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Residents share their
passion for reaching
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Meet Alexis Turner

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Shultz speaks on fraud and scams for AARP

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THE NEED for speed

My friend Mark wrote a poem entitled “The Need For Speed” in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don’t remember Mark’s exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, “You are scaring me!” She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original “Top Gun” movie was released in theaters. You may remember Tom Cruise’s character, Maverick, saying, “I feel the need ...” and Anthony Edwards’ character, Goose, replying with “... the need for speed!” I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn’t matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark’s when I put my teenage daughter on a jet ski for the first time. She had her driver’s permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month’s cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it’s not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■



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THE *Race* IS ON

Residents share their passion for reaching the winner's circle



By Jackie Wilson

When driving through Iowa's wide-open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Ian and Brian Logan of Waukee race their Miata in autocross events.
Photo by Mollie Logan Photography

Father and son racing

When Ian Logan, 17, came home from school two weeks before he turned 16, he was stopped by the police and ticketed for speeding. As he arrived home to tell his parents, he admitted he liked driving fast.

“I told my parents I wanted to go fast — but in a legal environment,” he recalls, adding that he suggested he try racing.

His dad, Brian agreed, recalling his own youth. Brian used to race motorcycles and bicycles at about the same age as his son.

The pair discussed racing and thought driving a Miata would be ideal. They wanted a Miata with a hardtop and a roll bar and managed to find one matching their specifications.

Ian and Brian went to the owner’s home to check out the car. A woman was selling her son’s Miata; however, it was torn apart. Her son, Nate (also known as Jaysin Strife) was in the process of taking the car apart and rebuilding it as a race car. However, his health failed, and he died of an autoimmune disease before he was able to finish it.

Ian and Brian decided to take on the



Brian Logan participates in autocross in the Miata he put together.

project. Brian, who oversees car tech operations at Car Max, used his skills to rebuild the car.

Once the Miata was race ready, they took it to autocross events, racing with the Des Moines Valley Region of Sports Car Club of America (DMVR SCCA). Autocross is where drivers race against time on a closed, controlled course marked by cones. Ian and Brian trade off with driving duties. The first year, Ian won

the novice class. At SCCA events, they drive consistently fast times.

One of Brian’s friends owned two cars and asked if Brian wanted to race one at I29 Speedway in Pacific Junction. Brian wanted Ian to experience racing on the track.

“I took him out of school to see the race track,” he recalls.

As they were running practice laps, his

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FEATURE

friend suggested Ian take a few laps by himself. While his friend checked lap times, he was surprised at how fast Ian drove.

"He told me Ian's a good driver," Brian says. "He asked if Ian wanted to drive the car in a wheel-to-wheel (also known as road racing) race."

Ian eagerly agreed and raced his first endurance road race with ChampCar this year. At the race, four drivers swap out driving duties during the race.

"I was the youngest one at the event," Ian says.

"He's been on a hot streak the last few months," Brian says.

Since then, the two have participated in other races, plus the local autocross each month, and Ian has made new friends in the process.

"Most of my high school friends aren't interested in racing. I'm trying to convince my friends how fun it is."

Ian says he understands the danger and risks of racing. When racing wheel-to-wheel, he wears a fire suit and a helmet, is strapped in with a harness seatbelt, and has a roll bar installed in the car. One time, he spun the Miata around on the racetrack.

"I was totally spooked for a month and a



Ian Logan participates in autocross, which provides a controlled setting to hone skills.

half every time I got in the car," he recalls.

"Then I was fine and got over it."

Brian says his friends question why he allows his young son to race.

"Folks I talk to say, 'How can you trust your 16-year-old?' It's in a controlled environment where you can learn skills," he explains. "Once you learn, it's an ingrained skill set when driving. It helps with his street driving as well."

Ian's mom, Mollie, supports his racing, although she often avoids watching a wheel-to-

wheel road race.

"I've ridden with Ian," she says, "But sometimes I don't want to see him until he crosses the finish line."

Mollie likes how the hobby can extend past his high school activities. She says Brian and Ian will be able to continue to bond over their common interest.

"It is something that they can do together, as opposed to him just being on high school sports team," she says.

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Bond with previous car owner

A unique aspect about the car is the story behind the Miata, as the car carries on the memory of its former owner. Brian and Ian named their car Strife, dedicating it to Nate. Nate's mom has attended some of the car races, forming a bond with the family.

"She says it's like the car is an 'organ donor,' and it's kept her son's dream and memory alive through the racing of his car. The connection and legacy of the son is special," Mollie says.

Brian's goal is to finish in the top 10 of an event.

"When I was racing motorcycles, I finished fourth," he says. "It haunts me. I missed the podium by one."

Ian likes the competitive nature of the sport and the adrenaline rush.

"It's odd to say, but I feel like it's relaxing," he says. "It's like a vacation for the day. It's fun to hang with other people and do different rides."

Brian and Ian want to continue improving with performance gains in each race. Both are competitive with one another.

"There's lots of competition between me and Dad," Ian admits.

They've swapped out various cars over the past few years. Ian hopes to place in the top 10 in an event as well.

"I want to be the best amateur race car driver. Maybe a pro someday," he reflects.

Until then, he keeps speeding on the track and not on the street.

"I haven't gotten another ticket. If you lose your license, you can't race," he says. "I think everything happens for a reason."

Racing in the family

Myles Goertz of Waukee grew up watching his father, Kurtis, racing formula cars. As it was a family sport, Myles began racing after he graduated from college.

He races SCCA Spec Miata Rallycross. In 2017 and 2018, he won two national championships back to back.

After his win, Myles was contacted by Sneaky Moose Motorsports, which supported him, and he began wheel-to-wheel racing, also known as road racing. In Spec Miata racing, all the Mazda Miatas are prepped to the same level of modifications. He travels at speeds of up to 120 mph.

"It's not very fast, comparing it to NASCAR, which can travel up to 200 mph," he says.

The race is bumper to bumper. The key to racing Spec Miatas is to master cornering of the vehicle.

"Cornering is super important as to not slow down and keep your speed on corners," Goertz explains.

In October, he was the only Iowan who qualified for a 10-day national championship event and raced in the SCCA Runoff Road America in Elkhart Lake, Wisconsin. While at the track, he witnessed a four-car accident, in which all cars were totaled and the racers were airlifted by helicopter due to their injuries. He understands racing is a dangerous sport.

"A roll cage is helpful. I have crashed and totaled cars," he reflects. "It's a risk, but once you're belted in, I make peace with it. I have to be focused."

It's difficult to find places to practice driving, as Iowa lacks racetracks to practice.

"Practice is limited," he admits. "If you find a spot, it's so expensive."

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Myles Goertz of Waukee races his Spec Miata with Sneaky Moose Motorsports. Recently, he was the only Iowan who qualified for and raced in the SCCA National Championship Runoff Road America race. Photo submitted

One way Myles keeps his skills up is by using a race simulator at his home to practice race techniques.

“A race simulator is not a video game,” Goertz explains. “NASCAR teams run simulators to practice. It’s amazing what you can do. It’s real life-like.”

Another way he keeps his skills sharp is driving a Miata 2003 street car around town — the same model and year as the one he races.

“It has the same shifting points. Buying the street car has really helped in my progression,” he says.

Racing is a hobby, and Goertz has a daytime job and business with Waukee Concrete Company. He spends weekends on the tracks, and his family attends racing events.

“My family has a motorhome, and we stay on the track. It makes for a fun weekend. I credit my parents for putting their heart and soul into this hobby,” he says. “Without my parents, I couldn’t have done it.”

Friends frequently ask if he drives fast on the streets around town.

“I don’t speed — even if I’m in my street Miata. I don’t feel the need to speed. The only time I take it fast is around the corners to practice.”

He likes the competitive aspect and camaraderie at the track.

“I feel different at the track. There are like-minded people from all walks of life. They are sacrificing blood, sweat and tears to be here. The racing community is in your blood,” he says. “I’ll do it as long as I can.” ■



Myles Goertz credits his parents, Kurtis and Tana, for being his best cheerleaders and supporters of his racing career.



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Now, your family is forced to liquidate (and pay taxes on) your IRA much sooner, even though sudden extra income could impact their taxes. This massive change, included in the 2019 SECURE Act, killed the stretch and put in place the 10-year rule, meaning, generally, that if you leave your IRA to someone other than your

spouse, they have to withdraw (and pay taxes on) the full value of an inherited IRA or 401(k) within 10 years of inheritance.

Pass-through or conduit trusts were common ways to protect assets while allowing heirs to enjoy the benefits of an inherited IRA. However, recent laws removed many benefits of making trusts beneficiaries of IRAs.

Current laws have nearly doubled the estate and gift tax exemption through the end of 2025 (it’s \$13.61 million per person or \$27.22 million per couple in 2024). Plans may include formulas based on old federal estate-tax exemption amounts, which were as low as \$675,000 in 2001.

Many Tax Cuts and Jobs Act provisions are set to expire at the end of 2025. However, for some, there are actions they may want before then regarding gifts and the type of assets that are best for gifting.

It can be challenging to keep up with the changes and understand how they impact you,

but working with someone who does is essential. After the SECURE Act passed, we contacted several families and individuals we serve to discuss their IRAs, the end of the stretch and other options, including an IRA relocation strategy for helping them achieve their legacy ambitions.

Sometimes, people think legacy planning strategies are only for the super wealthy, but minor changes to retirement savings of all sizes can significantly impact how much you can leave to your loved ones and charities.

There are some strategies that you may want to take advantage of now before the rules change again. You might be surprised to see how much more you can leave to your loved ones and save on taxes just by making a few small changes to your legacy plan. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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SENIOR

By Jay Heaton

PREPARING for winter as we age

As winter approaches, it's essential for those older than 55 to take steps to stay healthy and comfortable during the colder months. Regular exercise boosts your immune system and helps maintain mobility, so consider indoor activities like yoga or swimming to keep active despite the chill.

A balanced diet is crucial; focus on incorporating plenty of fruits, vegetables, whole grains and lean proteins into your meals. Vitamin D supplements may also be beneficial.

Hydration is key, even when it's cold. Drink plenty of water and enjoy warm beverages like herbal teas and soups to stay cozy and hydrated. When dressing for the season, layering your clothes can help retain warmth. The best options would be moisture-wicking fabrics and sturdy shoes to prevent slips on icy sidewalks.

Don't overlook your health checkups. Discuss vaccinations like the flu shot to protect yourself from illness.

At home, create a warm and inviting environment by checking your heating system and using a humidifier to combat dry air. Staying connected with friends and family can lift your spirits, so reach out or consider joining local groups for social interaction.

Finally, pay attention to your mental wellbeing. Engage in activities you enjoy, and if you notice mood changes, light therapy can be a helpful option. By taking these simple steps, you can embrace winter with confidence and joy. ■



Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, www.attivotrail.com.



