signs and a favorite Adirondak chair with various beach scenes painted by a friend. She admits to being protective of the unique chair.

“That’s mine,” she says. “I don’t like anyone sitting in it because I don’t want it broken.”

She likes the privacy created by trees and shrubs. When she moved in, reblooming lilac bushes were small to start with. Now they create a natural fence.

“I had no idea they would get so huge,” she says. “It ended up a good thing. It’s nice for privacy. People can’t see in the back.”



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Jess and Jon Seversons' basement includes a bar with a kegerator for their favorite craft beer. Photo by Jackie Wilson

Her backyard also features tall trees. Beyond the trees and her grassy property is a walking and bike trail.

"Lots of times, I sit outside and watch people walk on the path. I love my huge backyard."

She recently attended a class reunion, and, during conversations, one of her classmates posed a question to the group, asking, "What brings you joy?"

Michelle responded quickly.

"My patio. I love my flowers, my pool," she says. "It brings me joy to sit outside in nature on my patio looking at my flowers."



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**Unfinished basement**

When Jess and Jon Severson moved into their Waukee home in 2022, the new home offered an unfinished basement. The builder had only one basement option, which they declined.

“We thought we’d hold off on the basement and save for something we really wanted,” Jon recalls.

The basement served as a place for storage until the couple finally contacted Cody Bailey Construction. Neighbors had some work done by Bailey.

The Seversons wanted the basement to include an entertainment area but also room for storage. They consulted with Cody regarding their ideas for the space.

“We told him an idea for a bar space. He was able to pull up an old builder’s plan and modify it,” Jon says.

The couple, who are craft beer fans, considered installing a commercial bar. What they came up with instead was a kegerator with two tappers. The back of the bar has open counterspace for bar items or mixing cocktails. They added USB ports underneath the bar for easy charging of devices. Décor includes bar tappers, which they can add as they collect them.

Hardwood floors were installed instead of carpet.

“It’s easier to clean than carpet, especially when you have a dog,” Jess says.

A dartboard, couch and large screen TV ensures entertainment for their friends. The couple watches Iowa State University sports. (They met while attending ISU.) Storage areas round out the basement.



The Youngers’ outdated bathroom needed updating.

The couple says the remodel was ideal.

“It was super easy and super quick. When you do a remodel, you think it will take too long,” Jon says. “We stayed on budget and on schedule. We’re lucky.”

Jess is happy they delayed the remodel.

“We got everything we wanted. We took time to write down the features we wanted over the past few years,” she says.

They’re happy for the new place to entertain friends.

“The process was efficient and great,” Jon says.

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# FEATURE

# AFTER



The Youngers of Waukee redid their master bathroom, putting in a double vanity, a larger shower and taking out an old jacuzzi.

# AFTER



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## FEATURE

### Master bath remodel

When Jeremy and Angie Youngers moved into their Waukee home six years ago, the 1998-built home was functional but needed updates. The couple settled on a major overhaul for the master bathroom.

The master bath had a large corner jacuzzi tub, which was popular in that era. They didn't use the tub and felt it took up too much space, so they wanted to remove it. They also wanted a double vanity to replace the single sink.

The Youngers hired Cody Bailey Construction after seeing positive reviews — and he was local to the Waukee area.

During a consultation, they told Cody their bathroom suggestions.

"We were going to install a curved shower, but he suggested a square one, which was cheaper," Jeremy says. "He helped with things we didn't understand or know about."

They replaced flooring, added a double vanity and installed a free-standing tub, which replaced the jacuzzi.

"I like the two sinks," Jeremy says. "My wife and I can each have our own. The glass shower is bigger than the old one. We like that the bathroom is functional. The fiberglass shower was cracked, and the toilet wasn't working. It's a nice space to be in."

As the house ages, Jeremy says he knows other projects will come up.

"We want to remodel the kitchen and do hardwood flooring. Maybe the windows," he says. "You have to start replacing things before long." ■



Jeremy and Angie Youngers find their newly remodeled master bath to be more functional.

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# Residential refresh

Personalized touches for your home

*(Family Features)* Your home is an expression of you, your personality and your lifestyle. When it comes to personalizing your home's aesthetic, try leaning into your senses to inspire change within your space. Inspiration can be found everywhere around you — from taking cues from Mother Nature to “shopping” your own house or, with a little help from Air Wick, finding and incorporating your home's signature scent. Give yourself a residential refresh with these tips.

## Rearrange living spaces

Breathing fresh air into a room doesn't always require a complete overhaul, or even any construction or DIY projects. Sometimes all you need is a little rearranging. Shifting furniture to better suit your needs or let more natural light in can significantly improve the space's aesthetic.

Additionally, the items you currently own are most reflective of your style; try “shopping”



Photo courtesy of Shutterstock

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your own house by repurposing items from other areas or rooms to give them a fresh feel. When decor pieces are overused in one spot, they may feel brand new in a different space. These are practical and cost-effective tactics to create a new and inviting space for both you and any guests entering your home.

## Introduce plants and greenery

When sourcing your design inspiration from nature, adding greenery is an inherent way to bring in the beauty and freshness of the great outdoors. To personalize your home with plants, visit a nursery or local flower shop and choose ones that are appealing to you based on their shape, color or size. Live plants offer multiple benefits, like naturally purifying the air, and studies have shown numerous therapeutic benefits of spending time with nature. Therefore, designing with natural elements, like house plants or flowers, can bring a sense of serenity into your home.

