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## A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

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# WELCOME

## A GRANDPA and his grandson

Jolene and I are new to this grandparenting thing. We are only weeks in, but, so far, so good. We had heard how wonderful the experience is from others, but, like most things in life, we didn't fully understand until we began to live it.



Our middle daughter, Samantha, got married a few years ago. She and her husband, Brady, then moved to Arizona. We missed them, and, thankfully, they missed us, too. As they began to talk about starting a family together, they came to the conclusion that they wanted to be close to family again and were moving back to the area.

We were able to see Samantha through the pregnancy process, and we were at the hospital shortly after their son was born. Holding Callahan in my arms for the first time was amazing, and doing so each time since has been as well. No phone call or video call could ever replace that.

I am greatly looking forward to the years ahead, too. Walking. Talking. Birthday parties. Ball games. And whatever he chooses to be involved in. But what I look forward to the most is the time we can spend together, just the two of us. Playing games at the kitchen table. Working on a project together in the garage. Going on boat rides. And just talking about whatever he wants to talk about.

My grandparents had all died by the time I was 5 years old, but I have a few wonderful memories of my Grandpa Lane. I can still envision him. In bib overalls. Sitting in his recliner. Looking at me and thinking how he could make me laugh. He would ask me if I wanted to see a monkey, and, of course, I always did. So I would jump up on his lap, and he would pull out his pocket watch and turn the shiny side over so I could see my reflection. And we both would giggle. I fell for that one repeatedly.

I was fortunate to be able to spend time with my grandpa, albeit not as much as I would have liked. I loved him dearly, and I want to do all I can to be sure my grandson and my future grandchildren will have those same opportunities with me.

This month, we share the stories of grandparents who live nearby their grandchildren and are able to create these types of cherished memories — and maybe see a few monkeys, too.

Thanks for reading. ■

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# A Special BOND

Local grandparents share why living close to their grandkids is so important to them.



By Jackie Wilson

These days, kids often grow up, move away and start families and careers far from where they grew up. Siblings are often scattered across the country and even the globe. Dinners with the extended family is now regulated to the holidays, when those who are able make the trip “back home.” But there is something about grandkids that brings about another family shift. Many young families decide their kids would benefit from having family close by, and many grandparents find retirement is the perfect time for making a move closer to family. Some of those grandparents who live close to their grandkids share what it means to them to form the special bonds that come from time spent together.

Rachelle MacNaughton says she had a wonderful relationship with her grandparents and wants to honor them by carrying on their traditions with her grandkids.

## Life saved to be a grandma

Lori Richman of Waukee was excited when her daughter announced her pregnancy. It meant she would become a grandma.

Yet, during her daughter's pregnancy, Lori was diagnosed with colon cancer. Due to being ill, she felt as if she missed the first eight months of her grandson's life. When she began recovering, it was her goal to spend time with her grandkids.

"I swore I'd never miss a thing. I was saved so I could be a grandma. I truly believe that," she reflects.

Since her cancer diagnosis, she now has six grandchildren from ages 2 to 14. She and her husband, Steve, help out with transportation with the grandkids. Two granddaughters are in dance, and the two older grandsons are in different sports.

"Between the four oldest, we are picking up and dropping off," she says. "We try not to miss anything."

Growing up, Lori was the youngest of 32 grandkids.

"There were too many of us to have

that one-on-one time with Grandma," she recalls.

As her own two kids were growing up, Steve's mom was influential in their kids' lives.

"My mother-in-law was the most wonderful grandma," Lori says. "She came to everything. I tried to emulate how she was. My kids think she was the greatest ever."

One activity she's introduced to her grandkids is baking. She's entered contests for cakes and cookies at the Iowa State Fair. When her grandson was 6 years old, the two had to bake and make items at the fair, to show that he did it himself.

"We got a blue ribbon. He was so excited," Lori says.

The next year she took her other grandson, Henry, who placed second. Now her other grandkids are baking and entering items every year. They practice baking during the summer when school is out.

Lori's baking has taken off, and she recently started her own baking business, Mamie's Sweet Treats.



Lori Richman now has six grandkids. She believes that she survived her colon cancer so she could be a grandma, and she is enjoying the time with her grandkids.

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## IN MEMORY OF STEVE STROUD

Longtime Mama Chop's Restaurant became the Whiskey Barrel last year when the Sayers family sold the business. But since then the key — or rather, The Kee — has been handed over to a new guy on the block. The dimly lit, country-western watering hole with a quaint bar in the corner has a more contemporary look, rendering the neighborhood staple almost unrecognizable. The wall dividing the diner and the bar has been torn down, replaced by bar seating that divides the U-shaped bar from the pool table and games, and the dated paint job, furniture and décor has been replaced by some handy brick and plaster work and Earth-tone colors. It went from country to cool. Stroud calls it "a clean dive bar."



*Original owner Steve Stroud*



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February 2014 written by Amber Williams



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# FEATURE

“They all help with orders. I pay them, too,” she says. “They love it and are such a great help.”

Steve and Lori’s home includes a toy room with a daybed for the grandkids to hang out.

“They love to go up there and play. It’s so simple — you would think it was the best thing ever,” Lori says.

The pair also frequently keep the grandkids on weekends. They’ll play board games and make pizza and cookies while Steve pops popcorn. Holidays and birthdays are special for the grandkids, as they get to choose their birthday meal, while Lori selects the dessert.

The Richmans were spending so much time in Waukee, they decided to make the move from Des Moines to Waukee. Now it is a four-minute drive to their daughter’s house and a 20-second drive to their son’s house.

“It might be too close,” she laughs. “We can walk there, and they come and borrow things.”

One lesson Lori likes being a grandma is that she doesn’t have to be the “bad guy.”

“I can just love them and spoil them. My grandson asks if he can stay overnight. I always say yes,” she says.

Steve helps with their grandson’s baseball teams, and both grandparents attend school concerts, sporting events, recitals and dance competitions.

“I couldn’t imagine being an out-of-town grandparent. I feel like it’s my purpose in life. It’s like having your kids all over again,” Lori reflects. “Seeing how my kids parent their children — it’s a lot of positive love and care. I just love being a grandma.”



Sue Borchers has been closely involved with her grandkids, not only providing childcare for them, but enjoying family outings.

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**Grandma Sue**

As an in-home daycare provider in Waukee for 42 years, Sue Borchers has taken care of dozens of children. When her two grandkids needed care, she was happy to help out.

Sue has six grandkids, with two attending Waukee schools. When her daughter asked if Sue could watch the kids during the day, she jumped at the chance.

“Not many grandparents take their grandkids full time. It’s important for me to offer to take care of them. I’m lucky and fortunate,” she reflects.

With one still in her daycare, her other granddaughter enjoys helping out.

“She is a big help and even wanted to come back and help with the other kids,” she says.

When her grandkids called her Grandma Sue at the daycare, the other kids began calling her that.