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PLAN AHEAD

By Scott Eriksen

VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.

Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don't shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■



Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

MEET Alexis Turner

Counselor works with students in classrooms, small groups and individually.

Originally from Sioux City, Iowa, Alexis Turner moved to Waukee with her family in 2022. She chose to relocate to the community because she has an identical twin sister who lives in Waukee. Turner began her sixth year as a school counselor and currently works at Sugar Creek Elementary School.



As an elementary school counselor, Alexis Turner gets to teach Guidance classes to all the students at Sugar Creek.

“When my family made the decision to move to Waukee, changing jobs and finding a school that needed a counselor was extremely nerve-racking. I was extremely lucky that Sugar Creek was about to open, and they were in the hiring process for a school counselor,” Turner says.

As a school counselor, Turner typically begins each day in the cafeteria greeting students who are eating breakfast. She then checks in with students that may need a little pick-me-up to start their day or just some reassurance before class begins. During the day, Turner visits a schedule of classrooms for social-emotional learning or to help teachers in requested areas. She also sees students in small groups and individually.

“Waukee has such a homey feeling with parents, schools and stakeholders working so closely together for the best interests of students,” she says. “The way the community comes together for holiday help for families, everyday assistance with clothes, food, etc., makes me proud to work in this district.”

One of Turner’s favorite things is to discuss the transition to middle school with her fifth-grade students. At the end of the school year, they spend a couple of class times discussing the differences between the middle school and elementary school buildings. Turner says her students’ favorite part is when she brings padlocks for them to practice on since they have the option of using them the following year.

Another favorite of Turner’s is lunch groups in her office. Turner’s goal is to visit every class and invite a student at least once to have lunch with her in her office with their friends. During that time, Turner and the students eat, play games and listen to fun music.

“Elementary students typically do well with interactive, creative approaches, whether through games, stories or art,” she says. “This allows for a fun counseling experience.”

Some of the biggest rewards Turner has experienced as an educator are the connections she makes. As a school counselor, she is able to work with every teacher at Sugar Creek Elementary School.

“I’m lucky enough to get into classrooms and teach Guidance, so I truly get to know each and every student. You can’t help but miss them over the summer and hope everything is going well in their lives,” Turner says. “Being part of a school like Sugar Creek Elementary, you get easily attached to staff members and what’s going on with their families and kids.” ■

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SHULTZ speaks on fraud and scams for AARP

Warns people to “verify, verify, verify.”

A long-time chief for the Polk County Sheriff’s office is helping to educate others in the Fraud Watch program. Neil Shultz began volunteering with AARP (American Association of Retired Persons) 10 years ago when he retired as chief of field headquarters.



With his background in investigative work, Shultz was an ideal candidate to be a speaker for AARP. He talks at various programs for civic groups, book clubs, libraries and more. He says participants are fascinated with the topic.



Travis Gaule of Edward Jones presents the Neighbor Spotlight certificate to Neil Shultz.

“Folks are thirsty for knowledge. They appreciate the info,” he says. The number of scams across all platforms is a problem. “It’s not going away. AI (artificial intelligence) is going to be more complex and harder to detect,” he explains. “They (scammers) will do anything to separate us from our hard-earned money.”

The number one scam is the imposter scam. It’s someone who says they are someone they’re not, often saying they are with the government, an investment firm or a business.

“Their sole purpose is to try and get our money, personal information or both,” Shultz explains.

He frequently warns: “If you get a phone call from an unknown number, don’t answer it. If it’s important, they’ll leave a message. If you don’t recognize the email sender, don’t open it or open any attachments. Verify, verify, verify.”

It’s often difficult to determine what’s valid, as many scammers appear legitimate, such as using a bank email about a fraud on a personal account.

“If scammers call, it’s either a problem or a prize. If they say there’s a problem, look up the phone number on the back of your credit card or call a known phone number. Never call the number on the email,” he suggests. “Apple, Microsoft and the Social Security office will never call you out of the blue.”

Shultz has encountered people who can’t believe they were the victim of a scam.

“They don’t just prey on the gullible and naïve — they prey on intelligent people. Some scams are so believable,” he says.

Shultz says he enjoys spending time at talks and giving the audience advice.

“When you retire, you can’t sit and do nothing all day. You want to do something that’s important,” he says.

He encourages others to volunteer as able.

“Lots of nonprofits can’t function without volunteers. Volunteerism is important. It’s part of reinvesting back into the community,” Shultz says.

Organizations interested in offering a Fraud Watch speaker can contact AARP at 866-554-5378. ■

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Do you know a neighbor who deserves recognition?
Nominate him or her by emailing tammy@iowalivingmagazines.com.

INNOVATIVE programs help you plan for health needs as you age

Iris, 76, has lived in her home for 40 years and has no plans to leave. She has developed some concerns, though, as she recently experienced some health issues and is afraid her adult children will try to persuade her to move.



Iris's situation is common, as remaining in our homes as we age 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 my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a kind of program you've never heard of. Some organizations that

serve older adults have introduced Continuing Care at Home (CC@H) membership initiatives 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 is the most sensible and affordable one for you.

- **What does the program include?** A good CC@H program not only will offer services to enhance your well-being 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-enriching program or activity 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.

Whatever the CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your well-being 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.



WellAhead
A WesleyLife Well-Being Experience

Are you one of the **93%** of people who want to remain in your home as you age?

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MARK YOUR CALENDARS!

The Medicare Annual Election Period (AEP) begins **October 15** and ends **December 7**.

During the AEP, individuals can review and make changes to their current over-65 plan. To find out if you have the best coverage option going into 2025, **contact me today!**



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520 Walnut St
515.987.9598



Taylor Benshoof

HEALTH insurance open enrollment

There are two upcoming open enrollment periods for health insurance. The first is the Medicare annual enrollment period from Oct. 7 to Dec. 15, typically for those 65 and older. The second is the open enrollment period for marketplace insurance, which is Nov. 1 to Jan. 15, for individual health insurance for those under 66. It is important to note that, for any changes to be effective Jan. 1, the deadline is Dec. 15.



Medicare annual enrollment period

The specific actions you can take during AEP depend on your current coverage.

If you currently have just Original Medicare (Parts A&B) you can: 1) join a Medicare Advantage plan (Part C) with or without built-in drug coverage; 2) join a stand-alone Medicare prescription drug plan (Part D); 3) make no changes, and your current coverage will renew as is.

If you currently have Original Medicare (Part A and/or Part B) and a stand-alone Medicare prescription drug plan (Part D) you can: 1) join a Medicare Advantage plan (Part C) with or without built-in drug coverage; 2) switch from your current Medicare prescription drug plan to another Medicare prescription drug plan; 3) drop Medicare prescription drug coverage completely. Note that you may be charged a penalty if you decide you want drug coverage again later; 4) make no changes, and your current coverage will renew as is.

If you currently have a Medicare Advantage plan (Part C) with built-in drug coverage you can: 1) switch from your current Medicare Advantage plan to another Medicare Advantage plan with or without built-in drug coverage; 2) drop your Medicare Advantage plan and go back to Original Medicare; 3) join a stand-alone Medicare prescription drug plan if you go back to Original Medicare or if you switch to a Medicare Advantage plan that does not include drug coverage; 4) drop Medicare prescription drug coverage completely. Note that you may be charged a penalty if you decide you want drug coverage again later; 5) make no changes, and your current coverage will renew as is.

If you currently have a Medicare Advantage plan (Part C) and a stand-alone Medicare prescription drug plan (Part D) you can: 1) switch from your current Medicare Advantage plan to another Medicare Advantage plan with or without built-in drug coverage; 2) switch from your current Medicare prescription drug plan to another Medicare prescription drug plan; 3) drop your Medicare Advantage plan and go back to Original Medicare; 4) drop Medicare prescription drug coverage completely. Note that you may be charged a penalty if you decide you want drug coverage again later; 5) make no changes, and your current coverage will renew as is.

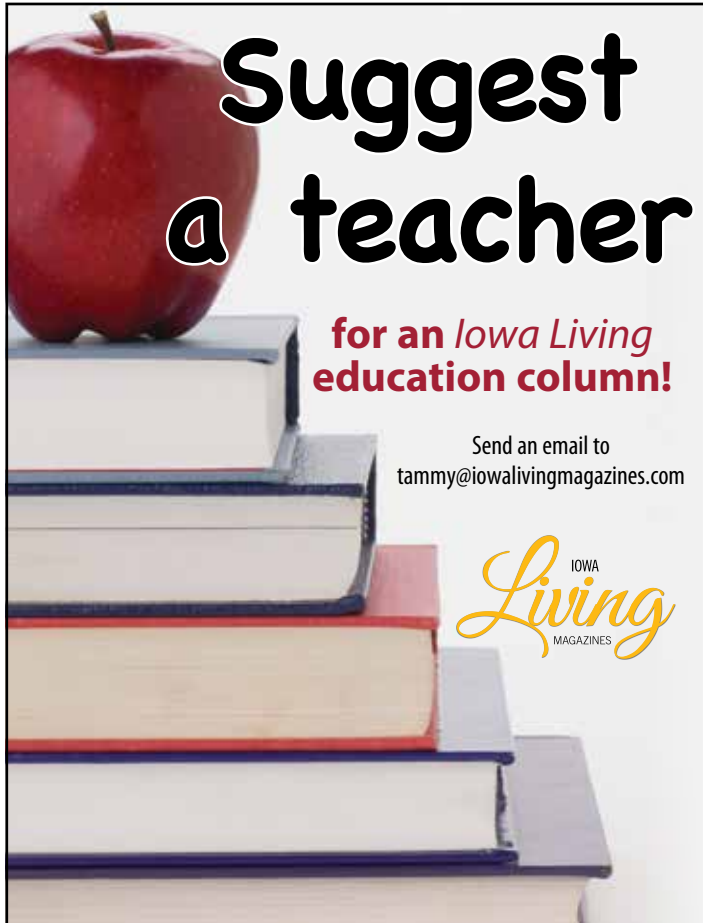
AEP is also a great reminder to review your Medicare plan each year so you can make sure you have the coverage you need going forward. ■

Information provided by Chase VanWerden, IFG Insurance, 520 Walnut St., Waukee, 515-987-9598.

Suggest a teacher

for an *Iowa Living* education column!

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RETURN to her roots

Sandie has long family history in Waukee.



Kathryn Sandie finds the location of her West Light apartment to be convenient for work and access to trails.

Kathryn Sandie has a long history with Waukee.

In fact, she's a fifth-generation resident of the community. Her great-great-grandparents built the home she grew up in — the same home her grandparents were married at — on the front steps.

Sandie did her entire K-12 education in Waukee, graduating with the Waukee High School Class of 2000.

She moved away for a while afterward but recently returned to the community after living in nearby Grimes for five years. She wanted to be close to family again (her mom still lives in town) and get back to her roots.

