

WAUKEE

AUGUST 2025

# Living

MAGAZINE

## CAMPING IN STYLE

Residents share the joy  
of traveling with the  
conveniences.

**Mom's chicken salad**  
RECIPE

**Immanuel Lutheran**  
**celebrates 50 years**  
COMMUNITY

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WELCOME

## ADVENTURES in camping

"Sorry, folks. Park's closed. The moose out front should have told you."

Those lines from actor John Candy in the 1983 hit movie "National Lampoon's Vacation" were echoing in my brain as we pulled away from Mahoney State Park in Nebraska a few decades ago. Jolene and I drove about an hour to this campsite with our three young daughters, all packed in a minivan with a large tent, sleeping bags and more camping gear than any family could ever need.

But, I didn't make reservations, and the campsite was full. It was after 7 p.m. on a Friday night, and, one way or another, we were going camping. I asked the friendly guard at the gate if he could recommend another campground. He suggested one just down the road, and we immediately trucked the minivan to it.

We were in luck, as this campground had a few open spots. We all smiled as we pulled up to our site, only to open the doors and hear the deafening roar of stock car engines coming from a nearby race track. It wasn't the peaceful evening around the campfire we envisioned, but we made the best of it and pitched our tent, filled our air mattresses and rolled out the sleeping bags.

Eventually, the races ended — just in time for the rain to start. We huddled together as the wind whipped our tent around and the rain seeped inside. In time, we fell asleep, only to be awakened by the cold rain that flowed over our now-deflated air mattresses and into our sleeping bags. So, at midnight, I hastily packed up the family and our soaking-wet belongings and took the drive back home.

That was the end of our tent-camping adventures. Not too much later, we bought a pop-up camper. Then, we sold that and upgraded to a travel trailer. Then, we sold that and purchased a different travel trailer. Then, we sold that and dished out for a class C motorhome, which we still have today — along with that same aforementioned tent. With all the kids out of the house today, neither one gets used much now, but we still have many wonderful memories of RV camping and one not-so-wonderful memory in a tent.

In this month's magazine, we share the stories of local residents who are enjoying life in their RVs and creating camping adventures. You can bet that they make campground reservations in advance.

Thanks for reading. ■



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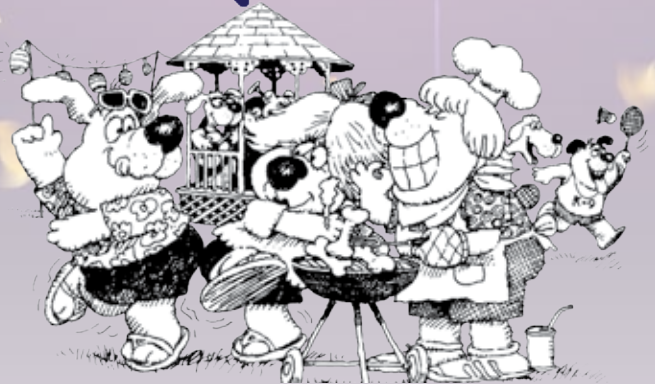


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# CAMPING IN STYLE

Residents share the joy  
of traveling with the  
conveniences.

**By Jackie Wilson**

Sitting around a campfire, toasting s'mores, telling stories and visiting with friends and family after a day of enjoying nature and exploring the big outdoors. Ah, the joys of camping! And you don't have to hike into the woods — covered in bug spray — and pitch a tent to partake in the fun. Those who prefer to make the trip with a camper share why they like to have some of the conveniences of home — bed, bathroom, air conditioner and more — on the trip with them.

Butch and Valerie Peters spend summers in Waukee camping and winters in Arizona. They like how they can travel easily with all the comforts of home.  
Photo by Jackie Wilson



## FEATURE

### Campgrounds: a slice of Americana

Valerie and Butch Peters of Waukee have camped for 30 years. Recently, the Waukee couple began camping full time, spending summers in Iowa and winters camping in Arizona.

The pair began camping at an early age.

"I started when I was a baby," Valerie says. "I was born in Oregon and tent camped as a kid. Then, our family got a motorhome."

Yet, when she and Butch married, tent camping proved more affordable. After a while, they desired more comfort and bought a 40-foot motorhome. At the time, it offered all the amenities and space; however, last year, they downsized to a 25-foot camper. They switched for several reasons.

"This one is super easy to drive and get in and out of places," Butch says.

Owning a smaller camper that both of them can drive was also important.

"We're getting up in age. Valerie can drive it in an emergency. It's amazing the number of couples where the wife doesn't drive. What if something happened to me?" he says.



The motorhome gets 12-14 miles per gallon — a significant improvement from their last model. At campsites, the sun often beats down in the windows. They put up blinds and barriers to combat the outdoor elements.

The camper offers a "smart" RV system, which features a computer-like app that opens and shuts awnings and monitors other levels



A smart panel on the Peters' camper is a valuable tool to monitor the camper.

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and devices in the camper. The system flags any problems.

Their summer base is at Timberline Campground in Waukee. The couple has noticed Timberline campers often have grandkids in town.

“It’s easier for grandparents to watch grandkids and come back to camp for their own space. Kids love it out here, then they can go back home to their house.”

One reason they like the camping is the travel opportunities.

“Last year, we visited the Grand Canyon, eastern Oregon, Snake River Canyon and Crater Lake. Seeing the land is so interesting,” Valerie says.

Another travel benefit is discovering oddities and unique spots in small towns.

“We found a matchstick museum. Who knew?” Butch says. “The things you find out when you’re camping. You couldn’t do that if you were driving through on the freeway.”

At the small museums, they’ve discovered tour guides and free admission or low entrance fees.

“Small places have tour guides who give you a lot of back stories,” Valerie says. “With a camper, it’s easier than a hotel room. Everything — all our stuff — is with us.”

The Peters have met friends all over the U.S. and attend RV rallies to connect with even more people.

“There’s an eclectic pot of Americana in the campgrounds,” Virginia says.

Grilling and hanging outdoors is a favorite pastime. If they arrive in town late, a camper stocked full of food means they don’t need to look for a restaurant.

“Once we get to a campsite, we set up and it’s happy hour,” Butch says.

Once October hits, they drive the camper to Yuma, Arizona. Along the way, they search for campground amenities. Valerie keeps a list of the best campgrounds with full hookups, which includes electric, water and sewer. Wi-Fi is a bonus.

“Some people want primitive camping in the wilderness,” Butch says. “We’ve done that. We like the comforts of home.”

Valerie suggests those interested in camping rent before they buy.

“We’ve seen it all. Some don’t have a clue with what to do with a camper,” she reflects. “If you rent first, you can see if you can live in that small of a space.”

“It makes me nervous about the new



Jerry Nance and his wife, Bernice, meet up with friends each year at the Iowa State Fair Campgrounds.

campers. Some are gung ho to get a camper but don’t know how to use it,” Butch adds.

Valerie likes the camping lifestyle.

“We love to be outdoors and meet new people. We’re experiencing what the country offers,” she says.