“All the littles call me Grandma Sue,” she laughs.

Besides seeing her local grandkids, she also visits her other four in Omaha. With the oldest now 16, she often texts them just to say hi.

“Now they tell me I’m texting them too

much,” she admits.

With all the grandkids, one of her beloved family traditions is going on vacations together. She took vacations with her mom and dad and her two kids often, as she was a single mom.

“My kids loved it. Now I want to do that for all of my grandkids,” Sue says.

Her father was Dutch, and she tries to emulate the values he learned from her grandma.

“I think some traditions are a dying thing and not as important to younger families,” she reflects.

She likes sharing stories with her grandkids about growing up.

“Grandkids are curious and ask question about the past. I love seeing the kids carrying on with traditions,” Sue says.

She admits to spoiling her grandkids — to a point.

“I don’t overstep boundaries. I was raised that way. My mom and dad spoiled my kids. I respect if the grandkids’ mom and dad say they can’t do something,” she says.

Sue enjoys making pies and cakes with her granddaughter. When she travels to Omaha, she



Sue Borchers holds one of her grandkids shortly after birth. She says it is special that she has been present for the birth, or shortly afterward, of each of her grandkids.

tailgates with the grandkids while the parents attended Husker games.

“We’d go exploring after tailgating,” she says.

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# FEATURE

Her most cherished memories include six specific days.

“I got to be at every one of their births or got to see them right away,” she recalls. “Lots of grandparents don’t always get to welcome them into the world.”

The best part of being a grandma is how the grandkids get excited when they see her.

“Feeling and sharing their love for you is so special,” Sue says. “I get to witness my own kids raising kids. That’s special. Not everyone gets that chance.”

## Carrying on a grandparent’s legacy

When Rachelle MacNaughton became a grandma about six years ago, her wish was to honor her own grandparents by carrying on similar traits and traditions.

“My grandparents left such a great legacy. It’s my goal to keep it going,” Rachelle says.

Rachelle and her husband, Pete, are grandparents to three grandkids who live in Johnston. Since their grandkids couldn’t pronounce their names, the couple is known as “MeeMaw” and “Poppy.”

Rachelle says she grew up with amazing grandparents. She grew up on a farm in Nebraska where her grandparents built a legacy of faith, love, family, hard work and hard play.

Her grandparents owned a grocery store, where she, her sisters and cousins helped stock shelves and bag bulk candy. Whenever she had sleepovers at her grandparents’ house, she recalls her grandpa popping popcorn in a skillet with popcorn flying everywhere.

She and her cousins dressed up in wigs and dress-up clothes.

“We’d put powder on our face, drink lemonade and eat cookies. There were always cookies in the cookie jar,” she recalls.

Her grandparents were “hands on” and actively engaged every time they were together.

“On top of unconditional love, they took time to teach, train you, play and pray for you — instead of just sitting around,” she recalls.

Her faith-based upbringing and attending church every Sunday was a tradition.

“My grandma talked about Jesus, and she read the Bible,” she says.

Becoming a grandma came at the right time. Rachelle had just lost her corporate job and decided to retire early. With extra time on

her hands, she took on watching her grandkids during the day while the parents work.

She’s carrying on other family traditions as well. Her grandpa used to have a cabin. Today, the MacNaughtons have a swimming pool.

She’s teaching her granddaughter how to sew and knit, as her grandma taught her. She makes crafts, takes bike rides with the kids in a Burley and comes up with different activities.

“We were all taught to be dreamers and be interested in things. I was raised like that and want to pass on that love to my grandkids,” Rachelle says.

She admits to spoiling her grandkids.

“My oldest says, ‘Grandma you spoil us.’ It’s more than that. I don’t buy them a lot of things. I’m more flexible. It’s different than raising kids. I have zero responsibility, and I’m free to do things on a whim — that’s how I spoil them,” Rachelle explains.

The best part of grandparenting is seeing the kids grow and change over the years, she says.

“I love to see their faces of pure joy, pouring love into these activities and seeing their unique personalities grow,” she says. “They make us laugh every single day.” ■

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## ACCESS CARES Foundation donates in memory of Ruden

Access Cares Foundation, the philanthropic arm of Access Systems, has made a \$50,000 donation to EveryStep's Amanda the Panda grief support program, in memory of Jeff Ruden, former vice president of service at Access Systems. Ruden died in March 2022.

Jeff Ruden was a passionate advocate for community service, especially missions that uplifted children. Jeff, along with the Access Systems team, demonstrated support for Amanda the Panda through countless acts of service, including preparing materials for grief programs, volunteering to open the Grief Center on West Grand Avenue, and participating in various fundraising events such as golf tournaments, galas, and EveryStep's Amazing FundRacer event.

"Jeff was always the first to raise his hand when it came to supporting our community," said Shane Sloan, CEO of Access Systems. "His kindness, generosity, and commitment to giving back left an indelible mark on all of us.

This donation ensures his legacy of compassion continues to bring hope and healing to those navigating the journey of grief." The \$50,000 donation will directly support Amanda the Panda's grief and loss programs, which provide resources to individuals and families coping with the death of loved ones and other significant life losses. These services include support groups, holiday cheer boxes, school-based support, and remembrance events — all designed to foster healing and connection.

"I am absolutely humbled and in awe of this kindness, generosity and trust in the work we are doing. I cannot thank the leadership at Access Systems and the Access Cares Foundation enough," said Tray Wade, president and CEO of EveryStep. "We will proudly utilize these funds to ensure our community is getting the grief and loss support it needs and deserves."

To learn more, visit [www.everystep.org/services/grief-loss/about-amanda-the-panda](http://www.everystep.org/services/grief-loss/about-amanda-the-panda). ■

## TRIUMPH PARK stocked with rainbow trout

The Iowa Department of Natural Resources (DNR) released 3,700 rainbow trout Jan. 16 at Lake Petocka in Bondurant, Triumph Park West and East in Waukee, and Terra Lake in Johnston.

"We decided to stock trout earlier so anglers could take advantage of favorable ice conditions," said Ben Dodd, Iowa DNR fisheries biologist.

The winter community trout stockings at these Central Iowa community lakes were previously scheduled for Feb. 1 and Feb. 4.

Anglers 16 years and older must have a valid fishing license and pay the trout fee to fish for or possess trout. The daily limit is five trout per licensed angler with a possession limit of 10. Children age 15 or younger can fish for trout with a properly licensed adult, but, together, they can only keep one daily limit. Children can pay the trout fee, allowing them to keep their own daily limit. ■

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**FAMILY OWNED & OPERATED**

## DALLAS COUNTY agency selects new name

After helping meet human needs with faith and compassion for nearly two decades, Waukee Area Christian Services is operating under a new name. The organization is now known as WayPoint Resources.

The Dallas County nonprofit’s mission remains the same — to serve people’s immediate needs and create connections that encourage lifelong wellness. This includes supplemental food, clothing, basic health care and assistance with housing and school essentials.