"My family is why I am where I am today," she says. "The town in general is very important to me."

This past February, she moved into her mom's house but recently got a place of her own in West Light Apartments — the new complex on Hickman. Sandie chose it for its features and amenities, but also because it provides her with close access to her work, bike trails and the town itself.

"It's a very accessible area to live in," she

says.

While she has only recently settled back into the community, Sandie has already been reminded why she appreciates Waukee so much. She's also enjoying trying all the new restaurants and experiencing the new developments. Each week, it seems she's checking out something she hadn't seen before, which she says is exciting for her.

Sandie is also enjoying reconnecting with people in town whom she lost touch with. Previously, she was extremely involved in the community. She's a graduate of the Waukee Leadership Institute and President's Award Winner, completed the Waukee Police Department Citizen's Police Academy, and served as commissioner for Waukee Planning and Zoning.

Now that she's moved back, Sandie's ready to get involved again but wants to take her time in deciding where she can serve best and what she'd like to devote her time to. She has enjoyed meeting up with the Business Women of Waukee group every month and had fun joining the Waukee Area Historical Society in

the City of Waukee's 4th of July parade this past summer, but there's certainly more to come for Sandie.

She gives credit to the city government and elected officials for making Waukee what it's become today.

"I think they've strategically planned the development and growth here in Waukee that has made it so wonderful," Sandie says. "We have so many new businesses, amenities and housing that's coming here for all lifestyles. It's attractive to folks like me who are single, but then we also have the parks and amenities for families and communities for ageing pops as well. I think it's a really good mix."

As a former member of the planning and zoning commission, Sandie is extra appreciative for the work that's been done.

"I'm really proud of those officials and leaders in the community who have the thankless job of planning and organizing this entire community," she says.

For Sandie, Waukee is right where she needs to be.

"I'm here for the long haul," she says. ■

The ONLY poll mailed to residential households. VOTE NOW!



IT'S BACK!

Who will be voted favorite in Dallas County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2024 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January in Waukee, and February in Adel and West Des Moines - Jordan Creek editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES DEC. 13, 2024

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Bakery
- Florist

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym

HEALTH/BEAUTY

- CBD Store
- Pharmacy
- Cosmetic Service
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
- Pest Control

FALL into free benefits of a library card

As leaves turn crisp and the scent of pumpkin spice fills the air, there's no better time to curl up with a good book and explore the magic of your Waukee Public Library card. Beyond borrowing books, your library card unlocks a world of free resources and activities that will keep you cozy and entertained all autumn long.

Here are a few ways you can take advantage of your card this fall:

Explore new hobbies: As the days grow shorter, it's the perfect time to start a new hobby. The Waukee Public Library offers a variety of activity kits available for checkout, including telescopes for stargazing, knitting supplies and even toy lab kits. These kits can be borrowed for up to three weeks, providing plenty of time to dive into something new this fall.

Download eBooks, audiobooks, and magazines: For those looking to unwind, your library card gives you access to thousands of digital books and audiobooks. The Libby app, available on Android, iOS and Windows 10, provides access to an extensive collection of eBooks and audiobooks for all ages. In addition, cardholders can download magazines through the Flipster app, including popular titles like Consumer Reports, and read them at any time from the comfort of their home.

Get free access to The Washington Post: Stay informed this fall with free access to The Washington Post. Library cardholders can enjoy unlimited digital access to the newspaper for seven-day periods with the option to renew. Whether you're sipping a warm drink at home or curled up on the couch, staying up to date on current events has never been easier.

Visit local attractions for free: Even as the temperatures drop, there's still plenty to explore right here in central Iowa. Thanks to the Central Iowa Adventure Pass, Waukee Public Library cardholders can access free tickets to a variety of local attractions, including the Botanical Garden, the Science Center of Iowa and more. Whether you're interested in outdoor adventures or indoor exhibits, your library card can be your ticket to discovering local gems.

Learn and explore with online resources: Fall is also a great time to expand your knowledge, and Waukee Public Library offers several online learning resources to help you do just that.

- **Online learning:** LinkedIn Learning provides more than 12,000 courses in areas ranging from computer programming to business management. Courses are taught by industry experts and cater to learners of all skill levels.

- **Learn a new language:** With Pronunciator, library cardholders can access lessons in more than 80 languages, including English as a Second Language (ESL). Learn at your own pace, either on your desktop or mobile device.

- **Explore history:** Discover your family roots with Heritage Quest, a genealogy resource that includes census data, family records and more. Additionally, explore Iowa's history through the Newspaper Archive, which includes historical newspaper articles from 1800-2018.

Waukee Public Library

950 S. Warrior Lane, Waukee

515-978-7944

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.



As the weather cools and the seasons change, the library offers an ideal escape and a wealth of resources for the whole family. Ready to get started?

To find out more, go to waukeepubliclibrary.org or contact us at askme@waukee.org or 515-978-7944.

UPCOMING HOLIDAY CLOSURES:

- Monday, Nov. 11
- Wednesday at 3 p.m., Nov. 27
- Thursday, Nov. 28
- Friday, Nov. 29

NOVEMBER EVENTS

Most events require advanced registration and can be viewed at waukeepubliclibrary.org/events.

Art Gallery Exhibit: "Fabricated Reality," Tyler Magee, Nov. 1-25.

KIDS

Sunday Fun Day, Sunday, Nov. 3, 2 p.m. Drop in for a different creative activity each month. Students in grades K-3 should be accompanied by an adult. This session, enjoy making paper gratitude wreaths. For youth in grades K-12. Registration not required.

TEENS

Teen Super Sunday, Sunday, Nov. 10, 1:30 p.m. Bring a friend or make new ones at these programs for teens. Try your hand at a different activity each month. This month, we will paint on canvas. For students in grades 6-12. Registration required.

ADULTS

First Nations: Those Who Have Gone Before, Saturday, Nov. 9, 2 p.m. This talk by Chérie Haury-Artz from the University of Iowa's Office of the State Archaeologist explores the indigenous cultures of Iowa with a special focus on the Ioway and Meskwaki and their contributions to our understanding of Iowa's past. Real and replica artifacts will be on display. Registration required.

MULTI-AGE

Cookies and Culture ALL, Sunday, Nov. 17, 2 p.m. Bring your friends and family and join us to listen and learn about world cultures. Amanda Cawthorn, registered with the Oneida Nation of Wisconsin, will share about the importance of the Oneida Powwow. Cookies will be served. Registration requested. ■

RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■



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CAN SHACK benefits high school bands

Students earn funds by sorting can and bottle donations.

When you have a recycle bin full of cans and bottles but dread the effort of redeeming them, where else can you take them?

The Can Shack, of course.

The Can Shack is located at the Fareway parking lot at 200 S.E. Laurel in Waukee. Proceeds from the cans benefit both the Waukee and Northwest high school bands.

In past years, the Can Shack has raised more than \$13,000 for band students. These funds go toward optional band trips. It helped fund a recent trip to the Rose Bowl parade.

Representatives from both parent band organizations, Sharon Divingnzzo with Waukee Northwest and Pamela Kolli with Waukee, assist with fundraising, as they both have kids in band.

The Can Shack was originally a metal bin, donated by the Boy Scouts 15 years ago. Most recently, it was rebuilt with an enclosed structure.

Sharon is currently the chair and supervisor of the Can Shack. She helps coordinate volunteers, as well as set up guidelines and obtain redemption payment. She says that Fareway has been supportive throughout their endeavors.

“Fareway helps with empty boxes, and we can put our trash in their dumpster. Fareway has been a wonderful partner, as we can use their parking lot for this,” she says.

Band students sign up for a shift, and the money they earn is credited to their accounts to go toward their own expenses, such as for a trip. Student funds can be passed down to siblings or returned to the band account.

“Some students make up to \$70 per shift. It’s not a requirement, but it’s been a huge demand for kids to earn and pay for their trips,” Sharon says.

Part of the job is sorting the cans and bottles into clear plastic bags or boxes. It’s often a messy job. The structure is not climate controlled and sorting occurs in all types of weather. Kids can also earn silver cord hours for their efforts.

“Parents appreciate the program as it means they pay less out of pocket for band costs not covered by the district,” Pamela says.

Pamela says her daughter’s confidence grew when she joined the band. “She was ready to quit but gave it a chance,” she says. “Now it’s one of her favorite things. The band is a nurturing environment for all kids.”



Pamela Kolli and Sharon Divingnzzo are both band parent volunteers.



Sharon and Pamela agree that they like how the two bands share responsibility, as there is no school rivalry.

“The kids have so much fun. It’s a great band family,” says Sharon. For more information about the band parent organizations, visit www.northwestbands.org and www.waukeebands.org. ■

MORIARTY receives Rossing Physics Scholarship

Luther College senior Jack Moriarty has been named a Rossing Physics Scholar for the 2024–25 academic year. Moriarty will receive \$10,000 from the Thomas D. Rossing Fund for Physics Education.

Moriarty, a double major in physics and mathematics from Waukee plans to pursue a career as a theoretical physicist. He would like to help deepen our understanding of the universe by applying mathematics to physics.

“For as long as I can remember, math and science have fascinated me,” he said. “At some point in high school, I became drawn to the subject of calculus and its power to solve difficult problems.”

At Luther, he has been involved in National Science Foundation-funded physics research, led by Professor Todd Pedlar, focused on experimental particle physics. Pedlar and his students conduct research as members of the international collaborations Belle and Belle II at KEK, Japan’s High Energy Research Organization, located in Tsukuba, Japan.

“I reached out to Jack to find out if he’d be willing to join my research group the summer after his first year, and he jumped at the chance — and I have been so glad that he did, as he has been an outstanding research assistant since then,” said Pedlar.

During the summers of 2022, 2023 and 2024, and continuing into this academic year, Moriarty focused on the study of elementary particle physics. He applied several advanced mathematical and computational methods to improve the precision of his results, which deepened his understanding and enjoyment of the research process. During this, his senior year, he will complete an Honors Senior Project based on this research.

“My physics courses have led me to a profound love of the theoretical frameworks of physics, and my experimental research has given me the drive to build and understand models to answer the open questions about the universe,” Moriarty said. “For these reasons, I plan to earn my PhD and pursue a career as a theoretical physicist. In this way, I would like to use the language of mathematics to explore models of physical systems and help further our understanding of the universe.”

