

WAUKEE

JUNE 2025

# Living

MAGAZINE

## WAUKEE Arts FESTIVAL

10th annual event draws  
140 booths to Centennial  
Park, July 18-19

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EDUCATION

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WELCOME

## AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the one we write about in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. National Balloon Classic in Indianola. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is how to throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and thanks for reading. ■

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# WAUKEE Arts FESTIVAL

**10th annual event draws  
140 booths to Centennial  
Park, July 18-19**

**By Jackie Wilson**

One of Waukees's greatest annual events is celebrating its 10th year. The Waukees Arts Festival returns July 18-19 at Centennial Park in Waukees.

Last year, approximately 10,000 attendees visited the festival during the two-day event. Jenn Hoffmann, board president for the Waukees Area Arts Council, says the festival is at capacity with regards to artists.

Caroline Warren will have her pottery at the Waukees Arts Festival.





“This year is the most booth spaces we’ve filled with 140 booths. We’d like to feature more but want to limit the space for people to browse freely,” she explains.

At the end of last year’s festival, organizers debriefed to see what worked well and what needed improving. One suggestion they agreed on was offering more food trucks. This year, they also feature a new vendor selling non-alcoholic cocktails. Art is available additional hours throughout the early evening and kicks off Friday evening with vendors open extended hours from 5-8 p.m.



Artist Hannah Gebhart is among those showing at the Waukee Arts Festival.

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## WAUKEE ARTS FESTIVAL

- For a full schedule of events, list of artists and festival updates, visit Waukee Arts Festival Facebook page, Instagram feed or website, [www.waukeeartsfestival.org](http://www.waukeeartsfestival.org).
- Volunteers are still needed and will receive a free, "I'm Waukee AF" T-shirt. Sign up at the link at [www.waukeeartsfestival.org](http://www.waukeeartsfestival.org).
- To sign up for the Waukee Fine Arts Footrace, visit <https://runsignup.com/Race/IA/Waukee/WaukeeFineArtsFootrace>.

This year's featured artist is Luke Hubbard, an abstract artist from Ankeny. Hoffmann says they chose Art By Luka, since he is a frequent vendor.

"Out of eight of our board members, five of us had purchased his art. We thought we should feature him," she says.

The event offers familiar favorites. Art is the main attraction, yet the family-friendly event offers kite building, student exhibits, crafts, yoga and more. Food and beverage trucks are available, plus live music concerts are performed throughout the day.

The Waukee Arts Festival is put on by The Waukee Arts Council, a nonprofit organization. All festival proceeds go back to the community through additional artistic engagements, future arts festivals, scholarships and more.

The art show is juried, and judges award cash prizes, including \$500 for first place, \$300 for second place and \$200 for third place.

A majority of the artists are from Iowa and neighboring states. A full spectrum of artwork is offered, including fine art, pottery, jewelry, photography, sculptures, glass and more.

"Many of our artists like to come back each year," Hoffmann says. "Most of them say this is their best festival."

In addition, the festival awards scholarships to high school students choosing a creative field of study beyond high school. Students participated in a virtual interview and submitted an essay regarding future performing or visual arts education plans. They included a portfolio of their activities both in and outside of school.

This year's scholarship winners are Myles Cue and Caera Knowles. Hoffmann says the scholarships encourage local high school students with their visual or performing art careers.



Artist Jen Lawler will be at the Waukee Arts Festival with her jewelry.

"Less people are going into the arts. This is a way to encourage and fund education for those going into the arts," she explains.

Headlining entertainment features big-name bands, such as Dickie followed by The Nadas on Friday evening and, for Saturday evening's concert, Lady Revel followed by Rock ala Carte: a Queen tribute band. A full line up of live entertainment starts at 10 a.m. Visit [www.waukeeartsfestival.org](http://www.waukeeartsfestival.org) for times and performers.

Hoffmann joined the Waukee Arts Council in 2014 and became president in 2020. She volunteers her time to put on the festival. She says festival work and event planning keep her engaged in the art world.

"I'm super passionate about art. This is a creative outlet as a way to stay in the art world and counter my work in the corporate world," she reflects.

She says, as the festival grows, more people know about it, as it is both accessible and affordable. She encourages everyone to attend the festival.

"We have something for everyone," she says.

## Waukee Fine Arts Footrace

The Waukee Fine Arts Footrace 5K debuted in conjunction with the 2024 festival and drew more than 60 runners. Because of the success, the event returns for its second year.

The race takes place Saturday, July 19, in the morning. The 5K timed event starts at Centennial Park.

The route travels along portions of the Sugar Creek Trail and through various Waukee neighborhoods.

Registration costs \$45 and includes a T-shirt and a medal. A free kids fun run is also offered after the event. All of the kids who participate will receive their own paintable clay medal





## FEATURE

from Kunzler Studios.

The Footrace medal design is inspired by a well-known artist. This year's medal is a reference to artist Salvador Dali. His painting, "The Persistence of Memory," consists of a painting of limp, melting watches. The medal incorporates three elements of the festival into the medal design. Both Waukee High School and Waukee Northwest High School colors are represented. The path on the medal is an ode to Sugar Creek Trail, while the stopwatch is part of the race.


Hoffmann says runners collect unique medals and felt the Waukee Fine Arts Footrace is a distinct find to add to a runner's collection.

"Thank you to Smail Buljubasic, from the Waukee Area Arts Council, for the charming and thoughtful award design," she says.

As the race serves as a fundraiser, any remaining funds from the race registration fees go back into the arts festival.








This year's featured artist is Luke Hubbard, an abstract artist from Ankeny.



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## Nadas headline Friday night

The Nadas return to the Waukee Arts Festival for a concert during Friday's opening night, starting at 8 p.m. The Nadas headlined three times, and organizers wanted to bring the popular band back to celebrate in the 10th anniversary festival.

The Nadas play original music, consisting of alternative, Americana and rock and roll music genres. Co-founders Mike Butterworth and Jason Walsmith formed the band in 1993 and are based in the Des Moines area. Other band members include Brian Duffey and Perry Ross.

Walsmith says the band has stayed together for three decades because of a combination of various attributes.

"We love playing music, writing songs, and we love our fans," he says. "We love our life as musicians and are grateful to have a career doing this for so long."

The band was inducted into the Iowa Rock & Roll Hall of Fame and recorded more than a dozen records. When it comes to choosing songs for their playlist, they occasionally "dust off" songs and freshen up their set list.



Live music will include Dickie followed by The Nadas on Friday evening and, for Saturday evening, Lady Revel followed by Rock ala Carte: a Queen tribute band, pictured.

"Some songs we play all the time; others have fallen off the set list," Walsmith says.

