

# Living

MAGAZINE

# Holiday recipes

Residents share how to create the foods that make their season bright.

**Meet Jenna Carey**  
EDUCATION

**Hot honey chicken and waffle**  
RECIPE

**Lush Family Dental's charity golf outing benefits kids**  
NEIGHBOR SPOTLIGHT



PRSR STD  
ECRWSS EDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct, Ste. D  
Johnston, Iowa 50131

Wishing your family a

# happy & healthy

holiday season!

*Happy Holidays from all of us at Waggoner Pediatrics!*

We're so grateful for the opportunity to care for your family and for the trust you place in us. Supporting you and your kids is at the heart of everything we do, and we're honored to be part of your journey.

Wishing you a joyful holiday season and a happy, healthy New Year!

-Dr. Waggoner & the Waggoner Pediatrics Team



**Putting families first  
for more than 25 years.**

Brian L. Waggoner, M.D  
Julie A. Waggoner, ARNP, CPNP



Waggoner Pediatrics of Central Iowa

Schedule your child's appointment today! (515) 987-0051  
2555 Berkshire Pkwy, Suite A, Clive · waggonerpediatrics.org



WELCOME

# PORK favor

We dedicated our cover story this month to holiday recipes, and why not? The Christmas season wouldn't be complete without the treasured family foods that pop up this time of year. From the elaborate five-course dinners to a simple cookie, most all of us have some connection with a family favorite.

Jolene's family introduced me to a family tradition they served each Christmas Eve. Her mother would make oyster soup and Spamwiches. Yes, Spamwiches — a holiday ritual for the Poraths. I would have preferred a ribeye, but nobody asked my opinion. So, I ate oyster soup and Spamwiches with Dean and Lois for a few years.

What exactly was this Spamwich, you ask? Well, to the best of my knowledge, it was chopped-up Spam, pickle relish and cheese toasted on half of a hamburger bun in the oven. At least that was the Porath version. I have to admit, it was delicious. The oyster soup? Not so much.

I recognize some of you may have never tried Spam, and for good reason. My friends who grew up on farms said, if they wanted meat, they got the real thing. For us city kids, though, canned meat was an alternative.

When Jolene and I started our own family, we continued the Spamwich tradition with our kids, and we still serve them each Christmas Eve. The oyster soup has been replaced with a choice of potato soup or broccoli cheese soup, thank goodness.

I wrote about this Spam tradition more than a decade ago in this column, and my email in-box was full the next day with favorite Spam recipes from readers. One person even shipped a Spam coin bank to me. It was then when I began to understand the Spam-lovers cult. In a conversation with a local Hy-Vee manager about Spam, my eyes were opened even more. Just to put this in perspective, more than 44,000 cans of Spam are produced every hour. Hawaiians alone consume approximately 7 million cans of Spam per year. Barack Obama even admitted he likes it.

Truth be told, I won't be rushing to the grocery store to buy Spam anytime soon, but I will continue to enjoy our Spamwiches on Christmas Eve, and I hope you can enjoy a few of your family favorites, too.

Merry Christmas, and thanks for reading. ■



**SHANE GOODMAN**

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



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

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



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

**HOLIDAY GREETINGS**

*from your friends at Charter Bank!*

**In Spirit of Giving, Charter Bank will have donation boxes in their lobby during the month of December. All donations going to Waukee Christian Services.**

**Most needed:**  
*Food: Flour/sugar/oil, cereal/oatmeal, canned/dried food, canned tuna/chicken, peanut butter; jam, bags of rice/beans, dried pasta, pasta sauce.*  
*Other essentials: Laundry detergent, body soap/shampoo, toilet paper, paper towels, personal hygiene products, baby food/diapers/wipes*

**CHARTER BANK**

*Chart Your Success With Us!*

<b>Johnston</b> 5526 NW 86th St. 515-331-2265	<b>Grimes</b> Corner of Gateway & 1st St. 515-986-2000	<b>Waukee</b> Downtown Triangle 515-987-1000	<b>Ankeny</b> 2905 SW Oralabor Rd. 515-446-2265
--	---	---	--

Member FDIC [www.CharterBanker.com](http://www.CharterBanker.com)





# FEATURE

## Panzenella salad

Veronica Girard is passionate about cooking. Her Panzenella Salad recipe comes from her published cookbook, "Cooking for Family, From My Nana to Your Table." She wrote the cookbook as a way to tell her story of surviving childhood cancer, where food and family was essential to her survival. Italian comfort foods were part of her heritage.

"This recipe is easy and can be served warm or cold, and it's so versatile on what ingredients you can add or omit," she says. "This holiday salad is traditional, with original ingredients, but, for those with allergies and different taste pallets, it's easy to create your own. For this recipe, I added my own homemade pasta."

## PANZENELLA SALAD

### INGREDIENTS

- 1/2 cup parmesan cheese shredded
- Day-old French baguette, torn in pieces
- Extra virgin olive oil to coat baking sheet and to drizzle
- Salt/pepper to taste
- Fresh mozzarella cheese cubed 1/2 inch
- 2 to 4 Roma tomatoes, chopped
- 3.8-ounce can black olives, drained and rinsed
- Optional — sun dried tomatoes

### DIRECTIONS

- Drizzle olive oil on bread pieces and baking sheet
- Add bread to baking sheet
- Preheat oven 350 degrees.
- Bake bread similar to a crouton, 8-10 minutes (ovens vary)
- In a medium bowl, add mozzarella cheese cubes, tomatoes, black olives, toss toasted bread pieces, salt and pepper.
- On baking sheet, make little circles of shredded parmesan and bake at 350 degrees for 5 minutes until crispy and golden
- Cool, then toss in salad
- Add balsamic glaze to drizzle over salad for a tangy bite.
- Serve alone or with a pasta dish



Jan Bagby says her fried apples, sausage and biscuits is a delicious comfort food recipe and is known as a "breakfast for supper meal."

## Fried apples, sausage and biscuits

Jan Bagby of Waukee says her fried apples, sausage and biscuits is a delicious "breakfast for supper meal" served with breakfast sausage and homemade biscuits, with cinnamon honey butter.

"This recipe is 100% comfort food for me," she explains. "It's a combination of how my mom and my mother-in-law made this meal. It's a signal that fall and winter are here."

# LOOKING FOR MORE THAN A DAYCARE?

Guidepost Montessori at Waukee is a premier Montessori school offering education for infants, toddlers, preschool and kindergarten students.

### Give your child an environment where:

- Curiosity flourishes
- Independence grows
- Excels in academics



Learn more about us and schedule a tour!



**guidepost**  
montessori

605 E Hickman Rd, Waukee  
(515) 207-5462  
guidepostmontessori.com

Guidepost Montessori at Waukee is a premier Montessori school offering education for infants to kindergarten students.

Interested in enrolling your child? Visit our website!

# BUSINESS LOANS WITH HONEST EXPERTISE



Local experts you can trust - we offer business loans that are as **honest and reliable** as Abe himself.

- ✓ Fast, local, funding up to \$100,000
- ✓ Expand, invest in new equipment, and manage cash flow
- ✓ No origination fees
- ✓ Forbes #1 Bank In Iowa 2024



**Bre Neel**  
Business Banking Manager  
(515) 327-9975

Get Started Today!



## FRIED APPLES, SAUSAGE AND BISCUITS

### BISCUITS

- Prepare and bake baking powder biscuits (or use tube biscuits); mix cinnamon honey butter by melting butter, add honey and cinnamon to taste, set aside.

### CINNAMON HONEY BUTTER

- Melt 1/2 stick butter, then stir in 2-3 tablespoons of honey and a dash of cinnamon, set in fridge to thicken a bit, then stir before serving.

### SAUSAGE

- Cook in skillet until browned and done.

### APPLES

- Cut around the core of washed and unpeeled apples (2-3 apples per serving) and cut into chunks. Heat 2-4 tablespoons oil in a separate heavy skillet until quite hot; fry apples at medium high heat, turning/gently stirring occasionally until they start to soften (10-15 minutes).
- Sprinkle about 2 tablespoons white sugar (and a pinch of cinnamon if desired) over apples and continue cooking until they are a little browned and the sugar adds some caramelation.
- **Note:** While your apples are starting to cook, start sausage patties in another skillet.
- If you put your biscuits in the oven about the same time you start your sausage and apples cooking, you will have everything done close to the same time.



**we are hiring!**

**now open**  
*in Waukee!*

**why gerber?**

- ✓ **FREE** repair estimate
- ✓ Computerized color match
- ✓ National lifetime guarantee
- ✓ Direct billing to insurance
- ✓ Our collision repair is backed by a lifetime guarantee

**call today!**

auto body repair • collision repair • windshield replacement • bumper repair • hail damage repair • dents/scratches



**SCAN TO SCHEDULE WITH US!**

945 SE Alice's Road, Waukee  
515-518-0128







Jeri Levi

### Sweet Potato Casserole

During the holidays, Jeri Levi makes a sweet potato casserole that both friends and family enjoy.

“They often request that I make for our holiday dinner,” she says. “I have probably been making this dish for 20 years.”

## SWEET POTATO CASSEROLE

### INGREDIENTS

- 3 cups mashed sweet potatoes
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 eggs
- 1 cup evaporated milk
- 1 cup brown sugar
- 1/2 to 3/4 stick of butter

### TOPPING

- 1 cup crushed cornflakes
- 1/2 cup chopped pecans
- 1/2 cup brown sugar
- 1/2 up to 3/4 cups butter

### INSTRUCTIONS

- Mix sweet potatoes, vanilla, cinnamon, nutmeg, eggs, milk,

brown sugar and butter.