WayPoint Resources Executive Director Melissa Stimple explained the new name: “WayPoint captures our role in meeting people where they are and walking alongside them during difficult moments in their lives. Our new name is straightforward, easy to remember, meaningful, covers all our services and allows for growth.”

Waukee Mayor Courtney Clark weighed in on the name change. “Throughout WayPoint Resources’ history, the city of Waukee has witnessed the impact their services have had on the lives of individuals and families in Waukee,” she said. “They offer vital assistance to community members facing challenges, ensuring that the experience is both dignified and respectful.”

The newly renamed WayPoint Resources has been located at Westview Church in Waukee since its founding as Waukee Area Christian Services. Westview Pastor Josh Van Leeuwen said, “Creating space for self and community to find rest in Christ is the vision that guides Westview Church. It’s been our privilege to ‘create space’ for WayPoint Resources since the very beginning of its ministry. We experience a front row seat watching various ministries and resources expand and are blessed to witness the impact and transformation of countless lives and situations. We continue to appreciate the work of WayPoint Resources and are hopeful for the Christ-centered kingdom impact they are pursuing in Waukee and throughout Dallas County.”

WayPoint Resources, an outreach of eight Waukee churches, reflects its faith-based roots while welcoming all. “The name symbolizes our mission to provide guidance and support for those navigating life’s challenges,” said Stimple.

Supporting churches include Immanuel Lutheran Church, Lutheran Church of Hope, St. Boniface Catholic Church, Waukee Christian Church, Waukee Community Church, Waukee United Methodist Church, Westview Church and Westwind Church. WayPoint Resource’s facilities are in the Westview Church building at 1155 S.E. Boone Drive in Waukee.

More information is available on their updated website: [WayPoint.care](http://WayPoint.care).

A fundraiser was held at the new TopGolf venue in West Des Moines recently and an annual fundraiser is slated for April. ■

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Be sure to check for cancellations.

## Upcoming in Waukee Living magazine:

**Foreign Exchange Students:** Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) to be included in the April issue.



## The Decoy Trio Live

March 1-2, 7 p.m.  
Mickey's Irish Pub, 50 S.E. Laurel St., Waukee

The Decoy Trio is ready to rock The Pub. Mark your calendars and make it a night out with friends. The band plays a mix of rock and pop that you'll be singing along to in no time. Call 515-987-9604 or go to [www.mickeyswaukee.com](http://www.mickeyswaukee.com) to reserve your spot.

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- **Saturday, March 1:** Club 90's Presents 2000's Night
- **Tuesday, March 18:** Experience Hendrix: Celebrate the music and legacy of Jimi Hendrix
- **Wednesday, March 19:** The Driver Era: Obsession Tour
- **Friday, March 28:** Killswitch Engage

## St. Patty's Party with Jordan Beem

Saturday, March 15  
Kenny's Garage, 605 Ashworth Drive, Waukee

Jordan Beem will perform at 8 p.m. He is a country singer/songwriter from Des Moines who recently became the 2024 IMA Country Artist of the Year and was the 2023 Midwest CMO New Artist of the Year.



## Bingo fundraiser for Waukee Area Historical Society

Thursdays in March, 6-8 p.m.  
Rookies Sports Bar and Grill, 2180 N.W. 156th St., Clive

The Waukee Area Historical Society is hosting a series of bingo nights to raise funds to support its mission. Enjoy an evening of bingo, trivia and exciting prizes, all while contributing to the preservation of Waukee's rich history. There are multiple rounds of bingo with fantastic prizes up for grabs. The night wraps up with a 50/50 Blackout Round, where cards are \$5 each, and half the pot goes to the winner. Between rounds, test your smarts with fun trivia to keep the excitement going. Ages 18 and older only unless accompanied by a guardian.






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## Women's Club Art Exhibit

Sunday, March 2 - Saturday, March 8  
Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

The Des Moines Women's Club is hosting its 117th Annual Art Exhibition. Central Iowa artists will again display their original art for the viewing pleasure of the public. Admittance is free, and some items will be available for purchase. This year's judge is Diane Kunzler. The opening reception and awards presentation is 1-3 p.m. on Sunday, March 2. Art exhibition gallery hours are 10 a.m. to 4 p.m. Monday through Saturday. Gallery Night is 5-7 p.m., Friday, March 7. Refreshments and light appetizers will be served.

The Des Moines Women's Club was established in 1885, and its primary objective was to develop and maintain a free public art gallery in Des Moines. The Hoyt Sherman Place Gallery is home to a large collection of 19th and 20th century paintings and classical sculptures. Twelve paintings from the original DMWC collection can be seen in the Hoyt Sherman Place Art Gallery today.

## Elks Annual St. Patrick's Day Celebration

Saturday, March 15, 5:30 p.m.  
West Des Moines Elks No. 2752,  
2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.



## Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



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# EVENTS IN THE AREA

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

Be sure to check for cancelations.



## DSM Book Festival

Saturday, March 22, 9 a.m. to 6 p.m.  
Franklin Event Center, 4801 Franklin Ave.,  
Des Moines

Readers and book lovers in central Iowa will be thrilled to find an outstanding array of authors appearing at this free, fun-filled event, presented by Beaverdale Books and Beaverdale Neighborhood Association. In addition to author programs, panels, workshops and children's activities, the event will offer attendees the opportunity to have their books signed, visit with publishers, and enjoy mingling with fellow book lovers. For the complete schedule, visit <https://beaverdalebooks.com/dsmbookfestival/>.

Four headlining presentations will be offered in the venue's large theater, including fiction writer Claire Lombardo, historian Alexis Coe, award-winning Hanif Abdurraqib and AViD author C.J. Box.



## Covered Bridges Winery events

2207 1700th Trail, Winterset  
[coveredbridgeswinery.com](http://coveredbridgeswinery.com)  
See website for tickets and any last minute changes.

- Feb. 28: Bourbon Barrel Release Party
- March 1: Music at the Winery, Looking 4 Luke, 6:30-9:30 p.m., \$5 cover
- March 9: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jesse and the Medicine Men
- March 23: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jake Schrodt
- March 29: Comedy Night Chowdown Improv
- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover

## CAP Theatre presents "Disney's Beauty and the Beast JR"

Through March 2  
CAP Theatre, 201 First Ave. S., Altoona

Featuring 28 youth actors on the Melissa Grooters Stage, CAP Theatre presents "Disney's Beauty and the Beast JR." Friday show begins at 7 p.m., and Saturday and Sunday matinees begin at 2 p.m. Tickets are \$16 for adults, \$14 for seniors and \$10 for students. Class Act Productions (CAP) Theatre is a children's community theatre in Altoona that strives to give young people, regardless of experience, the opportunity to be part of and appreciate live theatre.

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Heart patients rely on heroes like you. By **donating blood** this month, you're giving more than a pint—you're giving hope and strength to someone in need. Let's make Heart Month a time to give back to the heart of your community.