The Thomas D. Rossing Fund for Physics Education makes available scholarships annually for exemplary students in physics. The awards are made possible through gifts from Dr. Thomas D. Rossing, who created the fund through the foundation of the Evangelical Lutheran Church in America. After graduating from Luther, Rossing earned master’s and doctoral degrees in physics from Iowa State University and worked as a professor of physics at St. Olaf College, Northern Illinois University and Stanford University. Rossing wanted to support students who majored in physics by providing scholarships in addition to other financial aid to exemplary physics students. ■



TRANSFORM your health with GLPs

Perhaps you’ve heard of the popular GLP-1s, such as Semaglutide and Tirzepatide, that are sweeping the nation with weight loss and blood sugar control, but have you heard of the additional benefits that are being discovered? GLP-1s mimic a naturally occurring hormone in the body called glucagon-like peptide 1. This hormone plays a crucial role in regulating blood sugar levels. Levels may decrease or become less effective due to several reasons, such as aging, metabolic dysfunction, chronic inflammation, gut health, sedentary lifestyles and more. This is why these peptides that mimic or enhance GLP-1 function are beneficial for so many individuals.

With studies showing an average of 15% loss of body weight, it’s not surprising that this once per week injection has become a favorite, especially among those who struggle to lose weight. What we’re also seeing is that clients who work with a provider who understands the concept of micro-dosing GLP-1s and personalizing the dosage for the client, will not only find virtually no side effects, but will see weight resistance melt away, an increase in energy and sleep, insulin resistance reverse, inflammation decrease, a delay in age-related diseases, protection against oxidative stress, an enhanced gut microbiome, and even balancing of hormones. ■



Information provided by Amanda Kramme, BSN, CFMP, Certified Ozone Specialist, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive, Livin-Vivid.com 515-415-1550

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-Faith Wilson-Kolo

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MANAGE becoming a caregiver to parents

Adult children of aging parents can face many challenges. A gradual decline in health, a sudden health emergency, or a new diagnosis can thrust you into becoming a caregiver for your parents. If your aging parents need help to remain safe and healthy, you can take steps to manage the situation.



Know their assets

Keep a list of assets, such as real estate, bank accounts and investments. This includes life insurance policies, long-term care insurance, IRAs, 401(k) plans, annuities and money market accounts. This list also needs to account for income from Social Security retirement benefits and other sources, like pensions or the required minimum distributions from investments.

Know their values

Have a frank and honest conversation with your family. Make sure that you understand and acknowledge their wishes. Do your parents want to age in their own home? Are they capable of doing so, both financially and physically? Is it time to downsize? Is there a plan in place for when your parent cannot make decisions? Together, you can make a list of values and goals and then work together to accomplish them.

Execute key documents

Develop a plan for having key legal documents in place. If your parents have never executed these documents (or if they are out of date), it is critical to prepare and revise new ones. Ignoring this issue will only lead to bigger problems.

A Last Will and Testament controls the disposition of assets and nominates an executor to wrap up final affairs. A revocable living trust can supplement a will by naming a trustee who will distribute certain assets. Unlike a will, a trust doesn't go through court-supervised probate. This can save time and money when settling an estate.

A durable power of attorney for health care nominates an agent to make medical decisions. A living will is the document that tells that agent what decisions to make. A financial power of attorney gives an agent the ability to manage assets. These three separate documents are key to allowing you to better handle your parents' affairs.

Caring for your aging parents and providing for your family at the same time can be emotionally overwhelming. Talk with an experienced elder law attorney to help you navigate these dramatic changes. ■

Information provided by Gail Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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RECIPE

POACHED eggs with pesto bulgur

Recipe courtesy of the American Heart Association
 Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

DIRECTIONS

- In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.
- In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.



- In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.
- Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much. ■

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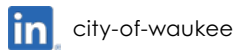
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City of Waukee Bulletin OCTOBER 2024

Find more information on City services, programs and events at Waukee.org

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230 W. Hickman Rd.
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Get Involved with Waukee's City Boards and Commissions

If you want to make a difference in Waukee, now is your chance! The City is looking for residents to join its various boards, commissions and committees. These volunteer groups play a vital role in shaping local policies and helping guide important decisions.

Here's a quick look at some of the groups you can serve in:

- **Board of Adjustment:** This board handles requests for exceptions to the City's zoning rules. If someone wants to do something outside the usual zoning laws, the Board of Adjustment reviews the case and may approve special exceptions.
- **Board of Appeals:** This board reviews requests for alternative construction materials or methods and hears appeals regarding rental certificates and tenant concerns.
- **Park Board:** This board advises on planning for Waukee's parks, trails, green spaces and recreation programs. Members also volunteer at Parks & Recreation-sponsored events.
- **Planning & Zoning Commission:** This commission helps shape the future of Waukee by reviewing zoning changes, site plans and ordinance changes. Their recommendations go to the City Council for final decisions.
- **Public Art Advisory Commission:** This commission advises City Council and staff on public art strategy and reviews proposed public art projects.

Interested in joining? Applications are open until November 15, and it's easy to apply at Waukee.org/BoardsAndCommissions. Note that applications for the Library Board of Trustees open in the spring.

This is your chance to get involved, share your ideas and help make Waukee a great place to live, work and play.

Dates to Know

Beggars' Night (Trick or Treating)
October 30, 6-8 p.m.

Bingo
November 1 at 1 p.m.
Community Center

City Council Meetings
November 4 & 18 at 5:30 p.m.
City Hall and Zoom (See info at Waukee.org)



Get Help with Heating Bills

If you need help paying for heating this winter, the Low-Income Home Energy Assistance Program (LIHEAP) may be able to assist. This program helps low-income homeowners and renters in Iowa cover part of their heating costs. Eligibility is based on income and household size. To qualify, your household's income must be at or below 200% of the Federal Poverty Level. Visit Waukee.org/UtilityAssist or call New Opportunities at 515-465-5185 to learn more. Para más información o para aplicar por favor contacto 515-465-5185.



Election Day 2024

On November 5, polls will be open 7 a.m. to 8 p.m. for the regular election. Waukee voters will decide on three local issues: the Waukee Aquatic Center bond, Dallas County criminal court bond and expanding the Dallas County Board of Supervisors. For more information on these questions, visit Waukee.org/Elections. To register to vote or find your polling place, go to SOS.Iowa.gov.



Last Call for Yard Waste Pick-Up

Monday, November 25 is the final day to set out grass, leaves, sticks and other yard waste for curbside pick-up. Sticks and branches must be cut to 4-foot lengths and tied with string. If they fit into a small container, bundling isn't necessary. Please do not use your ASI garbage or recycling containers for yard waste. Put your yard materials into biodegradable bags or reusable containers marked "YARD WASTE" or with a large "Y". Each bundle or container should weigh less than 40 pounds.



Holiday Help

The Waukee Police Department is preparing to help local families during the holidays. In November, they'll deliver Thanksgiving boxes to more than 20 families. In December, they will provide gifts and essentials to children in need through Operation Wish List. You can help by donating money to support these efforts. Cash or checks can be sent or delivered to: Waukee Police Department, 1300 SE L.A. Grant Parkway, Waukee, IA 50263.



Safely Empty Your Pool or Hot Tub

Chlorine and other chemicals you use to keep it clean can be harmful to fish and aquatic life. To protect water quality, follow these simple steps when draining your pool or hot tub:



1. Wait 7 Days: Let your pool or spa sit for at least a week without adding any chemicals. This will allow the chlorine to break down naturally. The chlorine level should be super low—around 0.1 milligrams per liter.
2. Check the pH: Make sure the water's pH is between 7 and 8 before draining.
3. Drain Through Grass: Don't drain the water straight onto concrete. Instead, run it through at least 15 feet of grass to help filter out any leftover chemicals before it reaches the storm drain.
4. Take It Slow: Keep the water flow slow—around 12 gallons per minute (or 700 gallons per hour) — to prevent erosion and save you from fixing your yard later.
5. Saltwater Goes to Sanitary Sewer: If you have a saltwater pool, don't drain it into the storm drain. Instead, discharge it into the sanitary sewer so the water can be properly treated.

General Election

November 5, 7 a.m.-8 p.m.
See SOS.Iowa.gov for polling places

Veterans Day - City Buildings & Library Closed

November 11
Does not impact trash collection

Thanksgiving - City Buildings & Library Closed

November 28 & 29
No trash collection on Nov. 28

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Be sure to check for cancellations.

Upcoming in Waukee Living magazine

Veterans Salute: Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.

Landmarks: What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



Recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

Trick-or-Trout at Triumph Park

Monday, Oct. 28, 1-3 p.m.
Triumph Park

Come to Trick or Trout and watch hundreds of fish pour into the pond around 1:30 p.m. Then cast a line for the freshly stocked trout. If you find a tagged fish, you will win prizes from local sponsors. Remember, Iowa requires a fishing license and trout stamp for everyone 16 years and older.

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>.

First Responder Appreciation Breakfast

Tuesday, Oct. 29 at 7:30 a.m.
Lutheran Church of Hope, 305 N.E.

Dartmoor Drive, Waukee

Join the Waukee Area Chamber of Commerce for its First Responders Appreciation Breakfast, sponsored by Iowa's All Season Heating and Cooling. Check in will begin at 7 a.m. Cost is \$25 for chamber members and \$30 for non-members. Register at <https://members.waukeechamber.com/events/details/first-responders-appreciation-breakfast-434?calendarMonth=2024-10-01>.



BINGO

6	22	34	53	72
11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68



Bingo

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

Enjoy Bingo Sunday evenings at Kenny's Garage.

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EVENTS IN THE AREA

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Be sure to check for cancellations.



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. Lauren St., Waukee

Various parties are planned with registration required two days prior. Themes are: Nov. 17, Turkey Time; Dec. 15, Ugly Sweater Holiday. On Tuesday, Dec. 31, 11 am. To 1 p.m. is the Countdown to Noon Year's Eve Party. For more information and registration, visit warriorlanes.com.

Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m.

The Learning Post & Toys, 2761 100th St., Urbandale

The public is invited to a free Trick or Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize.



Iowa Wind Ensemble, A Sousa Spectacular

Sunday, Oct. 27. 3 p.m. • Franklin Jr. High Events Center, Small Auditorium, Des Moines

Get ready to march to the beat of American history as the Central Iowa Wind Ensemble presents A Sousa Spectacular, an exciting tribute to the timeless legacy of John Philip Sousa, the "March King," and the golden age of American marches. This dynamic concert will transport audiences to a patriotic realm filled with grandeur, pride and musical excellence. For tickets, visit www.ciwe.org/sousa. ■

Beggars' Night
Oct. 30, 6-8 p.m.
Trick or treating is designated by the city on Beggars' Night.