- Pour into casserole and bake for 30 minutes at 350 degrees.
- Mix topping ingredients. Put on top of baked casserole and put in oven and bake for an additional 15 minutes at 400 degrees.
- **Note:** I have turned up the heat to 400 as mentioned above. But I also put the topping on and baked it altogether at 350 for 30 minutes. If you have a lot of different dishes that need oven time, it is easier to just put the topping on immediately and bake it all at 350.

### Sour cream coffee cake

Waukee Mayor Courtney Clarke says she makes her sour cream coffee cake a few times each year, but it’s served for breakfast on important days, such as Thanksgiving and Christmas mornings.

“My mother did not bake often, but, when she did, this was a hands-down favorite. In turn, I now make this recipe for my family. and it is a favorite for my children as well. You can make multiple cakes and freeze them (well wrapped) for later in the year or halve the recipe and use loaf pans to give loaves out as gifts. I hope your family enjoys this recipe just as mine does,” she says.

Something special happens when we put our members **1<sup>ST.</sup>**



Federally Insured by NCUA.



Courtney Clark, along with her family, enjoy making their sour cream coffee cake recipe, especially for holiday breakfasts.

## SOUR CREAM COFFEE CAKE

### CAKE INGREDIENTS

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup sour cream
- 1 teaspoon vanilla

### NUT TOPPING INGREDIENTS

- 1/2 cup sugar
- 1/3 cup brown sugar
- 1/2 cup chopped pecans (chop finely – not the chopped way they are sold)
- 1 teaspoon cinnamon

### DIRECTIONS

- Preheat oven to 325 degrees. Grease and flour an 8 by 8 pan.
- Chop pecans if not already chopped. Mix the nut topping ingredients together in a bowl. Set aside.
- In large bowl, cream the butter until very soft. Then add sugar and eggs, one at a time, beating well.
- Add flour, baking soda, baking powder, salt and half the sour cream (1/2 cup), still beating the batter. When mixed thoroughly, add in last half of the sour cream and finish mixing. Stir in the vanilla by hand.
- Pour half the batter into the greased and floured pan. Sprinkle 2/3 of the nut topping over batter. Pat down. Pour in the rest of the batter and spread to the edges of the pan. Sprinkle remaining nut topping over the top. Pat into place so the topping sticks to the top of the cake.
- Bake at 325 for 40-45 minutes. If making multiple cakes, the baking time will be longer. Alternatively, if using a loaf pan, halve the recipe and shorten the baking time.

## Chocolate chip banana bread

Patty and Bruce Wagner offer up a trusted banana bread recipe made with Greek yogurt. Patty says, “It’s a very yummy banana bread. We’ve made it in a Crockpot, using a special insert, and used dark mini-chocolate chips. The Greek yogurt makes it very moist. We made it for a party last year and no one was really taking it. Then someone tried it, raved about it — and then it all disappeared. We didn’t get to enjoy any leftovers.”



Patty and Bruce Wagner take advantage of ripe bananas to make their chocolate chip banana bread recipe.

## CHOCOLATE CHIP BANANA BREAD

### INGREDIENTS

- 1 1/2 cups ripe and mashed bananas (3-4 medium bananas), measured
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1/2 cup unsalted butter, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup 2% Greek yogurt (sour cream also works)
- 1 1/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup mini chocolate chips plus a handful more for sprinkling on top

### DIRECTIONS

- Preheat your oven to 325 degrees and grease and line a 9 by 5 loaf pan with parchment paper.
- In a bowl, whisk together the flour, baking soda and salt. Set aside.
- In a separate bowl, mix together the melted butter and sugars until you reach a paste-like consistency. This may take some vigorous whisking for a minute or two. You can either use a whisk or an electric mixer with the paddle attachment.
- Add in your mashed bananas followed by the eggs, yogurt and vanilla.
- Once all of your wet ingredients are mixed together, fold in the dry ingredients. Then fold in the chocolate chips.
- Pour the batter into your prepared loaf pan and spread it even. Sprinkle extra chocolate chips on top if you like.
- Bake for 1 hour to 1 hour 15 minutes or until a toothpick comes out with a few moist crumbs. Let it cool completely before removing from the pan. Store at room temperature in an air-tight container.



**Scotcheroos**

According to various online surveys, scotcheroos are a beloved dessert among Iowans. When Ben Trembly submitted his scotcheroo recipe, he admits he never made it before.

“I like to try new things, but the problem is, I am a very picky eater. I don’t mind cooking as long as it’s not a lot of steps,” he says. “This was my first attempt, but they tasted really good.

I’ve had them several times from grocery stores or others who have made them. I figured it would be something fun to try with Christmas around the corner.” ■



Ben Trembly



**SCOTCHEROOS**

**INGREDIENTS**

- 1 cup light corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 6 cups Kellogg’s Rice Krispies cereal
- 1 package (12 ounce) semi-sweet chocolate morsels
- 1 cup butterscotch chips

**DIRECTIONS**

- Place corn syrup and sugar into 3-quart saucepan. Cook over medium heat, stirring frequently, until sugar dissolves and mixture begins to boil.
  - Remove from heat. Stir in peanut butter. Mix well. Add cereal. Stir until well coated.
  - Press mixture into 13- by 9- by 2-inch pan coated with cooking spray. Set aside.
  - Melt chocolate and butterscotch chips together in 1-quart saucepan over low heat, stirring constantly.
  - Spread evenly over cereal mixture. Let stand until firm. Cut into 2- by 1-inch bars when cool.
- Note: Before measuring the corn syrup, coat your measuring cup with cooking spray; the syrup will pour easily out of the cup.

Start your morning off right with an update from

**the daily umbrella**

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox.

**SCAN HERE**  
or subscribe at [dmcityview.com](http://dmcityview.com)



Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.



# NAVIGATING retirement: strategies for tackling inflation

Inflation erodes the purchasing power of your hard-earned savings during retirement, making it a significant concern for nearly every pre-retiree we encounter. It's crucial not to overlook this factor when planning for a retirement that may last 20 to 30 years. Developing a robust strategy to address inflation is essential to maintain the lifestyle you desire.



Inflation plays a major role in the everyday expenses retirees face, whether at the grocery store, gas station or during leisure activities. Many families are surprised to see how much their costs can rise over a 25-year period. For instance, if a family plans to spend \$7,500 a month in retirement, they will need about \$12,300 per month in 25 years to sustain the same lifestyle, assuming a modest 2% inflation rate. This highlights the critical importance of factoring in inflation when developing your

retirement income strategy.

Maximizing guaranteed income sources, such as Social Security and pensions, can significantly aid in planning for inflation. A reliable income stream provides retirees with a sense of security and allows for confident spending. If you don't have a pension, you're not alone, but creating a personal pension or maximizing Social Security benefits through strategic planning can make a world of difference.

Inflation impacts your retirement savings. \$500,000 saved today, will only be worth about \$300,000 in 25 years, using 2% inflation. It's crucial to balance the need for growth with the need to preserve capital. As you transition into retirement, your investment strategy will likely need to change. The market risks you took when building your retirement savings may not be appropriate for managing those savings through retirement. This security allows you to withstand market downturns without impacting your day-to-day living expenses.

Having a forward-thinking strategy is

another important way to combat inflation. Understanding how taxable, tax-deferred and tax-free income sources will impact your overall tax burden can create significant advantages. One strategy to consider is a Roth conversion, which involves converting pre-tax money from a traditional IRA or 401(k) to a Roth IRA. This offers tax-free growth and qualified distributions. While the converted amount is taxed as ordinary income in the year of conversion, a Roth IRA is not subject to Required Minimum Distributions (RMDs), providing flexibility that can reduce your retirement tax bill.

Taking proactive steps now can help you create a secure and enjoyable retirement. This approach will allow you to focus on living out your retirement vision without the worry that inflation could force you to change your lifestyle. ■

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



Learn how to combat inflation for a secure retirement lifestyle in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch now.



Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.





# NOW OPEN



Scott Politte, President  
Stivers Ford Lincoln of Iowa

## Stivers Means Business.

### Stivers Ford PRO Elite Commercial Service Center

**"ALL MAKES ALL MODELS MAINTENANCE AND REPAIR"**

**Our state-of-the-art 24-bay facility offers complete service for your light-, medium-, and heavy-duty commercial and fleet vehicles.**

#### Monday-Friday 7am-7pm.

1300 SE Stone Ridge Dr  
Waukee IA 50263  
On the Stivers Auto Campus  
<https://stiversfordia.com/pro-elite-commercial-center>

**515-217-6861**

#### Stivers Waukee Auto Campus



#### Stivers Ford Pro Offers

- Dedicated Commercial and Fleet Services
- Decades of experienced technicians, advisors, and management
- State-of-the-art Complex
- 36,000-Square-Foot, 24-Bay Facility
- Clearance to Service Any Size Vehicle
- Ford Recalls and Warranty Repairs
- Exclusive Light- to Heavy-Duty Service Advisors
- ASE Certified Technicians
- Mobile Service Van (select services available)
- Free Pick Up & Delivery



**Iowa's #1 Ford LINCOLN Dealer**  
STIVERSFORDIA.COM 515 217 6861





**NEW YEAR,  
NEW HOME!**

Start the new year off right with  
a tour at Attivo Trail Waukee!