## State Fair camper

It’s fair to say Jerry Nance is one of the longest-time campers at the Iowa State Fair Campgrounds.

Nance, who is 88, has camped the Iowa State Fair nearly every year since 1963 — missing only three fairs. Yet, it started even before that, in the 1950s, when he was in high school. He took livestock to the fair in a livestock trailer.

“We’d unload them, clean it out, and then sleep in the trailer during the fair,” he recalls.

As a young family, the Nances began camping with another couple in a 10- by 18-foot tent. He lived in Dallas Center, and, between the two couples, they had five kids younger than 5 years old.

Over the years, they advanced to a pop-up camper, while Nance’s brother bought a Winnebago. Other friends purchased a motorhome, and they all camped together. He eventually bought a small bumper-pull trailer. Later, he upgraded to a 38-foot Dutch Star diesel motorhome.

When camping at the fairgrounds, they used to grab any available spot. They were on a

waiting list to be on the same campsite. Today, their site is a prime spot, just five rows from Grandfather’s Barn.

“Today, it’s 10 to 12 years on a waiting list to get a spot,” he explains.

Throughout the years, they’ve camped next to the same folks, watching their kids grow up over the years. Friends share meals together, using real plates and silverware — not the disposable kind.

Jerry and his wife, Bernice, cooked fried chicken and sweet corn and often shared their bounty with other campers and staff. One time, the Nances vacationed at the Ozarks and weren’t going to camp at the fair because of rain. Early on — before reservations were required — he was told there were no available sites. Yet Nance boasts he’s made friends all over the campground and used his connections to secure a spot.

“I was known for bribery,” he admits, smiling. “I was friends with the campground crews. I used to take in a load of sweet corn or peaches for everyone.”

The Nance kids participated in 4-H. Besides camping, Jerry worked at the fair in various capacities. He sold hay trailers and short-line machinery, plus worked in the tents.

“I’ve done nearly everything. I cooked at the pork tent, the cattle and sheep tents — but I didn’t do turkey legs.”

Generally, the group arrives the Saturday before the fair to set up, allowing for more time

## FEATURE

to spend with friends.

"We always drive through the campground and check out old friends. I'm outgoing," he explains. "I can make a lot of new friends."

Camping at the fairgrounds is known to be crowded, with steep hills. Motorhomes are much larger now but occupy the same space. Often motorhome awnings overlap other trailers.

"The campground is not level. We've loaned people spades or blocks. We once had to build five steps for a friend's trailer," he recalls.

Jerry and Bernice lived in Illinois for 18 years yet returned each year for the Iowa State Fair to camp. After retirement, they took their camper to Green Valley, Arizona, RV park. They eventually worked their way up, staying longer each winter.

"We tried Florida for a month at a time. Then, we'd do two months. The last five years, we stayed in Arizona for eight months camping," he explains.

They moved back to Iowa to Waukeez in 2024. Although he has recently sold the camper, and his wife has passed away, he now rents a motorhome for the fair. However, he



Jerry Nance of Waukeez has camped nearly every year since 1963 at the Iowa State Fair Campgrounds. Photo by Jackie Wilson

suffered from a cracked vertebrae this year but is determined to camp at the fair to see his long-time friends and family.

Camping has taught him flexibility and manners.

"There's no hard rules when camping. You can't say 'Do it my way.' Our kids learned manners because we were in such close quarters to other people," he reflects.

Nance says the fairgrounds camping spot will

remain in the family, even if he's not around.

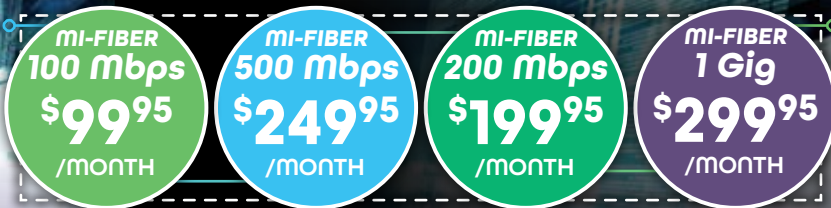
"As long as it's in my name, we have the spot. I've offered it to my kids and grandson," he explains. "Regardless, it will stay in our group."

Camping at the fairgrounds is a cherished tradition.

"It's hard to describe the friendships you build over the years. You share your lives together," he reflects. ■

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to the trustee on how to manage and disburse funds. It also names specific beneficiaries and determines how and when they should receive payments. A revocable trust is an important part of your estate planning strategy, and it has a lot of benefits.

Trusts allow you to control your wealth if you become disabled or incapacitated. Having the assets in a trust, with instructions to another person to distribute funds, ensures that you and your loved ones will still have those benefits even if you are not there to provide



them mentally or physically.

Trusts also protect your legacy. A properly constructed trust can protect your assets from your heirs' creditors or even from the irresponsible ways of the beneficiaries themselves. If you have children with special needs, a trust can manage assets in a way that guarantees the preservation of benefits like Medicaid and Social Security Disability.

Trusts allow you to choose who will manage your affairs. You will most likely act as the trustee of your own trust. But you should name a successor trustee to continue the role in the event of your incapacity or death. The successor trustee will follow the instructions in the trust document and continue the management of your assets.

Trusts are often used as a means to transfer inheritance to others over time or to protect assets for an individual with special needs. But the most common use of a trust is to avoid

probate. Probate is the court-supervised settling of an estate after death. Probate can take a year or more to complete and can cost thousands in court-awarded fees.

A well-drafted and correctly funded trust will continue after your death and will avoid probate. Assets in the trust are distributed according to the instructions in your trust, instead of being subject to court control. It can provide privacy and efficiency in the settlement of your estate.

Trusts are not for everybody. But, for those who want to protect their assets, avoid probate, and ensure a smooth transition of inheritance, consult with an experienced attorney to see if trust planning is right for you. ■

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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# HOSPICE care focuses on quality of time spent together

For James' family, early fall had always meant tradition — a time to slow down, take in the changing colors, and gather for their annual apple orchard trip.

But last year was different. James's health was declining after a long journey with heart failure and COPD. Though he still looked forward to time with his family, he and his wife, Denise, weren't sure how he could fully take part in the outings they had always enjoyed.

Support from an in-home hospice team helped shift the focus from what James couldn't do to what he still could, giving the family space to create meaningful moments in a season they all cherished.

"Hospice began caring for James in late August," Denise recalls. "They helped manage his symptoms, and he was able to join us at the orchard one last time. That afternoon was



something special — peaceful, joyful. A real memory."

When you're exploring hospice care for someone you love, it may feel difficult to associate it with the idea of living. But that's exactly what hospice is meant to support: living well, with dignity and comfort, even as health declines.

Hospice care isn't one-size-fits-all. It can be provided at home, on a dedicated hospice campus, or as part of a blended approach — and the right option depends on your family's unique situation.