HONOR OUR VETERANS

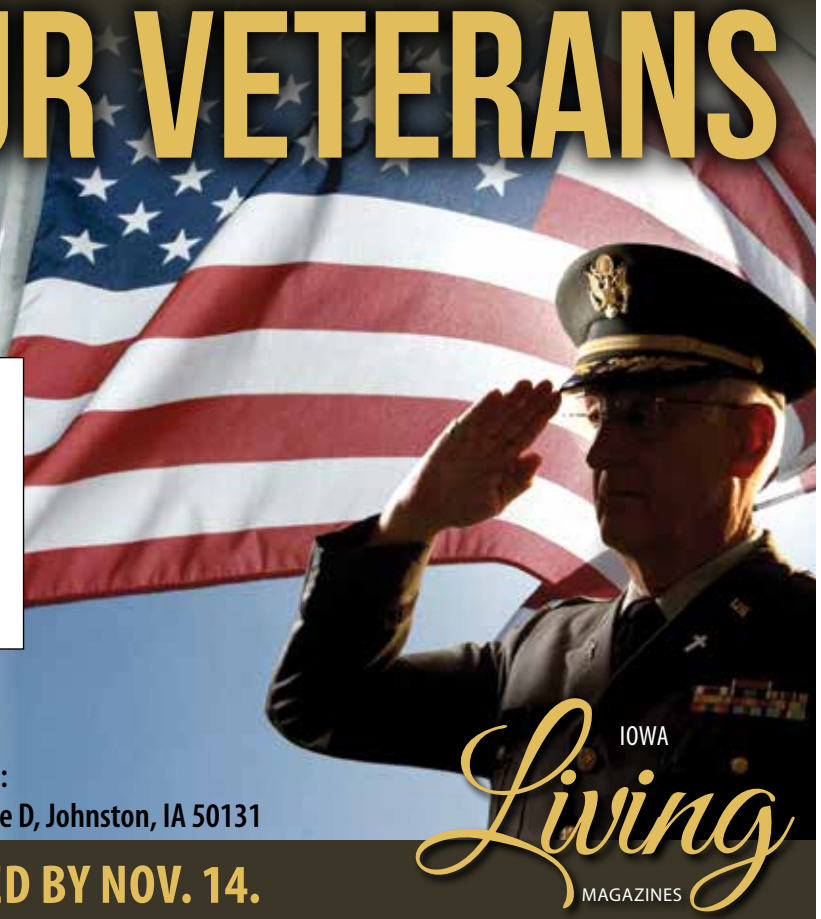
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:
TOWN YOU CURRENTLY LIVE IN:
MILITARY BRANCH:
RANK AT DISCHARGE:
DEPLOYMENTS:
QUOTE: Please answer the question,
"How can the public best honor veterans?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:
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SUBMISSIONS MUST BE RECEIVED BY NOV. 14.



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HOW-TO

GUIDE

HOW TO CHOOSE A TATTOO STUDIO

Tattoos and tattoo studios have gone mainstream, and it's safer and easier than ever to wear your passions on your sleeve. In fact, more than 30% of Americans have at least one tattoo. If you've been considering a new tattoo, read these important steps to ensure a safe, professional and satisfying experience.

1. RESEARCH AND RECOMMENDATIONS

Word of mouth: Ask friends, family and colleagues with tattoos for recommendations. Personal experiences can give you valuable insights.

Online reviews: Check platforms like Google Reviews, Facebook and social media for customer feedback. Pay attention to comments about cleanliness, professionalism and overall satisfaction.

Portfolios: Look at the tattoo studio's website and social media pages to view their artists' work. Ensure the style matches what you're looking for.

2. HEALTH AND SAFETY STANDARDS

Licensing: Ensure the studio and its artists are licensed according to local regulations. A store license and an artist license should be visibly posted.

Cleanliness: Visit the studio in person. It should be clean, well-organized and hygienic. Look for proper sterilization equipment like autoclaves and single-use needles.

Safety protocols: The studio should follow strict protocols for sterilizing equipment and using new, disposable gloves and needles for each client.

3. ARTISTIC STYLE AND SPECIALIZATION

Match your style: Each tattoo artist has a unique style. Choose an artist whose work resonates with the design you have in mind, whether it's traditional, realism, watercolor or something else.

4. PRICING

Understand costs: Tattoo pricing varies

based on size, complexity and artist experience. Ask for an estimate during your consultation or prior to the tattoo.

Value over cost: Don't choose a studio based solely on the lowest price. Quality and safety should be your top priorities.

Deposits and policies: Inquire about deposit requirements and the studio's cancellation and rescheduling policies.

5. COMFORT AND ATMOSPHERE

Studio vibe: The studio should feel comfortable and welcoming. You should feel at ease with the artist and the environment, and the artist should make you feel confident about their skills and approach.

6. GUT FEELING

Trust your instincts: If something doesn't feel right, trust your instincts and keep looking. The right studio should give you confidence in their professionalism and artistry. ■

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HOW TO CHOOSE A CLEANING SERVICE

Choosing the right cleaning service for your home or business is a decision that requires careful consideration. Whether it's for a residential space or a commercial environment, the quality of cleaning impacts both comfort and appearance. Here are some important factors to consider when selecting a cleaning service.

Assess your needs: Before hiring a cleaning service, outline your specific needs. For homes, do you need regular cleaning, deep cleaning or specialized services like carpet or window cleaning? In a business setting, consider the size of the space, frequency of cleaning and whether you require specialized services for high-traffic areas or sensitive environments such as medical offices.

Check experience and expertise: Ensure that the cleaning company you choose has experience in the type of cleaning you need. For businesses, it's essential the cleaners are familiar with commercial-grade cleaning products and techniques. Residential cleaning

often requires attention to detail in smaller spaces, so a company experienced with homes may be more suitable for that purpose. A reliable company will also train their employees on proper cleaning techniques and safety practices.

Licensing and insurance: It's important to verify that the cleaning company is licensed and insured. Insurance protects you from liability in case of any accidents or damages during the cleaning process. A licensed company is more likely to follow industry standards and provide quality service. This is crucial for both residential and commercial cleaning since accidents can happen in any setting.

Read reviews and ask for references: Customer reviews and references offer valuable insight into a cleaning company's reputation. Look for consistent positive feedback, especially in areas such as reliability, attention to detail and professionalism. Ask the company for references, particularly from clients in similar settings to your home or

business. A reputable cleaning service will be happy to provide this information.

Evaluate pricing and flexibility: Pricing is an important factor, but it shouldn't be the only consideration. Request a detailed quote that outlines the services included. Be wary of companies that offer rates significantly lower than competitors, as they may cut corners. Additionally, find out if the company offers flexible scheduling to accommodate your needs, especially if you run a business with unpredictable hours.

Green cleaning options: If you're environmentally conscious, inquire about the company's use of eco-friendly cleaning products. Many cleaning services now offer green cleaning options that reduce the use of harmful chemicals, benefiting both the environment and your health.

By considering these factors, you can select a cleaning service that meets your specific needs while providing reliable, efficient and high-quality cleaning for your home or business. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO CHOOSE A FINANCIAL ADVISOR UTILIZING SPECIALISTS

Choosing a wealth manager or advisor is a decision no one takes lightly. There are few decisions in life more important than who you select to help manage your wealth. Many people are unsure what to look for when they start their search. And who could blame them? Wealth management is a complex industry. Businesses, laws, tax codes and markets are constantly changing, and money is always in motion.

It's hard to imagine a "superstar" advisor with the ability to be everything to their clients all the time; however, it's easy to imagine a specialist in just one discipline. We understand a specialist to be an individual capable of demonstrating expertise in understanding specific needs and problems. With this in mind, consider forming a team of specialists to address the varied aspects of the wealth management process.

Your trusted advisor should be your "talent scout" for financial specialists. In addition to investment services, they should be able to place true experts in tax, risk management, estate and insurance planning at your fingertips. It's critical that your advisor ensures that your wealth management is not confined to a narrow range of knowledge. To qualify as a specialist, a wealth manager should be able to tailor their work to

every individual/family they serve.

Specialists have clients with many characteristics and attributes in common, so it's easier for them to find the shared themes and anticipate the problems and opportunities of that audience. The only way to learn about a person's wealth management goals is to spend time with them. Their focus should be to find out what is important to you, rather than spending all of their time telling you about them. From there, they should be able to build a strategy that fits into your long-term plans.

Too often, you hear about the bad experiences folks have at investment firms. From shoddy communication to "one size fits all" solutions of the past, the reality is that customer service has become a rarity in the industry. Specialists don't accept that reality — they think it's lazy thinking. Behind every specialist there should be a team to keep you informed about your business with them. They should stand on a technological platform that allows them to affect decisions for each client. These aren't just philosophical tools that exist in space; they are "real world" tools you can touch, operate and adjust. By combining the spirit of service with the tools necessary to practice their expertise, specialists can keep their focus on what is important: You. ■

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HOW TO CHOOSE AND MAINTAIN A TRAILER

Farmers, business owners and hobbyists know well the value of having a sturdy, well-made trailer to haul equipment, supplies and other cumbersome items.

A good trailer can make your life a lot easier. Depending on what you plan to haul, there are a variety of trailers on the market designed for almost every scenario. Some trailer dealers can build trailers to meet your exact needs.

TYPES OF TRAILERS

Trailers usually consist of aluminum, steel, fiberglass or hybrids. The kind you purchase will likely depend on the kind of work you do.

Aluminum trailers are 70% lighter than the steel variety. But aluminum does not absorb shock as well as steel, and repairing an aluminum trailer can be costly. Steel is the most common product used to build trailers. Steel trailers are durable, particularly in an accident. If these trailers are damaged, they are usually easy to fix.

TRAILER OPTIONS

• Flooring is another option to consider. Generally, you will find either a wood or metal floor. Wood is the most common, as it is long-lasting and easy to fix. Metal is attractive, but it can dent and rust over time.

• Next, consider the brake system. You will need brakes that are strong enough to stop the heaviest load you can carry on your trailer.

• Inspect the wiring on any prospective trailer. You must have the proper connections in the tow vehicle to hook up the brakes and lights on the trailer. It is required by law.

• Keep in mind what you will carry on your trailer. Choose the correct size. It should be big enough for your largest job. Look at the towing load for each trailer. Depending on the manufacturer and trailer, loads may range from 1 to 12 tons.

• Hitches are either manual or electric. Electric hitches are easier to hook up, but they can wear out over time.

MAINTENANCE

Now that you have purchased a trailer, it is crucial that you maintain your investment. Professionals who are trained to spot not-so-obvious issues should always be used to properly service your trailer. Tires and suspensions should be checked to avoid catastrophic accidents. Bearings should be lubricated with the correct kind and proper amount of lubrication to prevent failure. Brake and light wiring should be inspected, as well as making sure the breakaway battery and switch are functioning properly. Cracked floorboards and broken or rusted hinges and fasteners should be replaced. Trailer professionals can also customize an existing trailer for your current needs.

Before you choose or customize your trailer, speak to a trusted professional who can help you get the right one for your needs. ■

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HOW TO SELL YOUR HOME FAST

Everyone with a home on the market wants their property to sell fast and for the highest price possible. It not only means money in your pocket, but also speeds up the move into your new home — not to mention the relief of not having to keep your place in tip-top shape every day.

However, the quick sale doesn't always happen due to timing, market fluctuations and the condition and attractiveness of your home.