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# EVENTS IN THE AREA

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

Be sure to check for cancelations.

## “Men on Boats”

Through March 2

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

Tickets for “Men on Boats” may be purchased online at [dmpplayhouse.com](http://dmpplayhouse.com), by phone at 515-277-6261, and at The Playhouse ticket office. The year: 1869. The crew: a maniacally talkative youth, an old Civil War vet who doesn't like people, an overexcited Brit, and a hunter who wears only beaver skins, to name just a few. Led by John Wesley Powell, a one-armed crazy-faced explorer with an excitable soul, this motley bunch faces treacherous Colorado River rapids and the unexplored American frontier. Governed by ambition, hunger, and downright insanity, they must decide when to press on and when to give in to the dangers of exploration. Note: This play contains adult language. Performances are at 7:30 p.m. Wednesdays through Saturdays and 2 p.m. Sundays. A pre-show talk is 30 minutes prior to curtain. Tickets start at \$29. ASL translations can be provided with advance notice. These services are free and reasonable accommodations will be made. Requests should be made through The Playhouse ticket office. Closed captioning is available using the GalaPro app.

## Axe-throwing events

Ironside Axe Club, 2700 University Ave., Suite 100, West Des Moines

- **March 22:** Pirate Take Over and Sea Shanty Sing Along featuring the Orkes and Trolls. \$1 off drinks for all pirates. \$10 axe throwing from 6-10 p.m. Sing-along from 7-9 p.m.

## Des Moines Performing Arts shows

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines [desmoinesperformingarts.org](http://desmoinesperformingarts.org)

- Through March 2: “Mary Poppins Jr.”
- Through March 2: “Life of Pi”

## Vendor Markets

March 15, April 19, 10 a.m. to 6 p.m.

Outlets of Des Moines, 801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email [k2marketplacemagic@gmail.com](mailto:k2marketplacemagic@gmail.com) for information. ■

## Dome After Dark

Fridays through March, 6-10 p.m. Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines [dmbotanicalgarden.com](http://dmbotanicalgarden.com)

The Greater Des Moines Botanical Garden's lush tropical conservatory and Gardeners Show House are colorfully illuminated for Dome After Dark. Flora, the botanical garden's restaurant, serves food and drinks till 9 p.m.

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# NO BETTER Valentine gift than well-being at home

Stephanie, 70, has lived in her townhome in Urbandale for nearly 30 years and hopes to remain there, but her two sons are worried. Stephanie is healthy, but if she were to need assistance at some point, her sons can't always provide immediate help, as one lives out of state and the other travels for work.



Stephanie's sons' concerns are reasonable; staying in our homes independently as we age is not always possible. Health challenges can make living independently ill-advised, and full-time assistance at home is expensive.

So, you may be asking yourself, on your own behalf or on behalf of someone you love: "If moving into a community for older adults is not a desired option and there are concerns about health or independence issues, what can I do?"

Consider a continuing care at home (CC@H) membership. Usually administered by an organization that serves older adults, a CC@H program is designed to help people proactively focus on their health at home while planning for potential services and care down the road.

If you're interested in looking into such a program, make sure to ask specifically what it 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 before you join a program:

- **Does the program feature personal support?** Studies show people who embark on a life-enriching program or activity will be more likely to succeed with encouragement from a trusted adviser, advocate, or coach.
- **Does it include care costs?** A solid

program will help pay for your care, if it's needed, whether through home healthcare or services in a community later on.

• **How long has the organization that's backing the program been in business, and what's its reputation?** 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 continuing care at home programs are created equal! If a specific one 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).

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## PLAN AHEAD

By Kathy Dunbar

# PLANNING a trip?

Do you travel out of state or out of the country, whether to visit family, to go on a vacation or to escape the Iowa winters?

Being a funeral home, we know there are times when a death occurs away from home. It happens more often than people would probably expect.

What people do not always realize is that it can be difficult to get a person transported back home — and there can be unexpected expenses.

While the funeral home does everything it can to make these situations as seamless as possible and to keep extra expenses at a minimum, there can still be some challenges.

Fortunately, there is an affordable solution that can provide a tremendous amount of peace of mind to those who frequently travel.

Travel plans offered through a funeral home can be very affordable (usually a modest one-time payment), and they can help ensure that, if the inevitable happens away from home, everything will be covered to bring the loved one back home to where services will be provided.

If you are a traveler — or plan to become one in your retirement years — then visit with your funeral provider of choice and ask if they offer a travel plan.

As we often like to say, you will be glad you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681



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## SENIOR

By Jay Heaton

# STAY engaged and active

Winter is the perfect time for seniors to embrace indoor activities that promote connection, relaxation and well-being. There are plenty of ways to stay engaged and active without venturing out into the cold, offering opportunities for fun, fitness and building meaningful relationships.

Classic games like bingo are a great way to bring people together for some friendly competition and laughter. Similarly, card games such as poker, bridge or rummy are enjoyable pastimes that can keep minds sharp while providing a chance to socialize.

For those who enjoy a cinematic escape, a weekly movie night is an excellent way to relax and unwind. With cozy seating and favorite films, it's a wonderful way to share an experience with friends and combat winter blues.

Staying physically active is just as important during the colder months. Low-impact activities like water aerobics in a heated indoor pool can help maintain mobility and energy while also providing a warm and inviting space to exercise.

Of course, some of the best connections can happen over a warm cup of coffee or tea. Morning coffee groups offer a laid-back setting to share stories, exchange ideas and create new friendships.

This winter, take advantage of these opportunities to stay engaged, active and connected. With a little planning, the season can be a time of warmth, laughter and meaningful moments. ■

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



## BASKETS N' BREWS

Wednesday, March 19  
2:30 - 4:00 pm

835 NE Pkwy, Waukee, IA 50263



Come support your favorite basketball team, have a cold one on us, and tour our active adult living community!

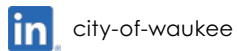
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# City of Waukee Bulletin FEBRUARY 2025

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

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## Register for Parks & Rec Programs starting March 3!

We have lots of programs, activities, trips and festivals to fill your spring and summer. Highlights include:

- Waukee's popular festivals/events, such as the April 19 Easter Egg Hunt and a two-day Independence Day Celebration July 3-4
- Movies in the Park featuring: "Parent Trap", "Captain America: Brave New World" and "The Wild Robot"
- Youth sports, such as Mini Sluggers T-Ball, Parent/Child Blastball or Mini Kickers Soccer
- Accessible sport opportunities with Miracle League®, Can Play and Heartland Cheer & Dance
- Youth camps including All-Star Sports, Art in the Park, Explore the Outdoors, Super Snackers and more
- Youth programs, such as learning to draw and paint, babysitter training and dance classes
- Adult sports, including senior golf clinic, yoga in the park and leagues for coed softball, sand volleyball, pickleball and bags
- Adult programs, including meal prep parties, bingo, Snacks & Facts presentations and exciting day trips

Waukee residents can register for programs beginning Monday, March 3 at 8 a.m. at [Waukee.org/Registration](http://Waukee.org/Registration). Non-residents are welcome to register starting at noon on Thursday, March 6. View the program guide at [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec), which also includes information on our parks, trails, Sugar Creek Municipal Golf Course and facilities you can rent for your event.