The Nadas perform across the United States and traditionally view themselves as an Iowa band.

"Wherever we play in the country, Iowans are there," Walsmith says. "They built a fan base for us. We feel grateful for folks who consider us an Iowa band."

As the band performs, audience members sing along with their songs.

"It's an interactive experience going to our show. A real energy exchange takes place with the audience and the band. It's a collaborative experience, and they feel like they are part of something," Walsmith explains.

The band has had "ebbs and flows" throughout the years. The band grew up together and began raising families, all while chasing their musical dreams.

"It's sometimes hard to navigate adult life with unpredictable events," he reflects about the most challenging aspect of being a musician.

At the end of a concert, the band is in the flow. Walsmith says it is difficult to describe the exact feeling.

"It's definitely supercharged — super satisfying. If I'm in that zone, four songs go by without you realizing it. It's almost like an out-of-body experience," he reflects.

The band suffered heartache after the death of their drummer, Brandon Stone, in 2024. They keep his memory alive and dedicate a song for him.

"Whenever we got home from a tour, Brandon would say, 'best weekend ever, guys.' And it really was. It describes the feeling of coming home after a concert."

Walsmith and Butterworth also perform as a duo, playing house concerts in smaller venues in a "stripped down to the basics" vibe. Between the duo and full band, Walsmith is content with his music career.

"We made our own way," Walsmith says. "The fact that we're still able to do it — especially at an independent level — is surprising. It's an amazing gift to play together this long."

"We're looking forward to playing in Waukee. It's nice being the home team and have the support of our fans." ■

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# IOWA inheritance tax phased out

Are you worried about your family paying taxes when you die? There is some good news that can affect your estate planning.

Every estate is liable for a few different kinds of tax. Whether it is federal estate tax, income tax, inheritance tax or capital gains tax, your heirs may be writing checks to the government. Iowa was one of six states that had inheritance tax. But Iowa has now phased out its inheritance tax law with a complete exemption effective Jan. 1, 2025.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the state of Iowa. Some beneficiaries have always been exempt: a spouse, children, stepchildren,



grandchildren, and parents all have a 100% exemption from inheritance tax.

Other beneficiaries previously had no exemption, like siblings, sons- or daughters-in-law, nieces and nephews, and friends. The tax rate could be as much as 15%. For this reason, some clients avoided leaving money to individuals because of the negative tax implications.

Legislation changed this in 2021 by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate was reduced by 20%. The rate continued to be reduced by 20% each subsequent year until Jan. 1, 2025, when the exclusion became 100%.

Now, no inheritance tax will be owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

Inheritance tax is still in effect — at the reduced rates — for deaths prior to 2025. The phase-out was not retroactive.

This change to the law presents an estate-planning opportunity for many clients. Clients can include a sibling or beloved son-in-law or daughter-in-law in their will or trust without worrying that the state of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a last will and testament or a revocable trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

Information provided by Ross 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

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.

**RV Camping:** Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

### Vibrant Music Hall

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

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

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

### Waukee Independence Day Celebration

Thursday, July 3, and Friday, July 4

Centennial Park Open Air Shelter, 1255 Warrior Lane, Waukee

Visit Centennial Park on July 3 and 4 for the annual parade, inflatables, live music, tournaments, fireworks and more. Festivities kick off Thursday evening at 4:30 p.m. with yard games and food vendors. There will be a pie-eating contest, bubble-gum blowing contest, bingo, and an adult coed sand volleyball tournament with pre-registration required (link available at website below). The evening wraps up with a Movie in the Park. "Captain America: Brave New World" begins at dusk, around 8:45 p.m.

Saturday features events all day starting with the Waukee Freedom 5K hosted by Waukee Boy Scouts Troop 178 at 7:45 a.m. (information at <https://waukeefreedom5k.redpodium.com/waukee-boy-scout-troop-178-4th-of-july-fun-run-2025>). The Rotary Pancake Breakfast is 8-10:30 a.m. at the basketball court, followed by the parade at 10:30 a.m. starting at the intersection of S.E. Westown Parkway and S.E. LA Grant Parkway near South Middle School and heading north to Waukee Stadium. The public is asked not to obstruct intersections along the route in case emergency vehicles need to pass through them.

Centennial Park will be a hub of activity for the afternoon and evening with food and beverage vendors; inflatables, Wipeout Game and Climbing Wall from 1-8 p.m. (wristband purchase required); adult bags tournament (pre-register at [https://waukee.activityreg.com/clientpage\\_r2.wcs](https://waukee.activityreg.com/clientpage_r2.wcs)); live music from Cory Waller and The Wicket Things and Tyler Richton and The High Bank Boys from 4-9:30 a.m.; and the Des Moines Skydivers at 8 p.m. The night concludes with a 9:30 p.m. fireworks show.

For more celebration details and schedule, visit [www.waukee.org/777/Independence-Day-Celebration](http://www.waukee.org/777/Independence-Day-Celebration).

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Be sure to check for cancellations.

### Hot Dogs and Hot Rods

Saturday, July 19, noon  
Shottenkirk Chevrolet,  
755 Hickman Road, Waukee

Get ready for the Third Annual Hot Dogs and Hot Rods Car Show at Shottenkirk Waukee Chevrolet. Enjoy fun for the whole family, furry friends included. Bring your crew out for a day of classic cars, delicious hot dogs, and live music that'll keep you grooving all day long. They'll have a vendor fair with something for everyone, plus activities to keep the kids entertained. Whether you're there to show off your classic ride or just enjoy the sights and sounds, this event is not to be missed. Register your vehicle at <https://m.signupgenius.com/#/showRSVP/signUp/10C0B4BA9AB23A2FBC61-55204889-hotdogs>.

### 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.

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.

### 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 at <https://members.waukeechamber.com/events/details/2025-wheeling-with-waukee-annual-bike-ride-507>.

### Sunshine Yoga and BBQ with Edencrest at Kettlestone

Thursday, July 3, 11 a.m. to 2 p.m.  
Edencrest at Kettlestone,  
805 S.E. Tallgrass Lane, Waukee

Enjoy an outside yoga session brought to you by Live2BHealthy, a professional older adult fitness instructor. Then enjoy your favorite Independence Day BBQ classics with a professional jazz band playing patriotic themed and popular hits you'll remember and love. Tours of Kettlestone will be offered.

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Source: cdc.gov 4/25

## EVENTS IN THE AREA

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.

- July 21-22: Dupont Brass, parks across the metro
- July 9, Aug. 13: Storytime Under the Green Umbrella, Cowles Commons

Commons

- 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).

### '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 drapos (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.

### The Music of John Williams

Various dates and locations

The Greater Des Moines Community Band announces the schedule for its 2025 summer concert series, "The Music of John Williams."