515-561-5426  
www.AttivoWaukee.com  
835 NE Boston Parkway  
Waukee, IA 50263

**ATTIVO  
TRAIL**  
55+ Active Living

**SENIOR** By Jay Heaton

**BENEFITS of moving sooner**



Moving sooner rather than later as we age offers numerous benefits that enhance quality of life and reduce stress. Making a proactive move allows you to maintain control over decisions, ensuring you can choose the best living arrangement that aligns with your preferences and needs. By planning ahead, you can avoid the rushed decisions often made during crises and explore a wider range of options.

Moving earlier also reduces physical and emotional strain. The process is more manageable when you're healthy and active, and taking time to plan allows for emotional adjustment. Financially, you might benefit from favorable market conditions and have more time to find a place that fits your budget.

A timely move can also improve safety and health. Relocating to a home with accessibility features or to a community designed for older adults minimizes risks like falls and provides access to amenities, healthcare and social opportunities. It fosters social connections and reduces potential isolation, creating a supportive environment for aging.

Additionally, starting the downsizing process earlier allows you to declutter thoughtfully, involve family members, and reduce stress. Ultimately, making a move lets you embrace change on your own terms, ensuring a smoother transition and a more fulfilling lifestyle as you age. It's about setting yourself up for success in the years to come. ■

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



*Plan Ahead for*  
**PEACE  
OF MIND**

**Plan & Protect before  
the need arises.**

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

**Contact Hamilton's to start  
your plan.**

- Funerals
- Cremation
- Advanced Planning
- Academy of Grief & Loss
- Pet Services
- Memorial Gift Shop



**HAMILTON'S**  
FUNERAL & AFTER LIFE SERVICES  
515-243-5221  
6 Area Locations

**PLAN AHEAD** By Scott Eriksen

**WHERE has the year gone?**



I started the year by encouraging you with, "Don't put it off another year." So, my question to you now is, "Is it still on your to-do list?"

It may be getting that will in place, or cleaning out that closet, or perhaps it is getting your funeral prearrangements in place so that your final arrangements will not be a burden to your family and loved ones at a time that will be very emotional and stressful.

We hear it all the time: "I am so glad to have this taken care of."

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead allows you time to give the thoughtful consideration that these important decisions deserve, and it allows time to visit with other family members to find out what will be important to them.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

End the year by crossing one more item off your "to-do" list. Reach out to your funeral home of choice and schedule a meeting to start the conversation. 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.



## NEW OPTION for remaining independent at home as you age

Everett, 72, has lived in his home in Urbandale for 40 years. He and his late wife raised their children there; he knows his neighbors, and he's involved with the greater community.



Everett plans to remain in his home forever. But his daughters are concerned. Everett is healthy, but neither of them lives in town, and they're concerned about what will happen as their father grows older. If he needs help remaining independent in his house, they won't be able to provide that assistance. They want to hope for the best but plan for possible scenarios.

Everett's daughters' concerns are spot-on; staying in our homes independently as we age is not always possible. Chronic health challenges can make living independently ill-advised, and full-time care at home can be expensive.

So, you may be asking yourself, on your own behalf or on behalf of someone you love:

"If moving into a community is not a desired option and there are concerns about potential health issues later on, what can I do?"

One potential solution may lie in a Continuing Care at Home (CC@H) membership initiative, a program usually administered by an organization that serves older adults. CC@H programs are 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 a CC@H program, make sure to ask specifically what the program includes. A reputable 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.

**Here are some questions you'll want to consider asking:**

- **Does the program feature personal support, such as wellness coaching?** Studies show people who embark on a 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.

- **How long has the organization that's backing the program been in business, and what's its reputation in the senior-living industry?** Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. A reputable provider will have longevity and solid outcomes behind it.

Not all CC@H programs are created equal. If a program appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. ■

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. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

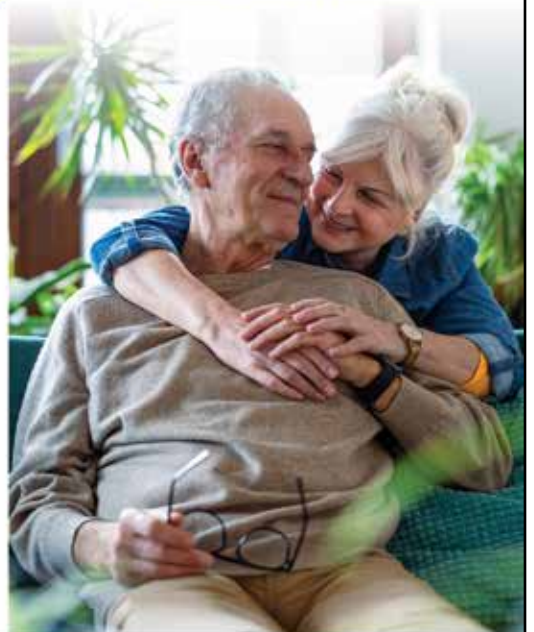
For this next New Year,  
here's your plan.

Stay on course for a healthy, joy filled life right where you want to be. With WellAhead in 2025, you can:

- Remain at home
- Keep your well-being in focus
- Protect your assets
- Plan for future health needs

Call (515) 642-1726 for more information — and consider the peace of mind you'll give your family when they know you're well at home with WellAhead.

**WellAhead**  
A WesleyLife Well-Being Experience



(515) 642-1726 | [wesleylife.org/wellahead](http://wesleylife.org/wellahead)

This institution is an equal opportunity provider and employer.



# GOLF outings benefit kids

Lush Family Dental helps raise money for nonprofits.

When Blake Louscher established a dental practice in Waukee with his dad, Mike, and wife, Kate, they wanted to become involved in the community.



As a result, Lush Family Dental began hosting an annual charity golf outing. They choose to focus on kids' charities.

This is the fourth year for the golf outing, which takes place at Waveland Golf Course. This year, they raised \$20,000 for Orchard Place. In past years, the golf outing has benefitted Drew's Crew, GodSpeed Equine and Waukee Community Schools Foundation.

For the golf outing, golfers pay entry fees. Some businesses sponsor holes at the event. Prizes, music and other games, along with a banquet, round out the event.

Blake says the event is well attended each year.

"It's impressive that a random group of people get to play golf, which benefits underserved kids," he says.

His family established Lush Family Dental in 2019, and it was important to become involved.

"We asked, what do we focus on? We serve a lot of families. We feel



Blake Louscher with his Neighbor Spotlight certificate sponsored by Travis Gaule, Edward Jones.

super fortunate, but a lot of youth haven't had as many opportunities," he explains. "We wanted to find charities benefiting underserved kids to bridge the gap and connect people who are eager to donate."

In addition, he and Kate became involved in Big Brothers Big Sisters before the pair had their own children.

"It's a nice way to stay involved," he says.

Blake has also helped organize another golf outing for the Boys & Girls Clubs. The event recently raised \$200,000 for the charity. He says local residents are quick to lend a hand.

"We have a nice team around us and a wildly supportive community. There's a lot of word of mouth and genuine interaction. It's important to build a sense of community and maintain positive relationships."

He suggests people become involved, no matter the amount of time they can commit.


"It takes a bit of time and energy for a golf tournament. If you can get involved with a one-time event or just make a donation, that works, too."

He calls on local Waukee residents to lend a hand.

"Waukee is impressive and folks take initiative on their own. People are working hard to make this a giving community," he says.

More information can be found on Orchard Place: [www.orchardplace.org](http://www.orchardplace.org); Boys & Girls Clubs: [www.bgcci.org](http://www.bgcci.org); Big Brothers Big Sisters: [www.bbbsia.org](http://www.bbbsia.org); GodSpeed Equine: [godspedequine.org](http://godspedequine.org); and Waukee Community Schools Foundation [waukeeschoolsfoundation.org](http://waukeeschoolsfoundation.org). ■

**Edward Jones** > [edwardjones.com](http://edwardjones.com) | Member SIPC



**Season's Greetings**

Wishing you and yours peace, joy and hope this holiday.

**Travis Gaule**  
Financial Advisor  
14225 University Ave Ste 240  
Waukee, IA 50263  
515-270-5375

MKT-9811D-A AECSPAD 2020/21

**Do you know a neighbor who deserves recognition?**  
Nominate him or her by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



# MEET Jenna Carey

Everything is new and exciting in kindergarten.



Jenna Carey has returned to the school district she attended as a child. She now teaches at Waterford Elementary School.

Jenna Carey’s experience growing up in the Waukee Community School District was so positive, she knew from an early age she one day wanted to return as an educator. After high school, Carey earned a bachelor’s degree in elementary education with a minor in special education from the University of Northern Iowa.

Now, Carey teaches kindergarten at Waterford Elementary School. She not only appreciates how the district offers a variety of opportunities for growth and support, but also the people she has met.

“What I love most about working in the Waukee School District is the amazing people I’ve met. My coworkers are incredibly encouraging, supportive and deeply committed to the profession. It’s clear that everyone here truly cares about the success of our students and each other,” Carey says.

Carey likes working with kindergarten students because everything is new and exciting for them. One of the most exciting projects her students have recently participated in involves observing the life cycle of a pumpkin. During the unit, Carey’s students read a book called, “Pumpkin Jack.” Inspired by the book, her students carved their own classroom pumpkin and tracked its changes throughout the month.