## Find your “scentscape”

A home upgrade rooted in nature includes more than just what you can see and feel, it also includes engaging the sense of smell. One of the latest home decor trends, “scentscaping,” is growing in popularity as a way for individuals to enhance the ambiance of their homes through tailored scent.

“Scent is an often-overlooked aspect of design,” said Egypt Sherrod, HGTV personality who is both an interior designer and real estate broker and Air Wick partner. “People tour homes and experience spaces with all their senses. It adds a new layer to home personalization, as an authentic fragrance experience often heightens the aura of your space beyond its physical layout. Scentscaping is the perfect way to add a bespoke vibe for your home that reflects your personal style, in turn creating a welcoming atmosphere.” Explore more inspiring ideas for incorporating a breath of fresh air into your home at [airwick.us](http://airwick.us).

## Update colors

Introducing color to a room can transform its look, and the scale of change is up to you. You might repaint the entire space, simply paint an accent wall or even just spruce up a corner with a pop of color. Incorporating accessories or decorative elements with new colors can also create some variety, such as including pops of seasonal-inspired colors in artwork and textiles.

## Switch out light fixtures

A room’s lighting is an important detail for personalizing the type of mood and ambiance you are trying to achieve. Swapping out light fixtures for dimmers, for example, can create a brand new atmosphere, allowing you to adjust the light to the time of day and for your intended experience. Consider updating old lighting fixtures with new ones to enhance the presence of natural light or changing the bulb wattage to further impact the mood. ■

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## THE POWER of music as you age

Music can be a powerful ally as we continue to age, bringing a range of benefits to our health and wellbeing. Emotionally, it can lift our spirits and help us relax by triggering the brain's feel-good chemicals. Listening to music we love can make us feel happier and less stressed.

Cognitively, music keeps our brains active. It can help with memory recall and mental sharpness. For people with conditions like dementia, music therapy can help unlock cherished memories and make communication easier. Even just enjoying music can boost focus and problem-solving skills.

Physically, music can ease pain and discomfort, making it a great tool for pain management. Activities like dancing or playing an instrument can improve coordination and flexibility. Plus, calming music before bed can improve sleep quality by helping us unwind and fall asleep more easily.

Socially, music connects us with others. Joining a choir or a music group can reduce feelings of loneliness and build strong relationships. It can also make exercise more enjoyable and motivate us to stay active.

Lastly, music offers a wonderful way to express ourselves and explore our feelings. It provides joy and a creative outlet, enriching our lives as we grow older. Embracing music in our daily routine can truly enhance our overall wellbeing. ■

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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## GRIEF 101: Writing as a tool

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It's important to find ways to process what you are going through.

One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn't necessarily about "feeling better" or forgetting our person or "moving on," but rather adjusting to life without your person's physical presence and carrying the love you have for them forward with you. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



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# STAY home — planfully — with peace of mind

For Carolyn, senior living communities have always sounded like a wonderful idea — for other people. Although many of her friends have moved to communities and are happy with that decision, Carolyn loves her house and wants to stay there. Her concern, though, is that she has had some health issues, and she is afraid of losing her independence and “having” to move.



“I don’t want to just stay in my home; I want to be independent in it,” Carolyn, 70, says. “But I worry that, as I get older, I’m going to need too much help to stay here by myself.”

Carolyn’s situation is far from unusual. “Aging in place” — at 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 introduced 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.

• **What does the program include?** 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.

• **Does it include personal support, such as wellness coaching?** 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.

• **Does it include care costs and options?**

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 meets your needs, now and in the future — and provides you with peace of mind. 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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# NAVIGATING the complexities of Medicare

Six things you need to know.

Medicare is a critical component of retirement planning, but it can be complex and confusing. Here are six things you need to know:



**1. You could pay more if you enroll late.**

To avoid these penalties, make sure your employer completes the necessary form confirming that you have had qualified coverage since turning 65. If you're not yet 65 and already retired, your enrollment period begins three months before your 65th birthday, so start the process early to avoid delays in coverage.

**2. It's not a one-size-fits-all program.**

You have options, including Original Medicare (Parts A and B), Medicare Supplements (Part C), and Prescription Drug Plans (Part D). Each option fills different gaps in coverage, so it's essential to understand how they work and

which one best fits your needs.

**3. Medicare isn't free.** While Part A of Medicare is typically free, Part B has a monthly premium based on your income. It's crucial to work with a retirement planner to understand how your income, including Roth conversions, can impact your Medicare premiums.

**4. You enroll in Medicare through Social Security.** Many people are surprised to learn that you enroll in Medicare through Social Security, not directly through Medicare. Keep an eye out for your Medicare card, which will come from the Department of Health and Human Services or the Centers for Medicare and Medicaid Services (CMS), as it may look like junk mail.

**5. You don't always have to sign up at 65.** If you or your spouse is still working and covered by a qualified employer health plan, you may not need to sign up for Medicare at 65. However, if you're on COBRA or a marketplace plan, you'll need to enroll in Medicare when

you turn 65 to avoid penalties.