- July 7, 7 p.m. First Baptist Church, 8250 N.W. 62nd St., Johnston
- July 14, 7 p.m. Holland Farms, 2800 Sunset Drive, Norwalk
- July 21, 7 p.m. Woodlands Creek, 12675 Woodlands Parkway, Clive

### CITYVIEW Summer Stir

Friday, July 25, 5-9 p.m.

East Village, Des Moines

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating

venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>. ■







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Saturday • 6-9:00pm **JULY 19**

FIGURE 8

& CIRCLE TRACK RACING

Saturday • 6-10:00pm **AUG 2**

FIGURE 8

& CIRCLE TRACK RACING

Saturday • 5:15-5:45pm **AUG 23**

FRONT STRETCH PARTY

Hang out with the drivers!

### WAUKEE Betterment Foundation announces Waukee Betterment Games

The Waukee Betterment Foundation announced the inaugural Waukee Betterment Games will take place on the afternoon of Sept. 18 at Centennial Park in Waukee. The games are designed to promote teamwork, camaraderie and networking in a fun atmosphere, offering light physical effort and mental stimulation.

Proceeds from the event will support the Waukee Betterment Foundation's Endowment Fund which donates to Dallas County and Greater Waukee area nonprofits annually.

"When we began raising funds for the Waukee Betterment Foundation's Endowment Fund, our goal was to unite the Waukee community through a fun event that we believe makes Waukee an even better place to call home," said Nile Hicks, president of the Waukee Betterment Foundation.

The event will include up to 10 games designed for an afternoon of fun for teams of four to six people of all athletic abilities ages 18 and older. Multiple sponsors have already signed on to support the event, including presenting sponsors ATW Training and Vibrant Insurance Group. Game sponsors include Access Systems, Bank Iowa, Caliber Companies, Holmes Murphy, Mi-Fiber, Re/Max Precision, RJ Lawn & Landscape, Stivers Ford Lincoln of Iowa and UnityPoint. Additional Betterment Games sponsorship opportunities remain. Organizations looking to get involved are encouraged to email Jim Miller at millerbike57@gmail.com.

The Waukee Betterment Games will field between 32 and 40 teams of four to six people. Those interested in creating a team for the event should visit [www.waukeebetterment.org/waukee-betterment-games](http://www.waukeebetterment.org/waukee-betterment-games).

Known for their work in helping with the creation of the all-inclusive fishing pier, Epic playground and Miracle League Field at Triumph Park in Waukee, and the Trailhead on the Waukee bike path, the Waukee Betterment Foundation is focusing its attention on growing its Endowment Fund. To support the Endowment foundation, visit [www.waukeebetterment.org/endowment](http://www.waukeebetterment.org/endowment). ■

### LAWN watering banned immediately

Pending an imminent risk of violating the nitrate standard, all commercial and residential lawn watering and use of automatic lawn watering systems are prohibited until further notice. This ban is effective immediately and affects all businesses and all residential customers served by Central Iowa Water Works. The ban includes Waukee.

"We are pulling all levers at our treatment facilities and nitrate removal processes to prevent a violation," Tami Madsen, executive director of Central Iowa Water Works, said. "Now we need full cooperation from the public. This is no longer a voluntary request."

CIWW has made the decision to enact the first-ever lawn watering ban to ensure that treatment facilities can produce enough water for lifeline essentials amid water supply challenges caused by high nitrate concentrations in raw source waters. Nitrate concentrations in the Raccoon and Des Moines rivers have climbed to near record levels.

Treated drinking water continues to meet all state and federal regulations for drinking and household uses.

Any residential or commercial customer observed by Central Iowa Water Works or a member agency watering their lawn will be notified of the violation. If lawn watering does not cease, water service could be disconnected.

More information will be coming from individual member agencies about enforcement and how to report violations.

The ban affects all CIWW member agencies: City of Ankeny, City of Clive, Des Moines Water Works, City of Grimes, City of Johnston, City of Norwalk, City of Polk City, Urbandale Water Utility, Warren Rural Water District, City of Waukee, West Des Moines Water Works and Xenia Rural Water, as well as communities served by Des Moines Water Works: Alleman, Berwick, Bondurant, Cumming, Pleasant Hill, Runnells, Unincorporated Polk County and Windsor Heights.

Central Iowa Water Works has been removing nitrate using the nitrate removal facility for more than 55 days. All nitrate removal processes are operating at full capacity to produce clean, reliable water to 600,000 central Iowans. ■

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WAUKEE  
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# NORTHWEST GIRLS SOCCER

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*on Saturday, June 7th, defeating Linn-Mar 3-2.*



**Back Row** (right to left): Matty Smith, Scott Tribbey, Tony Gabriel, Jon Galli, Trent Michael

**Middle Row** (right to left): Izzy Simonini, Kinsie Shay, Reese Roettger, Grace Thomason, Reese Andrews, Cora Sundet, Reese Jauer, Josie Jones, Maggie Raasch, Hallie Muhlbauer

**Front Row** (right to left): Aubree Lalone, Sierra Pradhan, Brinley Heilesen, Emma Twigg, Olivia Stapleton, Lindsey Shane, Natalie Elliott, Romey Croatt

**PHOTO PROVIDED BY: MEGAN ROETTGER**

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# HELP ensure continued independence as you age

Sandra, 68, is committed to aging in place. She's active, eats a balanced diet, and enjoys good health. But her son and daughter, both living out of state, can't help but worry.

What if something

changes — and she suddenly needs care?

Their concern is valid. Staying at home as we grow older can be a fulfilling choice, but it isn't always the most practical. Health conditions can develop, and the cost of in-home assistance can become overwhelming.

So, what are the options if moving into a community isn't the right fit — but planning for potential health needs is still top of mind?

One increasingly popular solution is



a Continuing Care at Home (CC@H) membership. Typically offered by organizations that specialize in aging services, CC@H programs are designed to help older adults remain in their homes longer, with a strong focus on proactive health and financial planning for future care.

If you're considering a CC@H membership — for yourself or a loved one — be sure to ask the right questions:

Does the program offer personalized well-being support? A good program should provide guidance such as wellness coaching to help you stay independent and thrive. Research shows people achieve better outcomes with the support of a dedicated advocate.

Are future care costs covered? Quality programs help pay for services you may

need later, whether it's home health care or a transition to a senior living community.

Who's behind the program? Look into the organization offering it. Do they have a strong track record in the aging services space? Longevity and a solid reputation matter — they're signs the program will be there when you need it.