Whatever model you consider, an important question to ask is: "How can the care I'm looking for help my loved one live more fully during this time?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person is diagnosed with a life-limiting illness. Studies show that individuals who receive hospice care early experience greater comfort and improved quality of life. In fact, 80% of Americans say they would prefer to die at home, yet only about 30% do — and hospice can help

close that gap.

If you're supporting a loved one through serious illness, think about how you want the two of you to spend time together. Hospice providers often deliver care right in the home, helping preserve daily routines while supporting the person and their family.

Reaching out to a hospice team can feel daunting, but please keep in mind that compassionate, expert care can ease the burden and help families create moments of connection — especially during cherished seasonal traditions.

"Once hospice was involved, we could focus on the time we had," Denise says. "We didn't know how much we were holding until we could let go of the stress. That fall was a gift." ■

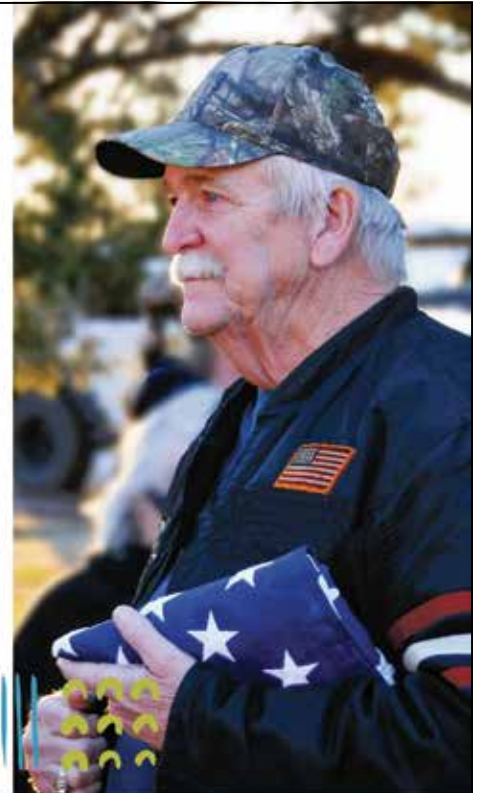
Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

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## Coming up in the Waukee Living magazine:

**Home Improvement:** Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

**Costume Creations:** Halloween fun is quickly approaching! If you forgo the off-the-rack costumes for something more creative, we want to hear from you. Tell us about your costume creations and the fun you had making them. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

## Yoga in the Park

Second and fourth Saturdays through September, 9:30 a.m.

Windfield Park Open Air Shelter,  
114 Windfield Parkway

Join local, certified yoga instructors for Yoga in the Park. Bring a yoga mat or towel, water bottle and \$5 per person. For ages 12 and older.



## Waukee Economic Development Bus Tour

Sept. 11, 2:30 p.m.

Beginning at The Palms Theatres & IMAX

The Waukee Area Chamber of Commerce announced that registration is now open for the annual Waukee Economic Development Bus Tour. This event is in partnership with the city of Waukee. Registration is limited. Tickets can be purchased and further information can be found on the Waukee Area Chamber of Commerce Calendar, [www.waukeechamber.com](http://www.waukeechamber.com).

Enjoy networking and a brief program from the city of Waukee and Waukee Area Chamber before boarding buses for a guided tour of Waukee's history, current development, and upcoming projects. The event will end with a social hour at The Palms Theatres & IMAX.

## Health Fair Lunch & Learn

Thursday, Sept. 18, noon to 3 p.m.

Edencrest at Kettlestone, 805 S.E. Tallgrass Lane, Waukee

Enjoy a complimentary lunch prepared by the Kettlestone culinary team, connect with the leadership team and learn about Kettlestone. Then explore wellness with free health screenings, expert-led education on physical and occupational therapy, neuropathy treatments, exercise tips, and exciting new approaches to senior care. Ask questions, gather resources, and walk away empowered. RSVP by Sept. 15 to [christina.jones@edencrestliving.com](mailto:christina.jones@edencrestliving.com).

## Networking Wine and Cheese Event

Thursday, Sept. 11, 3 p.m.  
Edencrest at Kettlestone,  
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Meet the Kettlestone team while engaging with others from around the community.

## Bowling family fun

Various dates

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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 [www.warriorlanes.com](http://www.warriorlanes.com). **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.



## Farmers Market

Wednesdays through September, 4-7 p.m.  
Historic Downtown Triangle

Enjoy perusing the variety of vendors while being entertained by live music by John Burns, songwriter, on Sept. 17. For more information, visit [www.facebook.com/waukee farmers market/](http://www.facebook.com/waukee farmers market/).

## Waukee Wauktoberfest

Saturday, Oct. 4

Downtown Triangle

Enjoy a day full of fun with live music, German food, beer, and the stein holding contest. Don't forget to wear your traditional attire and dance the night away to some lively polka music. [www.facebook.com/WAHSWauktoberfest](http://www.facebook.com/WAHSWauktoberfest)

## Trick-or-Treating

Oct. 31, 6-8 p.m.

Starting this year, the Waukee City Council has designated Halloween evening for trick-or-treating.

## Martini Fest

Friday, Sept. 19, 5-9 p.m.

West Glen Town Center

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating martini stop for a sample-size martini. Locations include nightclubs and restaurants at West Glen Town Center. Reserve your tickets at [www.eventbrite.com/e/cityview-martini-fest-2025-tickets-1291852588869](http://www.eventbrite.com/e/cityview-martini-fest-2025-tickets-1291852588869) now so you can avoid registration lines at the event.



## Halfway to St. Pat's Charity Car Show

Sunday, Sept. 14

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The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. Vendors and food will be available. ■





# STAY ahead this school year with academic resources

As the new school year begins, every student wants to stay ahead, build confidence and achieve their best, whether they are starting kindergarten or gearing up for the challenges of secondary school. The Waukee Public Library is your partner in success, offering a wide range of free, easy-to-access resources designed to support your learning journey and help you excel in academics and test preparation all year long.

Discover some of the top tools that can keep you sharp, prepared and confident throughout the school year:

- **Comprehensive test prep:** Facing a big test? Mometrix is your go-to resource for focused and effective test preparation. With expertly crafted study guides, practice questions, and detailed explanations, Mometrix supports learners tackling everything from elementary-level assessments to high school standardized exams. It's perfect for building skills and sharpening knowledge before important milestones. Mometrix is funded by the State Library of Iowa, ensuring free access for all Iowa residents.

- **Live tutoring and homework assistance:** Struggling with a homework problem or need extra help understanding a concept? Brainfuse HelpNow offers live, online tutoring in subjects like math, reading, writing, science and more. Students can connect with tutors in real-time, receive assistance with assignments, and access a writing lab for feedback on essays.

- **Research made easy:** Looking for a reliable place to research projects or satisfy your curiosity? World Book Online is an encyclopedic resource filled with reliable information and interactive content suitable for all ages. It's a fantastic starting point for research projects, reading assignments, or simply satisfying curious minds, with a user-friendly interface that makes learning approachable.