“At this age, they’re building the foundation for their future, and it’s incredible to be a part of that. Watching their faces light up when they learn something new or master a skill they’ve been working on is the most rewarding part of my job. Plus, their sense of humor and honesty make every day unpredictable and fun,” Carey says.

This school year, Carey is excited to help her students build a strong, close-knit classroom community. It has been rewarding for Carey to watch her students develop friendships, learn how to support one another, and build trust as they explore and grow together. Carey says every day is filled with moments of wonder and discovery, and she is looking forward to all the little surprises that come with teaching young learners.

“Returning to Waukee as a teacher has felt like coming full circle, and it’s been an absolute privilege to give back to the district that shaped me,” Carey says. ■

**Looking for a Groomer?**  
**We Are Your Preferred Dog Groomer!**  
**GIVE US A CALL TODAY!**




Baths • Grooms • Nail Trims & Pampering!

515-739-0537 |  LYSASPETGROOMING  
 266 W. HICKMAN ROAD • WAUKEE, IA

 **Lysa's Pet Grooming**   
 Sun-Tue 9-5 • Wed-Thu 8-4 • Every other Fri-Sat 8-4

Join Frontier Coworking for drop-in desks, private offices, fast internet, coffee, and more!

If you're a remote worker, freelancer, need a private office, or just want to get out of the house we have you covered!



Visit [frontiercoworking.com](http://frontiercoworking.com) for a tour!

Close to Waukee at  
 13137 University Ave Suite 120 in Clive

**NEW YEAR, NEW YOU!**

**GET THESE LIMITED TIME DEALS TODAY!**

**MEMBERSHIP SPECIAL**

GET A **\$50 GIFT CARD**

when you sign up for a VIP Membership.

**NEW PATIENTS!**

**FREE UPGRADE**

on all Signature Hydrafacials.

Botox/Jeuveau/Dysport • Dermal Fillers • Hydrafacials • Micro-needling  
 Custom Facials and Peels • Hormone Replacement Therapy  
 Weight Loss • Wellness IVs • Sexual Health • Peptide Therapy

 **4EVERYOUNG**  
 ANTI AGING SOLUTIONS

1180 SE University Ave, Waukee • 515.304.2324

See all services here!



**NEED  
NEU  
BLINDS?**

**CALL JAMES**  
FOR AN AFFORDABLE,  
CONVENIENT BLIND QUOTE.

**WE WILL  
BEAT ANY  
COMPETITOR'S  
PRICE BY 10%!**

**Neu  
Blinds**

**CALL OR TEXT TODAY**  
515-250-5543

GRABER. | DELIGHT IN  
EVERY DETAIL

Owned and operated by James Neu of Johnston

**Every house deserves Neu Blinds.**

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many products to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

## INSURANCE

By Chase VanWerden

# THE IMPORTANCE of umbrella insurance

### What is umbrella insurance?

Umbrella insurance is a form of liability insurance that will supplement your basic liability policies, such as your auto, home or renters' insurance. An umbrella liability policy covers a much higher limit and goes above and beyond claims directly relating to your home and auto. The main purpose of your umbrella policy is to protect your assets from an unforeseen event, such as a tragic accident in which you are held responsible for damages or bodily injuries. If another party files a lawsuit against you, your umbrella coverage will pay for the damages you're legally responsible for up to the policy limit.



### Why is umbrella insurance important?

Your car, house, investments and retirement accounts, as well as your normal checking and savings accounts and even future income, are all considered assets. It is important to know that, if you are sued for a lot of money and do not have enough liability insurance or an umbrella policy to cover those costs, all of your assets are exposed. People typically choose to buy an umbrella policy because they want to prevent the possibility of financial ruin due to one misstep or unforeseen accident. An umbrella policy can provide the protection to prevent such an outcome.

Could this happen to you? Examples of claims paid by an umbrella policy:

**Example 1:** The insured's 18-year-old son was driving the insured's car on a short trip to the store with his girlfriend. He lost control of the car and struck a tree. The insured's son told the police that a vehicle cut him off, but there were no witnesses and no evidence of any impact with another car. His girlfriend, a 19-year-old college student, was hospitalized for more than a month with multiple fractures and internal injuries. She was in a wheelchair but is now able to walk with crutches and continues with physical therapy. She has a right drop foot as a result of the injuries. The insured's personal umbrella policy limit was paid.

**Example 2:** The insured permitted several of her children and their friends to play paintball in her large backyard. The children were experienced and advised of all the safety rules including the use of headgear at all times. A participant removed her headgear as she was leaving the field in order to better hear someone calling her name. The minor claimant was hit in the eye resulting in a \$475,000 settlement.

We tend to want to believe that nothing like this can happen to us. There are many examples of unforeseen events and tragic accidents where an umbrella policy would provide the needed protection. Talk to your agent today about making a small investment to protect your assets. ■

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

# 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!**



**www.ifgtoday.com**

**WINTERSET**  
224 E. Hwy 92, Ste B  
515.462.4553

**WAUKEE**  
520 Walnut St  
515.987.9598



Taylor Benshoof



# KITCHEN renovation completed at Veterans Hall

Home Depot Foundation provides materials, appliances and labor for project.

The Veterans Hall in downtown Waukee recently received a facelift on its kitchen, thanks to a special grant benefiting veterans.

The kitchen remodel was completed and paid for by the Home Depot

Foundation. Nick Nichols, adjutant for Veterans Hall, says they applied for a grant from Home Depot. This is the third time Home Depot has assisted in repairs for Veterans Hall.

Home Depot sent out workers to complete the kitchen. It includes a new dishwasher, refrigerator, stove, microwave and sink, along with more counter space and new flooring.

Nichols says the hall's appliances were old and badly in need of replacement. Structural repairs were also called for.

"It was sagging in the counter due to water damage behind the wall," he says. "It was a necessary renovation."

Veterans Hall currently serves as a meeting facility for the Waukee American Legion, Waukee American Legion Auxiliary, Waukee American Legion Riders, the Danny White Waukee VFW Post 11517, Danny White Waukee VFW Auxiliary and the Waukee Boy Scout Troop #182.

Additionally, veterans use the kitchen space for community events, including the Waukee Winterfest and many community gatherings. During the Waukee farmers market in the summer, they offer hamburgers and hotdogs for sale. Every third Sunday of the month, the Legion Riders serve breakfast.

The Veterans Hall is not only a meeting place for veterans, it can be rented out by the public.

"The costs are reasonable," Nichols says. "We have a lot of graduation and birthday parties here."

The building was formerly the Waukee City Hall and Library.

"The city of Waukee offers a good relationship with the building. They maintain the structural soundness," Nichols says.

Nichols served in the Navy during the Vietnam war. He's joined the Waukee VFW about 12 years ago when he moved to Waukee. It's his job to look into whatever the club needs.

"I'm always there to solve any problems," he says.

When the place is rented out by the public, patrons are helping out veterans.

"A heartfelt thank you goes out to the Waukee Community for supporting all our events," Nichols says.

Anyone interested in renting the hall, located at 410 S. Sixth St., may contact Waukee American Legion Commander James Swearingen at 515-707-6807. ■



The Home Depot provided the funds, materials and labor to renovate the kitchen at Veterans Hall.

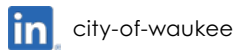




# City of Waukee Bulletin DECEMBER 2024

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

Follow City of Waukee on



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



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



### On the Street

If you park on the street, have a plan for an alternative parking place during snowstorms. When snow is in the forecast for Waukee, the Public Works Department may declare a Snow Emergency Parking Ban. Parking is not allowed on public streets when the ban is in effect, so plows can effectively, efficiently and safely clear the streets. Leaving your car in the street can result in a \$25 fine and/or your vehicle being towed.

### At Home

Property owners are responsible for clearing snow and ice from all sidewalks adjacent to private property within 24 hours after a snowfall to keep them safe for people to use. Be sure to keep the snow on your property. It is unlawful to place, throw or push snow onto City streets from private property. Pushing extra snow onto the road can make roads unsafe and more difficult to travel.

If you have a fire hydrant near your home, please dig out five feet around the hydrant down to the ground and out to the street to keep it accessible to emergency personnel. Fires can still happen in the winter, and every minute counts when firefighters are working to save lives and homes.

Keep garbage and recycling bins in your driveway. Do not put them in the street.

### Stay Informed

Get emergency alerts via Alert Iowa and the Smart 911 app. Go to [Waukee.org/Connect](http://Waukee.org/Connect) for the link to sign up for the types of notifications you want. You can also follow the City of Waukee on Facebook or Nextdoor to stay updated on snow emergency parking bans.

### Heat Your Home Safely

If you smell gas, which has a rotten egg odor, call the Public Works emergency number at 515-249-1212. If the smell is overpowering, leave the house right away and call 911. Early stages of carbon monoxide (CO) poisoning can include dizziness, flu-like symptoms, fatigue and severe headache. If you suspect CO poisoning or a detector alarm sounds, leave the house immediately. Seek medical attention if you feel ill.

Installing carbon monoxide (CO) detectors in your home can help provide early warning of a leak.

