

# Living

MAGAZINE

## Pampered Pets

Residents share how  
they go the extra mile  
to spoil their critters

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WELCOME

## A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■



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# Pampered Pets

**Residents share how they go the extra mile to spoil their critters**

**By Jackie Wilson**

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Lisa Spears admits that Rubble, a French bulldog, is spoiled.  
Photo by Jackie Wilson

## French bulldog

Rubble, a French bulldog, has the run of the home he shares with his owners in Waukee.

His dog mom, Lisa Spears, admits he is spoiled. Her adult daughters have accused Lisa of loving the dog more than them.

“He’s my child now,” she explains, since her daughters no longer live at home.

Rubble is her second French bulldog. She became interested in the breed after seeing it on a TV show. Rubble is named after the “Paw Patrol” cartoon dog, Rubble.

“I was out-ruled by my daughters — that’s the name he got,” she says.

When Rubble is home alone, Lisa puts on “Paw Patrol” to keep him occupied. She also monitors his actions at home with a video camera.

While Lisa is working, she takes Rubble to doggie daycare at Unleashed Pets in Waukee. While there, Rubble participates in enrichment classes. Different themed days include playing in a plastic pool with balls and popping bacon-scented bubbles to encourage play.

“I have artwork and crafts they do with

their paws,” she adds.

She says the daycare helps Rubble burn off energy.

“He has a lot of energy and takes it out at daycare,” she says.

Whenever they travel, Rubble has his own car seat for safety. His favorite stop is getting a pup cup at various coffee drive-thrus. With a variety of dog outfits, he is officially a Kansas City Chiefs fan and a K-State fan.

During dinner time, Rubble sits in his chair, participating in the dinner conversations — but not sharing the meal. Rubble has several pet beds but insists on sleeping with his owners.

“If we go on vacation without him, we don’t like to board him because he likes to sleep with people,” Lisa says.

Lisa takes him on walks and to farmers markets and other outdoor dog-friendly events.

Rubble follows Lisa around wherever she goes. He’s “talkative” when he’s hungry. If he needs comfort, a dog “pacifier” and bacon-scented toys keep him occupied. A subscription to bark boxes provides countless toys and treats.

For his birthday, they threw a party for

him at Unleashed Pets, complete with cake and gifts.

“He’s always so excited to go there because he gets a lot of attention,” she says. “But once I come to get him, I always get kisses at the door.”

Lisa likes dogs because of their unconditional love.

“If I’ve had a bad day, he’s always happy to see me,” she reflects. “He brings a lot of joy in my life.”

## Jennie provides emotional support

Roger and Kathy Revell of Waukee admire the artwork Jennie made while at camp. They view her report card to see how Jennie’s day went. And the pair both admit that the toy budget for Jennie is out of control.

No, this isn’t a young child they’re spoiling. It is their dog — and she is worth every penny, the Revells insist.

Jennie is a 1-year-old golden retriever that is not just a furry friend. She provides emotional support for Roger after his cancer diagnosis.



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Roger was diagnosed with chronic lymphocytic leukemia in 2017. Their dog at the time — Bridget — provided unwavering support.

“That dog was my emotional support dog. I’d come home from chemotherapy, and it wears on me physically and emotionally. Bridget would put her paws on my shoulders, and I settled down,” he recalls.

Then Bridget passed away. They were without a dog for a year. Roger says he was a mess for months and wanted another dog. Roger searched through Bridget’s bloodline and DNA and found a breeder whose dog gave birth to Bridget’s great granddaughter, Jennie, a dog they adopted at 3 months old.

“He’s so happy to have a dog,” Kathy explains. “He pampers her, and I pamper him.”

They enrolled the dog for a 12-week training class. Jennie attends Unleashed Pets in Waukee three days a week and has enrichment day camp.

“They do a lot of mental stimulation and games with the dogs,” Kathy says.

They receive a report card with all the activities Jennie did.

“It’s like having a child in preschool,” Roger says. “Some dog places are just about play. At Unleashed Pets, the owners are great at helping socialize dogs.”

The pair like to take Jennie on long walks or to the Waukee dog park. They discovered several dog-friendly patios in the summer months.

“It was hard in the winter time with no patios. We trained her to go under the table, so she’s never any trouble out in public,” Kathy says.

Roger admits to being a softie when it comes to disciplining the dog.

“I probably tend to give in. I’m too relaxed and let the dog do whatever she wants,” he smiles.

Consistency helps with training the dog, which Kathy adheres to.

“I’m all about structure and control. I’m a retired nurse, and it’s important for the dog to have that discipline.”

Yet every time they go to Fleet Farm, Jennie gets a new toy, courtesy of Roger. They keep the toy basket put away and bring out toys on a rotating basis so she does not get bored.

Jennie’s favorite treats are salmon-based, since she is allergic to chicken. The Revells are available early morning and late nights for Jennie’s every need.

“I’m the early bird, and Kathy is the night owl. The dog knows I’m the one waking up. She kisses me on the cheek and gets ready to go out,” Roger explains.

Jennie is still in the adolescent phase, with puppy-like behavior, often testing the limits. They know she will settle down eventually. Roger says Jennie is a wonderful companion.

“The dog is like part of the family. We’re fortunate to have her.”

## Myrtle the turtle

Myrtle, a 21-year-old red-eared slider turtle, swims contently in her tank in Waukee. Her owner, Chris Bingaman, got her when he was in high school. It was his brother’s turtle, and, when he went off to college, he couldn’t take care of her any longer.

“I told him he couldn’t have her back,” he says.

When Chris began working at Timberline Campground in Waukee, he thought having the turtle for the campers to see would be a fun addition. Plus, she would get more attention there than being at home by herself.

Timberline owner Marta Sieck-Dolan agreed. Myrtle’s tank has been



Roger and Kathy Revell of Waukee spoil their dog, Jennie, as she has helped Roger cope with his cancer diagnosis. Photo by Jackie Wilson

located in the camp office since 2018.

Since Myrtle’s arrival, she has become a favorite among guests. In 2024, she was awarded the Waukee Office Mascot of the Year by the Waukee Chamber of Commerce. Since then, her “shellebrity” status has taken off.

They’ve purchased special Ty branded stuffed turtles and have them for sale. After Myrtle’s award, two cats, Jake and Jynx from Virginia, viewed posts of Myrtle videos online. The cats sent a letter to Myrtle. That spun off a pet pal program with their social media accounts. Several “pets” have written to Myrtle. Timberline incorporates a variety of turtle-related scavenger hunts and games at the campground.

Marta says their repeat customers rush to the tank whenever they arrive at the campground.

“There have been kids who have grown up with her. They are so excited to see Myrtle,” she says.

Chris says people like her for her uniqueness and calming demeanor.

“It’s not like your normal pet. It’s not a cat or a dog,” he reflects on her popularity.

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## FEATURE

Taking care of Myrtle is fairly simple. She needs food and clean water, a heat lamp and a place to dry off.

"We keep getting bigger tanks as she'll grow even more. She's in a tank with fish. Some fish have gotten eaten by her," Chris admits. "That's nature for you."

Chris says he never thought he would have a celebrity turtle.

"That was never in the plan. It seems like it happened overnight. Kids and adults love her. I thought this was a great place for her."

Marta, with the help of Addison Dunwell, posts live videos on social media channels. They have plans to expand Myrtle's interactions with campground guests and the public.

