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MAGAZINE

A wedding TO REMEMBER

Couple shares how they made their day special.

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WELCOME

AN OLD RV, a friendly farmer and a moose head

Jolene and I were married on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.



Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■

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A wedding

TO REMEMBER

Couple shares how they made their day special.



By Jackie Wilson

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, two couples share the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their stories. Or, perhaps, their journeys will spark memories of your own.

Will and Kylie Hyde held their wedding and reception at Willow on Grand in Des Moines. Photo by Liv Frueh Photography

Will and Kylie Hyde

Will and Kylie Hyde's wedding featured traditional elements, as well as some unique touches, such as throwing T-shirts to guests and having a live wedding painter.

The pair married on July 20, 2024. They had attended the same high school, gone to Iowa State and lived in the same neighborhood, but they had never met.

That changed when Kylie "swiped right" on Hinge, a dating app.

"We lived about a mile from each other," she says.

The couple went on a family Alaskan cruise vacation near Glacier Bay. Will planned the proposal during the cruise. He hired a cruise photographer for a proposal picture.

"My scheme was to have Kylie face the mountain, and I'd assume the position," Will says.

Just as he asked her, the cruise director announced that sea lions were on the same side of the boat as they were.

"Everybody rushed over to our side of

the boat," Kylie recalls. "We got an applause from the crowd."

The couple set the date: July 20, 2024. The ceremony and reception took place at Willow on Grand in Des Moines. A wedding planner for White Willow Events assisted with the planning. The couple chose the venue because it is near downtown and an easy-to-reach destination for family attending from out of town.

Kylie incorporated some wedding planner ideas yet also searched online for do-it-yourself projects.

The venue accommodated both the ceremony and reception.

"We wanted to keep it as stress-free as possible," Will says.

The couple admitted that having a July wedding in the heat of Iowa summer was risky. The weekend before the wedding, temps reached near 100 degrees. However, on their wedding day, it rained in the morning, and the high was only 75 degrees.

"We rolled the dice and lucked out. It



A surprise gift for the couple was a live wedding painter, Suz Live Paints. Photo by Liv Frueh Photography

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Approximately 200 guests attended the Hydes' outdoor wedding. Photo by Liv Frueh Photography

was beautiful. Rain the morning of your wedding is supposed to be good luck," Kylie explains.

Approximately 200 guests arrived, and the ceremony was held outdoors at the courtyard area, with a nearby Airbnb providing a place for the wedding party to complete their preparations.

They chose catering by Gateway Market, including focaccia bread from the South Union Bakery.

"We're a big fan of George Formaro (a Des Moines chef and



Will and Kyle Hyde see their live wedding painting for the first time. Photo by Liv Frueh Photography

restaurateur). He's a family friend who came to the wedding," Will says. "We also did our rehearsal dinner at Centro with George."

Their photographer was Liv Frueh with Liv Frueh Photography. They chose sheet cakes from Costco for the guests. They also ordered a small personal cake from the Ramic Dessert House in Johnston.

"My mom got a figurine of our dog making a paw print into the cake as a topper. They did an amazing job," Kylie says.

One disappointment is that Kylie's maid of honor couldn't attend the

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Beth Ades



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FEATURE

wedding because of a blackout that affected her flight into Des Moines.

“We did live videos of her throughout the wedding,” Kylie says.

A surprise gift from her maid of honor was a live wedding painter, Suz Live Paints. Kylie noticed a woman taking pictures, explaining it was promotional photos for the wedding venue. In reality, it was the wedding artist taking photos. When the couple arrived at the reception, the artist was painting on her easel in the moment.

“It was a surprise. I didn’t even know it (live wedding painters) was a thing,” she says.

Throughout the reception, DJ Music Man played tunes. Games included musical chairs, a newlywed-style game and a photo booth with props. Kylie designed T-shirts with the wedding party and then threw them to the crowd. A giant crossword puzzle kept guests busy.

Fake mustaches on the tables provided more fun.

“We thought nobody would use them,” Kylie recalls.

“It was hilarious. My 10-year-old cousin



The Monroe provided a classic background for wedding photos for the Bachmans. Photo by Liv Frueh Photography

had a mustache on. It turned out so funny,” she says.

Overall, the wedding turned out perfect.

“We got so lucky with the weather. In the moment, little things happened, but I didn’t care. It was a memorable day,” says Kylie.

Megan and Austin Bachman

Megan and Austin Bachman’s wedding goal was for the couple and their guests to be relaxed. In retrospect, they accomplished that.

The pair came from two different church backgrounds and decided on a middle-ground

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FEATURE

church ceremony at Living History Farms chapel. Close family attended the ceremony.

“It was kind of Catholic since the pope was there at one time. We had both clergy attending the wedding,” Megan says.

Budgeting for the wedding was the biggest concern. They wanted to get married off-season to save money and picked the date: March 9, 2024.

For the reception, they chose The Monroe, a wedding venue in West Des Moines. The caterer was Greater Caterers of Iowa.

Austin, who was originally from New York, wore a green jacket. Austin’s sister stood up on the groom’s side wearing a green jumpsuit. For the reception, friends helped decorate. For easy planning, she put labels in tubs and pictures on how to set up the table and décor.

Austin and Megan both enjoy reading and books. Instead of name cards, they put bookmarks with the guests’ names at each table. For the



The Bachmans’ wedding cake was accompanied by a variety from Hurts Donut. Photo by Liv Frueh Photography

centerpiece, they used flowers with books underneath. Since Megan is an art teacher at Van Meter, they also had floating paint pallet decorations.

“I thought the books looked cute. My sister is artsy, and we cut out gold picture frames. We did a lot of DIY projects and repurposed things,” Megan explains.

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Megan and Austin Bachman were married at Living History Farms chapel. Photo by Liv Frueh Photography

The couple had two desserts. One was a lemon blueberry cake for the cake-cutting ceremony. The other was a Hurts Donut tier in a variety of flavors.

The photographer was Liv Frueh Photography.

Megan knew that, when the DJ began playing the father-daughter dance, she might get emotional.

“I’ll sob. So we did a sentimental song for 30 seconds, then the whole family danced together,” she recalls.

The wedding came together perfectly.

“Someone told me that, if something didn’t go right, we’d be the only ones who noticed. We didn’t sweat the details,” Megan reflects. “It went really well, and everybody was able to enjoy themselves.” ■



Austin and Megan both enjoy reading and books, so instead of name cards, they put bookmarks with the guests’ names at each table. For the centerpiece, they used flowers with books underneath. Photo by Liv Frueh Photography



WAUKEE

Warriors

2025 SPRING SCHEDULE

V GIRLS/BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 4**	TBD	Iowa City West	Iowa City West HS
Apr 5**	TBD	Iowa City West	Iowa City West HS
May 2**	4:45 PM	Waukee NW	Waukee NW HS
May 2*	4:45 PM	Waukee NW	Waukee Stadium
May 2*	5:30 PM	Waukee NW	Waukee Stadium
May 2**	6:00 PM	Waukee NW	Waukee NW HS
May 2*	6:00 PM	Waukee NW	Waukee Stadium
May 2**	7:30 PM	Waukee NW	Waukee Stadium
May 3**	8:00 AM	Multiple Schools	Valley Stadium
May 5**	4:45 PM	SE Polk	SE Polk HS
May 5**	4:45 PM	Johnston	Johnston Middle School
May 5**	4:45 PM	Ankeny HS	Waukee Stadium
May 5**	6:00 PM	Des Moines E	SE Polk HS
May 5**	6:00 PM	Ankeny HS	Waukee Stadium
May 5**	6:00 PM	Ankeny HS	Waukee Stadium
May 6*	4:45 PM	Johnston	Johnston High School
May 6*	6:00 PM	Johnston	Johnston High School
May 6*	6:00 PM	Johnston	Johnston High School
May 6*	7:30 PM	Johnston	Johnston High School

* Girls Only ** Boys Only

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 16	3:30 PM	Multiple Schools	Sugar Creek G.C.
Apr 21	10:00 AM	Multiple Schools	Willow Creek G.C.
Apr 23	3:30 PM	Multiple Schools	The Legacy Golf Club
Apr 28	10:00 AM	Multiple Schools	Veenker Mem. G.C.
Apr 29	10:00 AM	Multiple Schools	Veenker Mem. G.C.
Apr 30	3:30 PM	Multiple Schools	Sugar Creek G.C.
May 1	10:00 AM	Multiple Schools	Elmwood C.C.
May 5	9:00 AM	Multiple Schools	Jester Park G.C.
May 7	3:30 PM	Multiple Schools	Blank G.C.
May 12	10:00 AM	Multiple Schools	Des Moines G.&C.C.
May 14	8:00 AM	Multiple Schools	Blank G.C.

VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10	2:00 PM	UNI	UNI
Mar 13	9:00 AM	ISU	ISU Lied Rec Ath. Center
Mar 27	4:00 PM	Multiple Schools	Waukee High School
Mar 27	4:00 PM	Multiple Schools	Waukee Stadium
Apr 3	4:00 PM	Multiple Schools	SE Polk High School
Apr 3	4:30 PM	Multiple Schools	Indianola Stadium
Apr 5	10:00 AM	Multiple Schools	Valley High School
Apr 5	10:00 AM	Multiple Schools	Valley High School
Apr 8	4:30 PM	Multiple Schools	Urbandale High School
Apr 8	4:30 PM	Multiple Schools	Urbandale High School
Apr 12	8:30 AM	Drake	Drake Stadium
Apr 15	4:15 PM	Multiple Schools	Northview Middle School
Apr 15	4:30 PM	Ankeny HS	Ankeny High School
Apr 17	4:00 PM	Multiple Schools	Waukee Stadium
Apr 22	4:00 PM	Multiple Schools	Northview Middle School
May 1	4:00 PM	Multiple Schools	Waukee NW High School
May 8	4:00 PM	Multiple Schools	Northview Middle School

VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 14	3:15 PM	ISU	ISU Lied Rec Ath. Center
Apr 1	4:00 PM	Multiple Schools	Waukee High School
Apr 3	4:00 PM	Pleasant Valley	Pleasant Valley HS
Apr 7	4:15 PM	Indianola	Indianola Stadium
May 1	4:00 PM	Multiple Schools	Waukee Stadium
May 8	4:30 PM	WDM Valley	Valley High School

VARSITY BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 12	9:00 AM	Multiple Schools	Johnston High School
Apr 15	4:00 PM	Johnston	Waukee High School
Apr 17	4:00 PM	Ankeny HS	Waukee High School
Apr 22	1:30 PM	Southeast Polk	SE Polk High School
Apr 24	4:00 PM	Dowling Catholic	Waukee High School
Apr 29	4:00 PM	Waukee NW	Waukee NW High School
May 1	4:00 PM	Centennial	Waukee High School
May 5	4:00 PM	Urbandale	Walker-Johnston Park
May 8	4:00 PM	WDM Valley	Valley Southwoods
May 9	4:00 PM	DM Lincoln	Waukee High School

VARSITY GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 11	8:00 AM	Multiple Schools	Johnston High School
Apr 15	4:00 PM	Johnston	Johnston High School
Apr 17	4:00 PM	Ankeny HS	Ankeny Tennis Center
Apr 22	4:00 PM	SE Polk	Waukee High School
Apr 24	4:00 PM	Dowling Catholic	Dowling Catholic HS
Apr 29	4:00 PM	Waukee NW	Waukee High School
May 1	4:00 PM	Centennial	Ankeny Tennis Center
May 2	4:00 PM	Ottumwa	Ottumwa High School
May 5	4:00 PM	Urbandale	Waukee High School
May 6	4:00 PM	Urbandale	Waukee High School
May 8	4:00 PM	WDM Valley	Waukee High School
Aug 14	4:00 PM	Johnston	Waukee High School
Aug 19	4:00 PM	Ankeny HS	Waukee High School
Aug 21	4:00 PM	SE Polk	SE Polk High School
Aug 26	4:00 PM	Dowling Catholic	Waukee High School
Aug 28	4:00 PM	Waukee NW	Waukee NW High School
Sep 1	4:00 PM	Centennial	Waukee High School
Sep 8	4:00 PM	Urbandale	Walker-Johnston Park
Sep 11	4:00 PM	WDM Valley	Valley Southwoods

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Wolves

Living

2025 SPRING SCHEDULE

VARSITY BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 8	4:00 PM	Centennial	Ankeny Tennis Center
Apr 15	4:00 PM	Urbandale	Urbandale NW High School
Apr 17	4:00 PM	Johnston	Johnston High School
Apr 22	4:00 PM	WDM Valley	Waukee NW High School
Apr 24	4:00 PM	Southeast Polk	SE Polk HS
Apr 29	4:00 PM	Waukee	Waukee NW High School
May 3	9:00 AM	Pleasant Valley	Pleasant Valley HS
May 3	1:00 PM	Bettendorf	Bettendorf High School
May 6	4:00 PM	Ankeny HS	Waukee NW High School
May 8	4:00 PM	Dowling Catholic	Dowling Catholic HS

VARSITY GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 8	4:00 PM	Centennial	Waukee NW High School
Apr 15	4:00 PM	Urbandale	Walker-Johnston Park
Apr 17	4:00 PM	Johnston	Waukee NW High School
Apr 22	4:00 PM	WDM Valley	Valley Southwoods
Apr 24	4:00 PM	Southeast Polk	Waukee NW High School
Apr 25	11:00 AM	Multiple Schools	North Scott HS
Apr 29	4:00 PM	Waukee	Waukee High School
May 2	11:00 AM	Multiple Schools	Valley Southwoods
May 6	4:00 PM	Ankeny HS	Ankeny Tennis Center
May 8	4:00 PM	Dowling Catholic	Waukee NW High School
May 9	9:00 AM	Multiple Schools	Waukee NW High School
May 12	9:00 AM	Multiple Schools	TBA

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 7	11:00 AM	Multiple Schools	The Legacy G.C.
Apr 15	3:30 PM	Multiple Schools	Sugar Creek G.C.
Apr 23	3:30 PM	Multiple Schools	The Legacy G.C.
Apr 29	11:00 AM	Multiple Schools	Hunter's Ridge G.C.
Apr 30	3:30 PM	Multiple Schools	Willow Creek G.C.
May 1	10:00 AM	Multiple Schools	Elmwood C.C.
May 5	9:00 AM	Multiple Schools	Jester Park G.C.
May 7	1:30 PM	Multiple Schools	Briarwood G.C.
May 12	10:00 AM	Multiple Schools	Des Moines Golf and C.C.
May 14	8:00 AM	Multiple Schools	Blank G.C.