But there are some time-tested steps you can take that will make it much easier to see a "sold" sign in your front yard quickly.

Pricing: The most important step is to price your home correctly at the outset. Price it too low, and you'll leave money on the table. Price it too high, though, and your home will take longer to sell.

To hit the pricing bull's eye, you've got to know what is comparable in your

market. An appraiser can pull data about recent comps, typically from the last six months, for sales of homes that are similar to yours.

The closer your price is to homes that are actually selling, the more likely you are to get a quick sale.

Staging: Staging your home is sometimes thought of as an elaborate process that involves redecorating and renting beautiful furniture to make your interior look its best, but it doesn't always have to be that intense.

Staging is about presenting your home in the most appealing way possible. The goal is to get buyers to imagine putting their own things in your home, so basic steps like clearing out clutter and removing your personal photos can help their imagination go to work.

Photography: For most buyers, the first impression of your house won't be made in person. It will be made through

photos of your home they see online or in print ads.

That's why it's critical to have good, quality photographs of your home.

In some markets, that might mean having a professional photographer shoot images of your home when it's staged at its best.

The more clear, well-lit pictures that show off the beauty and features of your home, the more buyers are likely to take the next step and schedule a showing.

Fix it up: Finally, you have to pay attention to details to make sure your home is in top shape cosmetically.

You'll want to make sure the gardens, flower beds and other landscaping are neat, clean and free of weeds. You should also make a checklist of simple handyman tasks to complete, like replacing burned-out light bulbs, making sure doors and hinges shut properly, and removing stains from your carpet. ■

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HOW TO CHOOSE A CHILDREN'S FITNESS CENTER

Younger children love to be outdoors and physically active. But, as they grow older, other activities replace and sometimes act as deterrents to their physical wellbeing. School, socializing, phones, TV and video games all conspire to eat up a child's day and upset the balance.

Providing that balance is key to kids growing up happy, healthy and well-adjusted. And parents should provide that encouragement, because developing a healthy active lifestyle early on can lead to a lifetime of good health.

Unfortunately, parents are busier than ever before, so they may need a little help encouraging activity. Finding a good fitness center that works with children is a smart option. When the kids attend regular fitness sessions with peers, they'll find opportunities for exercise ranging from tumbling, gymnastics and cheerleading to parkour and pre-school fitness.

A good health center will also help your child explore a variety of equipment and

exercise regimens, learning how to take care of their bodies in safe and comfortable environments and under the watchful eye of trainers experienced in working with children. Support and camaraderie from coaches and peers at the health center can also be a big plus. Learning how important it is to be active, to manage nutrition and the best ways to be physically and mentally fit will help your child grow into a successful adult.

Here are some criteria to consider if you think your child could benefit from attending a fitness center.

Coaches and trainers: Coaches and trainers will be a child's mentors. And fitness center staff will ultimately affect how enthusiastic your child is about working out. Make spontaneous visits to fitness centers you are considering to observe staff and available activities at different times of day. Centers will prefer appointments, but any that do not allow unplanned visits should not be considered.

Family should be allowed to visit, watch sessions and get a general idea of the center's operations.

Environment: Here are some questions you should ask yourself when you visit a center: Is the fitness center's equipment age-appropriate? While there may be private and group training, what is the ratio of staff to child? Is the fitness center generalized or do they lean toward specific categories of training? Does equipment look well cared for? Are areas clean and maintained? Are mats and padding frayed or flat and unsafe? Are bathrooms clean and well lit? Only parental vigilance can ensure a child walks into a safe and healthy fitness environment.

Other factors include variety of classes and programs, class sizes, location, costs, and if the fitness center has associations with local schools. But don't ignore your instincts. You know your child and, whether it's through referral or research, only you can find the best fit. ■

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HOW TO CHOOSE THE RIGHT EYE DOCTOR

Choosing the right eye doctor is crucial for maintaining optimal vision and eye health. With a wide variety of eye care professionals available, it's important to understand the differences between them and consider several factors to ensure you select the right one for your needs.

UNDERSTAND THE DIFFERENT TYPES OF EYE DOCTORS

- **Doctors of Optometry (OD)** are your primary eye care providers. They do eye exams for eyeglasses and contact lenses as well as to diagnose and treat ocular disease such as glaucoma and monitor for diabetic and thyroid eye disease issues among numerous other conditions. They also perform minor surgical procedures like removing metal and other things from people's eyes. Doctors of Optometry also treat ocular disease like dry eye syndrome with everything from prescription eye drops to intense pulsed light therapy and heated expression procedures. Doctors of optometry also co-manage surgery with doctors of ophthalmology such as cataract surgery pre and post-op, retinal detachment surgery pre and post op, etc.
- **Ophthalmologists** are medical doctors (MD) who specialize in the eyes and surrounding facial areas and perform major surgery

and manage major disease of the eyes and systemic diseases affecting the eyes. They perform glaucoma surgery, cataract surgery, retinal surgery, plastic surgery and corneal surgery. There are also subspecialties in neuro-ophthalmology, pediatric ophthalmology, glaucoma, anterior segment of the eyes, oculoplastic and retinal specialties, among others.

SEEK RECOMMENDATIONS AND READ REVIEWS

A great way to find a reliable eye doctor is by seeking recommendations from friends, family or your primary care doctor. Online reviews are also helpful in understanding the doctor's reputation. Look for consistent feedback regarding the doctor's communication, thoroughness and office staff's professionalism.

EVALUATE PRACTICAL FACTORS

Consider the location of the eye clinic, office hours and whether they accept your insurance. Convenience and flexibility are key, as regular checkups are essential for maintaining eye health.

By taking time to research and consider these factors, you'll be more likely to choose an eye doctor who is well-suited to your needs, ensuring quality care for your eyes in the long term. ■

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HOW TO CHOOSE A DOGGY DAYCARE

Choosing the right doggy daycare is important to ensure your furry friend is safe, happy and well-cared for. With many options available, it's essential to consider several factors before making a decision. Here's a guide to help you select the best daycare for your dog.

SAFETY AND CLEANLINESS

Safety should be your top priority. A reputable daycare will have clean, well-maintained facilities with secure fencing, appropriate play areas and measures to prevent injuries. The facility should also follow strict cleaning protocols to minimize the spread of illnesses like kennel cough. Ensure that staff regularly disinfects surfaces, toys and bedding.

STAFF QUALIFICATIONS AND RATIO

Qualified, experienced staff are crucial in any doggy daycare. Look for facilities where staff members are trained in dog behavior,

basic first aid and emergency protocols. The daycare should also have a low dog-to-staff ratio to ensure each dog gets adequate supervision and care. A good ratio is typically around 10 dogs per staff member.

SUPERVISED PLAYTIME AND ACTIVITIES

Daycare should offer more than just a space for dogs to run around. Ask about the types of activities provided. Supervised playtime, enrichment activities and rest periods are important for dogs to remain both physically and mentally stimulated. Make sure the daycare separates dogs based on size, temperament and energy levels to ensure safe play.

SOCIALIZATION AND BEHAVIORAL POLICIES

A quality daycare will require a behavioral assessment before accepting your dog. This helps staff understand your dog's temperament, energy level and how they interact with other dogs. It's also important

to ask about the daycare's socialization policies, such as how they handle aggression or conflicts between dogs.

REVIEWS AND RECOMMENDATIONS

Check online reviews and ask fellow dog owners for recommendations. This will give you insight into the experiences of other pet owners and help you gauge the daycare's reputation. Don't hesitate to ask the daycare for references from current clients.

HOURS, PRICING AND EXTRA SERVICES

Lastly, consider the daycare's hours and location, ensuring they align with your schedule. Compare pricing, and check for hidden fees. Some daycares also offer extra services like grooming, training or webcams so you can watch your dog while at work.

By taking these factors into account, you can confidently choose a doggy daycare where your dog will feel safe, engaged and well-cared for. ■

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HOW TO CHOOSE A TREE SERVICE

Trimming or removing trees from your property is difficult work, not something you'd want to attempt yourself. Making sure your trees are healthy while avoiding property damage requires employing a professional tree service.

Follow these tips to find a qualified, professional tree service in your area:

- Ask friends, family and neighbors. You may know someone who has used a tree service in the past. They can tell you who does the best work.
- Contact at least three tree services. Inform them of the situation and request a site inspection. It gives you the opportunity to ask about issues and get a feel for the experience and expertise of each company. Take notes so you can compare your results afterward.
- Find out how long each company has been in business, their experiences, references and whether they are licensed and insured. Check with the Better Business

Bureau for outstanding complaints. Even reliable companies may have a few problems. It is how they resolve the issue that counts.

- Request estimates. These figures can vary widely. Some companies are better equipped for certain jobs, so they can offer more competitive pricing.

Other companies are slow or may be trying to “fill-in” appointment slots with smaller jobs just to keep their crews busy. Don't choose a company strictly by cost. Tree work is dangerous. Proper equipment, well-trained employees and insurance create high operating costs. It is worth paying more for peace of mind and excellent service.

- Look at a copy of their insurance policy. Coverage should include personal liability, property damage coverage, workers' compensation and damaged vehicles or home coverage.

- Inspect their previous work by looking at their portfolio. Each tree service company

has a work style. Verify that it suits your needs. Photos of past work might also be on their website.

- Get a detailed written estimate of any work to be performed before signing a contract. Responsible companies will provide detailed descriptions, along with the time and cost for your records. This estimate should also offer information about cleanup expectations. Are logs to be cut up or left for firewood? Will the company haul everything away or leave it for you to manage? Will leaves and twigs be raked up or run through a chipper? If they are removing an entire tree, what will happen to the stump?

- Verify the workers wear proper safety gear. They should be wearing helmets at all times. In addition, they should use face shields or protective glasses and steel-toe boots. The person who climbs the tree should have arborist climbing ropes, specialized safety and climbing gear, the proper saddle, helmet and safety glasses. ■

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HOW TO CHOOSE A MEDICARE PLAN ADVISER

If you are 65 years or older, you are about to begin receiving calls and mail from companies wanting to help you choose a Medicare plan. Medicare is federal health insurance for anyone age 65 and older and some people under 65 with certain disabilities or conditions. You'll get Medicare Part A (hospital insurance) automatically when you turn 65, but Medicare Part B (medical insurance) is an elective choice. Most people take Part B at age 65 but people with coverage from an employer can keep their current coverage until they leave employment. You will also need to make important decisions, like which prescription drug plan best covers your needs.

WHAT ARE THE DIFFERENCES BETWEEN MEDICARE, MEDICARE ADVANTAGE AND MEDICARE SUPPLEMENT?

Simply stated, original Medicare is the basic government program. Medicare Advantage and Medicare Supplement

are secondary coverage plans offered by Medicare approved private companies that can help with costs that Medicare does not pay for. Medicare Advantage can pay for fitness programs, vision, hearing and dental services. Some plans also cover foreign travel. Medicare Supplement helps pay for out-of-pocket expenses such as copays, deductibles and other costs associated with Medicare.