To check out Myrtle, or to send a pet pal letter, visit their Facebook page or Instagram – timberlinervcamp or [www.timberlineiowa.com](http://www.timberlineiowa.com). ■



Chris Bingaman keeps his turtle, Myrtle, at Timberline Campground, where he works. Photo by Jackie Wilson

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# PLANNING for a spouse's sickness or disability

At some point, many families will encounter a medical or personal-care event beyond what they ever could have imagined. A spouse diagnosed with a debilitating disease can throw a family into turmoil. Sometimes, a situation can arise very quickly and require immediate action.

Whether you are proactively planning for the challenges of aging, or whether you are reacting to an unexpected crisis, there are options to help you.

Often a very important goal is to want the spouse to stay in the home for as long as possible. This involves realistic goal setting. You must balance independence with safety and quality of life.

For someone aging in place, there are in-home services available. From meal deliveries



to traveling nurses to hospice care, there are more options than ever for providing high-level care in your own home.

The disabled spouse should have foundational documents in place, including a durable financial power of attorney and an advance health directive. These documents ensure that another family member can arrange for these services.

If a live-in caregiver is an option, it is vital to have a written personal caregiver agreement in place, especially if the caregiver will receive payment. There are very specific legal criteria for drafting a caregiver agreement that will be enforceable.

If the disabled spouse needs to move to a long-term care setting such as assisted living or a nursing home, protecting the at-home spouse becomes a major issue.

The community spouse living at home should have a valid power of attorney, health care power of attorney and living will. The

agent should be someone other than the spouse living in a nursing facility.

In the event that one spouse qualifies for Medicaid assistance, the community spouse should change his or her will to avoid the transfer of assets to the disabled spouse. If the disabled spouse is receiving Medicaid, the receipt of assets from the community spouse's estate will disqualify the disabled spouse for benefits. Assets that have named beneficiaries or "transfer-on-death" designations should be reviewed to remove the disabled spouse as a beneficiary.

When an elderly individual becomes sick or disabled, ordinary estate planning flies out the window. You need a specialist who understands the legal pitfalls and solutions that are available to protect you. ■

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

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## EVENTS IN THE AREA

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Be sure to check for cancellations.

### Coming up in the Waukee Living magazine:

**Yards: Enjoying the green spaces around your home:** Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your experiences enjoying the cool feeling of grass beneath your feet.

### Vibrant Music Hall

2938 Grand Prairie Parkway,  
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[www.vibrantmusichall.com](http://www.vibrantmusichall.com)

**Saturday, June 7, 9 p.m.:** Cozy Worldwide: Throwback and Current R&B / Hip Hop Party, 21 and older.

**Sunday, June 8, 6:30 p.m.:** Coheed and Cambria \* Mastodon: The Infinite Arc Tour, all ages welcome.

**Wednesday, July 9, 7:30 p.m.:** 311: Unity Tour 2025, all ages welcome.

**Thursday, July 24, 7:30 p.m.:** KJYY Presents: Wynonna Judd - The Greatest Hits Tour

### Waukee Woman's Club

Last Friday of the month (excluding June, July, and August), 1 p.m.  
Waukee Public Library, 950 Warrior Lane, Waukee

The Waukee Woman's Club is a study and service club whose current objective is to promote the intellectual and social growth of its members and provide service and outreach to the community. Meetings include monthly presentations, a brief business meeting to discuss service projects and refreshments. Along with providing donations to the organizations that provide presenters, the group partners with the Waukee community high school counselors to assist with financial needs of students, as well as supporting the library.

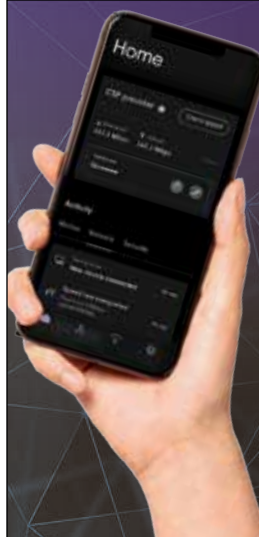


### Bowling family fun

Warrior Lanes, 190 S.E. Lauren 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.

**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.



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## EVENTS IN THE AREA

Be sure to check for cancelations.



### Waukee American Legion First Annual Golf Scramble

Friday, June 6, 8 a.m. to 2 p.m.

1505 Sixth St., Waukee

The Waukee American Legion Post 737 invites you to register for a four-person golf scramble fundraiser. Enjoy 18 holes of golf, lunch, raffle prizes and more. The entry fee is \$300 per team. Sponsorships are available starting at \$200. All the money raised will go directly to supporting local veterans. Donations may be made to the Marshalltown VA Hospital, local veterans and other non-profit veteran organizations and initiatives. To sponsor a hole, donate, register your team, or for more information, call 860-303-6593 or email john.parcel@hotmail.com. All payments can be made using Venmo or by check to Waukee American Legion Post 737. Include the memo of Waukee Legion Golf Fundraiser 2025.

### Waukee Palooza

Saturday, June 7,  
4-10 p.m.

Hy-Vee, 1005 Hickman  
Road, Waukee

The Rotary Club of Waukee is hosting the Seventh Annual Waukee Palooza, in partnership with Hy-Vee. An estimated 2,000 people attend this family-friendly, dog-friendly music festival each year. It is free to attend the event. The fun will begin at 4 p.m. with live music from 4:30-10 p.m. by The Relics, Cover That and The Sons of Gladys Kravits. Try your luck in the silent auction and 50/50 raffle fundraisers. There will also be a special area designated for kids (and parents) for fun family experiences. Besides great music, there will be food, drinks and non-alcoholic beverages for all ages.

### Wheeling with Waukee Bike Ride

Saturday, June 28, 9 a.m. to noon

Raccoon River Valley Trailhead, Hickman Road,  
near 10th Street

Grab your friends and get ready to ride through Waukee at the Waukee Area Chamber's first Wheeling with Waukee Bike Ride. Ride the trail to Dallas Center. Registration will begin at 9 a.m. and wheels to the trail at 10 a.m. Following the ride, stop at Kenny's Garage for a social. Register by June 13 to receive a bike ride T-shirt with registration. Register at <https://members.waukeechamber.com/events/details/2025-wheeling-with-waukee-annual-bike-ride-507>.

### RAP Carousel Day

Saturday, May 31, 4-6 p.m.

Union Park, 725 Thompson Ave., Des Moines

This annual Real Advantage Partners event welcomes spring and brings families and neighbors together at beautiful Union Park (home of the famous Rocket Slide) in Des Moines for free rides on the historic carousel. Attendees also enjoy games and refreshments provided by RAP team members.



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Be sure to check for cancellations.

### DMPA Free Outdoor Family Events

Various dates and parks

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- **June 14-17:** Bindlestiff Family Circus, parks across the metro
- **July 21-22:** Dupont Brass, parks across the metro
- **June 11, July 9, Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons

- **June 21, July 12, Aug. 23:** Dancing on Cowles Commons

For more information including times and park locations, visit [www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events](http://www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events).

### Earlham concert series

Every Sunday from June 1 to Aug. 10, except July 6, 6 p.m.  
Earlham City Park, Earlham

The Levitt Amp Earlham Music Series starts with an opening act around 6 p.m. and a headliner around 7:15 p.m. Lots of kids activities and food trucks will be offered as well. The concerts are free. June 1 features Lani and The Black Moods; June 8, Kerry Koberg and Gallivant; June 15, Ultra Violet Fever and Denitia; June 22, Weary Ramblers and Hector Anchondo; and June 29, Iowa Military Veterans Band and Olivia Fox.