V GIRLS/BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 14*	7:30 PM	Urbandale	Urbandale High School
Apr 15**	7:30 PM	Urbandale	Waukee NW High School
Apr 17**	7:30 PM	Johnston	Johnston High School
Apr 18*	7:30 PM	Johnston	Waukee NW High School
Apr 19**	11:30 AM	Iowa City West	Valley Stadium
Apr 19**	6:00 PM	Prairie	Valley Stadium
Apr 22*	7:30 PM	WDM Valley	Valley Stadium
Apr 22**	7:30 PM	WDM Valley	Waukee NW High School
Apr 25**	TBD	Sioux City North	Sioux City North HS
Apr 26*	2:00 PM	Gretna East HS	Gretna East High School
Apr 26**	1:45 PM	Iowa City Liberty	Iowa City Liberty HS
Apr 29*	7:30 PM	Southeast Polk	Waukee NW High School
Apr 29**	7:30 PM	Southeast Polk	SE Polk HS
Apr 4*	7:00 PM	Multiple Schools	Ankeny HS
Apr 4**	7:00 PM	Council Bluffs	Waukee NW High School
Apr 5*	12:00 PM	Linn-Mar	Centennial
Apr 8*	7:30 PM	Centennial	Waukee NW High School
Apr 8**	7:30 PM	Centennial	Centennial HS
May 10**	1:00 PM	Davenport	Quad Cities
May 13*	7:30 PM	Ankeny HS	Ankeny HS
May 13**	7:30 PM	Ankeny HS	Waukee NW High School
May 16*	7:30 PM	Dowling Catholic	Waukee NW High School
May 2*	5:30 PM	Waukee	Waukee Stadium
May 2**	7:30 PM	Waukee	Waukee Stadium
May 3*	10:30 AM	Iowa City West	Iowa City West HS
May 8**	7:30 PM	DCG	Waukee NW High School
May 9*	7:00 PM	Van Meter	Waukee NW High School

* Girls Only ** Boys Only

V GIRLS/BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10**	2:00 PM	UNI	UNI-Dome, Cedar Falls
Mar 11*	2:00 PM	UNI	UNI-Dome, Cedar Falls
Mar 13**	3:15 PM	ISU	Iowa State University
Mar 14*	3:15 PM	ISU	ISU
Mar 18*	2:00 PM	Wartburg College	Wartburg College
Mar 18**	2:30 PM	Wartburg College	Wartburg College
Mar 21*	10:00 AM	Central College	Central College
Mar 27**	4:00 PM	Multiple Schools	Waukee NW High School
Mar 29**	12:00 PM	TBA	TBA
Apr 1*	4:00 PM	Multiple Schools	Waukee NW High School
Apr 3**	4:00 PM	Indianola	Indianola High School
Apr 5*	10:00 AM	Multiple Schools	Valley High School
Apr 8*	4:15 PM	Johnston	Johnston High School
Apr 8**	4:30 PM	Ames	
Apr 10*	4:00 PM	Multiple Schools	Waukee NW High School
Apr 12	8:30 AM	Drake University	Drake Stadium
Apr 14**	4:30 PM	Fort Dodge	Fort Dodge High School
Apr 15*	4:00 PM	Ames	Ames High School
Apr 15**	4:15 PM	Multiple Schools	Northview Middle School
Apr 17**	4:30 PM	Multiple Schools	Urbandale High School
Apr 22**	4:00 PM	Multiple Schools	Northview Middle School
Apr 22*	4:00 PM	Ottumwa	Ottumwa High School
Apr 24	8:00 AM	Drake University	Drake Stadium
Apr 25	8:00 AM	Drake University	Drake Stadium
Apr 26	8:00 AM	Drake University	Drake Stadium
Apr 29*	4:30 PM	ADM	ADM High School
May 1**	4:00 PM	Multiple Schools	Waukee NW High School
May 1*	4:00 PM	Multiple Schools	Waukee Stadium
May 1*	4:00 PM	Carlisle	Carlisle High School
May 8*	4:00 PM	Multiple Schools	Waukee Stadium
May 8**	4:00 PM	Multiple Schools	Northview Middle School
May 15	4:00 PM	TBA	Waukee NW High School
May 22**	TBD	Drake University	Drake Stadium

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Coming up 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 by April 3 to be included in the April issue.

Pampered Pets: Do you enjoy pampering your pet(s)? We are looking to interview people whose cats, dogs and other animals live a life of luxury. If you are one of those spoiling their critters rotten and proud of it, reach out to be included in our May issue. We want to hear your story! Email tammy@iowalivingmagazines.com.

Vibrant Music Hall

2938 Grand Prairie Parkway, Waukee

www.vibrantmusichall.com

- Friday, April 4, Warren Zeiders: Relapse Tour
- Wednesday, April 30, Lazer 103.3 Presents Spiritbox: Tsunami Sea North American Tour
- Saturday, May 3, Nick Swardson: Toilet Head

Waukee High School

presents "Pippin"

April 10-13; April 25-27

Waukee High School Auditorium

Waukee High School will present "Pippin" over two weekends. The musical centers on Pippin, a young prince who, instead of following in his father Charlemagne's footsteps, seeks adventure and purpose in the world. The show is at 7 p.m. on Thursday, April 10; Fridays April 11 and 25; and Saturdays April 12 and 25. Sunday shows April 13 and 27 are at 2 p.m.



Easter Egg Hunt

Saturday, April 19, 10 a.m.

Centennial Park Open Air Shelter, 1255 Warrior Lane

Hop over and fill your baskets full of candy at Waukee's annual Easter Egg Hunt, held rain or shine. Kids ages 10 and younger will rush for thousands of eggs and pieces of candy at this popular event. Be sure to watch for the special golden prize eggs. The starting horn sounds right at 10 a.m., and the hunt goes quickly. Get there early to find the hunting field for your child's age group.



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EVENTS IN THE AREA

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

Be sure to check for cancelations.

Bowling family fun

Various dates
Warrior Lanes, 190 S.E. Laurel St.,
Waukee

Warrior Lanes holds a variety of family-fun events. The glow-in-the-dark bowling includes a one-topping pizza and pitcher of soda for up to five bowlers. For more information and booking, visit <https://warriorlanes.com/specials/>. All are on Sundays from noon to 1:30 p.m. with registration deadline at 6 p.m. two days prior.

April 13: Spring Fling Party; May 11, A-May-Zing Mother's Day Party; June 22, Summer Kick Off Party; July 20, Celebrate America Party; Aug. 17, Back to School Luau Party; Sept. 7, Festive Fall Fun Party; Oct. 19, Halloween Party; Nov. 16, Turkey Time Party; Dec. 14, Ugly Holiday Sweater Party. A special Countdown to Noon Year's Eve event is Wednesday, Dec. 31, 11 a.m. to 1 p.m.



Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, April 13, 8 a.m. to noon
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and, of course, all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for \$3.50.

Cost is \$11 for adults and \$5 for children 10 and younger. Proceeds support the Elks Hoop

Shoot Program, other youth activities and veteran support activities.



Playhouse Summer Classes

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

The Des Moines Playhouse offers students from kindergarten through high school more than 30 different classes and camps this June-August to fill the long summer days and keep minds active. A complete list of classes and registration is available at dmplyhouse.com. Theatre arts education at The Playhouse provides students with the opportunity to explore, create, imagine and express themselves, all within a safe, nurturing environment. Every class at The Playhouse is unique and led by the theatre's professional teaching artists. For more information on summer theatre camps and other Playhouse educational offerings, contact The Playhouse education department at 515-974-5365.

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Be sure to check for cancelations.



Covered Bridges Winery events

2207 1700th Trail, Winterset
coveredbridgeswinery.com

See website for tickets and any last minute changes.

- 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

Dome After Dark

Fridays through March, 6-10 p.m.
 Greater Des Moines Botanical Garden,
 909 Robert D. Ray Drive, Des Moines
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.



African Violet Show and Sale

March 28 and 29
 Wesleyan Church, 2025 Lower Beaver Road, Des Moines

The Evening African Violet Club of Des Moines invites the public to its 2025 African Violet Show and Sale. This is a nationally sanctioned show and sale that will have judges from the African Violet Society of America. Club members' plants and supplies will be available. The sale hours are Friday, March 28, noon to 6 p.m., and Saturday, March 29, noon to 5 p.m. The judging of violets, gesneriads and floral design will take place on Saturday, 10 a.m. to noon. Educational exhibits and AVSA promotional information will also be displayed. The Evening African Violet Club of Des Moines meets monthly from February to November on the third Saturday of the month at 2 p.m. at the Debra Heights Wesleyan Church. The public is invited.

Vendor Market

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 for information.

Capital City Card Convention

March 28-30
 Iowa Events Center, 730 Third St., Des Moines
iowaeventscenter.com

Iowa's largest card convention spans three days with thousands in attendance. There will be 224 tables of dealers from across the country offering cards, memorabilia and collectibles. JSA, an authentication company, will be available during show hours.