The bottom line: Not all CC@H programs are alike. Choose one that fits your current lifestyle and supports your future — while offering peace of mind for you and your family. ■

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

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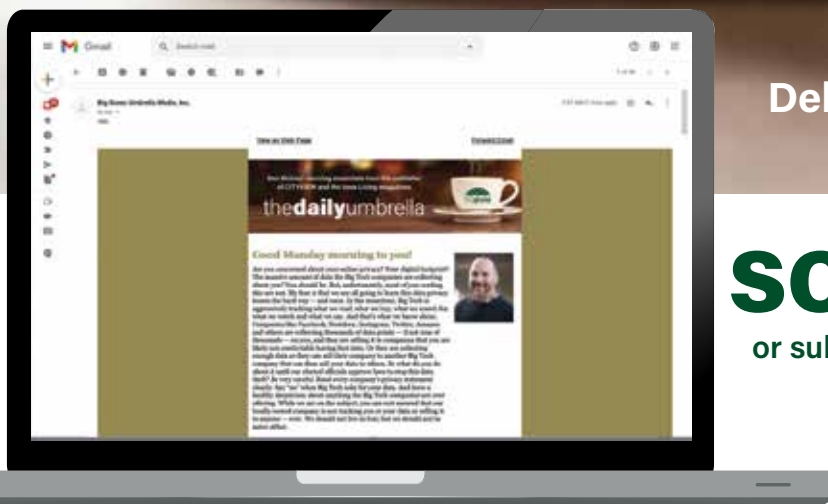


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# City of Waukee Bulletin

## JUNE 2025

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

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



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



Waukee's annual Independence Day Celebration, July 3-4 in Centennial Park, will feature inflatables, vendors, parade, live music, skydivers, tournaments, fireworks and more. The parade begins at 10:30 a.m. on July 4, following a northbound course on SE L.A. Grant Parkway. It's free to participate in the parade, but advanced registration is required by June 30. Find the details and register for the parade, volunteer opportunities and all-you-can-jump inflatables at **[Waukee.org/July](http://Waukee.org/July)**.

### Thursday, July 3

- Yard games, bingo, pie-eating contest and more, 4:30-8:30 p.m. (free)
- Family Boot Camp with Burn Boot Camp, 4:30-5 p.m. (free-will donation)
- Food vendors, 4:30-9 p.m.
- Movie in the Park: "Captain America: Brave New World", dusk (~8:45 p.m., free)

### Friday, July 4

- Waukee Boy Scouts Troop 178 "Waukee Freedom 5K", 7:45 a.m. at Lutheran Church of Hope Waukee (pre-registration required)
- Rotary Pancake Breakfast, 8-10:30 a.m. (free-will donation)
- Parade, 10:30 a.m. (free)
- Food and beverage vendors, noon-10 p.m.
- Inflatables, 1-8 p.m. (\$15 armband or individual tickets)
- Live music: Cory Waller & The Wicked Things and Tyler Richton & The High Bank Boys, 4-9:30 p.m. (free)
- Des Moines Skydivers, 8 p.m. (free)
- Fireworks, 9:30 p.m. (free)

## Dates to Know

### Regular City Council Meeting

July 7 at 5:30 p.m.  
New Public Safety Building and Zoom  
[Waukee.org/CityCouncil](http://Waukee.org/CityCouncil)

### City Offices & Library Closed

July 4  
Trash collection delay

### Water Dodgeball & Ice Cream

July 7, 5 p.m. (twens) or 6:30 p.m. (teens)  
Waukee Public Library  
Free; register at [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org)





### Holiday Closures & Trash Delay

All City of Waukee offices, including the Waukee Public Library, will be closed on July 4. There will be no City of Waukee/ASI garbage and recycling pick-up on July 4. If your regular pick-up day is Friday, put your bins out on Saturday that week.



### Home Fireworks Only on July 3 & 4

Consumer fireworks are only legal on private property within Waukee city limits on July 3 and 4 between 9 a.m. and 11 p.m. Setting off fireworks on other days or times may result in a fine of at least \$250. Per state law, do not light fireworks on public property, such as parks, parking lots, sidewalks or streets, nor the public right-of-way (the grass between sidewalks and the curb). For non-emergency fireworks concerns, call Westcom Dispatch at 515-222-3321. For emergencies, call 911.



### Get Ready for Kindergarten

If you have a child entering kindergarten this fall, check out the Kinder Prep camp! Teachers will ease first-day jitters by helping students explore a mini-kindergarten, make new friends, talking about what to expect and fun skills practice to foster independence like opening lunchboxes and zipping backpacks. Register at [Waukee.org/Registration](http://Waukee.org/Registration).



### Are You the City Golf Champion?

The Waukee City Golf Championship features a men's open and women's open from 8 a.m. to 2 p.m. on July 19 at Sugar Creek Municipal Golf Course. The fee is \$74 + tax. Register by 9 a.m. on Monday, July 7 at [Waukee.org/Registration](http://Waukee.org/Registration).



### Water Conservation

Central Iowa Water Works issued a ban on watering lawns because of high nitrate levels in source rivers for our water treatment plants. Get more details on the ban and tips to reduce water use at [Waukee.org/SaveWater](http://Waukee.org/SaveWater). Thanks for doing your part to protect our water supply.



### Free Things To Do This Summer:

1. Wander the Library art gallery and coal mining museum
2. Follow the Storywalk on Heart of the Warrior Trail
3. Explore a new park
4. Attend the Independence Day Celebration
5. See the new art sculpture at Tallgrass Pond
6. Check out a STEAM kit from the library
7. Watch Movies in the Park
8. Read the City newsletter
9. Attend Library programs like storytimes or Snacks and Facts
10. Go to the Public Safety Open House, August 5 at the new Public Safety building

#### Yoga in the Park

July 12 and 26  
Windfield Park  
\$5, ages 12 and up

#### Regular City Council Meeting

July 21 at 5:30 p.m.  
City Hall and Zoom  
[Waukee.org/CityCouncil](http://Waukee.org/CityCouncil)

#### Jigsaw Showdown

July 22, 5:30-7:30 p.m.  
Waukee Public Library  
Free; register at [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org)

# JENSEN finds purpose in serving others

Supporting WayPoint Resource's missions, among others

Kristy Jensen and her husband, Dan, have deep roots in the Waukee community. They have called the city home since 1992.

For Jensen, giving back to the place she loves has become a meaningful way to spend her time. Each week, she volunteers at WayPoint Resources (formerly Waukee Area Christian Services), where she sorts rescued food donations from nearby grocery and convenience stores — items that may be close to their expiration date but are still safe, healthy and much needed.

In addition to food sorting, Jensen lends a hand wherever needed around the pantry, helping to keep things running smoothly behind the scenes.