### Vendor Market

Saturdays, June 7 and 21, 10 a.m. to 6 p.m.  
Outlets of Des Moines, 801 Bass Pro Drive, Suite 315, Altoona

Each show has a variety of vendors from Avon, essential oils, Tupperware, Freeze Dried Candies, honey, 3D, Tastefully Simple, Gems & Crystals, Scentsy plus others. Come check out the vendors and buy local. If interested in being a vendor, email [k2marketplacemagic@gmail.com](mailto:k2marketplacemagic@gmail.com).



### Iowa Craft Brew Festival

Saturday, June 7, 1-4 p.m.  
Water Works Park, 2201 George Flagg Parkway, Des Moines

Celebrating its 15th anniversary, the Iowa Brewers Guild announces the return of the annual Iowa Craft Brew Festival. Each festival ticket includes unlimited samples, a commemorative tasting glass and access to the spacious festival grounds with shade tents, vendors, yard games and a variety of Iowa-based food trucks. The Iowa Craft Brew Festival features the best in Iowa beer but will also highlight craft ciders and a growing offering of Iowa-produced non-alcoholic beverages. One hundred percent of the festival's revenue goes to help support Iowa's craft beer industry and IBG's Brewed in Iowa campaign that helps raise awareness about the local impact of breweries in Iowa communities. Information and links to purchase tickets are available at [www.iowacraftbrewfestival.com](http://www.iowacraftbrewfestival.com). ■

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

### 'Light Within Ourselves: Haitian Art in Iowa'

Through Sunday, Sept. 7  
Des Moines Art Center,  
A.H. Blank Gallery, 4700  
Grand Ave., Des Moines

This exhibition explores the vibrant diversity of Haitian artwork, featuring paintings, metalwork, sculpture and drapés (beaded and sequined banners). The exhibition is accompanied by a complimentary 16-page gallery guide, featuring colorful artworks, a history of the WCA's Haitian art collection, and a description of the themes and symbols often depicted in Haitian artwork. The gallery guide has been translated into Haitian Kreyòl, the first language of nearly 11 million people worldwide.

### Workshops With Master Drummer Bolokada Conde

Saturday, May 31, 10 a.m. and 2 p.m., and Sunday, June 1, 1 p.m. and 3 p.m.  
Unity Center, 414 31st St., Des Moines

Bolokada Conde, lead soloist of Les Percussions de Guinée (Guinea's National Ballet) for more than a decade, will be conducting workshops in traditional Malinke rhythms. Cost is \$35 per session or \$120 for all four. Bolokada has taught drumming internationally for decades, including at the University of Illinois Urbana-Champaign, where he was a full-time visiting artist from 2008 to 2011. For more information, contact Linda Foster at 515-669-5820 or Bob Miller at 641-472-2479. ■

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# WAUKEE

# Warriors

## 2025 SUMMER SCHEDULE

### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 20	5:00 PM	Ames	Waukee Baseball/Softball Complex
May 22	5:00 PM	Des Moines Roosevelt	Waukee Baseball/Softball Complex
May 24	10:00 AM	Norwalk	Waukee Baseball/Softball Complex
May 24	12:00 PM	Multiple Schools	Waukee Baseball/Softball Complex
May 24	2:00 PM	Lewis Central	Waukee Baseball/Softball Complex
May 28	7:00 PM	Ankeny Centennial HS	Waukee Baseball/Softball Complex
May 29	5:00 PM	Ankeny High School	Ankeny High School
May 30	5:00 PM	Fort Dodge	Fort Dodge High School
Jun 2	6:00 PM	Johnston	Principal Park
Jun 4	5:00 PM	Waukee Northwest	Waukee Northwest High School
Jun 5	5:00 PM	Urbandale	Waukee Baseball/Softball Complex
Jun 11	7:00 PM	WDM Valley	Waukee Baseball/Softball Complex
Jun 12	5:00 PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 16	7:00 PM	Dowling Catholic	Dowling Catholic High School
Jun 18	5:00 PM	Ankeny Centennial HS	Ankeny Centennial HS
Jun 19	7:00 PM	Ankeny High School	Waukee Baseball/Softball Complex
Jun 23	7:00 PM	Waukee Northwest	Waukee Baseball/Softball Complex
Jun 25	5:00 PM	Johnston	Waukee Baseball/Softball Complex
Jun 26	7:00 PM	Urbandale	Urbandale High School
Jun 27	10:00 AM	North Polk	North Polk High School
Jun 27	2:30 PM	Multiple Schools	North Polk High School
Jun 30	5:00 PM	WDM Valley	Valley High School
Jul 1	7:00 PM	Dallas Center-Grimes HS	DCG BB/SB Complex-Dallas Center
Jul 3	7:00 PM	Southeast Polk	Southeast Polk High School
Jul 7	5:00 PM	Dowling Catholic	Waukee Baseball/Softball Complex

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 27	5:00 PM	Des Moines Lincoln	Waukee Baseball/Softball Complex
May 28	7:00 PM	Ankeny Centennial HS	Waukee Baseball/Softball Complex
May 29	5:00 PM	Ankeny High School	Ankeny High School
Jun 2	7:00 PM	Johnston	Johnston Middle School
Jun 4	5:00 PM	Waukee Northwest	Waukee Northwest High School
Jun 5	5:00 PM	Urbandale	Waukee Baseball/Softball Complex
Jun 10	5:00 PM	Ames	Ames High School
Jun 11	7:00 PM	WDM Valley	Waukee Baseball/Softball Complex
Jun 12	5:00 PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 16	7:00 PM	Dowling Catholic	Dowling Catholic High School
Jun 18	5:00 PM	Ankeny Centennial HS	Ankeny Centennial HS
Jun 19	7:00 PM	Ankeny High School	Waukee Baseball/Softball Complex
Jun 20	TBD	Multiple Schools	Waukee Northwest High School
Jun 21	TBD	Multiple Schools	Waukee Northwest High School
Jun 23	7:00 PM	Waukee Northwest	Waukee Baseball/Softball Complex
Jun 25	5:00 PM	Johnston	Waukee Baseball/Softball Complex
Jun 26	7:00 PM	Urbandale	Urbandale High School
Jun 27	7:00 PM	Winterset	Waukee Baseball/Softball Complex
Jun 30	5:00 PM	WDM Valley	Valley High School
Jul 1	5:00 PM	Des Moines Roosevelt	Waukee Baseball/Softball Complex
Jul 3	7:00 PM	Southeast Polk	Southeast Polk High School
Jul 7	5:00 PM	Dowling Catholic	Waukee Baseball/Softball Complex
Jul 8	7:00 PM	Fort Dodge	Harlan Rogers Sports Complex