- **Language learning and pronunciation practice:** Effective communication is key in school and beyond. Are you looking to improve your language skills and pronunciation? The Library offers access to Pronunciator, a language learning platform that helps students improve their speaking skills. Whether preparing for presentations, language classes, or enhancing everyday communication, Pronunciator provides engaging and accessible resources to master pronunciation and language skills.

- **College admissions support:** Need help navigating the college admissions process? Brainfuse CollegeNow provides expert guidance on college applications, financial aid, admissions interviews and essay writing. Students can work one-on-one with counselors to develop a personalized college application plan, helping them stand out in a competitive admissions landscape.

All these tools are available for free with your Waukee Public Library card. Whether you visit the library in person or connect from home, you can tap into these valuable resources anytime you need academic support or test prep assistance. Dive into these resources, build confidence and take charge of your learning journey.

Learn more about the library and sign up for a card at [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact them at [askme@waukee.org](mailto:askme@waukee.org) or 515-978-7944. ■

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[www.waukeepubliclibrary.org](http://www.waukeepubliclibrary.org)

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# QUILTING for good

Group honors founding member.

The Waukee Needles & Threads Quilt Group has been stitching together friendship and community service for more than two decades.

Founded in January 2001 at the Waukee Public Library, the group now meets at Immanuel Lutheran Church on South Warrior Lane, gathering on the first Wednesday of each month at 1 p.m. Members often arrive early with lunch in hand, sharing conversation before the meeting begins. There are no dues, and leadership duties rotate, making the group welcoming and accessible to all.

Each meeting includes local quilting news, a show-and-tell segment, and a discussion or lesson chosen by the leader. Occasionally, members embark on “shop hops” to quilt stores across Iowa.

While participation in charity projects is never required, the group’s history is rich with generosity. In fact, hundreds of quilts and quilted items have been donated to veterans, foster children, senior living facilities, flood victims, hospitals, and many other causes over the years.

This summer, the group channeled that giving spirit into a special event honoring one of their own. In 2024, the Needles & Threads family lost Kay Jamison, one of its founding members and a dedicated supporter of charity quilting. Jamison’s husband, Fran, generously donated most of her fabric and supplies to the group, inspiring them to organize a three-day charity retreat from July 8–10.

“Kay was very charity-minded,” group member Colleen Smith says. “We wanted to make the best use of the gift we received from her family.”

Members spent months preparing for the retreat, sorting Jamison’s fabric, cutting kits, and sewing quilt blocks. Some even donated fabric from their own stashes. A Thrivent Financial grant helped cover the cost of batting and backing, while Immanuel Lutheran Church provided space for the event.

The group had ambitious goals for the retreat: three queen-size quilts and three full-size quilts for the Crisis Intervention and Advocacy Center; two twin-size quilts for Taylor House Hospice (where Jamison spent her final days); quilts for veterans; placemats for Meals on Wheels; baby quilts for Broadlawns Medical Center; and adult clothing protectors for Adel Acres and Spurgeon Senior Community. They also made eyeglass cases for Blessman International and comfort hearts for Blank Children’s Hospital.

“These organizations were very special to Kay, and we wanted to use her fabric to help them as much as possible,” Smith says.

The project was a true community effort. Proceeds from the sale of some of Jamison’s sewing tools and supplies helped fund the retreat, while other items were donated to Waukee Middle School’s sewing program.

“This is a story of generosity and bringing the community together,” Smith says.

While the retreat honored Jamison’s memory, it also offers a reminder: the Waukee Needles & Threads Quilt Group is always welcoming new members and encourages quilting lovers to join. ■



# AN AGENT in the making?

Infante represents Waukee at FBI leadership program.

If Sadie Infante has any say in it, you may be seeing the word “agent” in front of her name sometime in the not-to-distant future.

The 15-year-old Waukee High School sophomore recently competed the FBI Youth Leadership Program (YLP) in Quantico, Virginia, an eight-day academy for high school students ages 14–16 from across the United States and international community.

Infante has had an interest in law enforcement, specifically forensics, for as long as she can remember and took it one step further last January by applying for the YLP to represent the state of Iowa. The process involved a lengthy application, a written essay, a substantial amount of volunteer hours, extracurricular activities, a 4.0 GPA, and a panel interview.

After many days of nervous anticipation, she received the news: She was in.

Infante took an online personality test in which she was given various real world situations and then was asked how she would react. Upon arrival at the YLP, students received the results and attended a class on how to use them to their advantage.

“We learned how to manage our values and personalities as well as completing our goals in the most efficient way possible,” she says. “The test results were very eye opening for all of us and taught us more about ourselves and how to use our traits to their full potential.”

Things were off and running.

“I had one of the best weeks of my life,” she says. “Our week was filled with educational classes, physical training and field trips to historical places. The classes were all taught by our counselors and were filled with situational leadership lessons, schedule and conflict managing, and memorable stories from a law enforcement perspective.”

The physical training portion of the academy was challenging, she says, but was a positive experience nonetheless, including one particularly memorable time when the group trained with members of the Marine Corp.

“It was an experience none of us had done before, and it ended up being challenging and enjoyable,” she says.

A part of the training was the Yellow Brick Road (YBR), a mix of an obstacle course and running path located in and out of the woods on the base. For the YLP, the course was condensed to about three miles compared to the regular eight. Infante ate it up.

“My favorite part about the YBR was running through the muddy creek halfway through,” she says.

Meeting people, however, was the best part.

“So many new friends and people had similar goals and interests as me,” she says. “I met so many new people from all around the world, and it was amazing to talk about similar experiences and opportunities from our hometowns.” ■



Sadie Infante of Waukee High School participated in the FBI Youth Leadership Program in Quantico, Virginia, in June.



## FAITH in action

Shelton's 14 years at WayPoint Resources



After moving to Waukee from Texas in 2009, Mary Shelton and her husband joined St. Boniface Catholic Church. It was there that Shelton first heard about The Waukee Area Christian Services, now known as WayPoint Resources.

She began volunteering in the food pantry in 2010 and has been there every week since. A couple of years after she got started, her husband joined her. Their daughter and two granddaughters also pitched in while attending Waukee High School, earning their silver cords before graduation.

"In the food pantry now, it warms my heart to help people who are going through a hard time in their lives and need assistance," Shelton says. "They are so thankful, many times with tears, as they receive the blessings from WayPoint Resources."

But WayPoint Resources offers much more than its main food pantry. On any day the organization is open, visitors can pick up items in the "anytime room," find clothing in the clothes closet, and access the medical clinic Monday evenings. The onsite garden also supplies fresh vegetables.

Shelton's interest in the organization was a natural extension of her previous volunteer work. Before moving to Iowa, she spent seven years with the St. Vincent de Paul Society in Texas, serving in their parish food pantry. She also volunteered at her local hospital's gift shop.

Over the years, Shelton has given her time in many other ways as well — helping in her daughter's schools, serving as a Girl Scout leader, supporting her grandchildren's sports activities, and lending a hand at St. Boniface in Bible study, prayer groups, and by donating food for funeral luncheons.