**6. You are not stuck with your plan.**

You're not locked into the same Medicare plan forever. Each year during the Annual Enrollment Period (Oct. 15 through Dec. 7), you can review your coverage and make changes to ensure you're set up for success in the coming year. This is important because insurance carriers often renegotiate provider contracts, which can change the terms of your supplement plan and impact premiums, copays, deductibles and covered services, including benefits like X-rays, prosthetic devices and physical therapy. Benefits like gym memberships and chiropractic care can also be added or dropped from plans.

Understanding these six aspects of Medicare can help you make more informed decisions and avoid costly mistakes as you navigate your retirement journey. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



Learn about another important Medicare fact in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch this episode now.



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# WAUKTOBERFEST returns to Triangle for third year

Enjoy German beer and food and live music while supporting the historical society.

Roll out the barrel. Waukee is set to have a barrel of fun this fall. Where's the fun at? Waukee's Wauktoberfest.

In its third year, Wauktoberfest, a German-style celebration, will be held Saturday, Oct. 5 at Waukee's downtown Triangle. Festivities start at 3 p.m. and end at 9 p.m.

Wauktoberfest is a fundraiser sponsored by the Waukee Area Historical Society. The historical society, a local nonprofit, was established in 2012. The event goes beyond merrymaking as it also supports a great cause: preserving, honoring and recognizing Waukee's proud history.

This year's event features German beer, a variety of foods, including a German-style menu from Waukee Hy-Vee. Hot dogs and hamburgers will also be available. German beers available will be Shiner Oktoberfest and Hofbrau Original, plus other seltzers and non-alcoholic beverages.

The band, Stark Raving Madge, will kick things off after the tapping of the golden keg, starting at around 3:15 p.m. The music continues with the Polka Police at 6 p.m.

Jake Larson, committee chair for the festival and a board member of the WAHS, says more than 700 people attended last year's event.

"We had a variety of all ages who showed up in costumes, such as drendels and lederhosen. Some really get into the costumes."



Wauktoberfest features the tapping of the Golden Keg and German-themed fun, beer and food.

Iowa Hawkeye fans can still catch the game, as they'll offer screens for the game.

The historical society uses funds for preserving Waukee's history, including headstone workshops, the July 4th parade, and roundtable discussions to gather stories.

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“We have a lot of long-standing rooted citizens who tell the story of Waukee,” Larson explains. “It’s important to protect, understand and share Waukee’s history.”

Currently, historical items of the WAHS are located inside the Waukee Public Library. Money raised helps fund the expansion of the group’s collections and event programming. Members of the historical society hope to eventually offer their own space. This year, they also plan on re-branding the WAHS.

Larson offers a few little-known facts about the growing city. “The actual center point of the city is by the golf course,” he

explains. “Waukee wasn’t always named Waukee. The town was originally named Shirley.”

As a Waukee resident, Larson is vested in the community.

“I love the people, growth and the wide variety of ages in this town,” he says. “Let’s raise a glass at the festival and cheer to a good time, German-style.”

Advance tickets cost \$10. They are \$15 at the door. Children ages 5 and under get in free. Check social media sites for a variety of ticket specials. To learn more about the Waukee Area Historical Society or Waukeehistoryfest, visit [www.waukeehistory.org/waukeehistoryfest](http://www.waukeehistory.org/waukeehistoryfest). ■

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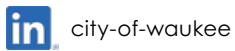




# City of Waukee Bulletin SEPTEMBER 2024

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

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



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**NFPA FIRE PREVENTION WEEK**

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When was the last time you looked at your first line of defense if there is a fire in your home? Fire Prevention Week is a good time to review fire safety with everyone in your household and to check fire safety equipment—including smoke alarms.

Roughly 3 out of 5 fire deaths happen in homes with either no smoke alarms or no working smoke alarms. Regularly checking your smoke alarms could save your life! Smoke alarms reduce the risk of dying in a home fire by more than half (54 percent), according to the National Fire Protection Association.

Take a walk around your home:

- Do you have smoke alarms in recommended places? There should be an alarm in every bedroom, outside each separate sleeping area (like a hallway) and on each level (including the basement) of the home.
- Is every alarm working? Test alarms once a month to ensure that alarm is loud and can wake you up if there is a fire.
- Are any of your smoke alarms more than 10 years old? Check the expiration date on each alarm in your home. Set a calendar reminder to replace smoke alarms when they are 10 years old.

Follow the Waukee Fire Department on Facebook at WaukeeFire and Instagram at WaukeeFD throughout Fire Prevention Week, October 6-12, for more tips on smoke alarm safety. Find resources and fun activities for kids and adults at [NFPA.org](http://NFPA.org).

## Dates to Know

**City Council Meetings**  
October 7 & 21, 5:30 p.m.  
City Hall and Zoom

**Bingo**  
October 4, 1 p.m.  
Waukee Community Center

**Movie in the Park**  
October 4, 5-8 p.m.  
Centennial Park



### Review Gas Safety Information

Watch your mailbox for a natural gas safety brochure. Please review the information about safe digging, carbon monoxide, gas meter care, identifying gas leaks and more. If you smell gas or suspect a gas leak, leave your property immediately and call the City's emergency gas hotline at 515-249-1212. The annual gas survey is planned for October 1-10.



### Halloween Fun is Coming!

Join Waukee Parks & Recreation for a free showing of Hocus Pocus at dusk (around 6:30 p.m.) on the big outdoor screen.