## FOR ALL WARRIORS'S SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.



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# NORTHWEST Wolves

## 2025 SUMMER SCHEDULE

### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 19	3:30 PM	Des Moines East	Des Moines East High School
May 23	5:00 PM	North Polk	North Polk High School
May 27	5:00 PM	Des Moines Lincoln	Waukee Northwest High School
May 28	5:00 PM	A-D-M	Waukee Northwest High School
May 30	5:00 PM	Dowling Catholic	Dowling Catholic High School
Jun 2	7:00 PM	WDM Valley	Valley High School
Jun 4	5:00 PM	Waukee	Waukee Northwest High School
Jun 5	5:00 PM	Ankeny Centennial HS	Waukee Northwest High School
Jun 9	5:00 PM	Ankeny High School	Ankeny High School
Jun 11	7:00 PM	Urbandale	Waukee Northwest High School
Jun 12	5:00 PM	Johnston	Johnston Middle School
Jun 14	10:00 AM	Davenport North	
Jun 14	12:00 PM	Lewis Central	Lewis Central High School
Jun 16	7:00 PM	Southeast Polk	Southeast Polk High School
Jun 18	5:00 PM	Iowa City	Waukee Northwest High School
Jun 19	7:00 PM	Dowling Catholic	Waukee Northwest High School
Jun 21	1:00 PM	Bishop Heelan	Lewis & Clark Park
Jun 21	4:00 PM	Sergeant Bluff-Luton	Lewis & Clark Park
Jun 23	7:00 PM	Waukee	Waukee Baseball/Softball Complex
Jun 25	5:00 PM	WDM Valley	Waukee Northwest High School
Jun 26	7:00 PM	Ankeny Centennial HS	Ankeny Centennial HS
Jun 27	10:00 AM	Bondurant-Farrar	Saydel High School
Jun 27	2:30 PM	Des Moines Roosevelt	Saydel High School
Jun 30	5:00 PM	Urbandale	Urbandale High School
Jul 2	7:00 PM	Ankeny High School	Waukee Northwest High School
Jul 3	7:00 PM	Johnston	Waukee Northwest High School
Jul 7	5:00 PM	Southeast Polk	Waukee Northwest High School

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 27	5:00 PM	Des Moines East	Waukee Northwest High School
May 30	5:00 PM	Dowling Catholic	Dowling Catholic High School
Jun 2	7:00 PM	WDM Valley	Valley High School
Jun 3	7:00 PM	North Polk	North Polk High School
Jun 4	5:00 PM	Waukee	Waukee Northwest High School
Jun 5	5:00 PM	Ankeny Centennial HS	Waukee Northwest High School
Jun 7	9:00 AM	vs. Multiple Schools	Greater Des Moines Softball Complex
Jun 9	5:00 PM	Ankeny High School	Ankeny High School
Jun 11	7:00 PM	Urbandale	Waukee Northwest High School
Jun 12	5:00 PM	Johnston	Johnston Middle School
Jun 13	7:00 PM	Fort Dodge	Harlan Rogers Sports Complex
Jun 16	7:00 PM	Southeast Polk	Southeast Polk High School
Jun 17	7:00 PM	Indianola	Indianola High School
Jun 19	7:00 PM	Dowling Catholic	Waukee Northwest High School
Jun 20	TBD	Multiple Schools	Waukee Northwest High School
Jun 21	TBD	Multiple Schools	Waukee Northwest High School
Jun 23	7:00 PM	Waukee	Waukee Baseball/Softball Complex
Jun 25	5:00 PM	WDM Valley	Waukee Northwest High School
Jun 26	7:00 PM	Ankeny Centennial HS	Ankeny Centennial HS
Jun 27	7:00 PM	Ames	Waukee Northwest High School
Jun 28	5:00 PM	Des Moines Roosevelt	Roosevelt Ballfields
Jun 30	5:00 PM	Urbandale	Urbandale High School
Jul 1	7:00 PM	Johnston	Waukee Northwest High School
Jul 2	7:00 PM	Ankeny High School	Waukee Northwest High School
Jul 7	5:00 PM	Southeast Polk	Waukee Northwest High School
Jul 8	7:00 PM	Dallas Center-Grimes	Waukee Northwest High School
Jul 9	5:00 PM	Norwalk	Waukee Northwest High School



## FOR ALL WOLVES'S SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.



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# PALLIATIVE care: What is it, and how does it help?

**Q:** My wife's nurse practitioner suggested we look into palliative care. I'm nervous, as this is not a type of care I'm familiar with. My wife has diabetes and suffers from congestive heart failure. While her care team says she could live with her conditions for several years, we would both like her to have a better quality of life.

**What can palliative care do for her?**

**A:** Great question. Palliative care is 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, palliative care is designed to improve the quality of life for both the person living with illness and their loved ones.

**Here's what you should know about palliative care.**

Anyone with a serious or chronic health condition, regardless of their prognosis, can take advantage of it. The goal is to alleviate suffering and improve comfort by managing physical symptoms while also addressing emotional, social, and spiritual needs.

A variety of specialists, such as physicians, nurses, social workers, chaplains, and therapists, make up a palliative care team. They will all work together to create a care plan that's tailored to your wife's needs.

It helps manage symptoms such as pain, fatigue, nausea, breathing



difficulties, and anything else that goes along with illness. If your wife is dealing with discomfort related to her chronic condition, palliative care can significantly help decrease that.

It also supports family members. 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. It can be used alongside curative treatments, helping to manage the side effects or help cope with difficult symptoms during treatments like chemotherapy or dialysis.

It's offered anywhere. If receiving care at home is preferable to you and your wife, make sure you find a provider that offers home-based palliative care.

The overall aim will be to provide your wife with enhanced quality of life while managing the challenges presented by her conditions. Palliative care is highly personalized, and most families report that it 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](http://wesleylife.org/wellahead).



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## NEWS BRIEF

# NEVENHOVEN participates in leadership class

First-year student Nathan Nevenhoven of West Des Moines is nearing completion of the 2024-25 President's Leadership Class at Iowa State University.

Nevenhoven majors in finance and is a graduate of Waukee High School.

Each fall, Iowa State President Wendy Wintersteen invites 30 first-year students to participate in the program. They are selected for the class based on high school leadership experience, academic achievement and involvement in school and community service. The President's Leadership Class builds on these abilities and experiences, serving as an important training ground for students who will go on to become campus leaders, and, ultimately, leaders in their professions and communities.

The class meets weekly in The Knoll, the president's residence, to discuss a variety of topics related to leadership with President Wintersteen, and students are given the opportunity to interact with Iowa State administrators, faculty and staff, and state and local leaders. Each student receives a \$1,000 scholarship. ■



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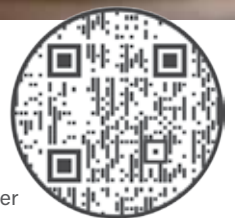
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# City of Waukee Bulletin

## MAY 2025

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

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### Next Steps for Gas Utility Sale

On April 21, Waukee City Council approved the sales agreement to sell the City-owned gas utility to MidAmerican Energy. This summer, keep an eye on your mailbox and email for information about your new account. MidAmerican expects to take over gas billing and services by the end of the year.

### Calling All Library Lovers

Mayor Clarke is looking for residents to serve on the Library Board of Trustees. This group helps set Library policies, services, and budgets. You must live in Waukee to apply. Submit your application by June 2 at [Waukee.org/TrusteeApplication](http://Waukee.org/TrusteeApplication).

### Lawn Reminders

Per City ordinance, keep your grass and weeds under 8 inches (10 inches for empty lots). Don't blow or sweep clippings into the street—it's dangerous for bikers and bad for our waterways. Lawn-related concerns can be submitted at [Waukee.org/ReportaConcern](http://Waukee.org/ReportaConcern).