For Shelton, WayPoint Resources has been a perfect place to share her time, talent and treasures.

"It is a great place to volunteer if anyone has some extra time," she says. "The staff and other volunteers that I have met over the years are wonderful people. They always need volunteers. Just contact WayPoint Resources. There are many different shifts and jobs to do."

Ultimately, Shelton's commitment to service is rooted in her faith.

"For Jesus has said, 'For whatever you do for the least of my brothers, you do for me,'" she shares. ■



Travis Gaule of Trust Bridge Wealth Advisors presents the Neighbor Spotlight certificate to Mary Shelton.

### Wealth Management & Retirement Planning

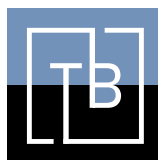


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# City of Waukee Bulletin

## AUGUST 2025

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

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### Register for Fall & Winter Programs

Registration for Fall and Winter programs with Waukee Parks & Recreation opens Tuesday, September 2 at 8 a.m. Youth basketball, adult indoor volleyball, art classes, karate, group meal planning and prep parties and more will entertain and educate people of all ages. Visit [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec) for more details on programs, classes and events.



#### Check out programs like these:

- Tippi Toes Dance: Ballet/Tap/Jazz for 4- to 5-year-olds
- Holiday Magicclass with professional magician Lee Cole for 6- to 15-year-olds
- My Grown Up and Me Yoga with Fit and Fierce 515
- Parents Night Out: Friday Fun for Kids with Camp Brainiac
- CPR certification classes for kids or adults
- Intermediate Youth Golf Clinic for ages 9-14
- Adaptive sport options for young players including Can Play Soccer in September
- Day trips for football fans, fall foliage aficionados and Christmas lovers

### Get a Tour of Development Around Waukee

The Waukee Area Chamber of Commerce is hosting an Economic Development Bus Tour on September 11 for the community to see current development projects and learn about upcoming projects around Waukee. After a brief program, City of Waukee staff lead the guided tour followed by a networking social. This event is \$5 per person, which includes the bus tour, drink ticket and popcorn. Register on the Waukee Area Chamber's calendar at [WaukeeChamber.com](http://WaukeeChamber.com).



### Labor Day Closures & Trash Pick-up Delay

All City of Waukee offices will be closed Monday, September 1 in observance of Labor Day. The city council meeting regularly scheduled for Monday is rescheduled for Tuesday, September 2. There will be no garbage, recycling or yard waste collection on Labor Day. Yard waste will be collected on Tuesday, September 2. Garbage and recycling collection will run on a Tuesday through Saturday schedule.



### Dates to Know

#### Snacks and Facts

Friday, September 5, 11 a.m.  
Waukee Public Library  
[WaukeePublicLibrary.org](http://WaukeePublicLibrary.org)

#### Bingo

Friday, September 5, 1 p.m.  
Waukee Public Library  
[Waukee.org/ParksandRec.org](http://Waukee.org/ParksandRec.org)

#### City

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City  
Wau





### Waukee Canopy Offers Low-Cost Trees

Waukee residents can order up to two low-cost trees through the canopy program with Waukee Parks & Recreation. Choose from 12 species, ranging from \$28-53 per tree. Find details at [Waukee.org/Canopy](http://Waukee.org/Canopy).

### Dial Before You Dig

Before putting the shovel to the dirt for fall projects, dial 811 or visit [IowaOneCall.com](http://IowaOneCall.com) to have the approximate location of utility lines marked for free. If you are planting trees, installing a fence or any other digging project, knowing where lines are located can help you avoid knocking out utility service, injuring yourself or facing fines. To make sure all the providers can get lines marked, we recommend submitting your request at least one week before you dig.

### Thank you to seasonal staff!

Did you know the size of the City staff nearly doubles each summer? 200 seasonal staff members help keep our parks, trails and streets looking great. They make thousands of rounds of golf possible and hand out hot dogs and candy to hungry spectators at hundreds of ball games at Triumph Park. They wrangle kids at summer programs and assist with events. Join us in thanking them for their hard work making summer run smoothly in Waukee!



### New Outdoor Workout

A new outdoor fitness court will open soon in Ridge Pointe Park. Now that corn sweat season is nearly over, you can work up a sweat of your own with guided workouts tailored to ages 14 and older and various fitness levels. Just download the free app to get tons of ways to use the 7 stations. Get all the details, rules and safety information at [Waukee.org/FitnessCourt](http://Waukee.org/FitnessCourt).



### Roundabout Reminders

If you are in the roundabout when a police car, fire truck or ambulance comes up behind you with lights or sirens, do not stop. Continue through the roundabout and pull off to the side as soon as there is space to do so after exiting. When you are riding a bike, scooter or skateboard, stop when you get to the roundabout. Walk across and start riding again when you are on the other side. This helps drivers see you more clearly and prevents accidents.



### Library News

The Waukee Public Library will resume Sunday hours on September 7. Go to [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org) to find hours of operation. In addition to great reading materials, the library offers meeting and study rooms, computers, wireless printing and a flatbed scanner. September is Library Card Sign-Up Month, so swing by 950 S. Warrior Lane or visit the website to get your card today! While you're at the Library, pick up a September calendar for great programs and events this month. You can also view all upcoming fall programs at [WaukeePublicLibrary.org/Events](http://WaukeePublicLibrary.org/Events)



## PLAN AHEAD FOR PEACE *of* MIND

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

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



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## PLAN AHEAD By Buffy Peters

### ANTICIPATORY grief

Anticipatory grief is the kind of grief that occurs before a death. While this is our body's way of preparing for the loss, it does not necessarily mean that the grief experienced when the death does occur will be easier. For some, it might still feel surreal or even shocking when the death finally occurs because it has been long-anticipated. That long period of anticipation may lead to heightened anxiety for some. For others, the time to prepare makes the death feel less impactful when it does occur.



It is important to remember that grief reactions are highly individual and vary for each loss experienced. Feelings that may be more pronounced include anxiety and guilt. There may be additional layers added to grief, like the emotional toll of being a caretaker. And there are many secondary losses grieved along the way, like changes in abilities and cognition.

A few tips for coping with anticipatory grief: Give yourself permission to feel whatever you are feeling, especially contradictory feelings. Take care of yourself and find adaptive coping strategies that work for you. Seek out support and respite when you need it. Be as present as possible with the person who is dying and utilize this time for memory making and reminiscing.

It is easy to forget that dying is actually very hard work. Being present to someone doing the hard work of dying can be a powerful experience. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666. For more information, resources or support visit: [www.HamiltonsFuneralHome.com/academy-of-grief-and-loss](http://www.HamiltonsFuneralHome.com/academy-of-grief-and-loss).

## EDUCATIONAL OPPORTUNITY



**Fire Safety with Waukee's Fire Prevention Specialist, Elle Osborn**

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## SENIOR By Jay Heaton

### EXCITING education opportunities for seniors

Who says learning stops at retirement? Central Iowa offers a wide variety of engaging programs tailored to seniors who want to keep learning, growing and connecting.