The Waukee Police and Fire Departments will open their doors for the Halloween Open House, treating kids to candy and more on Thursday, October 24 from 4:30-6 p.m. Costumes are encouraged but not required.

Choose the perfect costume and head out trick-or-treating on Beggars' Night, October 30 from 6-8 p.m. Stay safe by traveling in a group and wearing light or reflective clothing, if possible.

### Safely Dispose of Unneeded Medications

Prevent pill abuse and theft by getting rid of potentially dangerous prescription drugs that you no longer need. For National Prescription Drug Take Back Day, police officers will collect pills and patches on Saturday, October 26 from 10 a.m. to 2 p.m. at the Waukee Public Safety Building (1300 SE L.A. Grant Parkway). Or drop them in the green disposal bin in the Public Safety building lobby during regular open hours, Monday-Friday, 8 a.m.-4 p.m.



### Aquatic Center Bond Referendum

On November 5, 2024, Voters will decide if the City will issue a bond to pay for construction of a new outdoor aquatic center. If at least 60% of voters approve the bond referendum, the project would move forward with a potential opening date in summer 2027.



The \$33 million aquatic center would be built on land designated for the future civic campus near 6th Street and University Avenue. Approximately 60% of the building costs would come from an increase to the City levy for property taxes with the remaining 40% coming from existing tax revenues and other funding sources. Homeowners would see about a \$34 increase per \$100,000 valuation for their property. Find all the details on proposed design, estimated building costs, operation projections and the bond question you will see on the ballot at [Waukee.org/AquaticCenter](http://Waukee.org/AquaticCenter).

### Things to Do

Try these programs from Waukee Parks & Recreation in October. Kids can enjoy Tumbling Tots, Youth Cheerleading Clinic, 2 to Move with Studio Bea Dance, Ballet/Tap/Jazz with Tippi Toes, indoor tennis, cooking class with Real Food 4 Kids, karate with Dickey's and Magiclass. Adults can have fun with DIY floral arranging with Grace Fiore, Dinner Delights freezer meal prep and indoor tennis. Save your spot at [Waukee.org/Registration](http://Waukee.org/Registration).



Waukee Public Library hosts a range of programs. Little kids will love Sunday Fun Day, Fire Safety Storytime or Monster Mash. Older kids can try Tween Time or Teen Early Out. Adults can enjoy Herbal Lotions & Potions, Digital Decluttering, learning about Iowa's Most Haunted Locations or Adult Craft Club. Find more information at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events).

**Drug Take Back Day**  
October 26, 10 a.m.-2 p.m.  
Public Safety Building

**Halloween Open House**  
October 24, 4:30-6 p.m.  
Public Safety Building

**Beggar's Night**  
October 30, 6-8 p.m.  
Citywide



# 4EVER Young opens Waukee location

4Ever Young Anti-Aging Solutions, 1180 S.E. University Ave., Waukee, announced the grand opening of 4Ever Young Anti-Aging Des Moines, the 47th franchise location of the rapidly expanding brand. Dedicated to revolutionizing overall health and wellness, 4Ever Young offers a holistic approach designed to help clients look and feel their best at any age. The comprehensive wellness process includes hormone replacement therapy (HRT), IV vitamin therapy, weight loss programs, and a variety of other wellness services. These services are specifically tailored to

improve energy levels, enhance mood, increase muscle mass, support weight loss, boost libido and promote overall vitality. With personalized treatments, 4Ever Young aims to help individuals achieve their health and wellness goals, enabling them to lead more vibrant and fulfilling lives.

In addition to wellness services, 4Ever Young Anti-Aging Des Moines offers an array of aesthetic treatments to help clients maintain a youthful appearance. These services include Botox, dermal fillers, facials, and more.

4Ever Young Anti-Aging Des Moines is owned by Viktor and Amy Anderson-Vali, with Dr. Daniel Kollmorgen serving as its medical director. With more than 20 years of experience as a physician, Dr. Kollmorgen is committed to bringing expert, compassionate care to the Des Moines community. A graduate of the University of Iowa, Dr. Kollmorgen completed a surgical oncology fellowship at the Roswell Park Cancer Institute. He served as the medical director of John Stoddard Cancer Center, holding leadership positions in surgical oncology at The Iowa Clinic, and chairing the Department of Surgery at UnityPoint Des Moines. Dr. Kollmorgen's passion for wellness and the science of anti-aging perfectly aligns with 4Ever Young's mission, and the team is pleased to have him leading the medical staff. ■



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# MEET Beth Tremaine

GiGi's Playhouse volunteer

Beth Tremaine of Waukee has volunteered throughout her life. Working as a chief investment officer, she often gave her time to help fundraising efforts.



After facing a tragedy, she changed her volunteer focus to a more hands-on volunteer effort for the human interaction it offered. She chose to volunteer at GiGi's Playhouse in Des Moines.

GiGi's Playhouse provides free educational and therapeutic programs for individuals with Down syndrome from birth through adulthood. It also offers resources and support for their families, providing for connections and a community to support individuals with Down syndrome. Additionally, the organization works to break down barriers to foster acceptance for those with Down syndrome.

Beth says she chose to volunteer there since folks with Down syndrome are often joyful.

"They sometimes have it tough, but always seem to experience joy," she says.

She teaches cooking classes for adults and helps out with other life skills, such as tutoring, exercise and more.