### Park Updates

If you haven't already, check out the new playground at Centennial Park. Kids will enjoy the fun equipment. Parents will love the shade this summer! At Triangle Park and Triumph Park, sit in sustainable style on new benches made from recycled wind turbines. These benches were painted in colorful murals by local artists. Find other recycled benches in front of businesses within the Downtown Triangle and near Tallgrass Pond.

### Volunteers Needed

Waukee Parks and Recreation needs volunteers to help with the Pitch, Hit & Run event on June 17 from 4-8:30 p.m. at Triumph Park. You can record scores and direct participants at this skills competition for kids ages 7-14. Winners of the Waukee event could advance to the Pitch, Hit & Run Finals at the 2025 World Series. Sign up to volunteer at [bit.ly/PitchHitRunVolunteer](http://bit.ly/PitchHitRunVolunteer) or register your child to compete at [bit.ly/WaukeePHR](http://bit.ly/WaukeePHR).

### Imagine Waukee in 2040

We want to know what you like about Waukee, what concerns you have and ideas for what Waukee could be in the future. Answer a short community survey and mark our map with issues or opportunities at [Waukee.org/2040](http://Waukee.org/2040). This will help the City update the comprehensive plan which guides lots of important decisions for Waukee as we grow.



## Dates to Know

### Regular City Council Meetings

June 2 & 16 at 5:30 p.m.  
Waukee City Hall and Zoom

### Snacks & Facts: Meal Planning (free)

Friday, June 6 at 11 a.m.  
Waukee Public Library



# SUMMER FUN in WAUKEE

It's easy to fill the extra daylight hours this summer with great programs, fun community events and more. Check out all the offerings at [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec) and [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org).

## Fun for Adults

- Love pickleball? Compete in the pickleball League at Fox Creek Park on Mondays, June 30-August 4. Save your team's spot by June 18 at [Waukee.org/Registration](http://Waukee.org/Registration)
- Want a low pressure, inexpensive fitness commitment? Try out one barre and one strength class with Fit & Fierce 515 on June 7 & 14. [Waukee.org/Registration](http://Waukee.org/Registration)
- Love true crime? Test your detective skills in Escape Room: The Final Episode on June 17. Register for this free adventure at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events).
- Golfers ages 55 and older can perfect their swing in the Senior Golf Clinic July 16-30. [Waukee.org/Registration](http://Waukee.org/Registration)
- Explore World War history in Iowa with the How Its Made day trip on August 20. Visit factories that contributed to the war efforts, enjoy the classic Maid-Rite sandwich and marvel at intricate matchstick models of wartime machines. [Waukee.org/Registration](http://Waukee.org/Registration)

## Fun for All Ages

- Fox Creek Splash Pad (522 NE Westgate Drive) usually opens around Memorial Day weekend, weather permitting. Daily hours are 9 a.m. to 7 p.m. Admission is free.
- The Summer Challenge with the Waukee Public Library is open to all ages. Track your reading June 1-July 31, attend events and submit your reading logs to earn prizes. Register at [WaukeePublicLibrary.org/Summer](http://WaukeePublicLibrary.org/Summer) or pick up a paper reading log at the Library.
- Movies in the Park brings free screenings of Hollywood's biggest hits to Centennial Park. The series kicks off Friday, June 6 at dusk (approximately 8:45 p.m.) with The Parent Trap (PG). Bring your own lawn chairs, blankets and snacks.
- Yoga in the Park runs the 2nd and 4th Saturdays, June-September from 8:30-9:30 a.m. at Windfield Park. No registration needed. Participants 12 years and older should bring \$5, a yoga mat or towel and water.

**Bingo (cards for purchase)**  
Friday, June 6, 1-2:30 p.m.  
Waukee Public Library

**Movie in the Park:**  
The Parent Trap (free)  
Friday, June 6 at dusk (~8:45 p.m.)  
Centennial Park

**Waukee Farmers Market**  
Wednesdays, 4-7 p.m.,  
June-September  
Triangle Park

# FROM BLADES to benches: Waukees new public art invites people to sit in style



Benches that are also works of art were added to Triumph Park and Triangle Park in Waukees on April 22. Made from recycled wind turbines and painted by four local artists, the new seating blends fun, function and sustainability.

“In Waukees, we love projects that serve multiple goals. These creative benches provide needed seating, spark conversations, add unique elements to Waukees and give new life to materials that would otherwise be thrown away,” Heather Behrens, marketing and communications director, said.

The Waukees Public Art Advisory Commission gave thematic direction to the artists, who blended it with their unique styles for these colorful, inspiring pieces of art. This is one of the first projects following the Public Art Master Plan, which was adopted by the city of Waukees in 2023.

Two benches were placed in Triangle Park in downtown Waukees. Artist Sadagat Aliyeva turned one bench into a hug while incorporating triangles as a nod to the unique Downtown Triangle. Artist Maggie Douglas created a flow of four seasons sprinkled with elements from around Waukees.

In Triumph Park, the benches brought the theme of inclusive play to life. Artist Courtney Moller used joyful colors and triumphant figures to embody the quote, “In a world where you can be anything, be kind.” Paula and Randy Garza incorporated sign language spelling Triumph Park and silhouettes of people enjoying the park in different ways.

“The benches are seats with a story,” Matt Jermier, parks and recreation director, said. “These talented artists transformed broad themes into fun art that reflects our welcoming community.” ■



## Artists' inspiration

“The only challenging part of this bench was finally deciding what to paint on it because we had so many ideas that came to mind. Putting Triumph Park in sign language is something that we're super stoked about, and putting each letter in a different shade of skin color ties it all together.” — Paula and Randy Garza

“I hope this bench serves as a little reminder that kindness really does matter. Sometimes, it's the simplest things — a smile, a quick hello, or just taking a moment to listen — that can turn someone's whole day around. You never know the difference a small act of kindness can make, so why not share a bit more of it? The world can always use a little more love and positivity.” —Courtney Moeller

“The form of the object made me think out of the box to come up with an idea that can tell a story and create a feeling of continuity and openness. My aim for this mural, titled ‘Hug,’ is to give the viewers a warm, welcoming feeling, inspire children to climb, sit on this bench and feel they're held with love and kindness.” — Sadagat Aliyeva

“The movement of the design brings life to Triangle Park and alludes to the beauty of Waukees and its natural surroundings. I also included some Waukees landmarks to create a sense of pride in the city.” — Maggie Douglas

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## PLAN AHEAD

By Dave Cortner

## WHAT IS a circle of protection?

So many times we deal with families that indicate their loved one had “everything taken care of” only to find out that everything was not taken care of. Maybe the loved one had their cemetery arrangements handled in advance but had never visited with the funeral home. Or, maybe they had talked with a funeral home but never decided on a cemetery.



What we know is that this can leave a family with an unexpected burden and/or unexpected expenses at what can otherwise be a very emotional and stressful time.

Complete arrangements often involve the selection of services and merchandise from two separate entities: the cemetery and the funeral home. A funeral home and cemetery can help you with completing this “circle of protection” so you can protect your family from having to make these decisions when they are grieving.

It truly is the difference between the question, “What would Dad have wanted?” and the confident statement, “This is what Dad wanted.” Do your family a favor and start the conversation today. Reach out to your cemetery and funeral home of choice. You will be glad you did, and it will be a gift for your family. ■

Information provided by Dave Cortner, Hamilton's on Westtown Parkway, 3601 Westtown Parkway, West Des Moines, IA 50266, 515-697-3681

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## SENIOR

By Jay Heaton

## DON'T LET age define you

Is age really just a number?