Two of the best-known options are the Osher Lifelong Learning Institutes (OLLI) at Drake University and Iowa State University. These popular programs offer fascinating non-credit courses on everything from Iowa history and brain health to storytelling, travel and even the latest tech. Classes are affordable, flexible and designed for learners aged 50 and older.

Looking for practical guidance? The Straight Talk Senior Living Series in West Des Moines hosts free monthly seminars covering important topics like downsizing, in-home care, senior housing options, and building strong social circles as we age.

You'll also find enriching classes at DMACC and Iowa Valley Continuing Education, often at low or no cost for seniors. Do not overlook your local library or community center. They're buzzing with book clubs, guest speakers and hands-on workshops. ■



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



## HALF-CENTURY milestone

Immanuel Lutheran celebrates 50 years.

In 1975, Waukee residents were surveyed to determine interest in establishing a Lutheran church in the area.

Nine families said 'Yes,' and the Immanuel Lutheran Church formed a new congregation, with the first service held on Sept. 21, 1975. Fast forward 50 years, and the church is still going strong today.

The Immanuel congregation is celebrating its anniversary on Sept. 28. The event is open to all and will include a service with music, a catered lunch, memorabilia and shared memories.

Before the church was built, members met in the high school gymnasium, with 82 in attendance the second week of church. Members brought hymnals from home, and the confirmation group met at the Charter Bank's basement. Waukee's population at the time was approximately 2,227 residents.

In September 1975, the church was gifted 4.5 acres of land from various Waukee families to build a church on it. They chose the name Immanuel as it means "God is with us."

The cost to build the church was \$119,230, and it was completed in May 1977. In 2002, the church expanded and dedicated a new sanctuary that included an education and flex space in the basement.

Kathy Taggart is on the planning committee for the anniversary celebration and has lived in Waukee for 30 years. She says the church is valued because of the friendly people.

"Members love the size of the church," she says. "I know everyone here. I've seen a lot of transplants and families moving to Waukee to be close to their (adult) children and grandkids."

Pastor Curt Joseph has served as pastor at Immanuel since 1999 and is one of just four pastors since 1975. He says members return because they are a welcoming community of people.

As a pastor for 50 years, Joseph has witnessed changes in church worship routines.

"Some churches rely on the entertainment factor, and it's not really the worship experience. It's like going to a program and leaving," he explains. "At our church, there's a commitment here. I know the people, their hurts and celebrations. It's a community that comes together and is motivated by the word of God."

Immanuel offers a traditional worship, which teaches the message that God forgives.

"God loves every one of you, even if you mess up. God forgives and forgets your sins," Joseph says.

Taggart says the church has little paid staff and relies on volunteers for mowing, shoveling snow, baking communion bread and more. They host food drives and assist in community relief efforts.

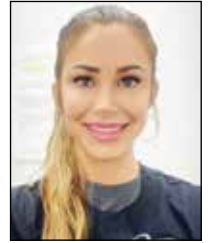
For more information, visit [www.ilcwaukee.org](http://www.ilcwaukee.org). ■



Today, the Immanuel Lutheran Church, 900 S. Warrior Lane in Waukee, continues to draw families for worship.

## IMPACTS of facial balancing

Facial balancing is a cosmetic procedure that utilizes injectable dermal fillers and neuromodulators to enhance facial symmetry and proportion, aiming for a harmonious and aesthetically pleasing appearance. This non-surgical approach focuses on the face as a whole, rather than isolated features, to create subtle yet impactful improvements.



The impacts of facial balancing are multifaceted, extending beyond mere aesthetic enhancement. One primary impact is the improvement of facial symmetry and proportion, which can significantly boost an individual's confidence and self-esteem. By addressing areas of volume loss, asymmetry or disproportion, such as the cheeks, temples, chin, jawline and lips, facial balancing can create a more youthful and refreshed look. This is particularly beneficial for those experiencing weight loss or age-related volume loss, which can lead to a tired or older appearance.

Facial balancing offers a minimally invasive alternative to surgical procedures with little to no downtime and immediate results. This makes it an attractive option for individuals seeking significant aesthetic improvements without the risks and recovery associated with surgery. The customizable nature of the treatment allows practitioners to tailor plans to each patient's unique facial structure and aesthetic goals, ensuring natural-looking outcomes. ■

Information provided by Kyla Bowen, Registered Nurse and Injector with more than six years injecting experience, 4 Ever Young, 1180 S.E. University Ave., Waukee, 515-304-2324, [www.4everyoungantiaging.com](http://www.4everyoungantiaging.com)

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## EDUCATION

By T.K. West

# MEET Calista Rose

Lessons with life connections



Calista Rose enjoys teaching second-graders, who she says are eager, hard-working and social.

A 2017 Waukee graduate, Calista Rose attended Iowa State University to pursue her degree in education. After graduating in the spring of 2021, Rose returned to her alma mater where she currently teaches second grade. She also earned a master's degree in education from Drake University in 2024. Rose has taught all four years at Brookview Elementary and is looking forward to another great school year.

"Post graduation, I knew I wanted to go back to my high school alma mater as I had the best experience. I loved all of my teachers from Waukee Elementary, Waukee North Middle School, Prairieview and Waukee High School. I still keep in touch with many of my past teachers and have even worked with some of them," Rose says.

Each spring, Rose's students hatch chicks in their classroom while learning about life cycles. During this lesson, her students learn about various life cycles in plants, animals and insects while getting to watch and learn "hands-on." Rose says that watching the chicks hatch has been one of her students' favorite activities.

"It is a joy to make an impact on my students every day. Each week, I have a different 'life skill' that we get to discuss and learn during our morning meeting time. Students have the opportunity to share their experiences, make connections and ask questions related to the skills. It brings a sense of home to my classroom where students can learn lessons they will take with them throughout the rest of their life," Rose says.

Outside of school, Rose enjoys yoga, reading and going for walks. She was also married this past summer.

"Second grade is the best grade. Students are eager to learn, they're social with peers and teachers, they enjoy having responsibilities, they love surprises and work hard to learn new things. I love playing games with my students that remind me of my childhood," Rose says. ■

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## THE HIDDEN gaps in homeowners insurance you might not know about

Most homeowners assume that their insurance policy will cover any disaster that strikes. Unfortunately, that's not always the case. Standard homeowners insurance offers strong protection for many common risks, but there are some surprising gaps that could leave you paying out of pocket if you're not prepared.

One of the biggest misconceptions is flood coverage. Flood damage from rising water — whether due to heavy rains, hurricanes or melting snow — is not included in a typical policy. To be protected, homeowners need a separate flood insurance policy, often through the National Flood Insurance Program or private insurers. Even if you're not in a high-risk flood zone, flash flooding or severe weather can happen anywhere.

Earthquakes and ground movement are another exclusion. While these events might seem rare, many regions across the country experience minor quakes, and the damage can be costly. Separate earthquake coverage is available as an endorsement or standalone policy.