## Dates to Know

**Special Election: Gas Utility Sale**  
March 4, 7 a.m.-8 p.m.  
Polling locations in Waukee  
[Waukee.org/SpecialElection](http://Waukee.org/SpecialElection)

**Regular City Council Meetings**  
March 3 & 17 at 5:30 p.m.  
Waukee City Hall and Zoom  
[Waukee.org/CityCouncil](http://Waukee.org/CityCouncil)



### New Appointments to Boards and Commissions

On January 20, Mayor Courtney Clarke appointed or reappointed ten volunteers to serve on City boards and commissions, with terms beginning February 1, 2025. The appointees are Cole Bisgard to Board of Adjustment; Michael Prospero to Board of Appeals; Keshia Fields, Melissa Stotz and Chris Backstrom to Park Board; Jason Tuel and Megan Bankole to the Planning & Zoning Commission; and Weston Mallgren, Kathryn Murray and Abbey Christensen to the Public Art Advisory Commission. Thanks to all for their service.



### Enter the Easter Coloring Contest

Help spread some Easter cheer in the Downtown Triangle. Print a coloring sheet and entry form from [Waukee.org/Coloring-Contest](http://Waukee.org/Coloring-Contest) or pick one up at the Parks & Recreation office. The contest is for all ages (adults too) and runs through April 13. Winners will receive an egg'cellent Easter basket filled with goodies!



### Do Property Taxes Confuse You?

Did you know that the assessed value of your home and property is just one part of determining how much property tax you pay? Last year, even though home values were going up, for many Waukee residents the dollar amount they paid in taxes went down. Learn about the different factors that go into calculating property taxes by watching our recorded Property Tax 101 session. Mayor Clarke breaks it down and shares how the City of Waukee puts tax dollars to work for the services you use and depend on in your daily life. Learn about the different factors that go into calculating property taxes by watching our recorded Property Tax overview at [Waukee.org/PropertyTax101](http://Waukee.org/PropertyTax101).



### New Trick or Treating Date

Waukee City Council approved a resolution to move trick or treating to October 31 in 2025 and future years. Thanks to the 1,200 people who shared their thoughts in the community survey. Most of our neighboring communities have expressed intent to also move trick or treating to Halloween night.



### Share the Love Food Drive

You are invited to join the Share the Love Food Drive to help neighbors in need fill their tables and care for their families. Drop donations at the Waukee Public Library or City Hall during regular hours through March 15. Donations will go to WayPoint Resources (formerly Waukee Area Christian Services) for the food pantry that serves area residents. High need items include rice, pasta, canned fruit and vegetables, cereal, oatmeal, healthy snack items, laundry soap, diapers and baby wipes. Visit [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org) for more details.



### State of the City Address

Join us for the 2025 State of the City lunch on Thursday, March 13 at Lutheran Church of Hope - Waukee (Dartmoor Drive) from noon-1 p.m. Mayor Clarke will talk about key achievements and challenges from 2024 and the priorities that the City of Waukee will focus on in 2025. It is free to attend, but registration is required for catering purposes. Register at [Waukee.org/StateoftheCity](http://Waukee.org/StateoftheCity) by Tuesday, March 11. The recording will be posted to the City of Waukee YouTube page following the event.



**Snacks & Facts: Rosie the Riveter (free)**  
March 7 at 11 a.m.  
Waukee Public Library  
[WaukeePublicLibrary.org](http://WaukeePublicLibrary.org)

**Bingo (cards for purchase)**  
March 7, 1-2:30 p.m.  
Waukee Public Library

**State of the City Address (free)**  
March 13, noon-1 p.m.  
Waukee Lutheran Church of Hope  
[Waukee.org/StateoftheCity](http://Waukee.org/StateoftheCity)

# WHAT IS probate?

The process of court-supervised administration of an estate is called “probate.” If you have a will, at your death your executor presents it to the court. It’s a common misconception that merely possessing the will vests someone with the authority to act. The will must be admitted to probate to be effective. If you die without a will, the court still controls the assets of your estate.



to discover the assets of your estate, they must know how to access the court records and files. Even though the entire estate file is “public record,” as a practical matter, most people do not know how to review this information.

### What can I do to avoid probate?

Some clients wish to avoid probate altogether. This is generally based on misinformation regarding the process. Court supervision of the probate process ensures that your executor or the court-appointed administrator handles your estate legally and according to your wishes. The personal representative has a duty to report the assets, debts and disbursements of the estate to the court to ensure that the will or the rules of inheritance are followed.

### Doesn't probate make my entire estate a matter of public record?

Probate does make the assets of the estate a matter of public record. However, the only item that is available to the general public is the notice of opening the estate, which is published in the newspaper. For somebody

### Doesn't probate take a long time?

Probate takes about six months. Iowa law requires notice of a new estate be published in a local newspaper for two consecutive weeks. This is so any unknown creditors of the estate can file claims. Then, the estate must remain open for four months. There may be other factors which require a longer probate period, but, generally, the probate process should take only about six months.

### Isn't probate expensive?

Attorney’s fees and court costs cannot be paid until the estate closes. In Iowa, attorney’s fees are statutorily controlled and are approximately 2% of the gross value of the estate. The personal representative is also entitled to fees in the same amount. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps. ■

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

## WHERE TO BEGIN?

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# EXCITING events at the library – join the fun



At the Waukee Public Library, there's always something new and exciting happening. Whether you're looking to unleash your creativity, support our community, or discover all the wonderful resources available, we've got events and programs for everyone. Read on to see how you can get involved.

## Design a Bookmark Contest – Unleash your creativity

Calling all artists and book lovers. The Waukee Public Library is hosting a Bookmark Design Contest, and we want you to get creative. Create an original bookmark inspired by your favorite book, genre or literary theme. Winning designs will be printed and shared with library patrons, bringing your art to life in our community. For contest details and submission guidelines, visit our website or stop by the library. We can't wait to see what you create.

## Support our community – join the library food drive

This season, let's come together and make a difference in our community. The Waukee Public Library is hosting a food drive that goes until March 15, and we invite everyone to participate. Drop off non-perishable food items at the library, and your donations will directly support WayPoint Resources (formerly Waukee Area Christian Services) to help families in need. Together, we can make a lasting impact, so let's show our generosity.



## Celebrate Read Across America Month

March is Read Across America Month, a time to celebrate the importance of reading in our daily lives. Whether you're picking up a new book to enjoy at home or exploring something new in the library, this month is the perfect time to get involved in your reading journey. As you celebrate, the library is a great place to discover new stories, find recommendations and connect with the joy of reading.