## Dates to Know

### City Offices Closed

December 24-25 & January 1  
Trash delayed one day those weeks

### Curbside Christmas Tree Collection Days

January 6 & 13  
Live trees only; no artificial trees

### Regular City Council Meetings

January 6 & 20 at 5:30 p.m.  
Waukee City Hall and Zoom





### Holiday City Offices Closures & Trash Pick-up

City of Waukee offices will be closed January 1. Waukee Public Library will be closed Sunday, December 29 and Wednesday, January 1.

There will be no garbage or recycling pick-up on January 1. Collection will run on a Thursday through Saturday schedule. If your regular pick-up day is Wednesday, Thursday or Friday, it will be delayed by one day.



### Curbside Christmas Tree Pick-up

Collection days for real Christmas trees are January 6 and January 13, 2025, for City of Waukee/ASI garbage customers. Artificial trees will not be picked up. Clear off all decorations, including lights and tinsel, before putting your tree on the curb. Do not put the tree in a bag. You may put any remaining yard waste out with your tree.



### Save the Date for Waukee FamilyFest!

Waukee Parks & Recreation will hold the annual FamilyFest celebration on Saturday, January 18 from 9 a.m. to 12 p.m. (noon) at Lutheran Church of Hope-Waukee, 305 NE Dartmoor Drive. This free, family event features inflatables, snacks and games supplied by local Waukee businesses and organizations. Find information on exhibiting or attending at [Waukee.org/FamilyFest](http://Waukee.org/FamilyFest).



### Spring & Summer Seasonal Job Openings

The City of Waukee will have more than 100 job openings for seasonal roles with Sugar Creek Golf Course, Triumph Park, Parks & Recreation and Public Works. Create an account and set your alerts now at [Waukee.org/Jobs](http://Waukee.org/Jobs) to get notified when these roles open in January.



### Updated Population

The results of the 2024 Special Census are in! The new official population count for Waukee is 31,823 people, an increase of 7,883 people since the 2020 census. The updated official count will bring an extra \$1.1 million dollars of road use tax revenue annually from 2025 to 2030 to help keep Waukee's roads in good condition.



### Recycling Do's & Don'ts for the Holidays

Putting the wrong items in your recycling bin can cause the entire bin to be discarded or cause damage in the recycling center. Not all items with a recycle symbol on them are able to be recycled here, so follow the Recycling Guide at [MWAtoday.com](http://MWAtoday.com). Here are a few tips for the holidays:



#### Put in the recycle bin:

- Plain cardboard boxes (flattened)
- Plain paper gift wrap, cards and envelopes (no foil, glitter, etc.)
- Glass jars and aluminum/tin cans (clean)
- Heavier plastic containers, such as juice containers or yogurt cups (clean)

#### Put in the trash:

- Disposable plates, cups, straws and silverware (paper, plastic or bamboo)
- Aluminum foil or pans
- Any food containers that have food residue on them (pizza boxes, catering containers, etc.)
- Plastic berry/fruit containers
- Takeout coffee cups - even the paper ones
- Styrofoam packaging or containers
- Plastic wrap or packaging material that isn't plain paper
- Tissue paper and fancy wrapping paper or cards (foil, glitter, etc.)

#### Reminders

- Take all the packaging out of your box, including Styrofoam that comes in electronic or appliance boxes.
- Never put plastic bags in your recycling bin. They can clog machinery at the recycling center. Instead, recycle clean plastic bags in designated bins at grocery or big box stores.
- Before throwing out a battery, holiday lights or electronics, check the Recycling Guide at [MWAtoday.com](http://MWAtoday.com).

### Citizen of the Year

Do you know a Waukee resident who goes above and beyond for the community? Nominate them for Citizen of the Year by January 9, 2025 at [bit.ly/3ZcSsii](http://bit.ly/3ZcSsii).



### Cookies and CultureALL

January 5, 2-3 p.m.  
Waukee Public Library  
Register at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events)

### Senior Technology Class: E-Readers, Audiobooks, and Podcasts

January 9, 10-11 a.m.  
Waukee Public Library  
Register at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events)

# ROOTED in Waukee's history

Clark's return to hometown a great decision for her family.

Waukee is — and always has been — home for Kathryn Clark.

In 1960, her parents, Richard and Bonnie Clark, moved the family to a newly built home on Northview Drive.

"We were the first occupied house on Northview Drive," Clark recalls.

Back then, Waukee was a quiet town with a population much less than what it is today. Northview Drive ended at Second Street, and cows grazed in fenced-in fields nearby, giving the area a pastoral charm.

Clark's father was Waukee's local TV repairman, making house calls throughout the community. His role as a friendly face and problem-solver connected the Clark family to neighbors in a way that epitomized the small-town spirit.

After graduating high school, Clark moved to Louisiana, where she lived for 17 years. Yet no matter how far she traveled, she was always homesick for Waukee.

"I moved my own family back to Waukee in 1988 when my children were in grade school," she says.

Returning to her hometown proved to be one of Clark's best decisions. Her children thrived in Waukee's schools, graduating from Waukee High School with honors.

"Looking back, it was a great decision to move them here where they would receive a well-rounded education," she says.

Now living in an apartment, Clark finds joy in a neighborhood that reminds her of Waukee's earlier days.

"It brings back memories of living in Waukee when the population was maybe 1,200 people," she says. "It had that small-town feel, which I don't feel any more with all the growth."

While Waukee has grown tremendously over the years, Clark's connection to her neighbors keeps her rooted.

"I know my neighbors, and they love to hear how Waukee 'used' to



After living in Louisiana for a number of years, Kathryn Clark returned to Waukee with her family.



be," she says.

Clark acknowledges that Waukee has changed significantly since the 1960s. Back then, necessary goods could be purchased at a small local grocery store, but the nearest large grocery store, Dahl's, was a drive down Hickman to the corner of 86th Street. Today, the city offers a wealth of conveniences, including multiple restaurants, gas stations, banks and grocery stores.

Though she misses the small-town charm of the Waukee she grew up in, Clark appreciates the amenities that make life easier now.

For Clark, Waukee is more than just a hometown. It's where her family's story began, where she raised her children, and where she continues to make new memories.

"Waukee will always be my home," she says. "It's where I grew up and where great memories, old and new, are being made." ■

Amelia & Santa!

# Happy Holidays!

Since 1878

**Waukee Hardware & Rent-it Center**  
Locally owned & operated by Geoff & Anne Warmouth  
515-987-4574 • 380 S. 6th St, Waukee

**waukee.doitbest.com**  
**FREE** ship to store!  
Mon-Fri 7:30am-6pm, Sat 7:30am-5pm, Sun 11am-4pm

**SUBSCRIBE TO THE LIVING MAGAZINES EMAIL TODAY!**

Sign up for one community or all 14 to stay up-to-date on local news.

**SIGN UP FOR FREE!**



# COZY up with the Waukee Public Library this winter

Looking for something to listen to while tackling winter chores? Need some cozy, at-home entertainment for the kids? The Waukee Public Library has everything you need to keep the whole family entertained this winter.

Stop by to pick up movies and shows, then stock up on books, magazines and S.T.E.A.M. kits for endless fun. Plus, with the Library's Online Library, you have access to dozens of resources — available free of charge to cardholders, anytime and anywhere. Here are just a few of our favorites to make this winter even better:

**Download eBooks and Audiobooks with LIBBY** – Waukee resident cardholders can access the Library's entire collection of eBooks and audiobooks through the Libby app. It's the easiest way to dive into digital books and audiobooks, whether at home or on the go.

**Download magazines with FLIPSTER** – Download your favorite magazines from a variety of publishers and read them on the go with the Flipster app.

**Stream videos and shows with INFOBASE** – Access hundreds of free, high-quality videos on demand with Infobase. Options include movies, biographies, TV shows and more.

**Entertain kids with BOOKFLIX and TUMBLEBOOKS** – Bookflix brings eBooks to life through animated stories, boasting over 120 animated books filled with adventure, music, and interactive games. Tumblebooks allows your kids to safely browse and read books by their favorite authors. All books are instantly available, with no need to place a hold or check them out.

**Learn new skills with LinkedIn Learning** – Pick up new skills on your schedule with LinkedIn Learning. You can access video courses designed to help you develop your business, creative and technology skills. Watch videos about how to use technology like Office 365, how to take professional-grade mobile phone photos, and how to best manage your time.

**Explore Arts and Crafts with CREATIVEBUG** – Unlock unlimited access to thousands of online art and craft classes, available anytime, anywhere. Whether you're passionate about knitting, painting, jewelry-making, or exploring other creative hobbies, CreativeBug offers expert-led tutorials for all skill levels. Start projects at your own pace — there's no pressure, just endless possibilities for creativity.

## Upcoming holiday closures:

- Closed Sunday, Dec. 29
- Closing at 5 p.m. on Tuesday, Dec. 31
- Closed Wednesday, Jan. 1
- Opening at 1:30 p.m. Friday, Jan. 24

## Programs and events

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

## **Waukee Public Library**

950 S. Warrior Lane, Waukee  
515-978-7944  
[www.waukeepubliclibrary.org](http://www.waukeepubliclibrary.org)  
Monday-Tuesday, 9 a.m. to 8 p.m.;  
Wednesday-Thursday, 9 a.m. to 6 p.m.;  
Friday, 9 a.m. to 5:30 p.m.;  
Saturday, 9 a.m. to 4 p.m.;  
Sunday, noon to 4 p.m.