Beth Tremaine volunteers to teach cooking skills at GiGi's Playhouse.

Beth explains the tragedy that spurred her volunteer efforts. Her son, Brandon Lee, was murdered in Knoxville, Tennessee, in 2020. The trial and sentencing the following two years was an intense period of anger and grief. To honor him and help others, she wrote a book, "The Crazy I Choose — My Story of Traumatic Loss, Grief and Healing."

After writing the book, she leaned on God and a psychic, who recommended she "do more."

"The psychic told me I needed to do something joyful," Beth recalls.

The book shares how she walked through her grief and processed it instead of getting stuck.

"My intent is to inspire someone who walks through the same situation," she says.

At GiGi's Playhouse, Beth is often volunteering with high school girls. She's amazed at how dedicated they are.

"People worry about the youth of today. It's inspiring here. The young volunteers are encouraging and inspiring for me, too," she says.

Her volunteer work gives her inspiration.

"I've found it so rewarding. It's exceeded the expectations I had, and I couldn't be more pleased. I still want to make a difference in the lives of others," she says.

To learn more about GiGi's Playhouse, visit, [www.gigisplayhouse.org/desmoines](http://www.gigisplayhouse.org/desmoines). ■

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# MEET Madison Brenner

Her “teacher heart” soars as kids gain confidence.

Growing up in Iowa City, Madison Brenner graduated from Iowa City West High before attending the University of Iowa. Although she liked Iowa City, she knew she wanted to be closer to the Des Moines area. Brenner’s first experience with Waukee was when she attended a show choir competition in high school. After further research, she found much to like about the district and decided to apply for a position. Now, Brenner is in her third year teaching with the Waukee Community School District. She teaches first grade at Maple Grove Elementary School.



Madison Brenner teaches first grade at Maple Grove Elementary.

“I absolutely love the people. The staff, students and families have all been so welcoming and a joy to work with. Any time I’m at school or just out in the community, I can see how much it means to people to be a part of such a wonderful district,” Brenner says.

Brenner likes working with students in the first grade because so much growth happens at that level, especially with reading, she says. One fun project her students participate in during the spring is “Reader’s Theater.” After working on reading and writing skills all year, students have the opportunity to form small groups and create their own short play. This includes thinking of the characters, setting, problem and solution. They also write out the play and give each other roles to perform.

“The biggest reward I have received as an educator is seeing the growth from my students,” she says. “Whether that is finally being able to skip count by twos or taking ownership of a behavior without being prompted, having students recognize how far they have come boosts not only their confidence, but my confidence as a teacher.”

Brenner says she is looking forward to forming relationships with a new group of students and staff during this school year. She says they were fortunate to add additional sections to most of their grades. She enjoys her work and is eager to see her new group of students shine.

“Seeing students gain confidence throughout the year with their friendships, academic abilities and social skills always makes my teacher heart soar,” Brenner says. ■

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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.



## “Stay Puffed” Clothing Drive

Sept. 29, 2-5 p.m.

1155 S.E. Boone Drive, Waukee

Drop off any gently used clothing or footwear items, grab a snack, meet the Mid Iowa Ghostbusters, take a picture with Ecto-1, and more. All clothing donations received go to Waukee Area Christian Services, which provides free clothing to those in need. Most needed items are boys sports shorts, 4T-Adult XL; boys athletics sweats, 4T-Adult XL; girls sports shorts, 4T-16; girls leggings, 4T-16; men’s T-shirts, sizes S-XL; socks and underwear (new items only).

## Live music event

Friday, Oct. 11, 7 p.m.  
(doors open at 6 p.m.)  
Immanuel Lutheran Church,  
900 S. Warrior Lane, Waukee

Immanuel Lutheran Church is partnering with Show Ops Presents to bring Brandon Heath’s God is Good Acoustic Tour to Waukee, featuring Brandon Heath with support from Jesse Labelle. Tickets are \$15 for general admittance and \$25 for VIP. Visit <https://showops.co/e/795/brandon-heath-god-is-good-acoustic-tour> to purchase tickets.

## Can Do Cancer Trivia Night and Silent Auction

Saturday, Oct. 19, 7-10 p.m.

Join Can Do Cancer for its 2024 Trivia Night & Silent Auction. Bring your favorite tailgate style food and beverage for 10 rounds of trivia in a fun and casual atmosphere. There will be silent and live auction items for purchase, along with raffles, prizes and other exciting activities. This is the signature fundraising event for Can Do Cancer and raises program funding to support breast cancer patients the organization serves each year. For more than a decade, Can Do Cancer has supported breast cancer patients and their families as they navigate a breast cancer diagnosis. Can Do Cancer provides dinner for patients and their families on chemotherapy days, house cleaning services throughout treatment, a website for patients to learn what they need to know after a breast cancer diagnosis and motivational support from breast cancer survivors. Register for the event at <https://secure.qgiv.com/event/cdc-auction/?>.



## Wauketoberfest

Saturday, Oct. 5

Downtown Waukee Triangle, Ashworth Drive and Sixth Street

Put on by the Waukee Area Historical Society, this day full of fun features live music, German food and beer and an exciting stein-holding contest. Don’t forget to wear traditional attire if you can. For more information, visit [www.waukeechamber.com](http://www.waukeechamber.com).