Homeowners should also be aware of coverage limits for valuable items. Jewelry, fine art and collectibles often have strict limits — sometimes as low as \$1,500 — under a standard policy. If you own high-value items, you may need to "schedule" them individually for proper coverage.

Wear and tear, neglect and routine maintenance issues are also not covered. For instance, if a roof leaks due to old age or lack of maintenance, the resulting damage might not be reimbursed. Insurance is designed for sudden, accidental loss — not gradual damage.

Finally, liability coverage can be another weak spot. Standard homeowners policies typically include liability protection, but the limits may not be enough in today's world of costly lawsuits. A serious accident on your property could exceed your coverage, leaving your assets at risk.

The good news is that these gaps can often be filled with the right endorsements or additional policies. A quick review with your insurance agent can identify areas where your coverage falls short and help you make affordable adjustments.

Understanding what your policy does — and doesn't — cover is the first step in protecting your home and financial security. ■

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



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# **WAUKEE** *Warriors* 2025 FALL SCHEDULE

## V FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	7:00PM	Johnston	Johnston High School
Sept 5	7:00PM	Ankeny	Waukee Stadium
Sept 12	7:00PM	CR Kennedy	Cedar Rapids
Sept 19	7:00PM	Valley	Waukee Stadium
Sept 26	7:00PM	DCG	Dallas Center-Grimes
10/3	7:00PM	Marshalltown	Waukee Stadium
10/10	7:00PM	Dowling Catholic	Valley Stadium
10/17	7:00PM	Waukee NW	Northwest High School
10/24	7:00PM	Waterloo West	Waukee Stadium

## V VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	9:00AM	Multiple Schools	Ankeny Centennial
Sept 4	7:30PM	Johnston	Johnston High School
Sept 6	8:30AM	Multiple Schools	Valley High School
Sept 9	7:30PM	Ankeny	Ankeny High School
Sept 13	8:00AM	Multiple Schools	Southeast Polk
Sept 16	7:30PM	Southeast Polk	Waukee High School
Sept 20	8:30AM	Multiple Schools	Waukee High School
Sept 23	7:30PM	Waukee NW	Waukee High School
Sept 30	7:30PM	Ank Centennial	Ankeny Centennial
Oct 2	7:30PM	Dowling Catholic	Dowling Catholic
Oct 7	7:30PM	Urbandale	Waukee High School
Oct 14	7:30PM	Valley	Waukee High School
Oct 18	8:30AM	JHS Invite	Johnston High School

## V G/B CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sept 4	4:00PM	Multiple Schools	ISU XC Course
Sept 11	4:00PM	Bobcat Invite	Marshalltown Com. Coll.
Sept 16	5:45/6:05PM	Multiple Schools	Valley Southwoods
Sept 20	9:00AM	Hearthland Classic	Central College
Sept 25	4:30PM	Multiple Schools	Pickard Park
Oct 2	5:30/6:00PM	Multiple Schools	Southeast Polk
Oct 9	5:25/5:55PM	Fort Dodge Inv.	Lakeside Municipal GC

\* Boys Only

## V BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Sept 8	9:00AM	Multiple Schools	Willow Creek GC
Sept 15	10:00AM	Multiple Schools	Veenker Memorial GC
Sept 16	10:00AM	Multiple Schools	Cedar Rapids CC
Sept 17	1:00PM	Multiple Schools	River Valley GC
Sept 22	10:00AM	Multiple Schools	Willow Creek GC
Sept 23	9:00AM	Multiple Schools	Pheasant Ridge GC
Sept 29	1:30PM	Multiple Schools	Briarwood Club

## V GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Aug 28	4:00PM	Waukee Northwest	Northwest HS
Aug 29	2:00PM	Norwalk	Waukee High School
Sept 8	4:00PM	Urbandale	Walker Johnston Courts
Sept 11	4:00PM	Valley	Valley Southwoods
Sept 12	9:00AM	Johnston Inv.	Johnston High School
Sept 15	4:00PM	Des Moines Lincoln	Brody Middle School

## V GIRLS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Sept 2	5:30PM	Ankeny	Waukee Natatorium
Sept 6	10:00AM	Riverhawk Girls Inv.	Mason City HS Pool
Sept 9	5:30PM	Southeast Polk	Southeast Polk
Sept 13	9:00AM	Linn-Mar Girls Inv.	Linn-Mar Aquatic Center
Sept 16	5:30PM	Dowling Catholic	Dowling Catholic
Sept 20	9:00AM	Waukee Girls Invite	Waukee CSD Natatorium
Sept 23	5:30PM	Johnston	Summit Middle School
Sept 27	8:30AM	Multiple Schools	Valley High School
Sept 30	5:30PM	Waukee Northwest	Waukee Natatorium
Oct 4	9:00AM	Multiple Schools	Cedar Falls Quatics Center
Oct 11	8:30AM	Johnston Invitational	Summit Middle School
Oct 14	5:30PM	Valley	Valley High School
Oct 18	10:00AM	Multiple Schools	Marshalltown YMCA

## FOR ALL WARRIORS'S SCHEDULES



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

\*Schedule reflects games not yet played this season when published

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# NORTHWEST

# Wolves

## 2025 FALL SCHEDULE

### V FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	7:00PM	Ankeny	Northview Middle School
Sept 5	7:00PM	Valley	Northwest HS Stadium
Sept 12	7:00PM	Iowa City High	Iowa City High Bates Field
Sept 19	7:00PM	Prairie	Prairie HS Football Stadium
Sept 26	7:00PM	Des Moines East	Northwest HS Stadium
Oct 3	7:00PM	Ottumwa	Northwest HS Stadium
Oct 10	7:00PM	Southeast Polk	Southeast Polk HS
Oct 17	7:00PM	Waukee	Northwest HS Stadium
Oct 24	7:00PM	Norwalk	Norwalk Warrior Stadium

### V VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	9:00AM	Multiple Schools	Ankeny Centennial
Sept 2	7:30PM	Ank Centennial	Northwest HS
Sept 4	7:30PM	Urbandale	Urbandale High School
Sept 6	8:30AM	Multiple Schools	Valley High School
Sept 9	7:30PM	Johnston	Northwest High School
Sept 13	8:00AM	Multiple Schools	Southeast Polk
Sept 16	7:30PM	Valley	Valley High School
Sept 18	7:30PM	Southeast Polk	Northwest High School
Sept 23	7:30PM	Waukee	Waukee High School
Sept 27	9:00AM	Multiple Schools	Cedar Falls High School
Oct 4	8:00AM	Multiple Schools	Urbandale High School
Oct 7	7:30PM	Ankeny	Ankeny High School
Oct 14	7:30PM	Dowling Catholic	Northwest High School

### V G/B CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sept 4	4:00PM	Multiple Schools	ISU XC Course
Sept 11	4:00PM	Bobcat Invite	Marshalltown Com. Coll.
Sept 20	9:00AM	Heartland Classic	Central College
Oct 2	5:30/6:00PM	Multiple Schools	Southeast Polk
Oct 9	5:25/5:55PM	Fort Dodge Inv.	Lakeside Municipal GC