DMPA Concert Series

Various dates, 7 p.m.
 Temple Theater, 1011 Locust St., Des Moines

Des Moines Performing Arts (DMPA) is excited to announce a new concert series. "Made in the Midwest" highlights the artistry of local musicians in the intimate Temple Theater. Celebrating the talents of independent artists from across our region, guests will enjoy a unique experience where the musicians take center stage in a venue known for its unparalleled acoustic quality.

- April 25: Allegra Hernandez, rock
- May 9: Abbie Sawyer, folk/Americana

Tickets are on sale now starting at \$20/show. You can purchase tickets by visiting DMPA.org, calling 515-246-2300, or stopping by the Civic Center Ticket Office at 221 Walnut St. You can also purchase tickets night of at the Temple Theater Ticket Office, 1011 Locust St., starting two hours before a performance. ■



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DISABILITY or early retirement?

Clients frequently ask what happens when a disabled person meets retirement age. Simply put, when a disabled person attains full retirement age, disability benefits automatically convert to Retirement Insurance Benefits. Most disabled beneficiaries will notice no difference when they become retirement beneficiaries.

A more complicated issue is whether to apply for disability or early retirement.

Some people close to — but not at — age 62 do not apply for disability thinking that they will just wait until they can apply for early retirement. This results in a reduced monthly benefit.

However, if you are having difficulty maintaining employment because of a severe medical condition or combination of conditions expected to last at least 12 months, you may want to consider applying for both early retirement and Social Security Disability. You can apply for both at the same time, or, if you already have a disability claim filed, you can apply for early retirement while the disability claim is processed. This can provide for monthly income while you are waiting for a decision on your disability claim. Should you be found disabled, you may receive



compensation for the period of time you received the lower amount. This back-pay amount can be significant.

The amount of monthly benefits you receive depends on when you are found disabled. Regardless of when you apply, if you are found disabled, and your disability began before the age of 62, you will receive your full retirement benefits. If you are found disabled after the age of 62, your monthly payment will be reduced by the number of months of full retirement benefit but will still be more than the amount of early retirement. You cannot receive disability and full retirement.

Another factor to consider is Medicare. Individuals are eligible for Medicare at the age of 65. Rather than wait until age 65, disabled persons are eligible for Medicare after they have been entitled to SSDI for 24 months.

If you are close to, or over the age of 62, and unable to work because of a medical condition, you should consider filing for disability, early retirement, or both. Contact an attorney who specializes in Social Security disability claims to find out which options are best for you. ■

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

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PALLIATIVE care: An option for someone you love?

Q. My husband's doctor suggested we look into palliative care. This is not a term that's familiar to me. My husband lives with a chronic health condition. Thankfully, the illness is not immediately life-threatening, but my husband's quality of life isn't what we'd like it to be. What can palliative care do for him?



A. I'm sorry to hear about your spouse's health condition, but it's great that you're exploring palliative care — a specialized form of care focused on providing relief from the symptoms, pain and stress of a serious illness, rather than trying to cure the illness itself. It's aimed at improving the quality of life for both the person living with illness and their family.

Here's what you should know about palliative care.

- **It's available to anyone with a serious or chronic health condition, regardless of their prognosis.** The goal is to alleviate suffering and improve comfort by managing physical symptoms, but it also addresses emotional, social and spiritual needs.
- **Palliative care typically includes a variety of specialists,** such as physicians, nurses, social workers, chaplains and therapists. They will all work together to create a care plan that's tailored to your spouse's needs.
- **It's focused on managing pain, fatigue, nausea, breathing**

difficulties, and any other symptoms of illness. If your spouse is dealing with discomfort related to their chronic condition, palliative care can significantly help decrease that.

- **It also supports loved ones.** Assistance offered with palliative care can include counseling, caregiver support and education, and help navigating health care systems and decisions.

- **Palliative care doesn't replace other treatments for your spouse's condition.** It can be given alongside curative treatments, helping to manage the side effects or helping cope with difficult symptoms during treatments like chemotherapy or dialysis.

- **It's offered in various settings.** If receiving care at home is preferable to you and your husband, make sure you find a provider that offers home-based palliative care. The overall aim will be to provide your spouse with enhanced quality of life while managing the challenges presented by his condition. The care is highly personalized, and most families report that palliative care enhances comfort and helps everyone navigate the health care journey more smoothly. Best wishes to you both. ■

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.



WesleyLife at Home *Palliative Care*

We bring you comfort.

As part of our growing legacy of services to area older adults, we're proud to now offer palliative care for your family's journey. Palliative care is available to those in any stage of a serious or chronic illness and is a complement to other care they may be receiving. It provides symptom relief, comfort, and support to enhance overall well-being and quality of life.



To learn about palliative care from WesleyLife at Home, call (515) 978-2777.

Home Health • Non-Medical In-Home Services • Palliative Care • Hospice

(515) 978-2777 | wesleylife.org/palliative-care



PLAN AHEAD

By Buffy Peters

WHAT to know about 're-grief'

When children have someone significant in their life die, it can be difficult to know how to best support them. It's natural to want to "fix it," but this is one of those things we cannot fix.

Children will continue to grieve as their development and understanding of the world changes. When the death occurs, the child understands only as fully as their cognitive development allows. As they age, and their development changes, their understanding changes, too. They may have new questions or wonderings and may express their grief in new ways. This is called "re-grief" and can sometimes catch their adults off guard.

While our fundamental understanding of death may not change after adulthood, our understanding and experience of grief can change over time, too. Whenever a new life milestone occurs (i.e., we get married), we understand the world in a different way (as a newly married person). This can also have an impact on our grief. Remember, there is no time limit on grief.

How to help? 1. Listen, compassionately. "It makes sense you feel that way. Do you want to tell me more about it?" 2. Answer questions honestly — and repeatedly if asked — in consistent, developmentally appropriate ways. 3. Encourage creative and physical activities (that they enjoy) to get feelings out of their bodies. 4. Encourage sharing memories and, if you knew their person, share memories you have. They may learn something new about them, and what a gift that is. ■

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



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

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SENIOR

By Jay Heaton

SPRING cleaning safety tips

As spring arrives, it's the perfect time to refresh your home while also making it safer and more accessible. Here are a few simple tips to help you maintain an organized, secure living space.

Start by decluttering to remove potential trip hazards such as loose rugs, cords or low furniture. Organize frequently used items at waist height to reduce bending or reaching. This is also a great opportunity to clear out items you no longer need, creating more space and reducing clutter.

Next, inspect your home for fall hazards. Ensure that areas such as hallways and stairways are well-lit. Install handrails if needed, and consider placing non-slip rugs or mats in high-risk areas like the bathroom and kitchen. These precautions can significantly reduce the risk of accidents.

In the bathroom, install grab bars near the toilet, shower and bathtub to provide additional support. Adjust the water heater to a safe temperature to prevent burns.

Spring cleaning also offers an opportunity to improve indoor air quality. Replace air filters, clean windows, and sanitize frequently touched surfaces like doorknobs and light switches to maintain a healthy environment.

Lastly, ensure that smoke detectors are functioning properly and restock your first aid kit. By incorporating these simple safety measures, you can create a cleaner, more secure home that supports your well-being and independence throughout the spring season. ■

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



OPEN HOUSE!

Every Thursday during April!

Stop by to learn about Attivo Trail and take a tour of the community!

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Waukeee
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SPRING CLEAN-UP & HAZARDOUS WASTE DISPOSAL

As you clean out your closets, storage rooms or garage, plan for Spring Clean-Up events in Waukeee. Find more details on these events at [Waukeee.org/SpringCleanUp](https://www.waukeee.org/SpringCleanUp).

GIVE UNWANTED ITEMS A NEW LIFE

For items in good condition, consider donating to a local organization or putting it up for free on a community swap group on Facebook.

Have a lot of items? Host a garage/yard sale for Citywide Garage Sale Day on Saturday, April 26. This is not a City of Waukeee-sponsored event, but it is a designated day for residents to join many others in hosting garage sales at their Waukeee homes. There is no facilitated flyer or website to track garage sales; however, some residents promote their sales on Facebook Marketplace.