## March on over to tour library

Now's the perfect time to explore everything the library has to offer. Whether you're participating in the Bookmark Design Contest, donating to the food drive, or simply enjoying one of our free events, the

Waukee Public Library is here to serve you and our community. Stay connected through social media or visit our website for the latest updates.

## 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.

## MARCH PROGRAMS

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

### Kids

Elementary Early Out STEAM (grades 1-5), Wednesday, March 19, 2:30 p.m. Explore a variety of hands-on STEAM activities with a different theme each month. This session we'll make projects all about pets.

### Teens

Teen Early Out (grades 6-12), Wednesday, March 12, 1:30 p.m. Join us on the first early out of each month for games, snacks and activities. Our activity this month is a Hunger Games escape room. For students in grades 6-12. Registration is required.

### Adults

Escape Room for Adults, Friday, March 14, 4 p.m., and Tuesday, March 18, 4:30 p.m., 5:45 p.m. and 7 p.m. Step into the world of Panem and test your wits in our thrilling Hunger Games escape room. Form an alliance with your fellow tributes to make it through a series of puzzles and challenges. With just 45 minutes to outsmart the Capitol and escape the arena, can you and your team survive? Register today, and may the odds be ever in your favor. For adults 18 and older. Registration is required. If you are a lone tribute or small group, you'll be allied with others to survive the session.

### Multi-Age

Design a Bookmark Contest, Saturday, March 1-31. Use any two-dimensional art technique to create a bookmark masterpiece. Turn in your submission throughout the month of March. A winner will be chosen from each age category: 0-5 years, grades K-5, grades 6-12 and adult. Winning designs will be printed and distributed in the library during National Library Week in April. For all ages.

To find out more about the Waukee Public Library, go to [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact the library at [askme@waukee.org](mailto:askme@waukee.org) or by phone 515-978-7944. ■

# NEW Parks and Rec activities

STEM camps, dance, adapted sports and more

Do you want to train for a triathlon? Maybe you want to join a pickleball league? Or, are you looking for programs designed for your child with special needs? Whatever your activity, the Waukee Parks and Recreation department is gearing up for a new year of boredom-busting activities for all ages.

This year, old favorites such as recreational softball, adult pickleball, sand volleyball, golf leagues and more are still offered. Activities are offered for ages 18 months to 55 and older.

New offerings this year include a Waukee canopy tree sale, a youth CPR certification class and a social media camp. Parks and Rec has partnered with several organizations to offer new youth programs, including a youth triathlon training with RipRoar, STEM camps with Challenge Island, cheer classes with Heartland Cheer and Dance, soccer camps with Challenger Sports and preschool dance classes with Tippi Toes Dance.

A lineup of adapted sports through Can Play Adapted Programs are specifically designed for kids with autism, disabilities or chronic health conditions.

Laura Stanish, Waukee Parks and Rec recreation coordinator, says staff typically creates new programs based on community interest.

“We support a niche that our programming is currently missing. We are thrilled to work with partner programs and local organizations to expand the amount and type of offerings,” she says.

Participation in last year’s programs was successful, with spots filling up quickly.



The Waukee Parks and Recreation staff offers a variety of programming for ages 18 months to 55 and older.

“Most programs reach their maximum and often have a waitlist,” Stanish says. “We are continually evaluating staff-to-participant ratios in order to open as many spots as possible.”

Anyone can attend the majority of the programs, regardless of where they live. The only exception is the Waukee canopy tree sales, open to Waukee residents only. During registration, Waukee residents get the opportunity to register three days before non-residents.

A youth scholarship program, Play it Forward, is open to Waukee residents up to age 18 who qualify for free or reduced school lunch or an equivalent financial assistance program. They can receive two 50% discounts on eligible

programs of their choice. Residents can apply online at [www.waukee.org/PlayItForward](http://www.waukee.org/PlayItForward).

Stanish says it’s important for the city to provide programming.

“It helps connect the community to each other and enhance their quality of life. It is so important for both health and happiness to have accessible avenues for staying active, social and engaged, and we strive to provide that for the public every day,” she explains.

Volunteers are needed throughout the year for various events and cheering on Miracle League kids. Registration begins March 3 for Waukee residents and March 6 for non-residents. For information on registrations, reserving ball fields and more, visit [www.waukee.org](http://www.waukee.org). ■

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# MEET Elise Arneson

Searching for the Gingerbread Man and more kindergarten fun

Elise Arneson grew up in the small southeastern Iowa town of Wever before receiving her degree from the University of Northern Iowa. After earning a bachelor's degree in elementary and early childhood education and a minor in literacy, she started her career as a kindergarten teacher at Collins-Maxwell Elementary School. During that time, Arneson met her husband and moved to Iowa City while he finished school. She taught kindergarten at Lakeview Elementary School in Solon and special education in Iowa City before relocating to the Des Moines metro area to be closer to family. Now, Arneson has entered her ninth year teaching. She currently teaches kindergarten at Waterford Elementary School.



Elise Arneson teaches kindergarten at Waterford Elementary School and enjoys seeing the growth in her students over the year.

“There are many wonderful things I have enjoyed about working in the Waukee School District. The community among the teachers, students and staff has been amazing to watch and be a part of. I feel Waukee dives into the ‘all kids’ mentality and truly engages and wants to be a part of all students’ success,” Arneson says.

Arneson’s classroom is full of fun and unique activities. Her favorite so far has been the gingerbread man, in which all kindergarten students worked together to make a large gingerbread cookie. However, when they went to the kitchen to take the cookie out of the oven, the gingerbread man had escaped. The students spent the week completing writing activities on how to catch him and made “missing” posters to put up around school.

“The best part was parents, family and community members would send in pictures around the town and country of them spotting the gingerbread man, but he somehow kept getting away,” Arneson says.

During the remainder of the school year, Arneson is looking forward to watching her students’ continued progress and all the fun activities and learning they have planned. Watching a student suddenly understand a skill they have been working on or watching a student’s confidence grow while learning new things are the daily rewards that mean the most to Arneson.

“I may be biased, but I feel kindergarten is the best grade to teach. The amount of growth students make at this age never fails to astound me,” Arneson says. ■

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## INSURANCE

By Chase VanWerden

# HOW TO keep pipes from freezing and how to fix them



**Q: What can homeowners do to prevent pipes from freezing?**

**A:** Two things: leave your faucets dripping and open interior room and cabinet doors.

Turns out the adage “leave your faucet dripping” when severe cold weather hits has some truth to it.

When pipes freeze and break, it’s usually not from the pressure of the ice. In most cases, it’s the ice expanding inside the pipe and blocking the remaining water. Then, water pressure may build to the point of the pipe splitting. If you give even a little bit of that water a place to go, you may be able to reduce your chances of your pipes freezing and bursting.