## Kids

**Elementary Early Out STEAM (grades 1-5), Wednesday, Jan. 29, 2 p.m.** Explore a variety of hands-on STEAM activities with a different theme each month. This month we will be exploring Ancient Egypt.

## Teens

**Teen Early Out (grades 6-12), Wednesday, Jan. 15, 1:30 p.m.** Join us the first early out of each month for games, snacks and crafts. Each month, a structured activity will be provided, but students may also play games, color or just hang out. This month, we will offer bingo.

## Adults

**Learning English for Adults, Tuesday, Jan. 14 and 28, 6:30 p.m.**

Come practice your English under the guidance of an experienced ESL teacher. Adult English language learners of all levels are welcome. The first half of the class will be instructional, and the second half of the class will be conversation practice. Participants are encouraged to attend each week for the best results.

## Multi-Age

**Crafty Saturdays, Saturday, Jan. 11, 10 a.m.** Come and make a craft that is suited for everyone. We will all start with the same supplies and idea, but everyone's creations will be unique. This month we will decorate tile coasters. ■



 upside

Get an extra  
**25¢/gal**  
cash back

The free Upside app earns you real cash back, even on debit purchases.



Get the app and use code **print46**.



Offers vary by user and location. Terms and conditions apply. Go to [Upside.com](http://Upside.com) for details.



# POLK COUNTY | Leading the Way

Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.



## RESOURCES AND REFERRALS

**BOARD OF SUPERVISORS**  
515-286-3120

**ASSESSOR**  
515-286-3014

**BEHAVIORAL HEALTH**  
515-288-0818

**CONSERVATION**  
515-323-5300

**ELECTION OFFICE**  
120 2nd Ave, Suite A Des Moines, IA 50309  
515-286-3247

**GENERAL ASSISTANCE**  
515-286-3434

**GRANTS AND SPONSORSHIPS**  
COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS  
515-286-2272  
SPONSORSHIP  
515-286-2272

**HEALTH**  
515.286.3798  
24HR HELP 855-561-8111

**HUMAN RESOURCES**  
CAREER OPPURTUNITIES,  
EMPLOYEE BENEFITS AND WELLNESS  
515-286-3200  
DIVERSITY, EQUITY,  
INCLUSION, ACCESSIBILITY  
515-286-3624

**PUBLIC WORKS**  
515-286-3705

**TREASURER**  
MOTOR VEHICLE  
515-286-3090  
PROPERTY TAX  
515-286-3090

**RECORDERS**  
VITAL RECORDS  
515-286-3624  
PASSPORTS, REALESTATE  
515-286-3160  
ATV /BOATS/SNOWMOBILE  
515-286-3160

**SHERIFF**  
POLK COUNTY JAIL  
515-323-5400  
LAW ENFORCEMENT  
(NON EMERGENCY)  
515-286-3306

**VETERAN AFFAIRS**  
515-286-3670





POLK COUNTY

# HIGHLIGHTS



Polk County  
**Life Services**  
Center

#### Contact Information

BMC Behavioral Health Urgent Care (BHUC) - 515.282.5742  
BMC Crisis Observation Center (COC) - 515.282.5742  
SvDP Sobering Center - 515.259.6262

The Polk County Board of Supervisors formally inaugurated the Life Services Center with a ceremonial ribbon-cutting event. This new facility represents an innovative approach to addressing the challenges faced by individuals facing addiction and mental health crisis. The establishment of the Life Services Center is a collaborative effort involving Polk County, the City of Des Moines, Broadlawns Medical Center, and St. Vincent de Paul. The Life Services Center will function as a secure environment where individuals in need of treatment can receive necessary care. The Life Services Center, located at 1914 Carpenter Ave. in Des Moines, is housed in a completely renovated building owned by Polk County. The City of Des Moines will split the operational costs of the facility 50/50 with Polk County. St. Vincent De Paul will provide case management personnel, while Broadlawns Medical Center will offer treatment services for individuals with addiction and mental health issues.



Polk County Sponsors On With Life 'Extreme Build'

Polk County was proud to participate in the construction of the On With Life two new family homes in Ankeny! These beautiful residences, part of Hubbell Realty Company 'Extreme Build' Homes of Hope initiative, were partially funded by a Polk County community development grant. These new homes will offer families a safe and peaceful retreat while supporting their loved ones receiving care at the On With Life campus. Together, we're building a brighter future for our community!

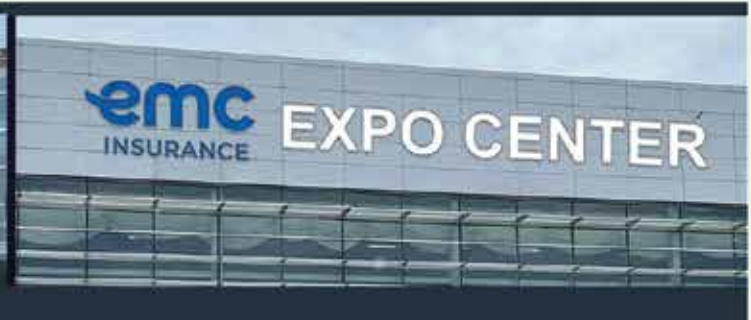


Polk County Helps Fund New Youth Mentoring Center

Polk County helped fund the renovation of a new Youth Mentoring Center for Big Brothers Big Sisters of Central Iowa. Spanning an impressive 10,500 square feet, the building will feature dedicated mentoring and community spaces, as well as serve as the new headquarters for staff. This state-of-the-art facility will empower the organization to meet the growing demand for mentorship, providing both "Bigs" and "Littles" a vibrant environment to cultivate meaningful mentoring relationships. Additionally, this space will enable corporate volunteer groups to witness firsthand the profound impact that Big Brothers Big Sisters has on our community, fostering stronger partnerships and engagement.



Iowa Events Center Naming Rights



Two esteemed local companies are set to elevate a cherished downtown destination. Polk County's Iowa Events Center will soon feature new names for two of its key facilities within the entertainment complex. The Wells Fargo Arena will be rebranded as the Casey's Center, while Hy-Vee Hall will transform into the EMC Expo Center. Both naming rights partnerships will commence in 2025, marking the beginning of a decade-long collaboration between Polk County and Oak View Group, the operators of the Iowa Events Center and these two new corporate partners. Polk County is thrilled that these respected local brands will contribute to the ongoing success and vibrant future of the Iowa Events Center.



# PLAN for the future

2024 is coming to a close. The end of the year is a good time to take stock of your personal situation and proactively plan for the future.



assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

### Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each professional listed.

### Review the title to your home

You should review how you hold title to your

home. When you purchased your house, the seller executed a deed. The deed contained important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet very effective steps that can save time and expense in the future. Contact an experienced attorney to help you get 2025 off to a good start. ■

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

### Update your estate plan

Putting your legal affairs in order is important. It reduces the burden on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a last will and testament, a durable financial power of attorney, and a living will / health care power of attorney.

A will directs the distribution of your

**YOU NEED SOMEONE ON YOUR SIDE.**

YOU DON'T HAVE TO DO THIS ALONE. WE CAN HELP GUIDE YOU.

SUPERIOR SERVICE. LEGAL SOLUTIONS.

**FOR 37 YEARS**

## EXPERIENCED ATTORNEYS — SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
Probate & Estate Administration ■ Social Security Disability  
Business Formation & Planning ■ Medicaid & Asset Protection



**ABENDROTH RUSSELL  
BARNETT LAW FIRM**  
ESTABLISHED IN 1987

**ATTORNEYS WHO SPECIALIZE IN YOU**

2560 73rd St., Urbandale ■ **515.278.0623** ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)



## RECIPE

# QUICK, comforting ways to warm up winter in minutes

*(Family Features)* After a day battling the cold and fighting the wind, a comforting meal made at home is often just what you crave. Turn those blustery winter conditions into warm, cozy evenings with favorite recipes that offer not only convenience but provide a little kick of spice.

For a quick and delightful meal that's equal parts comforting and unique, try this hot honey chicken and waffle that's sure to please with a crispy rice waffle loaded with sweet and spicy flavor, topped with chicken and drizzled with honey. It's a treat that truly satisfies from the inside out in just seven minutes.

The crispness of the gluten-free rice waffle is made possible by Minute Rice's Hot Honey Chicken Seasoned Rice Cup that entices taste buds with a sweet and mildly spicy contrast and playful presentation. Ready in as little as 60 seconds, the rice cup ensures convenience and distinct seasoning, making each waffle perfectly flavored and offering a satisfying crunch with every bite.

Whether you're shaking up your breakfast routine or enjoying a fun and easy dinner, it can be taken to new heights with the combination of honey and a sprinkle of powdered sugar for delicious decadence.

Visit MinuteRice.com to find more family-friendly ways to warm up mealtimes all winter long. ■

## Hot honey chicken and waffle

Prep time: 2 minutes

Cook time: 5 minutes

Servings: 1

- 1 Minute Hot Honey Chicken Seasoned Rice Cup
- 1 egg
- nonstick cooking spray
- 2 chicken tenders, cooked
- 2 tablespoons honey, for garnish
- 1 tablespoon powdered sugar, for garnish

### DIRECTIONS

- Preheat mini waffle maker. Heat rice according to package directions.
- In medium mixing bowl, combine rice and egg. Mix well.
- Spoon rice mixture into waffle maker. Cook until light goes off.
- Place waffle on plate with cooked chicken tenders on top.
- Drizzle with honey, sprinkle powdered sugar on top and serve.