Her giving spirit doesn't stop there. She's also deeply involved with Waukee United Methodist Church, participating in a variety of mission projects and serving on the church board, where she helps guide outreach initiatives and supports the church's broader mission.

Jensen says her passion for volunteering really took off after she wrapped up her full-time career.



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“Since retiring, I’ve found myself with extra time, and volunteering has been a meaningful way to spend it,” she shares. “Since I no longer have those same work relationships, I really enjoy the friendships I’ve made with other volunteers. Most of all, I find joy in helping others at the pantry and knowing I’m making a difference in someone’s day.”

One of Jensen’s favorite volunteer experiences involved bringing others into the fold. She partnered with her church’s youth group leader to give a tour of WayPoint Resources to youth and their parents.

“I explained the mission of the organization and shared the impact it has on the community,” Jensen says. “After the tour, we worked together on a project to create gift baskets for clients of the pantry. It was rewarding to see the group get actively involved.”

For Jensen, the impact of volunteering speaks for itself, and she encourages others to discover the joy it can bring.

“Volunteering allows you to give back to the community in meaningful, hands-on ways and connect with others,” she says. ■



Kristy Jensen and her husband, Dan, have lived in Waukee for more than 30 years.

**Do you know a neighbor who deserves recognition?**  
Nominate at [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



# A VILLAGE in Waukee

Schultz has found space and support in community.

Emily Schultz has lived in a handful of places, both large and small, each with its own charms and quirks.

“But what I really appreciate about Waukee is the room to breathe, figuratively and literally,” she says. “I often imagine what our lives would be like if we were still living in New York, where we met and started our family, with two growing boys, trying to navigate our messy life in an even messier 700-square-foot apartment.”

In Waukee, the family has the space, support and community to give their kids an idyllic childhood.

“Plus, there seem to be fewer rodents here, so that’s a plus,” Schultz jokes.

The family officially moved to Waukee from Chicago about seven years ago. They were looking for something affordable, with a large outdoor area where their kids and dogs could run around.

Schultz admits she wasn’t sold on Waukee at first. She wanted to live closer to downtown and had a very specific idea of what she wanted in a home.

“Luckily, our amazing Realtor, Sara Hopkins, knew better than I did, and insisted that we check out some spaces in Waukee — and she was right,” Schultz says. “We quickly fell in love with the walkability, the charm of the downtown, the schools, and the fact that our kids can walk to school.”

They also got the outdoor space they had hoped for.

The Schultzes’ home is the “perfect size” for the family, especially since, shortly after buying it, they worked with Eden + Gray to finish the basement. There is even a secret toy room under the stairs, hidden behind a bookshelf.

“If the kids ever cleaned the toy room enough to actually close the secret door, it would be a dream,” Schultz jokes.

The family liked the basement design so much that they brought the contractor back for a full kitchen remodel.

“They widened our island so we could all gather around it — and, by ‘all,’ I mean us, the kids, the dogs, and often a friend or two and their kids,” Schultz says. “Everyone always ends up in the kitchen anyway, and we love it when that kitchen happens to be ours.”

The Schultz family especially enjoys living right across the street from Fox Creek Park and the neighbors they’ve been lucky enough to have. These are people who have shown up unasked countless times to mow the lawn while they were out of town, shovel the sidewalk, or pick up the kids when the parents were in a pinch.

“It’s a village, and we are so grateful for that,” Schultz says.

Since moving to Waukee, Schultz has appreciated how welcoming the community has been and the many ways to get involved. She currently serves as the board chair for the Waukee Area Chamber of Commerce and as a board trustee for the Waukee Public Library.

“A mentor once told me, ‘You can be as involved as you want here. All you have to do is raise your hand,’ ” she says. “That’s been absolutely true in my experience. In fact, I’ve been booted from some volunteer roles because the line behind me to volunteer was so long.” ■



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## PLAN AHEAD

By Kathy Dunbar

## THE GIFT of funeral preplanning

As you enjoy the beautiful Iowa summer and time with family and friends, think about giving them the gift of having your final arrangements planned. There are so many things that can be done, whether or not you choose to take advantage of your funeral home's prepayment options.



Determine how you want your life to be celebrated and get those wishes on file with your funeral home of choice.

Get your personal information recorded and on file with your funeral home of choice.

Write your own obituary. You have lived a full life, and there are things you may want mentioned that others may not remember when a funeral home's services will be needed. Get that information on file with your funeral home of choice.

As we like to say to the folks who we have the privilege to serve, we will take as much information as you will give us. Even if you have that special file in your own home where all your important information resides, get that information on file with the funeral home. The funeral home is the place where this information will be needed, and it helps make things so much easier for the family when the funeral home already has these important pieces of information at their fingertips.

I will say it again...planning ahead is a gift. ■

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

**MUSIC ON THE PATIO**  
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## SENIOR

By Jay Heaton

## GARDENING for happiness

There is something special about digging your hands into the soil, feeling the sun on your face, or even watching something grow. For many seniors, gardening is more than a pastime. It is a simple, yet joyful way to stay active, feel connected and boost overall well-being.



Spending time in the garden offers gentle exercise that's easy on the joints while helping with strength and flexibility. It's also great for the mind. Being around plants can reduce stress and anxiety, lift your mood and even keep your brain sharp. Let's face it, watching something you've planted flourish just feels good.

The best part? Gardening can be tailored to your space and comfort level. If bending or kneeling is tricky, raised garden beds at waist height make things easier. Prefer something simple? Try container gardening with herbs, flowers or tomatoes on a balcony or porch. Lightweight pots, drip watering systems, and a comfy garden chair can make a huge difference.

Gardening can help bring people together. Whether chatting with a neighbor about what is blooming or sharing a few cherry tomatoes, these little moments can brighten your day.

No matter your age or experience, it's never too late to plant something new. A garden doesn't have to be big; it just needs to bring you joy. ■

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

Join Waukee Public Library's 2025 Summer Challenge.



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'll 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](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 by phone at 515-978-7944.

## 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, closed

## UPCOMING CLOSURES

Sundays, June – August  
Friday, July 4

## PROGRAMS AND EVENTS

Most events require advanced registration. Check online for requirements and additional activities at [waukeepubliclibrary.org/upcoming-events](http://waukeepubliclibrary.org/upcoming-events).