Second, leave the doors to interior rooms and cabinets open (vanities, sinks, etc.). This promotes warm airflow to areas of your home that would normally be much colder. Even rooms that don’t have pipes can help warm air circulation.

**Q: Do frozen pipes always burst?**

**A:** Not always, but there is the potential of bursting.

If you’re able to turn off the water supply quickly, you may be able to avoid a split pipe. However, be cautious about turning your water back on. There may be other frozen sections of your plumbing that you can’t see. If you decide to turn your water back on, and there are other frozen areas, you may find yourself with far more damage than you started.

**Q: How can homeowners fix a frozen pipe?**

**A:** The best advice we can safely give is to immediately turn off the water supply to your house and contact a professional.

Now, before you roll your eyes, let us explain.

Yes, you’ve probably heard about people thawing pipes themselves, but there’s actually a big risk in that. You may have found one or two areas that froze. but there may be others. When you thaw just the spots you can see and turn your water back on, you may very well be rushing water to other frozen or even burst pipes you didn’t know about. This can lead to water flowing into your house from several breaks in your plumbing system, which is what we call a recipe for disaster.

**Q: Does my homeowners insurance cover damage from frozen pipes?**

**A:** It does. Your policy covers damage to the pipe(s) caused by freezing, and it may cover water damage that results from water escaping from the damaged pipe. Keep in mind that your policy may require your pipes be drained and/or heat maintained in your home for coverage to apply.

(Please note: There are specific policy provisions that affect this coverage for vacant homes and homes under construction.) ■

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



## SUPPORTING parents and kids

Short Years Partnership helps families connect to resources.

As new parents welcome their first baby, they quickly realize little humans don't come with an instruction manual. Some parents lack local support from family or other resources and often feel alone and overwhelmed.



That's where Short Years Partnership comes in. Short Years Partnership (SYP) is a nonprofit that serves five counties, including Dallas County. Its goal is to provide parenting support resources and assistance for children from birth to kindergarten. Parents typically qualify to enroll their children if their income is under 200% of the federal poverty level. Organizations such as WIC and the AEA often refer families to SYP.

Deb Seeman of Waukee is a parent educator for SYP. She and staff members, some bilingual, make two home visits a month to families. Since being established as a nonprofit, they've completed 872 visits.

During a home visit, Deb answers questions regarding child safety, nutrition, potty training and more. She'll connect families with local food and housing assistance, HeadStart or WIC programs. Parents can also receive up to 50 diapers a month, since food stamps can't be used to purchase diapers.

Deb says visiting the home is comforting for families.

"It's nice to go in a home and meet families and kids where they are," she says.

They also provide materials and resources in Arabic and Spanish. They rely on folks to help translate. It's important for non-English speaking refugees and immigrants to have these materials.

"They feel more empowered when we provide something they can read, and it makes them feel included," Deb explains.

SYP relies on donations and grants. The program is entirely free and voluntary for parents. Volunteers donate and package diapers. Recently, students at the Waukee APEX High School assisted with designing flyers and materials through their Designing Communication Solutions and Business Start-up class taught by instructor Russ Goerend.

"It's a great way for students to collaborate in real life. It's an example of how to make a difference," Deb says.

Another aspect is connecting like-minded families in group settings, as new parents often feel alone. A Block Fest held at the Waukee library offers activities.

Deb has worked with kids for 30 years and the past five with SYP. She says it's an honor to be welcomed into people's homes.

"It's hard financially for some families. There's not always an answer,



Travis Gaule, TrustBridge Wealth Advisors, presents the Neighbor Spotlight certificate to Deb Seeman, a parent educator for SYP.

but they know there is always someone to talk to," she says. "What we do is so important. Early intervention means a better outcome for kids."

SYP accepts monetary and diaper donations. For more information, visit [www.shortyears.org](http://www.shortyears.org). ■

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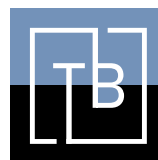
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# RUST to road trips

Restoring fun cars and creating family memories

Dave McChesney enjoys rebuilding fun cars. His passion started as a teenager fixing his friends' cars and has grown into a career doing complete restorations. He started fixing cars professionally while still a student at Valley High School.

"I learned from a lot of older mechanics. I worked in shops, and I was changing oil, belts, tires and stuff. You just work your way up. I learned the craft from people that have been doing it a long time," he explains. "It was a lot of trial and error. I always had some car that I was fixing."

His favorite memory is driving with his wife, Biz, and their kids, Charlie and Lila, in the black 1970 Chevelle SS he had restored.

"They were old enough to enjoy all the trips in the Chevelle," McChesney says. "We'd go out and get ice cream in it, and sometimes we'd go to a car show as a family. That's always fun."

"I bought it in pieces and finished it myself," he says.

When he bought it in 2019, there was only an engine and transmission, but no interior or even bumpers.

"You could sit on a milk crate and drive it," he laughs.

He completed the restoration by adding the entire interior and everything else under the hood. He also added the missing pieces of the exterior, such as the bumpers, headlights and taillights. He sold it in early 2021 and soon regretted it.



Dave McChesney enjoyed taking his family for long drives, ice cream and car shows in his black 1970 Chevelle SS that he had restored. Photo by Dave McChesney

"I wish I had never sold that car," McChesney says.

He and Biz enjoy attending car shows, and he remembers a trip in their yellow 1972 Corvette convertible. They were hauling it with their truck and trailer to a Corvette show at the Lake of the Ozarks. After only 20 miles, he hit a piece of debris on the interstate, and the wheel broke on his truck, and it had to be towed.

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Dave McChesney bought a rusty green 1952 Chevy Pickup three months ago. He had done a custom build on it for a client in 2020 and is now fixing it up again to sell. Photo by Deborah Mikelson



Dave McChesney enjoys his yellow 1972 Corvette convertible. Dave and his wife, Biz, would go on long drives and to car shows in it. Photo by Dave McChesney

“So, my wife and I looked at each other, and I said, ‘Should we just go home? Or?’ My wife said, ‘Well, let’s just unload the car, and let’s drive it the rest of the way.’ ”

At the time, the engine only had 50 miles on it because McChesney had just recently put a new engine in it.

“We made it down there and made it all the way back,” he laughs. “We enjoyed ourselves, had a good time, but that was quite the Odessey.”

Unfortunately, McChesney got into an accident with their fun 1972 Corvette. He was only a mile from his house in Waukee when he turned a corner, and his throttle stuck.

“Before I could shut the key off, the car got sideways, went up the median, and it was a bad deal,” he remembers. “It’s going to need a new frame. I can pull the body off and swap everything into a new frame and then fix the body and put the body back on. It’ll be a process before that car is done.”

McChesney says his main goal is to get Corvettes on the road. He now has four Corvettes sitting in pieces waiting to get restored. He bought a red 1968 Corvette convertible as a replacement to drive since it will be done sooner than the 1972 Corvette he is repairing. The other two he bought as a pair — a red 1973 Corvette coupe and a red 1973 Corvette convertible that were in pieces.