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# EVENTS IN THE AREA

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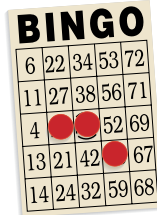
Be sure to check for cancellations.

## 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>.



## Bingo

Sundays, 3-6 p.m.  
Kenny's Garage, 605  
Ashworth Drive, Waukee

Enjoy Bingo Sunday evenings at Kenny's Garage.

## Vendor and Craft Fair vendor registration

St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny, fourth annual Vendor & Craft Fair will be taking registration for a booth at the event Saturday, Nov. 9, 9 a.m. to 3 p.m. Contact Julie at [juliegreg94@gmail.com](mailto:juliegreg94@gmail.com).



## Tuesday Night Trivia

Tuesdays, 7-9 p.m.  
Central Standard Burgers,  
1222 S.E. University Ave., Waukee

Come one come all and test out your thinking skills while having a great time. Trivia night is every Tuesday, with featured themed trivia nights once a month. Hosted by Think and Drink Entertainment.



## Bowling events

Various Sundays, noon to 1:30 p.m.  
Warrior Lanes, 190 S.E. Laurel St., Waukee

Various parties are planned with registration required two days prior. Themes are: Oct. 20, Halloween; Nov. 17, Turkey Time; Dec. 15, Ugly Sweater Holiday. On Tuesday, Dec. 31, 11 am. to 1 p.m. is the Count down to Noon Year's Eve Party. For more information and registration, visit [warriorlanes.com](http://warriorlanes.com).



## Beggars' Night

Oct. 30, 6-8 p.m.

Trick or treating is designated by the city on Beggars' Night.



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## The Des Moines Playhouse classes

Registration is now open for fall classes at The Des Moines Playhouse. Saturday morning classes are offered for students in preschool through tenth grade. New this year, classes for home schooled students K-7 will be held Wednesday mornings. Camps will also be offered over winter break. Class sizes are limited and registration is first-come, first served. Learn more about classes and registration at [www.dmplayhouse.com/education/classes-and-camps](http://www.dmplayhouse.com/education/classes-and-camps).

Students 8 and older can also audition for roles in upcoming productions. Information on auditions for the Kate Goldman Family Series and Signature Series is available at [www.dmplayhouse.com/audition-2](http://www.dmplayhouse.com/audition-2).

## Log Cabin Days celebration

Sept. 28-29

Heritage Village, 1300 W. Second Ave., Indianola

Highlights of the Log Cabin Days celebration include the parade at 10 a.m. on Saturday, Sept. 28, followed by a chicken and noodles lunch and Heritage Village Experience, crafts of the past, children's craft fair, raffle and food and vendors from 11 a.m. to 7 p.m. On Sunday, tournaments (cribbage, chess, horseshoes and corn hole), bingo, family games, food and vendors will be featured 10 a.m. to 4 p.m.



## OCTOBER HAPPENINGS

• **Oct. 5: Flannel Fest.** Local vendors will be stocked with all things autumn. Dogpatch Urban Gardens, 4600 N.W. 51st St., Des Moines; [www.dogpatchurbangardens.com](http://www.dogpatchurbangardens.com)

• **Oct. 5-6, 12-13, 19-20: Apple and Pumpkin Festival.** Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; [willsfamilyorchard.com/apple-pumpkin-fest](http://willsfamilyorchard.com/apple-pumpkin-fest)

• **Oct. 5: Middlebrook Fall Festival.** Food trucks, free face painting, farmers market and adult beverages. Middlebrook Farm, 4300 Cumming Ave., Cumming; [www.middlebrookfarm.com](http://www.middlebrookfarm.com)

• **Oct. 5: Worldwide Food Truck Tour.** This food-filled tour stops in Des Moines with a wide range of food trucks and entertainment for the whole family. Cowles Commons, 221 Walnut St., Des Moines; [worldwidefoodtrucktours.com](http://worldwidefoodtrucktours.com)

• **Oct. 7, 14: Zoo Brew.** Have a brew at the zoo. Blank Park Zoo, 7401 S.W. Ninth St., Des Moines; [www.blankparkzoo.com](http://www.blankparkzoo.com)

• **Oct. 11: Preseason NBA game.** Minnesota Timberwolves vs. Philadelphia 76ers. Wells Fargo Arena, 730 Third St., Des Moines; [www.iowa.gleague.nba.com/preseason24](http://www.iowa.gleague.nba.com/preseason24)

• **Oct. 11-13: Capital City Gaming Con.** Back with a new name is Des Moines' very own board game convention. Buy, play, test and enjoy board games of all types. Hilton Garden Inn, 205 S. 64 St., West Des Moines; [www.cardboardcaucus.com](http://www.cardboardcaucus.com) ■

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--------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# CREATING a sensory-friendly library experience

Several Des Moines metro area libraries are once again teaming up to offer Sensory Spaces — designated hours for individuals and families to enjoy a quieter sensory experience in the library.

Sensory Spaces will offer quiet browsing, special programming and other adaptive services that will vary by location. The Waukee Public Library will offer a slightly spooky monster-themed party with a simple craft and dancing on Oct. 5. There will be a dimmed calm room, computer availability and access to library materials.

The Waukee Public Library, much like the Waukee community, is rapidly growing in users and can be overwhelming for those with special sensory needs. While everyone is always welcome during regular hours, Sensory Spaces creates opportunities for individuals, families and caregivers to enjoy the library in a new, sensory-friendly way.