Age is just a number; not a limit, not a label, and certainly not a reason to stop living fully. Too often, society makes us feel like growing older means slowing down or stepping aside. But the truth is, the years behind you have only added to your strength, wisdom and resilience.



You are not your age; you are the stories you've lived, the people you've loved, and the dreams that still live in your heart. Whether you're 60 or 90, there is no expiration date on growth, joy or purpose. It's never too late to start something new, to follow a long-held passion, or to surprise yourself with what you're capable of. People like Grandma Moses and Colonel Sanders found their calling later in life, and so can you.

Every wrinkle tells a story. Every gray hair carries a lesson. You've earned a lifetime of insight that no textbook can teach. Don't underestimate your ability to inspire, create and impact the lives around you. In a world that often races ahead, your presence brings balance, depth and meaning. So, hold your head high. Live with laughter, love without fear, and chase whatever still sets your soul on fire.

Because, in the end, your age doesn't define you — your spirit does. ■

Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, [www.attivotrail.com](http://www.attivotrail.com).

# 'LEVEL UP at Your Library' this summer

Power up your summer with stories, prizes and new adventures. The Waukee Public Library invites readers of all ages to join the 2025 Summer Challenge: Level Up at Your Library, running from June 1 through July 31.

This year's theme encourages everyone in the community to read, explore and connect through fun activities and engaging programs. Whether you're turning pages, listening to audiobooks, or sharing stories as a family, every minute counts toward leveling up your summer.

Registration is now open at [waukee.beanstack.org](http://waukee.beanstack.org), on the Beanstack Tracker app, or at the library.

## How it works

- **Read:** Spend at least 15 minutes each day reading, listening to audiobooks or enjoying stories together. Books, comics, magazines and newspapers all count.
- **Log:** Track your reading days using Beanstack, the Beanstack Tracker app or a paper calendar. Each day you read for at least 15 minutes brings you closer to prizes.
- **Win:** At 10 days logged, you will earn a small prize and an entry into drawings for larger prizes. The more reading you complete, the more drawing entries you earn. Prizes are available while supplies last and can be picked up at the library during regular hours.

Events, activities and more: The Summer Challenge isn't just about reading. The library will offer a full calendar of programs all summer long, including storytimes, crafts, creative kits and special events for all ages. Visit [waukeepubliclibrary.org/events](http://waukeepubliclibrary.org/events) and follow the Waukee Public Library on Facebook and Instagram for the latest updates.

Ready to start? Visit [waukee.beanstack.org](http://waukee.beanstack.org) or stop by the library to sign up, grab a log and begin your reading adventure. Let's level up, Waukee! To find out more about the Waukee Public Library, go to [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or call 515-978-7944.

## UPCOMING CLOSURES

Sundays, June through August  
Friday, July 4

## JUNE PROGRAMS AND EVENTS

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

## KIDS

**Boom! (for kids entering grades K-5 in the fall and their caregivers), Friday, June 20, 10 a.m.** Why do things explode? We'll explore the interactions of pressure, temperature and states of matter to explain why things pop, bang or blow up. Watch experiments with ultra-cold liquid nitrogen and combustible gases in this spectacular assembly presented by the Science Center of Iowa.

## 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.



## TEENS

Monday programs:

- **Tweens (for students entering grades 4-6 in the fall), Mondays, 5 p.m.**
- **Teens (for students entering grades 7-12 in the fall), Mondays, 6:30 p.m.**

Join us in June for fun teen programs at the Waukee Public Library. On June 9, play the fast-paced role-playing game **One Night Ultimate Werewolf**. On June 16, **design your own video game character** with comic book artist Phil Hester. Test your skills in silly challenges on June 23 during our **Break the Guinness World Records event**. Then, on June 30, get crafty with paint, soil and plants during **Terracotta Pot Decorating and Planting**.

## ADULTS

**Escape Room: The Final Episode, Tuesday, June 17, 4 p.m., 5 p.m., 6 p.m. and 7 p.m.** Your true-crime podcast has uncovered a little too much, and now someone wants to silence you. Trapped with time running out, you have just 45 minutes to piece together the clues, uncover the truth, and broadcast your final episode before it's too late. Can you expose the story and escape, or will this be your last episode in more ways than one? For adults ages 18 and older.

## MULTI-AGE

**Mario Adventure Room, Monday, June 2 – Thursday, June 5, regular library hours.** Kick off our Level Up at Your Library Summer Challenge with activity stations inspired by the world of Mario. Compete in warp pipe bag toss, play pin the moustache on Mario, complete a Bowser's Castle lava walk and more. Drop-in and play for a while during the library's regular open hours. ■

## Mothers Day & Weddings & Graduation



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VETERAN OWNED

## MEET Bart Ward

The little moments really matter.

Originally from the Quad Cities, Bart Ward moved to Des Moines to attend the AIB College of Business, where he received an associate of business degree. He decided to pursue a career in education after being a stay-at-home dad for 11 years. Ward joined the Waukee Community School District because that is where his children were attending school, and he could see it would be a great place to work. He started as a lunch/recess associate at Walnut Hills Elementary School in the middle of the 2015-2016 school year and continues to work there today.

“Elementary school age kids are the best. They are honest and hilarious; they have good imaginations; they’re fun to interact with; they love receiving positive reinforcement; and you can watch a kid go from struggling to succeeding over the course of their school year. That’s a great feeling. I love being a part of that,” Ward says.

A typical day involves engaging with students outdoors at recess. Along with three other coworkers, Ward helps make sure the students are playing fair, being safe and having fun during their recess break. He also helps with conflicts between students, teaching social skills and redirecting behavior in the moment if needed.

“Some of the challenges can be, when the kids are playing a game or a sport, they can get super competitive, and things can heat up fast. Figuring out when to jump in and how to redirect that energy in a positive way is definitely one of the trickier parts of the job,” Ward says.

During recess, some students run laps as part of the Striders program. Students who run enough laps to equal a half marathon or a full marathon receive a prize. Students also participate in “Try Day Fridays” where the district provides a different fruit or vegetable to try. Other recess activities include gaga ball, basketball, football, kickball and soccer.

“The most rewarding part of working with the kids over the years is that I’ve gotten to know so many of them and their families and have built these relationships with them. There’s nothing like seeing a student you had in elementary school years later all grown up in high school, chasing their dreams. It’s a reminder that the little moments you shared really mattered,” Ward says.

This spring and summer, Ward is looking forward to playing slow pitch softball. In the summer, he works as a camp counselor for the Sun, Fun and Splash Program through Clive Parks and Recreation. With this program, Ward works with kids 7 to 12 years old.

“It’s kind of unique, as I’m around kids the whole year,” Ward says. “Overall, being a recess associate has been such a rewarding job to do; I feel like I’ve made an impact with a lot of kids. Talking with them, being a positive role model and knowing their names is very important.” ■



Bart Ward has been a lunch/recess associate at Walnut Hills for a few years and enjoys providing students with positive reinforcement.

## May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

### Hepatitis A

- Spread through contaminated food and drink.
- It’s very contagious and you can spread the virus even if you don’t have symptoms.

### Hepatitis B

- Spread through contact with an infected person’s blood or other bodily fluids.
- There’s no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

### Hepatitis C

- There isn’t a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

## Help Protect Your Liver From Hepatitis

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Health and  
Human Services

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vaccines and testing.