PUT IT OUT FOR CURBSIDE SPRING CLEAN-UP APRIL 28-MAY 2, 2025

During the free, curbside portion of Spring Clean-Up Week, City garbage customers can place large items on the curb for disposal on their normally scheduled garbage collection day, Monday through Friday. Put bulky items, such as furniture, oversized electronics and other large items up to five feet in length, on the curb no later than 7 a.m. on your garbage pick-up day. Smaller items should be bagged or boxed.

The following items will not be accepted at the curb:

- Appliances
- Hazardous materials
- Broken-up concrete/asphalt or demolition materials
- Loose shingles and lumber
- Anything longer than five feet
- Paint
- Propane tanks
- Tires
- Yard waste (collected only on Mondays, April-November)
- Items too heavy for a two-person team to reasonably lift

Curbside pick-up does not apply to those living in neighborhood associations and apartment complexes with private trash collection. Talk to your property manager or HOA board about your trash collection service provider.

SAFELY DISPOSE OF HAZARDOUS WASTE, APPLIANCES, TIRES OR ELECTRONICS

SATURDAY, MAY 3, 8 A.M. TO NOON

WAUKEE PUBLIC WORKS BUILDING, 805 UNIVERSITY AVENUE

Hazardous waste, appliances and tires will not be collected from curbs, but you can take them to the designated drop-off site for free disposal. **New for 2025, drop all your items in one place!** Drop-off sites have all moved to the Public Works building. Before you head out, go to Waukee.org/SpringCleanUp for a map of the drop site to see the flow of drop stations.

HOUSEHOLD HAZARDOUS WASTE

If you have items, such as acid, rechargeable batteries, oil, antifreeze, lawn fertilizer, pesticides, pool chemicals, oil-based paints or aerosols, dispose of them for FREE. Latex paint will not be accepted; however, dried latex paint can be placed in regular trash bins year-round.

The following items will not be accepted at the drop-off site:

- Ammunition/explosives
- Asbestos
- Dry cement mix
- Fire extinguishers
- Joint compound
- Latex paint
- Medications
- Propane tanks
- Radioactive materials

APPLIANCES AND TIRES

Appliances must be cleared of food, household hazardous waste and garbage prior to dropping them off. Items that are accepted for free include washers, dryers, dishwashers, refrigerators, furnaces, water heaters, stoves, etc. Up to five car tires may be dropped off free of charge. The drop-off fee for each additional car tire is \$1, and semi-truck and tractor tires are \$5 each. Rims are not accepted.

ELECTRONICS RECYCLING

Keep your electronics waste out of the landfill and protect your personal data by recycling it. Drop off laptops, TVs, keyboards, speakers, printers, routers, phones, e-readers, CRTs and TVs. All data-containing devices will have data cleared. Alternatively, electronics are accepted in the weekly garbage collections or on the curb during Spring Clean-Up Week.



For more information, visit Waukee.org/SpringCleanUp.
For specific garbage-related questions, call ASI at 515-964-5229.

HAPPY SPRING CLEANING!



ANKENY SANITATION INC.

515-964-5229

MEDICATIONS

To donate medication for use by lowans in need of assistance, call the Iowa Prescription Drug Corporation at 1-866-282-5817. You can safely dispose of unneeded medications in the drug drop box at the Waukee Public Safety building, 1300 SE L.A. Grant Parkway, Monday-Friday from 8 a.m. to 4 p.m.

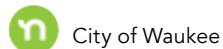




City of Waukeee Bulletin MARCH 2025

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

Follow City of Waukeee on



Waukeee.org



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

Easter Egg Hunt Scheduled for April 19

Kids ages 0-10, hop over and fill your baskets full of candy at Waukeee's annual Easter Egg Hunt on Saturday, April 19! It will start at 10 a.m. sharp at Centennial Park, rain or shine. This hunt goes fast, so get there early to find your spot. Waukeee Parks & Recreation puts thousands of eggs and pieces of candy out as well as a few Golden Prize Eggs. Note that some candy may contain nuts. No need to register for this free event. Find more information at Waukeee.org/EasterEggHunt.



Pothole Repairs

With warmer temperatures come potholes. Street patching crews will be out repairing potholes as needed and as weather permits. They will first address the largest potholes on main roads and then work their way from arterial streets to collector streets and then to residential neighborhoods. To report a pothole location, go to Waukeee.org/ReportaConcern. Thank you for your patience as crews make those needed repairs.



How is Waukeee doing?

Watch Mayor Clarke's State of the City address to get the highlights from 2024 and a look ahead at priorities and projects for 2025 at Waukeee.org/StateOfTheCity.



Yard Waste Collection Begins

Weekly curbside yard waste collection will begin Monday, March 31 and will continue through November. Yard waste is vegetation including grass clippings, leaves, brush and garden waste. Place items on the curb by 7 a.m. each Monday in biodegradable bags, reusable containers or bundles. Do not bag yard waste in plastic bags. Find more information about what is accepted at Waukeee.org/YardWaste.



Improve Your Yard

Soil quality restoration (SQR), rain gardens and native plants can enhance the quality and beauty of your yard while also improving water quality. And, the City offers a Stormwater Grant to help cover part of the costs. Homeowners or HOAs can apply for a Stormwater Grant for projects to improve drainage, improve stormwater quality or repair stormwater facilities, such as swales, streambanks and drain tile. Be sure to apply before starting your project. Grants cannot be awarded for work that has already started or was previously completed. Find project ideas and apply for the grant at Waukeee.org/StormwaterGrant.



Dates to Know

Regular City Council Meetings
April 7 & 21 at 5:30 p.m.
Waukeee City Hall and Zoom
Waukeee.org/CityCouncil

Cookies and CultureALL (free)
April 6, 2-3 p.m.
Waukeee Public Library
WaukeeePublicLibrary.org

Bingo (cards for purchase)
April 4, 1-2:30 p.m.
Waukeee Public Library

WASP Senior Program (free)
Wednesday, April 30 at 9 a.m.
Waukeee Community Center

ONLINE resources offer career and educational tools

In an increasingly digital world, the Waukee Public Library is making career advancement and education more accessible than ever with its online library. Packed with powerful learning tools, digital publications and interactive career resources, these free services are available to all library cardholders from the comfort of home.

Expanding career skills with online learning

Professionals looking to sharpen their skills can benefit from expert-led courses and job search support:

- **LinkedIn Learning** – A premier online learning platform offering thousands of video courses on topics like leadership, marketing, finance, graphic design, coding and more. Courses are taught by industry professionals and users can earn certificates to boost their resumes and LinkedIn profiles.
- **Brainfuse JobNow** – A career-focused service that provides live coaching for job seekers, including resume assistance, interview tips and job search strategies. Users can also access career assessments, professional skill-building resources and online networking advice.
- **LearningExpress Library Career Center** – Offers job seekers tools to improve workplace skills, prepare for professional exams and explore new career paths. Includes resources for civil service exams, military placement tests, nursing certifications and skilled trade licensing exams.

Academic support and test preparation

Students and lifelong learners can take advantage of a wide array of educational resources:

- **Brainfuse HelpNow** – A live tutoring and study assistance service for students of all ages. Connect with expert tutors in real-time for help with subjects like math, science, writing and social studies. Additional tools include a writing lab, language support and skill-building exercises.
- **LearningExpress Library** – A comprehensive test prep and study tool offering practice exams, exercises and study guides for students from elementary school to college. Includes prep materials for the ACT, SAT, GED and AP exams, as well as skill-building resources in reading, writing and math.
- **Pronunciator** – An interactive language learning platform featuring 80-plus languages with courses tailored to different skill levels. Lessons include vocabulary building, pronunciation practice, quizzes and conversation exercises. Users can also engage in live coaching sessions with native speakers.