Other participating libraries include Grimes Public Library and Urbandale Public Library. Please check with each library to learn about all times and services being offered.

Learn more about Sensory Spaces and view event dates online at [waukeepubliclibrary.org/sensoryspaces](http://waukeepubliclibrary.org/sensoryspaces).

To find out more about the Waukee Public Library, visit [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact staff 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/events](http://waukeepubliclibrary.org/events).

**Art Gallery Exhibit: "Iowa Watercolor Society: 2024 Fall Miniature Exhibition,"** Oct. 2-29.

## KIDS

**Monster Mash,** Monday, Oct. 28, 10 a.m. and 2 p.m. Join the Library for some (slightly) spooky fun at a monster-themed party. Enjoy simple crafts, games and a mini dance party. Feel free to wear a costume. Registration required.

## TEENS

**Teen Snacks & Crafts,** Monday, Oct. 21, 6 p.m. Get snacky and crafty or just hang out with friends. Coloring and craft supplies will be provided for tweens and teens to be creative. Snacks and a structured activity will be provided, but students will also have the option to color or craft what they wish from the available supplies. October's craft will be sewing Frankenstein animals. For students in grades 6-12. Registration required.

## ADULTS

**Iowa's Most Haunted Locations,** Saturday, Oct. 5, 2 p.m. This talk by paranormal researcher Chad Lewis will take you on a ghostly journey to some of the most haunted places in Iowa. From phantom creatures prowling the woods to graveyard apparitions located in your own backyard, no place in Iowa is without its own hauntings. Registration required.

## **Waukee Public Library**

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[www.waukeepubliclibrary.org](http://www.waukeepubliclibrary.org)  
Monday-Tuesday, 9 a.m. to 8 p.m.;  
Wednesday-Thursday, 9 a.m. to 6 p.m.;  
Friday, 9 a.m. to 5:30 p.m.; Saturday, 9 a.m. to 4 p.m.; Sunday, noon to 4 p.m.



## MULTI-AGE

**Pride Party,** Saturday, Oct. 12, 10 a.m. All ages of LGBTQ+ individuals, families and allies are invited to celebrate LGBT History Month.

Attendees can make a craft, play bingo and eat rainbow snacks. Activities will be led by library staff. Registration required. ■

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# PROTECT your rights before buying a home on contract

If you're ready to be a homeowner but face barriers preventing you from obtaining a traditional mortgage, you may have considered buying a home on contract. Or perhaps you're already renting a home you love, and your landlord wants to sell it to you. As a contract buyer, you take on different risks and gain different benefits from a buyer who borrows money from a bank. Before signing a contract, you should speak to an experienced attorney who can make sure your rights are protected now and in the future.

A real estate installment contract sale is seller-financed. Rather than paying a bank or mortgage company each month, you will pay the seller. As a contract buyer, you share ownership with the seller. You are both listed on title. Only when you pay off the contract in full will the seller deed the property to you.

Because you share ownership, any judgments, lawsuits or tax debts that either of you owe can attach as a lien against the property and must be paid off before selling the home again. Before you agree to purchase a



house on contract, you should know about any debts of the seller. If the seller has a mortgage, you want to be sure you know how it will be paid.

Before buying, you should carefully review the real estate contract to understand your obligations. The contract must clearly state the amount of down payment, the monthly installment payments, and how many payments before you can satisfy the contract and own the house outright. Another essential term is what happens if either you or your seller violate any terms and the contract is forfeited.

Make sure you know what happens if you can't make the contract payments. Unlike renting, moving out isn't enough to terminate the contract. The seller can forfeit the contract or could sue you to make you pay the balance. You may lose your down payment and monthly payments you made while living at the home.

Buying your home on contract can be a great opportunity. But you need a solid written contract in order to protect your interests and the rights to your home. Call an attorney before signing any real estate contract, no matter how great the deal looks. ■

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

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# LOOKING on the bright side of a move

The Crosses decided to have a positive attitude as they moved to a new home.



The Bel Aire Drive home of David and Sara Cross was one of those the city bought in order to make improvements to the traffic patterns in the area.

Longtime Waukee residents will remember the five-way stop at the intersection of Warrior Lane, Northview Drive and Ashworth Drive. To make it safer for drivers and pedestrians alike, the city revealed plans to convert the intersection into a roundabout in 2021. The project would cost the city more than \$5 million and included widening Warrior Lane and adding landscaping to the area. The plan also called for purchasing and relocating houses on the end of Bel Aire Drive, including the home of David and Sara Cross.

“We could have stayed, but with how everything was going to be reworked, the sidewalk would be about three to five feet from the house,” Sara says.

Rather than resenting the city for uprooting their home, the Crosses worked with Waukee to stay in the community they love.

“I think some people might be like, ‘Well, the city doesn’t need me, I don’t need them.’ That’s not how we felt,” Sara says.

The Crosses worked with a team of third-party mediators who were able to relocate them to a new development on the west side of town. However, the luxury of a brand-new house came with some challenges.

“(Making the place our own) was probably the hardest thing,” David says. “Yes, brand new house, definitely more room but, we have the dog, who was a senior citizen at the time. We need to immediately build a fence.”