- **Thursday, July 3**, 10-10:30 a.m., Dallas County Conservation stories and activities for ages 3 and older with their caregivers.
- **Thursdays in July, starting July 3**, 10-11 a.m., Concepts and Conversations for New English Learners. Kids entering kindergarten through fifth grade are invited to improve their English skills to be better prepared when school starts.
- **Thursday, July 10**, 10 a.m. to noon, Senior Technology Class: Staying on Schedule with Smartphones. Do you feel overwhelmed trying to keep up with your calendar? In this class, we'll learn how the email and calendar apps can be used as tools to stay active and engaged. We will also take a look at the functions of the clock app. For adults ages 18-plus.
- **Friday, July 11**, 10 a.m. to noon, Pokémon Pearlrs. This drop-in event is for ages 5 through adult. Create fused-bead designs based on Pokémon.
- **Saturday, July 12**, 10-11 a.m., Family Color Tag. Take a color run to the next level and challenge your friends to color tag. Participants should wear a white shirt that will become colorful by the end of the event. You could also wear any clothing you don't mind getting stained with colors. If you are sensitive to dust, you may wish to wear a face mask during this event. Masks will be available. In the case of inclement weather, alternative indoor games will be played.
- **Friday, July 19**, 4-5 p.m., Sensory Spaces. During this hour, enjoy designated quiet browsing and inclusive programming for individuals with special sensory needs and their families or caregivers. There will be a dimmed calm room, natural lighting, computer availability, and access to library materials. This month, supplies for creating clay characters will be available. For all ages. ■



## MEET Jes Young

Counselor is transitioning to middle school post.

Jes Young knew she wanted to pursue a career connected to counseling, she just was not sure exactly what she wanted to do. After graduating from Iowa State University, Young worked at Easter Seals of Iowa while attending Drake University for a master's degree in counseling. She was hired by the Waukee Community School District after graduation and has been a counselor in the district for 15 years.

"I would say one of my favorite things about working in Waukee is there is always room to continue to learn and grow as a professional. Whether it is through changing roles within your building, across the district to a new building or completely evolving into new opportunities, Waukee is always evolving and growing to allow for staff to constantly learn and grow as well," Young says.

For the past three school years, Young has served both Woodland Hills Elementary School and Sugar Creek Elementary School. She says she enjoys the variety that elementary school students bring to each day. She notes a big difference between kindergarten and fifth-grade students, and she enjoys the passion and excitement for learning that students at all levels possess.

"During my problem-solving guidance lessons with first graders this year, I created jingles and chants to help students remember different positive problem-solving skills. It was so heartwarming when I would hear my students singing or chanting the different jingles on their own. I loved the sense of independence and confidence they exhibited if faced with challenges," Young says.

As a school counselor, many parts of Young's day are predictable and many parts are not. With her time in each building looking different, Young's day can include meeting with students one on one, teaching guidance, or helping students with whatever they may need a little more support with.

"My favorite 'activity' I get to help students with is finding their voice and learning how to be the most amazing versions of themselves. I absolutely love when I get to witness a student feel so incredibly proud of themselves for something they accomplished. It is the best feeling," Young says.

Along with serving as a counselor for the district, Young also coaches the Waukee High School girls track and field team. Young, herself, competed in track and field in both high school and college. When a college teammate and roommate who coached for Waukee reached out to her to see if she would be interested in helping out, Young says it was an immediate yes.

"Coaching is a huge passion of mine, and I absolutely love getting to coach my track girls," Young says.

During the summer, Young is looking forward to spending time with her family and being outside in the sun. This fall, she will transition to Timberline Middle School as the sixth-grade counselor for the 2025-2026 school year. ■



Jes Young has been a counselor with the Waukee Community School District since graduating with her master's degree from Drake University.

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## WHY YOUNG adults need their own auto insurance policy

Graduating college or moving out of your parents' home is a big milestone — and with independence comes new responsibilities, including making sure you are properly insured. One crucial but often overlooked step is getting your own auto insurance policy. Many young adults assume they are still covered under their parents' plan, but that's not always the case.



Most auto insurance policies provide coverage to household members. Once you're no longer living at home, you may no longer qualify as an "insured" under your parents' policy by definition. This change can result in losing critical protections, even if you're not driving.

For example, uninsured and underinsured motorist coverage often extends to household members who are injured as pedestrians or passengers — even when they aren't in a covered vehicle. If you're no longer a resident of your parents' home, this protection may no longer apply. Without your own policy, you could be left with large medical bills if you're hit by a driver with little or no insurance.

Another often-lost benefit is newly acquired vehicle coverage. If you were still considered a household member and purchased a new car, your parents' policy might have automatically provided temporary coverage. But once you're out on your own, that automatic coverage no longer applies. If you buy a car and haven't secured your own policy yet, you could be driving uninsured.

Auto insurance also provides protection when you're borrowing someone else's vehicle, renting a car, or even defending against liability claims. Without your own policy, these situations can become financially devastating.

Setting up your own auto policy ensures you retain full protection as an individual. It also starts building your own insurance history, which can help lower your premiums over time. Many insurance companies offer affordable options for young adults, and bundling with renter's insurance or taking advantage of good student discounts can reduce costs even more.

As you step into this new phase of life, don't leave insurance to chance. A little planning now can provide peace of mind and financial security when you need it most. ■

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

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## Polk County Invests in Affordable Housing Initiatives & Homeless Shelter

Polk County Board of Supervisors distributing more than \$44 million on Affordable Housing initiatives & investing in critical infrastructure repairs at Central Iowa Shelter & Services' downtown Des Moines Homeless Shelter. Below are some initiatives Polk County has invested in using one-time federal funding.

### Monarch Apartments (4845 Merle Hay Rd, Des Moines)



Anawim Housing converted a former hotel into permanent housing for those experiencing homelessness & offering wrap-around services

42 total housing units

**Polk County's commitment: \$1 million**

### Goldfinch Lofts (3404 Ingersoll Ave, Des Moines)



Cutler Development's Goldfinch Lofts will be the first in the country that is carbon neutral certified and Iowa's first Passive House certified (for extremely high-efficient operational systems).

28 total housing units

**Polk County's commitment: \$1 million**

### Central Iowa Shelter & Services' Downtown Des Moines Homeless Shelter (1420 Mulberry St, Des Moines)



Supporting critical repairs including HVAC, plumbing, electrical, kitchen repairs, and security upgrades

**Polk County's commitment: \$817,333.93**

"Access to affordable housing is one of the single most important issues facing this country," said Board Chair Matt McCoy. "Polk County is fortunate to have this one-time federal funds to invest in affordable housing initiatives and those experiencing homelessness, because wherever you're at in life, everyone deserves to have a roof over your head."

- Matt McCoy







# Community Highlights

## Anawim Supportive Hotel-to-Housing Initiative Launches in Des Moines

Polk County Supervisors Matt McCoy and Angela Connolly joined other community leaders to celebrate the grand opening of The Monarch Apartments, the latest achievement in supportive housing spearheaded by Anawim Housing. This innovative hotel-to-housing conversion aims to offer stable, long-term accommodation to 40 individuals who are currently experiencing homelessness. By leveraging funds from the American Rescue Plan Act (ARPA), Polk County has played a pivotal role in bringing this project to fruition. These efforts not only provide residents with much-needed housing but also offer a pathway toward enhanced independence and overall well-being.