WHY IS IT IMPORTANT TO CONTACT A LOCAL MEDICARE ADVISER TO HELP YOU CHOOSE A PLAN?

Medicare telemarketing companies purchase phone numbers and addresses of people who are 65 years and older. The telemarketers must be licensed in Iowa, but they can call from any state in the country. Plans vary greatly. Plans that work well in one geographic area may not work well locally. You will want to choose a plan that includes your doctor, hospital and pharmacy of choice within its network, as

well as covers the drugs you need. A local professional can better assist you with navigating through the options that will work best for you.

DO YOU NEED TO GET A NEW POLICY IF YOU MOVE?

It depends on where you move. If you move out of state, most likely you will need a new Medicare Advantage or Medicare Supplement policy. Your original Medicare plan does not change but you must notify the Medicare office in your new community or state.

HOW DO I GET THE TELEMARKETERS TO STOP CALLING ME?

Ask to be added to the National Do Not Call list.

The open enrollment period for Medicare Advantage and Medicare Supplement runs from Oct. 15 to Dec. 7, 2024. Now is the time to find a local adviser to help you maximize your benefits. ■

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HOW TO CHOOSE AN AUTO BODY REPAIR SHOP

From dents and scrapes to fender-benders and more intense damage resulting from an accident or weather-related incidents, you may have a need for an auto body repair shop.

Not surprisingly, shops specializing in this service can vary in quality, reliability and cost. It's not unusual for auto body repair estimates to differ by hundreds if not thousands of dollars. To get the best work at the fairest price requires an investment in time and asking the right questions. Your insurance company more than likely has a list of "preferred shops" that they will encourage or demand that you obtain an estimate from. You are not required by Iowa law to utilize your insurance company's "shop." You choose where the work is done. Whatever shop you choose will need to be able to work off of the preferred shop's estimate. Many times, once a repair is started, there are additional costs. No fear, the body shop will deal with the insurance company to be paid

for those additional charges.

Your insurance company may indicate that, if you have repairs completed at a shop that is not "preferred," then they cannot ensure that a warranty will be given. This is a conversation that you need to have with your shop. Most reputable shops will have a written warranty they can provide.

• **Start your search by asking your friends, family and colleagues.** Most of us have worked with an auto body shop at one time in our lives, and it's easier to ask those close to us for referrals for who they have used before.

• **Check out reviews.** Many auto body shops will promote testimonials from prior customers on their websites. Reading valuable reviews and testimonials from people who have used their service before can help with the process of choosing an auto body shop.

• **Look for local shops.** When you take your vehicle to a local body shop, you're

much more likely to be met by friendly faces, better service, use of top-quality parts, high standards and honest prices. They can maintain low overhead costs and provide friendly customer service.

• **Create a list of shops, contact them on the phone and ask some questions.**

How long have they been in business? Do they provide free estimates? What is their turnaround time? Do they offer warranties? Do they work directly with insurance companies? What are their specialties? How soon can you bring your vehicle in for an inspection?

• **Consider prices.** Are they comparable to other body shops? While you want to find a great deal, cheaper is not always better. Low prices may be tempting, but they could mean sub-par work, used parts and paint that is incorrectly applied.

Finding the right auto body shop will make the experience much more pleasant, and you will be happy with the repairs. ■



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HOW TO CHOOSE A SENIOR LIVING COMMUNITY

Choosing a senior living community is a significant decision that involves careful consideration of various factors to ensure a comfortable and fulfilling lifestyle for seniors. Here are key steps and considerations to help guide this important choice.

ASSESSING NEEDS AND PREFERENCES

• **Evaluate care requirements:** The first step is to assess the level of care needed. Determine whether the senior requires independent living, assisted living, memory care or skilled nursing care. Independent living is suitable for those who are largely self-sufficient, while assisted living provides help with daily activities. Memory care caters to individuals with dementia or Alzheimer's, and skilled nursing offers comprehensive medical care.

• **Lifestyle and amenities:** Consider what type of lifestyle and amenities are important. Some seniors may prioritize social activities and community engagement, while others might focus on healthcare services and security. Look for communities that offer amenities like fitness centers, dining options, activities and transportation.

RESEARCHING OPTIONS

• **Location:** Proximity to family, friends and familiar surroundings is crucial. Additionally, consider the climate, local healthcare facilities and community resources.

• **Reputation and reviews:** Research the reputation of potential communities. Read reviews and testimonials. Check for any history of violations or complaints with state regulatory agencies.

• **Cost and financial planning:** Understand the cost structures, including monthly fees and any additional costs for extra services. Compare these with the senior's budget and explore assistance options like long-term care insurance, veterans' benefits or Medicaid.

VISITING COMMUNITIES

• **Tours and visits:** During tours, pay attention to the cleanliness, staff behavior and overall atmosphere. Interact with residents and staff to get a sense of the community's culture.

MAKING THE DECISION

• **Health and safety:** Ensure that the community meets safety standards and has

adequate healthcare facilities. Check for emergency response systems, accessibility features and staff qualifications.

• **Contracts and policies:** Review the residency agreement carefully. Understand the terms related to services provided, fee increases and termination policies. Have a legal expert review the contract.

• **Family involvement:** Involve family members in the decision-making process. Their perspectives and support can be invaluable in choosing the right community.

POST-MOVE CONSIDERATIONS

• **Transition support:** Many communities offer transition programs to help new residents adjust. Take advantage of these services.

• **Ongoing communication:** Maintain open communication with community staff and stay engaged in the senior's life to ensure their needs continue to be met.

Choosing a senior living community requires thorough research, evaluation and planning. By taking these steps, families can ensure a supportive and enriching environment for their loved ones. ■



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HOW TO CHOOSE THE RIGHT FIBER INTERNET COMPANY

Choosing the right fiber internet company for your needs can significantly impact your online experience. Making an informed decision with an array of options is essential.

Here are some key factors to consider when selecting a local fiber internet provider:

- **Coverage and availability:** To find internet providers, check their websites or contact them to confirm availability in your area, as not all companies offer services in every location.

- **Speed and bandwidth:** Evaluate your usage needs based on the number of devices and online activities you're planning on. Gamers and 4K video streamers require higher speeds and larger bandwidth than occasional web surfers.

- **Pricing and plans:** Compare prices and inquire about promotions or bundles available to save money. Watch out for hidden fees or price increases and ask about a price-for-life guarantee for consistency in your budget.

- **Customer reviews and reputation:** When researching local internet providers, read online reviews and ask for

recommendations from friends or neighbors, paying attention to feedback on reliability, customer service and overall satisfaction.

- **Customer service and support:** Good customer service is crucial. Inquire about their support options and response times. Check if they offer 24/7 customer service or have local support in case you need assistance.

- **Contracts and commitments:** Before signing up, make sure you understand the contract terms, including any early termination fees. Some providers may require long-term contracts, while others offer more flexible month-to-month options.

- **Equipment and installation:** Inquire about the equipment included, such as modem and router, and if there are additional charges. Additionally, ask about the installation process and whether the cost is included or requires an extra fee.

- **Speed consistency:** For a consistent internet speed, ask your provider about their contention ratio, especially during peak usage times. Dedicated connections from local providers can offer a more reliable internet experience by avoiding shared bandwidth

with neighbors.

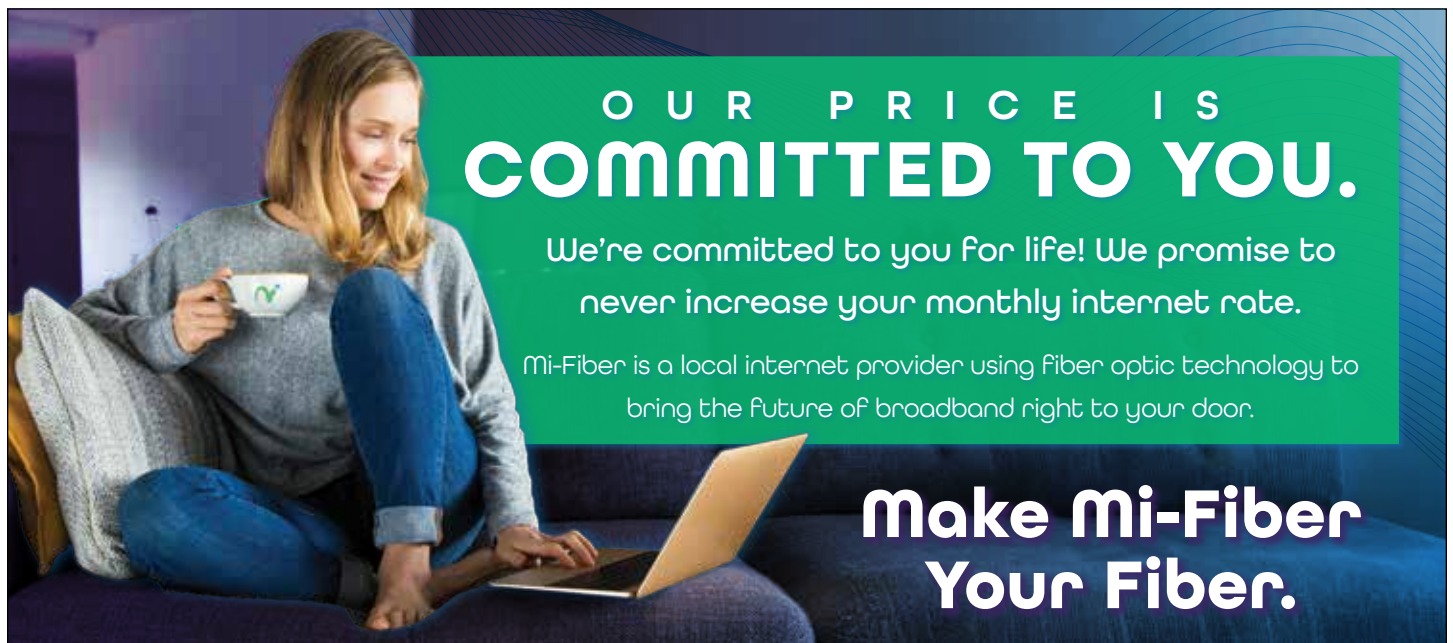
- **Reliability and uptime:** When choosing a provider, prioritize reliability by looking for high uptime rates, minimal service disruptions, and service level agreements that guarantee a certain level of reliability.

- **Additional services and features:** Assess whether any additional optional features such as security packages, cloud storage or Wi-Fi hotspot access meet your needs and are worth the extra cost.

- **Future expansion plans:** Inquire about a provider's network expansion and upgrade plans to assess their commitment to improving infrastructure and potentially offering better long-term service.