*Make a Difference This Holiday Season*  
**BE A BLOOD DONOR**


In the season of giving, there are many ways to make a difference—donating time, services, or gifts. But have you ever thought about giving the most precious gift of all—the gift of life? Every day, patients in Des Moines area hospitals rely on LifeServe Blood Center for essential blood products. Blood cannot be manufactured; it can only come from generous donors like you.


This holiday season, you have the power to make a difference beyond measure. By rolling up your sleeve and donating blood, you can give a gift that truly embodies the spirit of the season—hope, life, and love.

Let this be the year you start a new holiday tradition—a family tradition. Invite your loved ones to join you in giving the gift that truly matters, and together, you can help save lives. Because there's no greater gift than the one that allows someone else to enjoy another holiday with those they love.

**Make this holiday season a time for life, love, and lifesaving generosity. Be a blood donor.**



 **lifeserve.info/tradition**



# A PLACE to call home

## How Waukee embraced the Gallardo family

For Felipe Gallardo and his family, the decision to call Waukee home was a no-brainer.

Gallardo and his son moved to town about 10 years ago, drawn by Waukee’s welcoming spirit and tight-knit support system. His wife, Angelica, has called it home even longer, arriving from Mexico two decades ago.

“The community just really supported her,” Gallardo says of his wife’s early days in Waukee when she was one of just a few non-English speakers.

“They helped get the kids enrolled in school and provided them with all the things they needed to get settled in.”

That spirit of community has benefited Gallardo’s son, Reuben, who has Down syndrome, as well. When the Gallardos married, Reuben was attending school in Des Moines and was having a difficult time. Angelica convinced Gallardo to relocate to Waukee instead of her moving to Des Moines.

“Automatically, Waukee was very welcoming to him, and he started being himself again,” Gallardo says. “He had a really good time at school. Everyone made sure we had everything we needed and were involved in his learning. In the short time he was here in Waukee schools, he developed so much.”

Gallardo says his wife’s children also excelled in Waukee.

“They’re both engineers now, graduates of Iowa State, and they always talk about how the schools provided them the knowledge and experiences they needed in order to be who they are today.”

Recently, Angelica’s daughter bought her own home in Waukee. Her son lives nearby in Des Moines, but both kids give back to Waukee schools because they feel the district gave them a strong foundation for their lives and careers.

Waukee’s support especially shined through when Reuben, who is non-verbal, wandered from home one day. A police officer recognized him at Kum & Go and drove him safely back to his house. The store manager also knew who Reuben was and called to let Gallardo know he had been in the store and got a slice of pizza and some chips.

“I’m originally from California, and there’s just no way you would have that sense of



When Felipe Gallardo married his wife, Angelica, she convinced him a move to Waukee would benefit his son, Reuben, who has Down syndrome. The school district and community have proven her right, Felipe says.

community anywhere else,” Gallardo says. “I’ve moved a bit because I was in the Army, and I’ve never seen it anywhere else except for here in Waukee.”

Even as Waukee has grown over the years, it has managed to maintain its small-town charm. Gallardo and his family enjoy the thriving arts and dining scenes, as well as longstanding community events like the farmer’s market.

For Gallardo, that blend of growth and tradition, coupled with Waukee’s sense of community, is what makes the city such a special place to call home. ■





# FIRESIDE *at Waukee*

## Luxury Living Meets Hometown Excellence

Indulge in luxury living at Fireside at Waukee, where upscale lifestyle meets suburban charm. Enjoy state-of-the-art amenities that will make you feel as if you're a resident at a high-end resort. Each of our studio, one, and two-bedroom apartment homes boasts premium finishes, including stainless steel appliances, quartz countertops, luxurious vinyl tile flooring and washer/dryer. As a fireside resident you'll enjoy a resort style pool with state-of-the-art fitness center, pickleball courts, dog parks, fire pits, grilling stations, hammocks, outdoor seating and much more.

### STUDIO 1 & 2-BEDROOMS

Bring this ad in for your tour we will waive the application fee (\$60) and admin fee (\$150).

**2 OR 3  
MONTHS  
FREE RENT**  
ON A 14- OR 18-  
MONTH LEASE!

*The Comfort and Style you've always wanted!*

- Resort Style Pool
- Pickleball courts, Cornhole, Bocce Ball
- Putting Green
- Several outdoor gas firepits
- Grilling Stations
- Large and Small Dog Park Areas
- Large Clubhouse
- State of the Art Fitness Center
- Resident Lounge Area with Fireplace Bar and Kitchen Area
- Conference Room
- Remote Work Offices
- Tuck Under Parking
- Detached Garage Parking
- Pet Washroom
- Bike Repair Room



**SCAN TO SCHEDULE  
A TOUR TODAY!**

Or call to set up a tour today! 515-690-7373

**210 NW 2nd Street, Waukee**

www.firesidewaukee.com | 515-690-7373



Be sure to check for cancelations.

## Upcoming in Waukee Living magazine:

**Grandparents who enjoy living near their grandchildren:** Share why you enjoy living near your grandchildren and how you spend time together. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Feb. 1 to be included in the February issue.



## Playhouse classes offered

Various dates

The Des Moines Playhouse,  
831 42nd St., Des Moines

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for winter, winter break, spring break and spring classes with summer camps posting in mid-January. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit [dmplayhouse.com/education/classes-and-camps](http://dmplayhouse.com/education/classes-and-camps).

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with “Waitress” choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Winter break features a play in four days for students in grades 2-7 while younger students will bring folk tales from around the world to life. Teens can work alongside Playhouse professionals to learn basic stage carpentry, painting, sewing, lighting design and sound design. Winter break sessions are Dec. 23, 27, 30 and 31.

Winter classes start Jan. 4 with creative drama, creative characters, and more for pre-K through grade 9. Spring classes, starting March 29 are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning “Seussical Kids,” a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational offerings, contact Robin Spahr, Playhouse education director, at [rspahr@dmplayhouse.com](mailto:rspahr@dmplayhouse.com), 515-974-5365.

## Women’s Social

Saturday, Jan. 11, 9-11 a.m.  
Veterans Hall, 410 Sixth St.,  
Waukee

The Waukee American Legion Auxiliary is sponsoring a social event. All women are invited to start the New Year by meeting new people and enjoying coffee, pastries, fun and prizes.

## Square Dance Lessons

Sunday nights starting Jan.  
19, 6:30 p.m.

Douglas Avenue Presbyterian  
Church, 4601 Douglas Ave.,  
Des Moines

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session accepted at the third lesson. Attend with or without a dance partner. You’ll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information call Sandy Townsend, 515-294-2624, or visit [www.ankenysquares.com](http://www.ankenysquares.com).



## Iowa Diecast Toy Show

Jan. 4-5

Iowa State Fairgrounds, 3000  
E. Grand Ave., Des Moines  
[www.agfarmtoys.com](http://www.agfarmtoys.com)

Explore an extensive selection of toys of all sizes and memorabilia from reputable dealers. Discover rare and limited-edition pieces to add to your collection. Find that missing piece for your display that you have been searching for. Find a great piece that you didn’t know you needed.

## 2025 Waukee Area Chamber of Commerce Annual Dinner

Thursday, Jan. 30, 5-8 p.m.

Vibrant Music Hall, 2938 Grand Prairie  
Parkway, Waukee

Join the Waukee chamber in celebrating the Waukee area business community. The Triangle Awards and Citizen of the Year Award will be presented. Social hour begins at 5 with a plated dinner served at 6 p.m. The program is 6:30-7:30 p.m. followed by time to socialize. Cost is \$105 for individual or \$1,000 for a table of 10. Registration link is available at <https://members.waukeechamber.com/events/calendar/2025-01-01>.

## Holiday Hullabaloo

Through Dec. 29

Horizon Events Center,  
10320 Hickman Road, Clive

The 2024 Holiday Hullabaloo is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. [www.holidayhullabaloo.com](http://www.holidayhullabaloo.com)



## Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit [desmoinescommunityorchestra.org](http://desmoinescommunityorchestra.org). Concerts are:

- Sunday, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl’s Favorite Finales, Sheslow Auditorium.



# EVENTS IN THE AREA

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

Be sure to check for cancelations.

## Polk County Heritage Gallery exhibit

Dec. 5 to Jan. 24

Polk County Administration Building, 111 Court Ave., Des Moines

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

DSM Exhibited 2024 - Annual Juried Show is on display.

## Live music at Wooly's

504 E. Locust St., Des Moines  
[firstfleetconcerts.com/first-fleet-venues/woolys](http://firstfleetconcerts.com/first-fleet-venues/woolys)

- Jan. 17: Tyler Richton & The High Bank Boys at 7 p.m.
- Jan. 18: The Prince Experience at 8:30 p.m.
- Jan. 24: Smells Like Nirvana: A Tribute to Nirvana at 8 p.m.
- Jan. 26: Beach Bunny at 8 p.m.
- Jan. 30: Aaron Watson at 8 p.m.



## CITYVIEW's Fire and Ice

Saturday, Jan. 18, 1-4 p.m.

Historic Valley Junction Foundation, 137 Fifth St., West Des Moines

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>.