They also needed a shed. However, the most sentimental transition was replanting Sara’s grandmother’s flowers that had been planted in their previous flower bed.

“(The city was) really understanding that these are Grandma’s plants,” Sara says.

“We would be taking them,” David adds.

“We had closed on everything, but then we got to come back and get the plants,” Sara says. “The city was really good about that, so we made our flower beds and then had a big transplant party with his brother and my brother and made a weekend out of it.”

The city’s improvement plans interrupted the Crosses’ plans for



David and Sara Cross had a “blank slate” at their new home and created a backyard oasis. They were sure to transplant Sara’s grandmother’s flowers from their previous home to their current home.

improvement. Before the move, they wanted to redo their kitchen, pour a new driveway and replace siding and roofing — projects they would have regretted if they had done them any earlier. Instead, they were able to get a little more creative at their new house.

Since moving in, the Crosses have installed a fence, shed, sunshade, custom posts with Iowa animal prints, fire pit, floating deck and boardwalks to connect it all.

The transition taught the Crosses a lesson about life: There is always a silver lining. Although it was not ever their original plan, it was nice to have a blank slate, they say. Sometimes, going with the flow works out in the end.

“Even though it was stressful and a whole bunch of work starting over,” David starts.

“Now that we’re at this point, it feels nice,” Sara concludes. ■

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## WELLNESS

By Ashli Schultz

# WHAT IS functional medicine?



Functional medicine and health optimization is becoming a popular choice for those seeking a proactive and personalized approach to wellness. Unlike conventional medicine, which often treats symptoms in isolation, functional medicine delves deep into the root cause of health concerns, with the goal of not only healing but optimizing your overall wellbeing.

Functional medicine looks at your health care concerns through a different lens than traditional medicine. As functional medicine practitioners, we understand that each person is biochemically unique and influenced by genetics, environment and lifestyle. All of those areas must be considered when treating the human body. This all-encompassing approach allows us to custom tailor plans that address specific needs for each individual, promoting long-term solutions for health and vitality.

You wouldn't expect your car to continue to perform at an optimal level if you never changed the oil, rotated the tires or put bad gasoline in it. We cannot expect our bodies to continue to thrive if we don't focus on prevention and health optimization. An arborist would never examine the leaves of a dying tree first; they would examine the soil. What micronutrients are missing? How much sun and water is it getting? We need to think of our amazing bodies as a tree and start looking at how we are nourishing our roots. By nurturing the roots of our health and addressing imbalances at their source, we can cultivate a stronger, more resilient "tree" of health — one that flourishes with vitality and stands the test of time.

Another hallmark of functional medicine is its integration of multiple therapeutic modalities. Beyond conventional treatments, practitioners may incorporate evidence-based complementary therapies such as nutritional supplements, herbal medicine, acupuncture, hot and cold therapy, hyperbaric chambers, ozone IV therapy, IV nutrition and mind-body techniques. This integrative approach not only enhances treatment outcomes but also supports the body's natural healing processes, promoting optimal health from within.

Whether you are managing a chronic condition, seeking preventive care, striving to achieve peak health, or perhaps have seen multiple providers and still don't feel like yourself, functional medicine provides a comprehensive framework for optimizing your health. It encourages you to embrace the interconnectedness of your body, mind and spirit and to cultivate a lifestyle that supports long-lasting wellness. ■

Information provided by Ashli Schultz, MSN, ARNP, FNP-C, CFMP, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive, Livin-Vivid.com. 515-415-1550

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# CRISPY grilled chicken with a kick

*(Family Features)*

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

## Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

**DIRECTIONS**

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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# OUT & ABOUT



Jessica Taylor-Fink and Jose Jacome at the ribbon cutting for Monarca Gourmet Paletas on Aug. 28.



Waukees Area Chamber of Commerce hosted a ribbon cutting for Monarca Gourmet Paletas (the Art of Ice Cream), 2856 Grand Prairie Parkway, Suite 100, on Aug. 28.



Chief Chad McCluskey and Nick Osborne at the ribbon cutting for Monarca Gourmet Paletas on Aug. 28.



Brianna, Selah and Zach Vander Ploeg at the ribbon cutting for Monarca Gourmet Paletas on Aug. 28.



Terry Snyder and Chris Crone at the ribbon cutting for Monarca Gourmet Paletas on Aug. 28.



Melissa Stimple and Vicki Davis at the ribbon cutting for Painted Woods Villas July 30.



Waukees Area Chamber of Commerce hosted a ribbon cutting for Painted Woods Villas, 3681 Jasmine Lane, on July 30.



Piper Wilson, Kallie Eckard and Jenny Meyer at the ribbon cutting for Painted Woods Villas July 30.



Joanna Goldhammer, Kelsey Stanton and Sara Mier at the ribbon cutting for Painted Woods Villas July 30.



Jane Angstman and Rhett Oselette at the ribbon cutting for Painted Woods Villas July 30.



# RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Stivers Ford PRO Elite Commercial Service Center, 1300 S.E. Stoneridge Drive, Aug. 14.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Stivers Ford PRO Elite Commercial Service Center, 1300 S.E. Stoneridge Drive, Aug. 14.



Jessica Taylor-Fink and Ed Stivers



Amber Rhodes and Kelly Troxel



Scott Politte and Jennifer Brown



Scott Ryan, Scott Passage and Mickey Calais



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