Source: cdc.gov 4/25

## GAP and new car replacement coverage

### Protecting your new ride

Buying a brand-new car is exciting, but it also comes with financial risks — especially in the event of an accident. Two popular insurance endorsements — GAP coverage and new car replacement coverage — can help protect your investment when standard auto insurance falls short.



#### What is GAP coverage?

GAP stands for Guaranteed Asset Protection. This coverage helps if your car is totaled or stolen, and the insurance payout doesn't fully cover what you still owe on your auto loan or lease.

Here's how it works: Suppose you buy a car for \$30,000 and still owe \$28,000 on your loan when the car is totaled. Your insurance might only pay the car's actual cash value — say, \$24,000 — due to depreciation. Without GAP insurance, you would still owe the lender \$4,000 out of pocket. GAP coverage bridges that gap by covering the difference.

This coverage is especially valuable for new car buyers who:

- Made a small down payment
- Chose a long-term loan (60 months or more)
- Bought a vehicle that depreciates quickly

#### What is new car replacement coverage?

New car replacement coverage is another optional endorsement, and it offers broader protection than a standard policy. Instead of paying your vehicle's depreciated value, it helps pay to replace your car with a brand-new model of the same make and model — typically if the car is totaled within the first one or two years of ownership.

This can save you thousands, as cars lose a significant portion of their value within the first year. Some insurers even offer enhanced versions of this coverage, such as "better car replacement," which replaces your totaled car with a newer model or one with fewer miles.

#### Should you add these coverages?

Both endorsements are relatively affordable and can offer peace of mind. GAP coverage is often available through your insurance company or directly from the dealership, but it's usually cheaper through your insurer. New car replacement is usually available if your car is under a certain age and mileage limit.

If you're financing or leasing a new vehicle, or just want full protection for your recent purchase, these two coverages are well worth considering. ■

Information provided by Chase VanWerden, IFG Insurance, 520 Walnut St., Waukeez, 515-987-9598. Credit: Auto-Owners Blog

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## DEDICATED to volunteering

Tuel gives back beyond role at free health clinic.

Waukees's 2024 Citizen of the Year keeps herself busy.

Val Tuel is a nurse by trade, but her impact extends far beyond the clinical setting.

After retiring, she felt the need to stay busy and find purpose, a lesson she learned from her parents, who were also dedicated volunteers. One of the biggest ways she does this is through WayPoint Resources (formerly Waukees Christian Services).

At the organization's free health clinic, Tuel helps manage operations, promotes new providers, coordinates volunteers, and ensures a steady supply of medications. The clinic is open every Monday evening, and Tuel is there, ready to assist patients who might otherwise go without care.

One memorable evening just before Christmas, a single mother of five came in seeking treatment for what she suspected was an ear infection in one of her children. After checking all five children, the providers determined that each of them had an infection. The mother couldn't afford the necessary medications, so Tuel made sure they were charged to the clinic's account at Hy-Vee.



Travis Gaule, TrustBridge Wealth Advisors, presents the Neighbor Spotlight certificate to Val Tuel.

"She had tears in her eyes," Tuel recalls. "A mom with five kids. My kids were always sick before Christmas, and it can make or break the holidays."

In addition to her work at the clinic, Tuel is a familiar face in the food pantry and clothing closet, where she sometimes brings along her grandchildren to help. Volunteering is a family affair for her, and she uses these experiences to teach them about the realities many families face.

"It opens her eyes, too," she says of her granddaughter, who once wondered why a girl asked for bed sheets as a Christmas gift.

Tuel also volunteers as a Court Appointed Special Advocate (CASA), a role she's held for several years. She's currently assigned to a 15-year-old boy living in a treatment center after years of parental abuse and trauma.

Building a relationship with him wasn't easy. When they first met, he refused to talk to her. Tuel's solution? A Happy Meal.

"I bribed him with a McDonald's Happy Meal, but he had to answer three questions first," she says.

The questions were open-ended to encourage conversation, and, eventually, he began to open up. Now, she receives hugs when she visits. As the boy prepares to graduate from the treatment center, he asked the judge, "Does Val come with?"

"It's building that relationship with a little boy who didn't trust and didn't have anybody in his life," Tuel says. "I get a lot of emotional satisfaction from that ... that I'm an important person to him."

Tuel's other volunteer efforts include rocking babies in the NICU at Blank Children's Hospital and UnityPoint hospitals and even taking part in simulation labs, where she plays the role of a patient to help medical residents develop their bedside manner.

Tuel finds joy in these connections and often encourages others to volunteer.

"Volunteering is good for your soul," she says. "I promise, it is." ■

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# FINDING community

## Why the Scotts chose Waukee.

A Des Moines native, Lela Scott is fond of her hometown. After returning from college, she and her husband, Robert, settled in her beloved city and eventually moved to Beaverdale to raise a family.

While they enjoyed their time in the charming neighborhood, there came a point when they knew they would need to shift locations again.

Her oldest child has special needs, and because Scott has always worked in the human services field, she had spent time in many schools and knew what to look for.

"I realized that some school districts are better equipped to help students with IEPs and 504s than others, Waukee being one of them," she explains.

Scott knew Waukee had the resources necessary for students like her own who needed accommodations — and that she wouldn't have to fight for them.

When she found out her oldest might need an IEP, she wanted to be part of a community that would offer strong support.

"Waukee came out on top," she says.

Scott and her family officially moved to town in early 2021, knowing their oldest would start kindergarten that fall. This gave them time to get to know the community before school began.

Since then, Waukee has "just been phenomenal," especially the school district, for all three of their kids, she says.

The Scotts live near Grant Park and enjoy using the nearby trails and parks. Scott appreciates that her kids have plenty of other kids in the neighborhood to play with and that they're outside so much. She even has photos of a pile of bikes in her yard to prove it. It's a bonus that the bus



Lela and Robert Scott chose to move to Waukee to raise their family. They appreciate the schools and the many amenities of the city.

stop is just eight houses down, making it easy for the kids to walk there with their friends.

After living in Waukee for a couple of years, Scott felt ready to get more involved. One day, while scrolling through Facebook, she saw that the library board of directors was looking for new members.

"When I saw that opportunity, I saw it as a sign that 'Lela, you've been saying you want to get more ingrained in Waukee. Here you go,'" she says.

A reader and puzzle enthusiast, Scott felt it was the perfect fit. Since joining the board last year, her experience has been nothing but positive.

"Libraries are crucial to our communities to ensure everyone has access to knowledge and technology and all the resources and activities they have," Scott says.

In addition, Scott and her family enjoy taking part in community events like the Easter egg hunt, Movies in the Park and listening to the "Waukee Talkee" podcast.

"There's so much going on in Waukee to get involved and stay informed," Scott says. ■

## THE BENEFITS of 'tox'

Neurotoxins, such as Botox, Dysport and Jeuveau, have gained popularity, and there are several compelling reasons to use them.

### 1. Reduction of wrinkles and fine lines

– Neurotoxins effectively reduce the appearance of wrinkles, which are caused by repetitive facial expressions like frowning, squinting or smiling.

### 2. Preventative treatment – Using neurotoxins

can serve as a preventative measure against the formation of deeper wrinkles. Many younger individuals use “tox” to delay the onset of wrinkles and maintain a youthful complexion.

**3. Quick and minimally invasive procedure** – The administration of neurotoxin injections is typically quick, often taking less than 30 minutes with minimal discomfort. There is also minimal downtime after treatment, allowing patients to resume their daily activities quickly.