## Polk County and Ankeny Inaugurate Fourmile Creek Wetland Project

The Fourmile Creek Watershed Management Authority proudly dedicated the Creekview Stormwater Wetland, a landmark collaborative initiative between Polk County and the City of Ankeny. This ambitious project introduces a vast stormwater wetland meticulously crafted to manage urban runoff from approximately 423 acres of pre-regulation developments. Spanning 15 acres, the wetland incorporates key design features, including a precisely sized forebay, intricate micro-topography, and an innovative stream diversion structure. The dedication ceremony offered attendees a unique perspective with a hayrack ride tour, providing an up-close look at the transformational new wetland.



## Open House Held for Center at Sixth Development

Polk County Board Chair Matt McCoy had the honor of speaking at the unveiling of the Center at Sixth Development, located along the vibrant 6th Ave. corridor in Des Moines. Proudly backed by Polk County's funding, this unique development aims to empower local minority entrepreneurs. The 9,000-square-foot space will blend innovation and community by offering live/work units alongside a dynamic mixed-use incubator tailored for local artists, chefs, and retailers. This groundbreaking project is poised to serve as a catalyst for revitalizing Des Moines' 6th Avenue corridor, fostering growth and opportunity in the area.



## Polk County Gifts Adaptive Bikes to Ankeny Schools

Polk County Supervisor Mark Holm proudly awarded a Polk County Community Betterment Grant to Ankeny High School, marking a significant step towards inclusivity. The grant will fund the introduction of adaptive bikes, designed to empower students who are wheelchair-bound or have other special needs, enabling their active participation in school activities. This initiative underscores a commitment to ensuring accessibility and inclusivity for all students, fostering a more supportive and engaging educational environment.



## Character Counts Expansion Supported by Community Funding

Polk County Supervisors are thrilled to back the expansion of the Character Counts initiative, made achievable through generous grants and support from local organizations such as Prairie Meadows and Polk County. This expansion aims to extend the program's influence, reaching more than 30% of classrooms statewide. The program offers early childhood kits centered around the six pillars of character, provided at no cost to classrooms. These kits include comprehensive lesson plans, family guides, music, and posters. Educators can benefit from on-site training at the Robert D. and Billie Ray Center at Drake University or participate in convenient webinars, ensuring impactful and widespread character education.





## IV therapy

IV therapy has gained significant popularity as a wellness treatment offering a direct route to deliver essential nutrients, vitamins and hydration directly into the bloodstream. This method bypasses the digestive system, ensuring maximum absorption and immediate benefits.

The benefits of IV therapy are diverse. It can provide rapid hydration, which is crucial for overall health, and can alleviate symptoms of dehydration like fatigue and headaches. IV therapy also supports the immune system by delivering immune-enhancing vitamins directly to cells. Furthermore, it can enhance energy levels by providing essential nutrients that support cellular energy production.

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## WAUKEE Farmers Market

Wednesdays at the Triangle with fresh produce and more



Dan Wilson and Gretchen York with Wilson Farm Produce offer fresh produce at the Waukee Farmers Market.

Looking for homemade sourdough bread and raspberry jam to spread on it? How about handmade metal décor to spruce up your backyard?

Find these items and more at the Waukee Farmers Market this summer. The market takes place at the Triangle in downtown Waukee on Wednesdays from 4-7 p.m.

Market coordinator LuCinda Beltman has volunteered with the event since 2017. She coordinates vendors and site assignments and secures musicians. This year, the market is at capacity for vendors.

"This year, we had so many applicants, we had to set up a waitlist," Beltman explains. "I'd love to have more vendors if we had the space. We want to keep things small, as my vendors love a small market. Vendors like to get to know their customers."

The farmers market was originally started 16 years ago by the Waukee Parks and Rec Department. Now, the Triangle businesses share in coordinating responsibilities.

Some vendors returning each year include Wilson Farm Produce, Grandpa Joe's Goodies and Callie Corn (formerly Pop Pop Kettle Korn).

New this year is a 3-D printing vendor with a variety of objects for sale. There are also sewn items, sweet treats, food trucks and more. Musicians perform every Wednesday.

In addition, the Veterans Hall offers grilled burgers and hotdogs with proceeds going toward local veterans services for both the VFW and the American Legion veterans.

Attendance this summer is already up from last year.

"My vendors are happy," Beltman says.

Beltman has lived in Waukee with her family since 2006. She says she volunteers because of her dedication to the local market.

"I love getting local food and crafts into people's hands," she says. "I love the small town feel. I'm passionate about keeping it going."

She says that some Waukee residents have attended the market for the first time this year.

"I am always shocked when people say, 'I didn't know we have a farmers market.' It's a hidden gem," she says.

Local businesses are open during market time and it's a great place to walk or bike to. Attendees often bring chairs to stay and listen to the music.

"Tell your friends. Come and check it out. Experience the community feel of a small town market," Beltman says. ■



## WILLIAMS-THOMAS honored by National WWII Museum

Waukee student receives Iowa's 2025 Billy Michal Leadership Award.

The National WWII Museum announced SirMichael Carrington Williams-Thomas, a sophomore at Waukee High School, as Iowa's recipient of the 2025 Billy Michal Leadership Award. This prestigious award recognizes young leaders across the country who exemplify outstanding leadership, community engagement and a commitment to creating positive change.



The Billy Michal Leadership Award is presented annually to one student from each state and the District of Columbia. Inspired by the story of 6-year-old Billy Michal from Zimmerman, Louisiana — who helped his one-room school win a statewide scrap metal collection contest during World War II — the award celebrates the values of leadership, teamwork, tolerance, creativity and perseverance. Billy's example reminds us that every individual, regardless of age, can contribute meaningfully to their community and country.

Carrington has established himself as an exceptional leader and advocate, deeply committed to academic excellence, community stewardship, and fostering collaboration through authentic connections. He passionately champions the moral responsibility to fight for justice and give a voice to the unheard, demonstrating servant leadership within his community, school, state and nation.

His accomplishments include receiving the 2023 John Lewis Youth Leadership Award presented by Iowa's Secretary of State, the Honorable Paul Pate; the 2024 Ronald Reagan Leadership Medal; the 2024 Dr. Martin Luther King, Jr., Youth Leadership Scholarship Award from the City of West Des Moines; and the 2024 Youth Leader of the Year Award from the West Des Moines Chamber of Commerce. Carrington is also a 2024 Ronald Reagan Presidential Library Student Leadership Program fellow and is the immediate past Regional Teen President, representing seven states in the Central Region with Jack and Jill of America, Inc.