Access to digital publications and research databases

Staying informed and up to date on industry trends is easy with the Library's collection of eBooks, newspapers and research tools:

- **Libby** – Gain access to thousands of eBooks and audiobooks, available for free with your library card. The Libby app makes borrowing and reading digital books seamless, with features like adjustable text sizes, offline reading and audiobook playback speed control.
- **Flipster** – A digital magazine service that provides instant access to popular magazines across multiple categories such as news, entertainment, health and lifestyle. Flipster's user-friendly interface allows for easy navigation, zooming and bookmarking, making it an excellent alternative to traditional print magazines.

• EBSCOhost

Research Databases – A vast collection of scholarly articles, peer-reviewed journals and academic research papers. Categories include history, science, literature, social sciences and business, making it a valuable tool for students and researchers.

To find out more about the Waukee Public Library, visit waukeepubliclibrary.org or contact the library at askme@waukee.org or by phone 515-978-7944.

- **Upcoming closures:** Friday, April 11, open at 1:30 p.m.; Sunday, April 20, closed.

PROGRAMS AND EVENTS

Most events require advance registration and can be viewed at waukeepubliclibrary.org/upcoming-events.

KIDS

Elementary Early Out STEAM, grade 1-5, Wednesday, April 16, 2:30 p.m. Explore a variety of hands-on STEAM activities with a different theme each month. This session, enjoy learning about nighttime.

TEENS

Teen Self-defense, grades 6-12, Sunday, April 13, 1:30 p.m. Attend this free workshop to learn the basics of important skills to keep teens safe in today's world. Instructors from Spread Your Wings of Iowa will present information and training on a variety of topics which may include: anti-abduction strategies, dating safety, self-defense, social media safety, traffic and parking lot safety, violence prevention and human trafficking awareness.

ADULTS

Laser Tag and Game Night, Sunday, April 27, 6 p.m. Join us for an unforgettable night of friendly competition as we take over the library with a fun game of Laser Tag. Experience the thrill of a high-energy game at this after-hours event hosted by Lazer Alley. Team up with friends or make new ones in a battle for the top spot and relax with board games and Mario Kart between bouts.

MULTI-AGE

Caturday with Whiskers TNR, Saturday, April 5, 10 a.m. to noon. Visit with adoptable cats and kittens at the library. Whether you're looking for the newest member of the family or just need some kitty snuggles, our friends from Whiskers TNR have you covered. Adoptions on-site are not available, but all ages are invited to this meet and greet session. Whiskers TNR volunteers will answer your questions about adoptions and the Trap-Neuter-Return program. ■

Waukee Public Library

950 S. Warrior Lane, Waukee

515-978-7944

www.waukeepubliclibrary.org

Monday - Tuesday, 9 a.m. to 8 p.m.

Wednesday - Thursday, 9 a.m. to 6 p.m.

Friday, 9 a.m. to 5:30 p.m.

Saturday, 9 a.m. to 4 p.m.

Sunday, noon to 4 p.m.

NEWS BRIEFS

NEW CANCER CARE clinic opens in Waukee

Mission Cancer + Blood, part of University of Iowa Health Care, now offers cancer services in a state-of-the-art, 21,000-square-foot clinic on the far west side of the Des Moines Metro. The Waukee clinic at 2565 S.E. Encompass Dr. will help more patients get the care and expertise they need closer to home.

“Iowa has one of the fastest growing cancer rates in the country. We want to transform cancer care in Iowa with greater access to personalized treatment plans for patients,” says Steven Hedding, MD, a Mission oncologist. “Working collaboratively with other health systems and communities, Mission clinics like the one in Waukee allow patients to quickly receive essential cancer care nearer to home.”

Services and programs at the Waukee location include chemotherapy, immunotherapy, on-site labs for timely results and access to new cancer treatments through clinical trials. Genetic counseling and supportive care are also available. While this facility is a new option for patients, Mission remains committed to more than 20 other community locations across Iowa, including space within UnityPoint Health - John Stoddard Cancer Center and MercyOne Richard Deming Cancer Center.

“For many patients, the stress of traveling for treatment can be overwhelming,” says Brian Freeman, MD, a Mission oncologist. “This location was thoughtfully designed with a model for care that puts our patients at the center. We know how important it is to lessen the burden of care throughout their cancer journey.”


Earlier this year, Mission officially became part of University of Iowa Health Care, paving the way for a statewide comprehensive cancer care network aimed at keeping high-quality cancer care local for Iowans. This provides patients enhanced resources from UI Health Care and its National Cancer Institute-designated comprehensive cancer center, including access to a wider portfolio of clinical trials and rare cancer expertise. ■

HAWAIIAN BROS opens in Waukee

Hawaiian Bros, one of the fastest-growing restaurant chains, is opening its first island-inspired franchise location in Waukee. This is the second Hawaiian Bros restaurant opened by BraveHart Development LLC in the Iowa market. A grand opening celebration was held at the store, 1005 S.E. Alice’s Road, on Monday, March 10. The Waukee location will be open from 11 a.m. to 10 p.m. from Sunday to Thursday and 11 a.m. to 11 p.m. on Fridays and Saturdays.

“We’re looking forward to continue expanding with the second BraveHart Hospitality opening of a Hawaiian Bros location in Iowa,” said David Pedelty, partner, BraveHart Development LLC. “As part of our ambitious plan to establish 10 locations across Iowa over the next few years, we are excited to share our island-inspired flavors and the Aloha Spirit with the Waukee community.”


Hawaiian Bros is known for its island-inspired plate lunch, which offers a variety of juicy chicken or pork glazed with sweet, savory or spicy sauces; macaroni salad; a bed of fluffy steamed white rice or vegetables; and for dessert, a smooth and tropical Dole Soft Serve®. Never relying on freezers or microwaves, the simple menu is prepared with the highest quality, freshest ingredients. ■




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BEYOND the Bell provides more than just care

Before and after school program includes activities.

Sugar Creek Elementary School opened in 2022, and the Beyond the Bell program has been a part of the school day from the start. The program provides before and after school care at many of the elementary schools in Waukee. Sugar Creek Elementary School Beyond the Bell Site Supervisor David Naylor began working for the Waukee Community School District in the summer of 2022 and has been a supervisor at Sugar Creek Elementary since it opened that fall.



Students enjoy a variety of activities during the Beyond the Bell program.

“I was highly motivated to join the program by the leadership and colleagues it provided to me, the vision for both present and future program building, and the autonomy given to start at a new school from scratch,” Naylor says.

The program is open to all students at the elementary school, but the program does have an enrollment limit depending on staffing. The program currently supports just shy of 100 students enrolled between mornings and afternoons.

Students participate in daily games and activities ranging from simple tag games to complex team building competitions. The program offers daily art projects or creative explorations using different mediums and techniques. Students also have the opportunity during rotations to play with toys, play assorted board games, create their own games, or participate in different activities including music, science and STEM-based activities.

“I love working with the students we have and seeing them grow as young adults and student leaders. It is a privilege to give them opportunities to expand their horizons,” Naylor says.

In addition, the Sugar Creek Elementary School Beyond the Bell Program has developed a close relationship with the school’s music and band teachers since it opened. The program assists with setup and teardown of rehearsal and concert space on a regular basis. The program has also helped out with other activities in the building, including setting up art exhibits and taking care of the outdoor classroom during the summer.

“I am so thankful for the other staff in the building, including Dr. Griesel, for having open doors to collaborate with,” Naylor says.

More information about the upcoming summer Beyond the Bell program at Sugar Creek Elementary School can be found on the Waukee Schools website. Registration is open, and the program is already planning the summer calendar and fun weekly themes. Naylor is most looking forward to going on field trips throughout the Des Moines Metro area.

“We have continued to grow each year we have been open, and it’s been a joy to get more students involved in what we do. I look forward to continuing to expand and continuing to build positive culture and strong relationships,” Naylor says. ■



Stay Safe From Shingles

1 in 3 people will get shingles. Prevention is possible.

Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss. Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications.