McChesney owns Central Iowa Corvette in Clive. He and his family have lived in Waukee since 2014. ■



## RSV can cause serious illness in infants and older adults.

RSV can cause fever, runny nose, wheezing and more. Vaccines and antibodies can help protect those most at risk.

### Who should get the RSV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for

- All adults 75 and older.
- Adults 60-74 with medical conditions like heart or lung disease.
- Children 8-19 months who are at increased risk for severe illness.
- Pregnant women in weeks 32-36 of pregnancy.



**Ask your healthcare provider about RSV vaccines for your family.**

Source: cdc.gov

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# FROM the U.S. capital to Waukee

Carstensen finds home in Iowa.

In fall 2020, James Carstensen moved to Waukee after spending more than 20 years in Washington, D.C. At the time, his job was in temporary remote status due to the pandemic and was expected to remain that way through the first half of 2021.

Originally from Clinton, Carstensen wanted to be closer to his father, who is in his 80s. Health officials were warning that COVID, combined with seasonal flu, could be especially dangerous for older adults. His goal was to relocate near his dad while still having easy access to non-stop flights to D.C. in case work required him to be there on short notice.

“Waukee stood out because it had great temporary housing options, high-speed fiber-optic internet, and quick access to Des Moines International, making the city the best choice for what I initially thought would only be a six-month stay before returning to my life to D.C.,” he explains.

After moving to Waukee, Carstensen enjoyed visiting open houses and exploring unique housing options.

“During one of those ‘looky-look’ open house trips, I found and fell in love with my current home,” he says.

In D.C., Carstensen owned a classic East Coast brick row house that was more than 100 years old.

“I loved its character, but every renovation was a mystery of what was behind each wall because, once you opened up the wall, you never knew what unpleasant surprises you’d find or what additional costly upgrades would be needed,” he shares. “My home in Waukee, on the other hand, was brand new when I bought it. Having actual blueprints that show what’s behind each wall has been a refreshing change.”

The real selling point, though, was that the backyard overlooks a protected wetland, “offering peaceful, natural views that are far better than looking through my neighbor’s kitchen window across the back alley like I did in D.C.,” Carstensen says.

Fast forward six months after he bought his home. Carstensen’s employer designated his home as his workstation and allowed him to keep the position he thought he’d have to give up once his remote status ended.



James Carstensen, left, moved to Waukee for what he thought was a temporary stay during COVID. Now, he has built a life here with husband Zach Tovrea.

“Even though I work in federal policy and advocacy, I only need to physically be in D.C. about 25% of the time,” he says. “The unplanned plan has worked out, and buying the house and becoming a citizen of Waukee turned out to be a great decision.”

Then, in June 2023, Carstensen further planted roots in Waukee by marrying a Waukee native, Zach Tovrea.

“I did not have that on my ‘move to Iowa for six months’ bingo card in 2020,” he jokes.

Over the past few years, Carstensen has experienced firsthand how people are “Iowa nice.”

“One of my favorite examples of that kindness is my neighbor, who, during her daily walk on trash day, will roll the empty trash cans back up from the curb to their owners’ garages

after pickup,” he says. “It is such a thoughtful thing to do, and it really speaks to the sense of community here.”

Carstensen also appreciates that Waukee still has a small-town Iowa feel, even amid its growth. He enjoys listening to his father-in-law, who grew up in Waukee, share stories of bygone days.

“He lived here when it was just a few hundred people, and it’s fun to hear his stories about how things have changed while still keeping the same sense of community over the years,” he says.

For Carstensen, Waukee has been the perfect choice.

“Waukee has truly brought a sense of work-life balance to my life, and I couldn’t ask for a better place to call home,” he says. ■

# TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

*(Family Features)* Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit [freshexpress.com](http://freshexpress.com) to discover more than 380 fresh recipes and find a store near you. ■

## Italian crusted salmon with creamy truffle Caesar salad

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Servings:** 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

**DIRECTIONS**

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and



- olive oil.
- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

# Start your morning off right with an update from **thedailyumbrella**

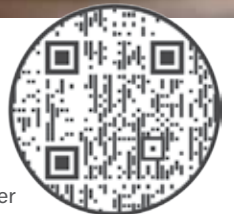
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## RECIPE

### Grilled zucchini nachos

**Prep time:** 10 minutes

**Cook time:** 8 minutes

**Servings:** 4

- 4 medium zucchini, sliced into 1/4-inch thick rounds
- 1 tablespoon extra-virgin olive oil
- salt, to taste
- pepper, to taste
- 1 cup cheddar cheese, shredded
- 1 bag (5 ounces) Fresh Express Sweet & Crunchy Salad Blend
- 1 cup canned corn, cooked and drained
- 1 cup canned black beans, rinsed and drained
- 1 cup tomato, diced
- 1/4 cup green onions
- 1/4 cup red onions
- 1 jalapeno, finely diced (optional)
- 1 avocado, diced
- 1/4 cup cilantro, chopped
- 1 tablespoon sour cream



#### DIRECTIONS

- Heat grill to medium heat.
- In large bowl, toss zucchini and olive oil to coat. Season with salt and pepper, to taste.
- Place zucchini on grill pan; grill 4-5 minutes until just tender. Top zucchini with cheese and cook until cheese melts, 1-2 minutes.
- Remove from grill and place on plate or large platter. Top cheesy grilled zucchini with salad blend; corn; black beans; tomato; green and red onions; jalapeno, if desired; avocado; cilantro; and sour cream.



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# ANNUAL Dinner

Waukee Area Chamber of Commerce Annual Dinner was held at Vibrant Music Hall on Jan. 30.



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Jessica Taylor-Fink and Kelly Troxel



Chris Crone and Michael Bartos



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Jacob Wisel and Charity Baird



# OUT & ABOUT



Marta Sieck Dolan, Matt Dolan, Vicki Wade and Chris Bingaman



Steve and Erna Morain



Jessica Taylor-Fink and Sid Juwarker



Troy and Kay Bauer



Noah and Annebel Thatcher



Ben Gerdes, Michael Bartos and Jose Jacome



Melissa and Mike Vaughn



Chris Crone, Ben Sinclair and Brad Deets



Terry "Dorothy" Snyder and Kristin Wiedenfeld



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Rick and Sue Kyser



Travis Gaule and Rob Grove

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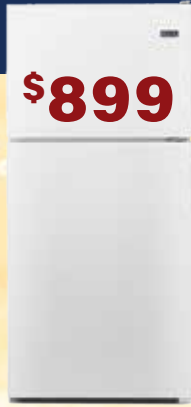
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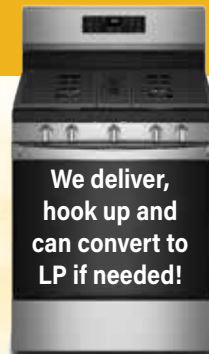


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