In addition to his accolades, Williams-Thomas actively engages in numerous leadership and extracurricular initiatives. He has served as a member of the Student Advisory Leadership Council, Mock Trial, and as a member of Waukee High School's Boys Golf Team. He is serving a two-year term as an appointed member of the State of Iowa's Youth Advisory Council (SIYAC) and is a participant in the 2025 Lead DSM's Youth Leadership Initiative (YLI) program. Carrington is also a dedicated member of the Ignition Student Leadership Team at Lutheran Church of Hope in West Des Moines and is an active Eagle Scout, currently serving on the National Scouts BSA Youth Council.

"We are delighted to recognize SirMichael Carrington Williams-Thomas for his unwavering commitment to leadership and service," said Stephen J. Watson, president and CEO of The National WWII Museum. "His passion for uplifting others and his dedication to creating an inclusive and collaborative environment is a true reflection of the values we celebrate with the Billy Michal Leadership Award."

Carrington joined honorees from across the nation at The National WWII Museum's American Spirit Awards program in New Orleans, Louisiana, May 29 - June 1. ■

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## INVESTMENT

By Daniel Rundahl

# ENJOY the season while staying on track



This time of year brings me to the outside and spending more time in my garden. Summer brings longer days, warmer weather and opportunities to enjoy the freedom that retirement offers. Whether it is traveling, spending time with family, or simply relaxing at home, the season invites us to embrace a slower pace and savor the moment. But, just like any season, summer also has its own financial considerations. As a financial advisor working with retirees, I've seen how planning ahead can make this season both enjoyable and financially secure.

Here are a few key financial tips to help retirees make the most of summer — without putting long-term goals at risk.

**1. Adjust your spending plan for the season.** Summer often brings a shift in spending. You may travel more, host family gatherings, or take on home improvement projects. These extra costs can add up quickly. Review your monthly budget and ensure that any added expenses still align with your overall retirement income strategy — whether it's from Social Security, pensions or retirement account withdrawals. Planning ahead helps you enjoy summer guilt-free and reduces the chance of overspending.

**2. Travel smart and save.** One of the great perks of retirement is the flexibility to travel during off-peak times. You can take advantage of midweek or last-minute deals and avoid the crowds. Don't forget to use any rewards points or senior discounts and be sure to budget for expenses like travel insurance, medical care abroad or currency exchange fees. Planning your trip around your financial comfort zone keeps vacations more enjoyable and stress-free.

**3. Stay on top of required minimum distributions (RMDs).** If you're 73 or older, you're required to take annual distributions from traditional IRAs or 401(k)s. Summer is a good time to check how much you've taken out so far and whether taxes are being withheld properly. Waiting until year-end to take your full RMD can increase the risk of missing the deadline and facing a penalty. Spreading it out over the year may be easier to manage and better for your tax planning.

**4. Prioritize health and wellness.** Summer heat and increased activity can impact your health and your finances. Make sure your Medicare coverage is current and understand what your plan includes if you're traveling. Schedule those checkups now and consider setting aside funds for unexpected health needs. Staying proactive about health is not just good for your body — it's good for your budget, too.

**5. Review your financial plan.** With the year halfway over, take time to revisit your retirement strategy. Are you on track with your goals? Do you need to rebalance your investments, update your estate plan or reassess your income needs? Summer can be a quieter time to organize your finances and hold important family conversations about legacy planning or end-of-life wishes.

Retirement is about enjoying the life you've worked hard to build. A bit of planning ensures summer is filled with joy, not financial stress. This would be a good time to reach out to a financial advisor to talk about summer plans and yearly goals. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, [drundahl@rundahlfinancial.com](mailto:drundahl@rundahlfinancial.com), [www.rundahlfinancialconsultants.com](http://www.rundahlfinancialconsultants.com).



# THE SCOTCHEROOS that became a family tradition

“My mom’s Scotcheroos are the best!”

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, “They were good, but yours are the best!”

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

## Now, the secrets:

**1. Use Special K cereal** – it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

**2. Don’t skip on the topping** – use one full bag each of semi-sweet chocolate chips and butterscotch chips.

**3. Watch the syrup closely** – this step can make or break the batch. Don’t overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

**Here’s a tip:** Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com). Happy snacking! ■

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



## Scotcheroos

### Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips



### Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!

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Zach Vander Ploeg at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Zach Elsbecker and Lindsay Baessler at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Jane Angstman and Jessica Mitchell at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Michael Bartos and Brett Braafhart at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Rob Reinard, Jill Crosser and Shane Molyneux at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Rhett Oselette and Terry Synder at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Levi and Jessica Taylor Fink at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Jane Angstman and Aly Davis at the Waukee Area Chamber of Commerce's Golf Outing June 12 at Beaver Creek Golf Club.



Kelly Troxel and Andrew Pauley at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Chad Hansen and Emily Schultz at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Mike Caliguiri and JT Pells at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Danny Henderson, Terry Snyder and Jamie Langbein at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.





Waukee Area Chamber of Commerce and Clive Chamber of Commerce hosted a ribbon cutting for Country Financial - Schwantes & Van Arsdale Agencies on May 22.



Amanda Schwantes, Jessica Taylor-Fink and Todd VanArsdale at the ribbon cutting for Country Financial - Schwantes & Van Arsdale Agencies on May 22.



Kristy Schmidt and Nikki Nigg at the ribbon cutting for Country Financial - Schwantes & Van Arsdale Agencies on May 22.



Terry Snyder and Rob Grove at the ribbon cutting for Country Financial - Schwantes & Van Arsdale Agencies on May 22.



Travis Gaule and Steve Rogers at the ribbon cutting for Country Financial - Schwantes & Van Arsdale Agencies on May 22.



Don Frazer, Paul Pick and Chad Hansen at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Vicki Davis and Liz and Lance Farrell at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Ali Davis, Casee Woodley and Jenni Callan at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Jessica Mitchell and Kelly Troxel at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Brent Appeldorn and Spencer Beeson at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.



Laura Rush, Nicole Storby, Kimberly Messmer and Megan Watt at the Waukee Area Chamber of Commerce's Net@Nite hosted by Iowa Trust on May 13.

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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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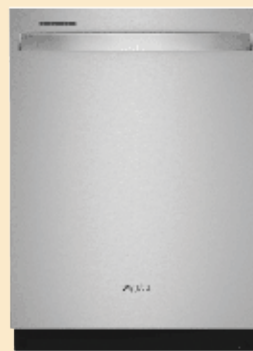
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