The shingles vaccine is recommended for:

- Adults 19 and older with weakened immune systems.
- Adults 50 and older.



Ask your healthcare provider about the shingles vaccine.

Source: cdc.gov 2/25

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WHAT are comprehensive and collision insurances?

When you hear someone use the term "comp and collision," they are referring to two separate insurance coverages available for personal auto insurance policies: comprehensive coverage (also referred to as other-than-collision coverage) and collision coverage.



What is comprehensive insurance?

Comprehensive insurance helps pay for damages to your vehicle caused by factors other than an accidental collision, such as fire, vandalism, weather (hail, flooding, wind, lightning, etc.), theft, impact with an animal, etc. (Exclusions may apply.)

Here are some examples of when comprehensive insurance may apply:

- Your vehicle is damaged in a hail storm (other damage sources may include flooding, wind and lightning).
- Someone vandalizes your vehicle by slashing your tires and breaking all the windows.
- You hit an animal with your car on your way to work.
- A storm causes a tree to fall on your vehicle.
- Someone steals your vehicle.
- Your neighbor's brush fire gets out of control and sets your vehicle on fire.

What is collision insurance coverage?

Collision insurance helps cover the cost of loss or damage to your vehicle when it is involved in an accidental collision with another vehicle or object. (Exclusions may apply.)

Collision insurance coverage is exactly what it sounds like. It covers you when your vehicle collides with an object or another car. It generally provides coverage for situations where you are the one being hit or where you accidentally hit another vehicle.

Even situations where your car is parked and hit by another vehicle or by an object on the ground are typically covered by collision insurance. Here are some examples of when collision insurance coverage may apply:

- Another vehicle hitting your vehicle.
- Your vehicle accidentally hitting another vehicle.
- Accidentally backing your vehicle into a pole or other object.
- Damage from another vehicle backing into your vehicle, even if you are parked at the time.
- Bottoming out your vehicle.
- Accidentally rolling your vehicle over an object or rolling your vehicle.

What do I need?

A few things to consider when deciding if you want comprehensive, collision or both coverages on your personal auto insurance policy include:

- What is the age and condition of your vehicle?
- Is your vehicle under a lease or loan?
- How much will it cost to repair or replace your vehicle if it is totaled?
- Do you park your vehicle outside?
- Do you have a long commute?
- Do you have an inexperienced driver in the household who may be more likely to be involved in an accident? ■

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

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DAVIS is a community cheerleader

Waukee's Ambassador of the Year

Helping people achieve fitness goals is always on Aly Davis' mind with her Fit and Fierce 515 business. Yet, it goes beyond yoga, Pilates and group fitness classes, as she's quick to help in the community as well.

At her fitness studio, she holds food drives, and her clients contribute to charities, such as WayPoint Resources (formerly Waukee Area Christian Services). She gathers Easter basket items, school supplies and canned food and adopts families at Christmas.

A tote is kept at the studio filled with toiletries and other donation items.

"A lot of people rely on these services. You never know when you might be the next one. It's a great platform to help those in need," she says.

When a tornado hit Greenfield, the disaster affected one of her brother's friends.

"That could have been Waukee," Davis says.

In response to the disaster, the studio filmed a social media video asking for clothing, clean-up and other supplies, promising to deliver to Greenfield.

"The response was overwhelming and absolutely incredible," she recalls. "We had a full trailer within 12 hours."

Her studio also offers a free self-defense class for women.

"It's super important to provide this. I have four kids, including two daughters. I want to make sure that we can defend and protect ourselves," she says.

Davis is a staunch supporter of Waukee Schools, which she attended while growing up in Waukee. She provides goodie bags for teachers and nurses, showing appreciation wherever needed.

"This is my community," she reflects. "It's given me my business, and this is my thank you — my love letter to my town," she says.

To celebrate and recognize her efforts in the Waukee community, Davis was named Waukee Chamber's Ambassador of the Year in 2024. To chamber members, she is known as a "collaboration queen" for recognizing needs.

"I have an enthusiasm for connecting people and celebrating success. I'm a cheerleader for local businesses," she explains.

In addition, she's a frequent contributor to the Waukee Podcast. Her "Well Waukee" platform spotlights and educates people with various health and wellness tips.

Davis is passionate about connecting businesses and helping out in the community.

"This is where I get my ice cream, my oil change and where I do business," she explains. "It's important to encourage and love your community. It provides a ripple effect for others."



Davis encourages people to support locally and tap into resources.

"It might be just as simple as showing up at an event. It all adds up," she suggests.

She's excited for the growth of Waukee.

"I'm grateful to be a part of this community," Davis says. "The chamber supports local people. I'm really proud of Waukee." ■

Travis Gaule, TrustBridge Wealth Advisors, presents the Neighbor Spotlight certificate to Aly Davis.

Wealth Management & Retirement Planning

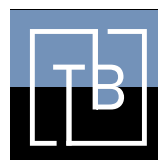


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INVESTMENT

By Daniel Rundahl

HOW ABOUT a ROTH IRA?

As a financial advisor for over 20 years, there are many questions that we get from our clients about retirement, about saving, and about insurance. One of the most common questions that I receive pertains to whether a ROTH IRA is a good choice as an investment and how can it be used to improve my retirement income platform. Here are 5 reasons we share with our clients.



Access. A Roth IRA gives you the ability to access your contributions without incurring any type of penalty or income tax. You have already paid tax on those contributions, so pulling them back out, without accessing your gains, will allow you to utilize the benefit of its value immediately, regardless of your age.

Tax Free Growth. The Roth IRA is one of few investments that allows you opportunity to grow your money without having to pay tax on gains. That means you don't pay any taxes along the way and will not have to pay additional tax in the future when you seek to take a withdrawal. As long as you follow the rules, like waiting 5 years from when you established the account and being over the age of 59 1/2 before you pull money out, you will have access to 100% of the value without owing any additional money to "Uncle Sam."

Use for College. The Roth IRA gives you money that can be used for college and for retirement. We tell people all the time, you can borrow money to go to college, but you cannot borrow money to retire. So, using a Roth IRA gives you some flexibility to be able to pull money out to send "Junior" to college without the burden of a long-term financial aide obligation. Your contributions are accessible without penalty. Your growth or interest will avoid a 10% penalty but you will have to pay tax on that gain.

No Required Minimum Distributions (RMDs). As of December 2022 under the SECURE Act 2.0, RMD age was increased to age 73 and 75 for withdrawals on any IRA or 401K. The Roth IRA has no requirements to draw money out at any particular age. So, you can allow this to grow all the way through your date of death. This will open up many opportunities for your legacy planning and for your golden years income planning.

No tax consequences at your passing. With taxes and inheritance being a big concern for many, securing a tax advantaged investment to pass on to the kids and grandkids is always important. The Roth IRA transfers, by beneficiary, to the next generation without income taxes needing to be paid. Your beneficiary will be subject to a 10-year RMD schedule if it is reinvested in an inherited-Roth IRA, but it will still never be subject to a 10% penalty or income taxation.

There are many savings vehicles available to everyone, a Roth IRA may be a great fit for you. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.

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WAUKEE Warrior Awards

Uplifting and recognizing students



Waukee Warrior Award winners are honored. Photo by Emma Howg

The Waukee Warrior Awards recently honored approximately 50 students at a special ceremony on Jan. 24 at Waukee High School.

The Warrior Awards began in 2022 after an equity team discussed ways for kids to feel important and connected. It started as a way to uplift and honor students who may not traditionally be in the spotlight.

Each term, four times a year, teachers and staff members from the building nominate a student who they believe is deserving of recognition. This recognition is for a variety of reasons:

- School spirit – representing “The Waukee Warrior Way” and fostering a sense of culture and belonging
- Perseverance – continuous effort in the face of tough challenges, in or out of school
- Civic engagement – being in service to others, a positive impact on the school community
- Going above and beyond
- Winning their daily battles

Part of the Warrior Awards is ensuring all students have an adult they feel connected to in the building. When a teacher nominates the student, they write them a letter detailing why they believe the student is deserving of a Warrior Award.