**4. Versatility in treatment areas** – Neurotoxins can be used to smooth out wrinkles in a variety of areas including the forehead, around the eyes (crow's feet) and between the eyebrows (frown lines).

**5. Long lasting results** – The effects of neurotoxin injections generally last three to four months or even longer, depending on dosing (the number of units injected) and individual response.

**6. Boost in self confidence** – Many individuals report a significant boost in self-esteem due to improved appearance. Feeling good about one's looks can positively impact personal and professional interactions, enhancing overall quality of life. ■

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## RESEARCH helps nonprofit

APEX students assist Meals on Wheels.



Students taking classes at Waukee APEX conduct experiments to help solve problems faced by local businesses, including the study of hydroponic plants and how to increase their success rate.

Students taking classes at Waukee APEX are not only examining future bioscience and research careers, they are also helping out a nonprofit to provide food for those in need.

Jared Almandinger teaches medical and bioscience research classes at Waukee APEX, located at the Waukee Innovation and Learning Center. Part of the class objective is completing real life research projects for Des Moines area businesses.

WesleyLife's Meals on Wheels is a nonprofit, volunteer-run program that delivers meals to the homebound. In 2023, WesleyLife started a hydroponic farm in a converted basement. Last year, it produced about 40,000 vegetables that were incorporated in the Meals on Wheels and sold at local co-ops.

Yet, there was a problem. Program leaders wanted to try potential crops such as edible flowers and microgreens, but, after one season, 20% of the plants were dying off.

It was the task of APEX students to research the problem and offer a solution. They conducted tests in the school lab first.

"The plants were growing too tall, and they fell over. They couldn't figure out what was causing the problem," says Almandinger.

Students had a full growing operation in the Waukee lab.

"I was bringing home salad greens every week," Almandinger says.

Students researched the plants' pH levels, water and nutrients.

"Students figured out there was a stress response from too much water," he explains. "They made recommendations, and now crops have rebounded."

At APEX, about a dozen different research projects are running at a time. Almandinger says the end goal for the scientist is to get their science findings out there. APEX students have presented work at research conferences.

"Typically, we are the only high school represented alongside university students," he says. "That gives students experience for having research in the lab. It's a huge bonus that sets them up for future success."



APEX has conducted projects with Drake University, Kemin, Des Moines University and other local businesses.

Almendinger likes that students are not only getting valuable research experience but helping feed people.

“It’s one of the most exciting and rewarding professions. We help kids see all the facets of the workforce, and their projects come to fruition.”

He says valuable skills learned now help for future careers.

“People don’t expect a 16- or 17-year-old to do this. Often, the public doesn’t know that high schoolers can perform such research. Our students can realize the potential of what they’re doing is a good thing and offer value by what they’re doing.” ■

## WAUKEE SCHOOLS Career Fair

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## CELEBRATING mom with purpose and preparedness

Mother's Day is a time to honor the incredible women who nurture, support and guide us through life. While there are traditional gifts of appreciation, this special day also offers an ideal moment to reflect on a more lasting gift: financial security and empowerment for moms and families alike.

Whether you're a new mom, a seasoned parent, or an adult child looking to support your mother's well-being, incorporating financial planning into the Mother's Day conversation can have long-term benefits.

Financial planning is about ensuring peace of mind, freedom and the ability to make empowered choices. For moms, especially those managing households, raising children or caring for aging parents, having a clear financial plan is crucial. Life can bring certain assumptions with it. We assume the sun will rise and set as programmed each day; we know that kids will always be curious to a dangerous level; and we assume that mom has her "financial house" in order. Maybe this is a good time to inquire.



### Here are a few financial considerations particularly relevant on Mother's Day:

- **Budgeting and saving:** Whether managing the family budget or planning for personal goals, creating a detailed monthly budget can help moms stay on track and feel more in control. Tools like budgeting apps or spreadsheets can make it easier to monitor expenses and allocate funds for savings or emergencies.
- **Life insurance and estate planning:** While it's not the most glamorous topic, making sure there is a life insurance policy and a will in place is one of the most loving things you can do for your family.
- **Retirement planning:** Mothers, particularly those who take time out of the workforce to raise children, often fall behind in retirement savings. Mother's Day is a perfect reminder to review IRAs, 401Ks or other retirement investments.
- **Education savings:** For moms saving for their children's future, 529 college savings plans are a popular and tax-efficient way to invest in education. Having a dedicated savings plan reduces the pressure when college bills start to arrive.
- **Teaching financial literacy:** Moms are often the first financial role models in a child's life. Encouraging smart money habits from a young age: saving allowances, budgeting for a toy or opening a youth savings account can plant the seeds for lifelong financial health.

If you're in the position to give back to your mother this Mother's Day, consider a financial health check-in. It doesn't have to be intrusive, just a supportive conversation to make sure she's prepared for the future. Helping her organize paperwork, review insurance policies, or connect with a financial advisor can be a meaningful and lasting gesture of love.

Mother's Day is about showing appreciation, and one of the most powerful ways is by ensuring long-term financial well-being. Whether you're making sure your mom is financially secure or planning your own family's future, taking steps toward a solid financial foundation is a gift that lasts far beyond May.

This year, celebrate with heart...and a little strategy. It's the kind of love that pays dividends. ■

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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# ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



## Asian ground turkey bowl

### Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

### Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

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A ribbon cutting was held for Trust Bridge Wealth Advisors, 4090 Westown Parkway, Suite 108, West Des Moines, on April 24.



Travis Gaule and Sean Presnall



Charlesee and Justin Schoenrock and Courtney Luna



Melissa Stimple, Aaron Burns and Terry Snyder



Rob Grove, Melissa Mull, Laura Mull and Maddie Starman



Matt Davidson and Dustin Lambert



Ben Gerdes and Allison Barnes



Greg Overton, Jeff Hollingshead and Joan Beard



Megan Culver, Mike Torrez and Laura Sorensen



Dr. Dennis Winter, DDS, and Dr. Loredana Winter, DDS

## OUT & ABOUT



Vicky Leverich and Renee Weasels-Baker at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



Carol Rossmann at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



David Oldham and Vicki Allen at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



Margaret Bramble and Stephanie Gerleman at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



Mike Caligiuri and Tim Hanson at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



Seniors Helping Seniors co-owners Zach Schneider and Mike Caligiuri at the Seniors Helping Seniors Seminar held at Attivo Trail in Waukee on April 8.



Ben Gerdes and Andrew Pauley at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.



Megan Watt and Laura Rush at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.



Leisa Fox and Bridget Kurowski at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.



Amanda Schwantes and Zach VanderPloeg at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.



Allie Fick and Nick Ohara at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.



Brent Appeldorn, Kris Klabunde and Dan Giles at the Waukee Area Chamber of Commerce's Net@Nite with Country Financial - Schwantes and VanArsdale on April 24 at Mickey's Irish Pub.

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## 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)

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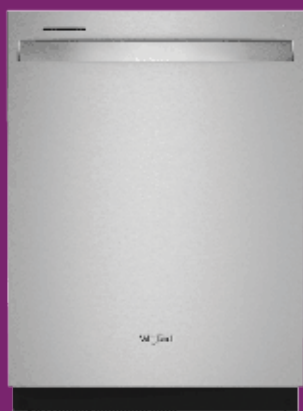
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