- **Local support:** Choosing a local internet company often means supporting your community. This can also mean supporting local jobs and economy.

Choosing a local internet company that meets your needs and budget requires careful consideration and research. Don't rush the process; taking the time to research and select the right provider can lead to a more satisfying and reliable internet experience. ■



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HOW TO CHOOSE BIO-IDENTICAL HORMONE REPLACEMENT THERAPY**

Bio-identical hormone replacement therapy (BHRT) is gaining popularity as an effective treatment for individuals experiencing hormonal imbalances. These imbalances can affect both men and women, especially as they age. BHRT uses hormones that are chemically identical to the ones naturally produced by the body, offering a more natural solution than synthetic alternatives. Here are some key benefits of BHRT for both men and women.

ALLEVIATION OF MENOPAUSAL AND ANDROPAUSAL SYMPTOMS

For women, menopause brings with it a variety of uncomfortable symptoms, such as hot flashes, night sweats, mood swings and vaginal dryness. Similarly, men experience andropause, often referred to as male menopause, marked by a gradual decline in testosterone levels, resulting in fatigue, low libido, depression and muscle loss. BHRT can effectively reduce these symptoms by restoring hormone levels to their optimal balance, improving overall quality of life.

IMPROVED MOOD AND MENTAL CLARITY

Hormonal imbalances can lead to mood swings, anxiety and depression in both genders. Estrogen and testosterone are not only vital for physical health but also for mental wellbeing. BHRT helps stabilize mood by replenishing hormone levels, often resulting in improved mental clarity, emotional stability, and a reduced risk of depression. Many individuals report feeling sharper, more focused and better equipped to handle stress.

ENHANCED LIBIDO AND SEXUAL FUNCTION

One of the most significant issues for both men and women experiencing hormone imbalance is a decrease in sexual desire and performance. BHRT can restore libido and improve sexual function by balancing estrogen, progesterone and testosterone levels. For women, this may mean reduced vaginal dryness and discomfort during intercourse, while men may experience enhanced erectile function and stamina.

INCREASED BONE DENSITY, MUSCLE MASS

Hormones play a critical role in maintaining bone density and muscle mass. As hormone

levels decline with age, the risk of osteoporosis and sarcopenia (muscle loss) increases. BHRT helps mitigate this by supporting bone health and maintaining muscle strength. In women, particularly after menopause, balancing estrogen levels is essential for reducing the risk of fractures. For men, restoring testosterone levels aids in preserving muscle mass and overall strength.

BETTER SLEEP AND ENERGY LEVELS

Hormonal imbalances often lead to insomnia, fatigue and a general lack of energy. BHRT has been shown to improve sleep patterns and boost energy levels by restoring normal hormone function. Improved sleep not only enhances daily productivity but also contributes to overall health and wellbeing.

In conclusion, bio-identical hormone replacement therapy offers a natural and effective solution for men and women struggling with the effects of aging and hormonal imbalance. By replenishing vital hormones, BHRT can significantly enhance quality of life, improve physical and mental health, and help individuals feel youthful and energized again. ■



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HOW TO CHOOSE A CAMPGROUND

There's nothing like camping to truly "get away from it all." Unplugging from a hectic daily life in the city or suburbs and getting back in touch with nature can offer not only the benefits of recharging, but fun and relaxation amid natural beauty.

Picking the right campground isn't always easy, though. Some are designed for a family-style experience, while others cater to more intimate outings. And, of course, location is a huge factor. Here are some factors to weigh.

LOCATION

The first and most important choice is the campground's location. If you're going on a faraway trip, then you'll obviously need a campground close to the destination. More often, though, camping is just as fun when you stay reasonably close to home. Look for a site that's convenient for a weekend getaway, yet far enough away that it feels like a real vacation.

AMENITIES

Let's face it. There's one part of camping that people seemingly never agree on — just how much civilization should be involved in the experience.

For some campers, only a primitive campsite that can be reached by remote hiking counts as true camping.

For others, a luxury RV with full hookups and paved walking paths is as primitive as they want to get.

Ask about electrical connections, RV hookups, showers, bathrooms and any other amenities you might want for your camping trip. The best campgrounds will offer a range of services at different price points to meet your needs.

LAYOUT AND RULES

For many people, camping is all about peace, quiet and isolation. For others, it's more about partying with friends. Whatever your style of camping, you should make sure the campground's layout and rules are a good

match for your kind of fun.

Talk to the campground's manager if you have any questions about what's allowed and what's not. Knowing and following the rules will not only help keep you safe but also make you a better camping neighbor so everyone has a good experience.

RESERVATIONS

Finally, you should look for a campground that accepts reservations well in advance, especially if you plan to camp on a holiday, a weekend or during a busy time of year.

Every campground has its own procedures for how they handle reservations. The most popular sites can be reserved months or even years in advance for the heavy travel season, so plan far ahead if you want the best selection.

By picking a campground with the right location, amenities and policies, then reserving it well in advance, you'll be setting the stage for a memorable, fun experience enjoying Mother Nature. ■

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HOW TO CHOOSE AN APARTMENT

Choosing an apartment is a significant decision that can impact your daily life and long-term happiness. Whether you're moving for a job, school or just a change of scenery, the right apartment can make all the difference.

Set a budget: Before anything else, determine how much you can afford. A general rule is to keep rent at 30% or less of your monthly income. Consider additional expenses like utilities, parking fees and internet, which can add up quickly. Staying within your budget helps prevent financial stress in the long run.

Choose the right location: Location is key when choosing an apartment. Think about your lifestyle and priorities. Do you want to be close to work, school or public transportation? Consider factors like commute times, neighborhood safety and proximity to amenities such as grocery stores, restaurants and parks. A well-located apartment can save time and enhance your quality of life.

Evaluate the neighborhood: Visit the area at different times of the day to get a feel for its character. What is the noise level like? Are the streets well-lit and clean? Check for local amenities like gyms, coffee shops and public spaces. Online reviews and crime statistics can also give insight into a neighborhood's safety and livability.

Assess apartment size and layout: Think about how much space you'll need. A studio apartment might be perfect for minimalists,

while a one- or two-bedroom unit could be better for someone needing more room. Look at the floor plan to assess the layout. Will your furniture fit? Is there enough storage space? Having the right size and layout will make your apartment more comfortable.

Check amenities and services: Some apartments come with added perks like on-site laundry, fitness centers, pools or pet-friendly policies. While these amenities can add convenience and value, they may also increase your rent. Prioritize the amenities that will benefit you the most and weigh whether they're worth the extra cost.

Inspect the apartment thoroughly: Before signing a lease, inspect the apartment in person. Look for signs of wear and tear, water damage or malfunctioning appliances. Test faucets, electrical outlets and door locks. A thorough inspection helps avoid potential problems later.

Understand the lease agreement: Finally, carefully read the lease. Understand policies on rent increases, maintenance requests and the terms of breaking a lease early. If something is unclear, ask questions. A well-understood lease can save you from disputes later.

By following these steps, you can find an apartment that fits your needs and lifestyle, making your new home a comfortable and happy place to live. ■

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EMBRACING the Waukee lifestyle

Ripperger and VanHaecke enjoy community.

When Lynne Ripperger and Tim VanHaecke moved to Waukee in February 2022, they were drawn by the blend of charm and convenience the town offers. Nestled in a lovely townhome with a picturesque view, they quickly realized they'd found their ideal community.

"We loved the location of the townhome we moved into," Ripperger explains.

With an appreciation for nature and outdoor spaces, they found the nearby park was a major plus. Living close to it has provided a sense of tranquility, as well as plenty of entertainment for the couple and their dog.

"We also have a conservation strip outside our back patio to sit and watch the wildlife or walk the dog and see what we can find," Ripperger shares.

The area is filled with local wildlife, from turtles and frogs to birds and rabbits, all of which enrich the natural beauty the couple has come to enjoy daily.

Beyond the serenity of their home, Ripperger and VanHaecke have found that Waukee offers much more. They say the community is vibrant and welcoming, with numerous parks, restaurants and family-friendly activities.

Living so close to Waukee Stadium, they say they've come to enjoy the sounds of fall football games, adding an extra layer of enjoyment to the season.

"There are movies in the park and lots and lots of fun things to do," Ripperger adds.

Another thing the couple appreciates is how easy it is to get anywhere in the metro area. Whether they're heading to the mall or visiting a restaurant, everything feels conveniently close by. This is a major bonus for the couple who values both their quiet neighborhood and the ability to access bustling city life when they want to.

Ripperger and VanHaecke enjoy recreational sports like volleyball and participate in tournaments when the opportunity arises. It's another way they stay active and connected to the community.

"The people are great, and there's always something to do," Ripperger says. ■



Lynne Ripperger and Tim VanHaecke enjoy their Waukee home as well as many of the community's amenities.



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OUT & ABOUT

RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for the Fireside at Waukee apartment complex, 200 N.W. Second St., on Sept. 19.



Waukee Area Chamber of Commerce hosted a ribbon cutting for the Fireside at Waukee apartment complex, 200 N.W. Second St., on Sept.19.



Renee Lupkes, Andy Kass and Jennifer Brown



Megan Watt, Ben Gerdes and Terry Snyder



Brett Braafhart and Andy Detro



Ben Koester, Matt Koester, Paul Koester, Reese Virden, Todd Ringenberg, Jermey Shipley and Nicky Bechthold



Jessica Taylor-Fink and Norm Boaz



Nate Schweers and Conner Raes



Shianna Hale and Pamela Flynn



Kay Bauer

OUT & ABOUT



Jessica Taylor-Fink and Brian Ahlers at the Waukee Area Chamber of Commerce ribbon cutting for Brian Ahlers - Shelter Insurance on Sept. 26.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Brian Ahlers - Shelter Insurance, 245 N.E. Venture Drive, Suite 4, Waukee, on Sept. 26.



Brett Braafhart, Samantha Van Meter and Jane Angstman at the Waukee Area Chamber of Commerce ribbon cutting for Brian Ahlers - Shelter Insurance on Sept. 26.



Megan Watt and Dani Patterson at the Waukee Area Chamber of Commerce ribbon cutting for Brian Ahlers - Shelter Insurance on Sept. 26.



Martha Munro and Rob Grove at the Waukee Area Chamber of Commerce ribbon cutting for Brian Ahlers - Shelter Insurance on Sept. 26.



The staff of Willard Garage at the Willard Garage 10th Anniversary Celebration on Sept. 16.



Jessica Mitchell and Renee Lupkes at the Willard Garage 10th Anniversary Celebration on Sept. 16.



Scott Schurman and Dean Zelle at the Willard Garage 10th Anniversary Celebration on Sept. 16.



Terry Snyder and Travis Gaule at the Willard Garage 10th Anniversary Celebration on Sept. 16.



Michelle Peters and Brett Braafhart at the Willard Garage 10th Anniversary Celebration on Sept. 16.

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