Nathan Jorgensen teaches theater, arts and speech courses at Waukee High School. He’s been on the Warrior Awards team since its inception.

During the award event, students are called out of class for a short ceremony where they are individually recognized. Over the years, this event has grown to include school board members and representatives from Iowa’s congress. Students receive a certificate and a Warrior Award sticker, along with a celebratory lunch.

Nathan sees a wide range of students throughout the year.

“I see firsthand the effect that making a connection can have on student engagement and achievement,” he says. “For me, the Warrior Awards are all about making connections that further encourage students to be their best selves within the school environment.”

He says teachers inadvertently overlook students due to workload.

“Some students fly under the radar but are doing some really great work that you just don’t take the time to recognize on a daily basis because you’re busy working with the 30 other students in the classroom,” Nathan says.

The Warrior Awards are a time to pause, reflect and be specific about recognizing the students.

“It’s a way to say, ‘Hey. I see you. I see the work that you are doing. Keep it up,’” Nathan explains. “For some, it may be a simple gesture, but, for others, it makes a huge impact. The power of the Warrior Awards is that it has such a wide and diverse reach.” ■

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NEWS BRIEF

ROTH to compete at national oratorical contest



American Legion members congratulate Karli Roth, who will compete in the American Legion National Oratorical Competition.

Karli Roth, the 17-year-old phenom, is going back to the American Legion National Oratorical Competition. Karli lives in Earlham. She is home schooled and will be finished with her high school education this spring. She will be attending Lipscomb University this fall.

Karli is being sponsored by the Waukee American Legion. She will be competing and representing the state of Iowa at Nationals May 16-18. The competition will be held in Hillsdale, Michigan, at Hillsdale College. Karli's speech is entitled "Unity From Division: The Forgotten History of Our Constitution."

Karli's achievements and accomplishments are too numerous to name them all. She has received numerous scholarships for her writing, singing and guitar playing; has written two story books; received the Ronald Reagan Medal; and was elected as the city reporter and senate parliamentarian at this summer's Girls State.

Karli has a great support system in her family and a proud state who will be cheering her on. ■

THE PERFECT home

McGraw finds her place.

For Heather McGraw and her family, Waukee, has been the ideal place to call home for the past four years.

Their journey to Waukee began when they found a house that fit their needs — a space to accommodate their growing family and conveniently located in the school district. Their backyard is a fantastic place for all of them, especially when they get to enjoy beautiful sunsets and their dogs can run around freely. The indoor fireplace is a favorite for cozy nights, too.

“We love our current home because it is big enough for our large family, and we are close to our kiddos’ schools,” McGraw says. “We’ve also made so many great memories in our home.”

Beyond the practical benefits, McGraw and her family were drawn to the strong sense of community that Waukee offers.

One of the things the McGraw family enjoys most about Waukee is the welcoming nature of the community. Over the years, they have built relationships with neighbors who have made their experience even more fulfilling.

“We’ve met some really great people living here,” McGraw says. “In general, I feel that the Waukee community is usually kind and supportive.”

Outside of Waukee, the family participates in a fun, unique pastime: racing lawnmowers in Carlisle.



The McGraw family enjoys the spaciousness of their Waukee home, as well as the large yard for their dogs to run and the view of the sunsets.



“It’s something my family really enjoys,” McGraw says.

For McGraw and her family, their home is more than just a place to live.

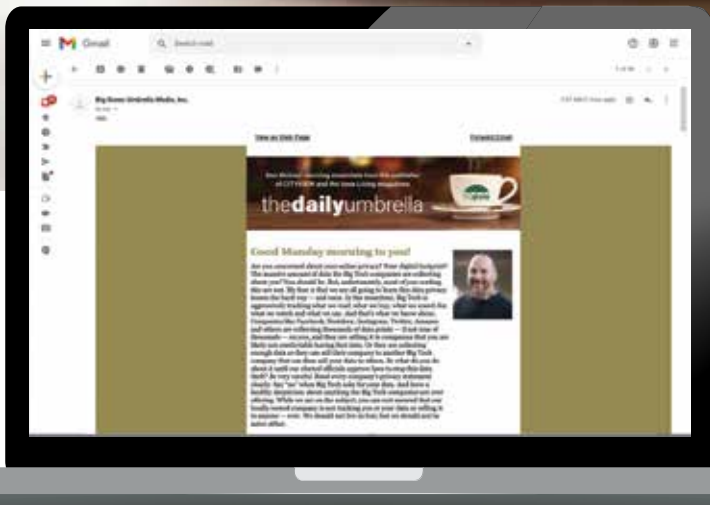
“We love our home because it has given our family a great place to call home and create important memories and spend time with family and friends,” she says.

As they continue to build their lives in Waukee, the McGraw family remains grateful for the sense of belonging and the experiences their home and community provide. ■

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SAVORY pork chili fresh from the slow cooker

(Family Features) If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit Culinary.net to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

Barbecue chili

Recipe courtesy of "Cookin' Savvy"
Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

Directions

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.



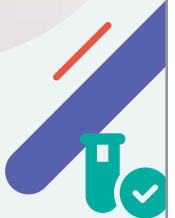
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RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting on Feb. 25 for Chase Bank, 350 S.E. Alice's Road, Waukee.



Waukee Area Chamber of Commerce hosted a ribbon cutting on Feb. 25 for Chase Bank, 350 S.E. Alice's Road, Waukee.



Melissa Stimple, Mayor Courtney Clarke and Cubby Bear from the Iowa Cubs.



Nancy Nguyễn, Jennifer Croom and Venisa Kolubdzic



Gared Hassel and Carter Pinney



Jessica Taylor-Fink, Kelly Troxel, Lynn Harder and Megan Watt



Mo Sane, Matt Reimers, Michael P. Reaper, Majda Hadzic and Marcia Treichel



Heath Proctor and Johnny Cintron



Carol Olson and Hohn Hollinrake



Michael Bartos and Jolisa Fagen

OUT & ABOUT



Waukee Area Chamber of Commerce hosted a ribbon cutting for Aloft Waukee, 2848 Grand Prairie Parkway, Waukee, on Feb. 27.



Andrew Pauley, Micky Davis, Matt Schmitz and Haleigh Biancalana at the Waukee Area Chamber of Commerce ribbon cutting for Aloft Waukee.



Jane Angstman and Jamie Thompson at the Waukee Area Chamber of Commerce ribbon cutting for Aloft Waukee.



Don Frazer and Rob Grove at the Waukee Area Chamber of Commerce ribbon cutting for Aloft Waukee.



Justin Brown and Michael Bartos at the Waukee Area Chamber of Commerce ribbon cutting for Aloft Waukee.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Slim Chickens, 965 S.E. Alice's Road, Waukee, on Feb. 28.



Rhett Oselette and Brett Braafhart at the Waukee Area Chamber of Commerce ribbon cutting for Slim Chickens.



Samantha Van Meter and Andrew Pauley at the Waukee Area Chamber of Commerce ribbon cutting for Slim Chickens.



Emily Schultz and Lindsay Baessler at the Waukee Area Chamber of Commerce ribbon cutting for Slim Chickens.



Laura Rush and Megan Watt at the Waukee Area Chamber of Commerce ribbon cutting for Slim Chickens.

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MISCELLANEOUS

Cedar Rapids Largest Flea Market & Garage Sale; March 29/30, Lindale Mall, old Younkers, Cedar Rapids, IA, Over 200 spots. Sat. 8-10 \$5, 10-7 \$3; Sun. 10-5 \$3. Call Jason 515-298-3968. (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)

EMPLOYMENT/HELP WANTED

AVON- EARN EXTRA MONEY! Looking for representatives in your area. Zero cost to sign up. Earn up to 50%. www.sellbeauty.com today Independent Sales Rep. (mcn)

FINANCIAL

Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE 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 1-833-650-5916. (mcn)

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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)

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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)

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