## Iowa Wolves home games

Wells Fargo Arena, 233 Center St., Des Moines

[iowa.gleague.nba.com](http://iowa.gleague.nba.com)

- Jan. 4 at 6:30 p.m. vs. Santa Cruz Warriors (Golden State Warriors)
- Jan. 7 at 6:30 p.m. vs. Santa Cruz Warriors
- Jan. 13 at 6:30 p.m. vs. Rip City Remix (Portland Trailblazers)
- Jan. 15 at 6:30 p.m. vs. Greensboro Swarm (Charlotte Hornets)
- Jan. 23 at 6:30 p.m. vs. Valley Suns (Phoenix Suns)
- Jan. 24 at 6:30 p.m. vs. Valley Suns

## Iowa Wild home games

Wells Fargo Arena, 233 Center St., Des Moines

[iowawild.com](http://iowawild.com)

- Jan. 17 at 7 p.m. vs. Rockford Icehogs
- Jan. 18 at 6 p.m. vs. Rockford Icehogs
- Jan. 22 at 7 p.m. vs. Charlotte Checkers
- Jan. 25 at 6 p.m. vs. Texas Stars
- Jan. 26 at 3 p.m. vs. Texas Stars
- Jan. 28 at 7 p.m. vs. Charlotte Checkers
- Jan. 31 at 7 p.m. vs. Springfield Thunderbirds



**GAME**

**ON!!!**

Our 100% Fiber optic network gives you lightning speed for lag-free gaming.

Now partnered with Fiber Gaming Network for free gaming opportunities!

*I'm so happy we made the choice to switch to Mi-Fiber. The service tech was awesome and explained any questions I had. Thanks! And it's amazing that everyone you deal with is LOCAL. -Emily*

**Make Mi-Fiber Your Fiber.**

Technology to **power your life.** Support to **simplify it.**



**QUESTIONS? Give us a call today! 515.850.0500**

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

We're looking forward to being your local provider. 4464 114th St. • Urbandale, Iowa

# NOW HIRING!

Iowa Living magazines are currently seeking an

## ADVERTISING ACCOUNT EXECUTIVE

Frustrated in your current advertising, sales, communications or customer service position? Want to work in the community you live in? Tired of not getting paid what you are worth? Depressed by the lack of growth in your company? Then you should consider a career change.

Our massive audited readership drives results for our advertising customers. We have grown immensely over the last 18 years, and we are just getting started. Our award-winning publications are household names and are respected by readers and advertisers throughout central Iowa.

We are currently seeking a motivated Advertising Account Executive to join our team in the Urbandale, Clive and Indianola communities.

We offer unlimited earnings potential, paid vacation and sick time, an expense account, health and dental insurance, a retirement savings plan, family-owned work environment and much more.

If you enjoy a fast-paced working environment and have proven organizational, planning and networking skills, then you can succeed here. We will teach you the rest.



Contact me today for a confidential meeting to learn more about your next career. You will be glad you made the call. I guarantee it.

**Jolene Goodman**  
Vice President  
515-953-4822 ext. 319  
jolene@iowalivingmagazines.com



WWW.IOWALIVINGMAGAZINES.COM

## WELLNESS By Amanda Kramme

# THE POWER of Prolozone injections

Whether you're dealing with joint pain, arthritis or a lingering injury, finding effective, non-invasive relief can feel like an uphill battle. That's where Prolozone therapy comes in — a revolutionary treatment that combines the regenerative properties of ozone with the power of targeted injections to address pain at its root cause.



Prolozone is a natural therapy designed to repair and strengthen tissues around joints and ligaments. It works by injecting a mixture of oxygen, ozone, vitamins and minerals directly into the affected area. This combination stimulates your body's healing response, reducing inflammation, increasing circulation and encouraging the regeneration of damaged tissues.

Prolozone injections are ideal for anyone struggling with things such as joint pain and arthritis, chronic back pain, sports injuries, tendonitis or ligament strains, and degenerative disc disease. Unlike traditional treatments that only mask the symptoms, Prolozone therapy addresses the underlying causes of pain, making it an excellent alternative to surgery or long-term reliance on medication.

As we prepare to ring in the new year, there's no better time to take control of your health and wellness. Make 2024 your healthiest year yet. Explore how this therapy can transform your health journey. ■

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

# PERFORM AT YOUR BEST.



BUY ONE, GET  
**50% OFF**  
**PROLOZONE**  
on same day injections  
WITH A  
**COMPLIMENTARY CONSULTATION!**

Prolozone is a non-surgical treatment to help joint pain and stimulate regeneration of damaged tissues.

Book Today at 515-415-1550 or [vividwellnesslounge.com](http://vividwellnesslounge.com)



Book Now



WELLNESS • AESTHETICS • LIFESTYLE

1980 NW 94 St. Suite E/F, Clive



Only Santa and  
Waukee Living magazine  
make it to every household!

Merry Christmas from

WAUKEE  
*Living*  
MAGAZINE





Waukee Area Chamber of Commerce hosted a ribbon cutting for Iowa Radiology on Nov. 14.



Daphne Paulsen and Mandy Christensen at the ribbon cutting for Iowa Radiology on Nov. 14.



Justin Bailey, Dane Jenkins, Josh Phifer and Zach Vander Ploeg at the ribbon cutting for Iowa Radiology on Nov. 14.



Sarah Agan, Shelby Birocci and Dodie Jabour at the ribbon cutting for Iowa Radiology on Nov. 14.



John Jabour, Meagan Thompson and Kristen Buenzow at the ribbon cutting for Iowa Radiology on Nov. 14.



Waukee Area Chamber of Commerce hosted a ribbon cutting for the Waukee location of Lucky Gal Tattoo & Piercing on Nov. 21.



David Henson, Caleb Affuso, Chris Pruisner at the ribbon cutting for the Waukee location of Lucky Gal Tattoo & Piercing on Nov. 21.



Ryan Hammel, Rhett Oselette and Galen Thornburg at the ribbon cutting for the Waukee location of Lucky Gal Tattoo & Piercing on Nov. 21.



Ashleigh Andersen and Lilly Berg at the ribbon cutting for the Waukee location of Lucky Gal Tattoo & Piercing on Nov. 21.



Harper Lorenz reading the latest Waukee Living magazine.



# RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Frontier Coworking on Nov. 15.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Frontier Coworking on Nov. 15.



Brian Donaldson, Andy Sinclair and Sarah Sinclair



Zach Vander Ploeg, Jenni Callan, Michael Bartos, Vicki Davis and Brett Braafhart



Jessica Taylor Fink and Ben Sinclair



Nathan Hardisty, Brad Deets, Andy Kass and Zach Vander Ploeg



Eileen Van Kooten-Schmitt and Amber Rhodes



Edey Beckerman and Nikki Nigg



Chris Crone and Ben Sinclair



Jessica Taylor Fink and Kristy Schmidt



Sarah Sinclair and Martha Munro

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## FOR SALE

**MANUFACTURED HOMES, (2025, Vinyl/ Shingled. 2 Bedroom start at \$39,999), (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. In Stock/Options. Delivered Factory-Direct, East Of I-35, North of I-80. 319-239-1920. (mcn)**

## WANT TO BUY

**WANT TO BUY** your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

## AUTOMOBILES

**GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS.** Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

**AFFORDABLE TV & INTERNET.** If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

**DIRECTV-** All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

## HEALTH & MEDICAL

**ATTENTION OXYGEN THERAPY USERS!** Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

## HOME SERVICES

**Don't Pay For Covered Home Repairs Again!** Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

**AGING ROOF? NEW HOMEOWNER? STORM DAMAGE?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

**WATER DAMAGE CLEANUP & RESTORATION:** A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

## MISCELLANEOUS

**LONG DISTANCE MOVING:** Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

Reach over 1.6 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

**NEED NEW FLOORING?** Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

**YOU MAY QUALIFY** for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

When you want the best, you want Omaha Steaks! 100% guaranteed and delivered to your door! Our Butcher's Deluxe Package makes a great gift and comes with 8 FREE Burgers ONLY \$99.99. Call 1-844-319-4662 and mention code 77318DGB or visit www.omahasteaks.com/Deluxe9693 (mcn)

## REAL ESTATE

**We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process:** Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

## WANT TO BUY

Buying and selling silver bars, silver dollars, rare coins, gold jewelry, any gold-silver items, collector coins, currency. I have a \$750,000 line of credit and own 1,475 acres of land near Ormsby. Kuehl's Coins, Fairmont, MN. 507-235-3886/507-399-9982. (mcn)

**PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

**TOP CASH PAID FOR OLD GUITARS!** 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

## AUTOS WANTED

**Donate Your Car to Veterans Today!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

## HEALTH & FITNESS

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

## HOME SERVICES

**Aging Roof? New Homeowner? Got Storm Damage?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

## MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

**DIRECTV Stream - Carries the most local MLB Games!** Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off instl (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/30/25.) Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

Portable Oxygen Concentrator may be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-305-1535 (ACP)



**NEW  
LOWER  
PRICES**  
ON THOUSANDS  
OF ITEMS

**HyVee**  
WAUKEE







**BLOOD MAKES YOU RELATED, LOVE MAKES YOU FAMILY.**

*IN MEMORY OF JACK CHAPMAN.*

*THANK YOU WES STANLEY FOR  
18 YEARS OF SERVICE. 2005-2023.*



**Merry Christmas to All!**

CELEBRATING 65 YEARS IN 2025.

**LOVE, THE CHAPMANS**



916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-2  
**515-993-4287**

[www.adelwintersettv.com](http://www.adelwintersettv.com)

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**