### V BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 27	9:00AM	Johnston Inv.	Jester Park Golf Course
Aug 28	10:00AM	Northwest Inv.	The Legacy Golf Club
Sept 2	10:00AM	Fort Dodge Inv.	Fort Dodge Country Club
Sept 8	8:00AM	Multiple Schools	Urbandale Golf & CC
Sept 9	8:30AM	Multiple Schools	Terrace Hills Golf Course
Sept 15	10:00AM	Multiple Schools	Veenker Memorial GC
Sept 22	10:00AM	Valley Golf Classic	Willow Creek Golf Course
Sept 23	9:00AM	Multiple Schools	Pheasant Ridge Golf Course

### V GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Aug 28	4:00PM	Waukee	Northwest High School
Aug 29	11:00AM	Multiple Schools	Northwest High School
Sept 2	12:00PM	Linn-Mar	Oak Ridge Complex
Sept 8	4:00PM	Ankeny	Northwest High School
Sept 11	4:00PM	Dowling Catholic	Dowling Catholic
Sept 12	9:00AM	Northwest Quad	Northwest HS Tennis Courts

### V GIRLS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Sept 2	5:30PM	Valley	Valley High School
Sept 9	5:30PM	Johnston	Summit Middle School
Sept 13	9:00AM	Multiple Schools	Linn-Mar Aquatic Center
Sept 16	5:30PM	Ankeny	Trail Point Aquatics & Wellness
Sept 20	9:00AM	Multiple Schools	Waukee CSD Natatorium
Sept 23	5:30PM	Dowling Catholic	Waukee CSD Natatorium
Sept 27	8:30AM	Tiger Tankers Inv.	Valley High School
Sept 30	5:30PM	Waukee	Waukee Natatorium
Oct 7	5:30PM	Southeast Polk	Waukee CSD Natatorium
Oct 11	8:30AM	Johnston Inv.	Summit Middle School

# THIS SEASON!

## FOR ALL WOLVES'S SCHEDULES



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

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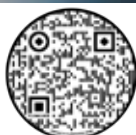
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## INVESTMENT

By Daniel Rundahl

# GOVERNMENT policy can affect retirement planning

The “One Big Beautiful Bill” Act, signed into law on July 4, is one of the most sweeping economic overhauls in recent history. Whether you’re a working parent, a retiree, or a small business owner, this legislation is likely to affect your household budget, tax strategy and long-term financial planning.



At the heart of the law is an extension of the 2017 tax cuts, now made permanent. This extension will create certainty for many as the discussion of qualified retirement funds and their taxation in the future has created much doubt and urgency to timely tax planning. This legislation includes lower income tax rates, an expanded standard deduction including a \$6,000 per person additional deduction for those over 65, and a boost to the Child Tax Credit increasing from \$2,000 to \$2,200 per child starting in 2025. A new rule also disqualifies children and parents without Social Security numbers, which will particularly impact mixed-status households.

One of the most talked-about features of the bill is the introduction of “Trump Accounts” — a \$1,000 tax-deferred investment account automatically opened for every child born between 2025 and 2028. These accounts are invested in a U.S. stock index fund and roll into a traditional IRA when the child turns 18. Parents can contribute up to \$5,000 annually, and employers may add an additional \$2,500 per year. For families focused on building generational wealth or setting their children up for a strong financial future, these accounts present a unique new saving tool.

To balance the cost of tax relief and new programs, the law makes deep cuts to Medicaid and food assistance programs. Medicaid faces more than \$900 billion in reductions over the next decade, and new work requirements could result in millions losing coverage. For those in rural areas, where hospitals often rely on Medicaid funding, this could lead to service reductions or even closures.

The bill also shifts national energy priorities, expanding oil, gas and coal development on federal lands while reducing credits and deductions of clean energy choices. If your investment portfolio includes renewable energy or ESG-focused holdings, these changes could impact long-term performance and risk profiles. In the effort of balanced investment portfolio design that has leaned on energy primary and subsidiary companies for nearly a decade, a transition to different investment holdings will need to be considered.

Finally, the law raises the debt ceiling and is projected to add between \$3 and \$5 trillion to the national deficit. All this said, and awaiting announcements from the FED on interest rate considerations in September, we hold our breath on the short-term outlook to borrowing and interest-bearing investments, in whole.

The bottom line? The “One Big Beautiful Bill” offers answers to concerning questions about taxes and brings forward concerns to the “Main Street” effect on the short-term economy. As we have recently announced in our office, “Taxes were on sale” the last few years... now the “sale has been extended.” If you haven’t reviewed your financial strategy recently, now is the time. Enjoy the rest of the summer. ■

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).



## MOM'S Chicken Salad

Lately, I've been hooked on chicken salad — making a fresh batch every week for quick, satisfying lunches and the occasional no-fuss dinner. It is incredibly convenient to have a flavorful, ready-to-eat meal waiting in the fridge. I love its versatility, too, as it is perfect to pile on toast, toss over greens, or simply enjoy by the spoonful.



This version (I can't really call it a recipe) is more of a method passed down from my mother. She never measured anything, but just added a bit of this and a scoop of that, adjusting as she tasted. I have kept that spirit but added a few of my own touches along the way. I sometimes swap out the mayo for Greek yogurt, skip the onions (some family members are not fans), and change up the nuts depending on what I have on hand. I also ditched the sugar in favor of honey or a splash of lemon juice for brightness. Personally, I leave out mustard — but if you love that tangy kick, try stirring in a tablespoon of Dijon for a bold, earthy note.

It's a flexible formula that can be adjusted to your tastes — and your family's. Enjoy! ■

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

## Lois' Chicken Salad

### Ingredients:

- 3 cups chicken, diced
- ½-1 cup celery, diced
- ¼-½ cup onion, minced (optional)
- ½-1 cup of red grapes, cut in half (or use mandarin oranges)
- ¼-¾ cup pecans, chopped (or use walnuts or almonds)
- 2 tablespoons honey (or a splash of lemon juice)
- 1-1¼ cup mayonnaise (or low-fat Greek yogurt), add more if needed
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- ½ teaspoon salt

### Directions

- Add first five ingredients to a medium-sized bowl. In a smaller bowl, combine the last 5 ingredients and add to the first bowl. Mix. Chill for one to two hours so flavors blend. Enjoy on bread, toast, bed of greens or on its own. Makes six to eight servings.





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# ARTS Festival

The Waukee Arts Festival Student Exhibition was sponsored by the Waukee Rotary Club on July 19.



Craig Butterfield, Shari Freeman, Craig Bullis, Hanna Huisman and Dave Meyer, Waukee Rotary



London



Isabelle



Paige



Henry



Ty



Addy



James



Colin



Audrey



Emma



Bennett



## OUT & ABOUT



Waukee Chamber of Commerce hosted a groundbreaking for Iowa Ortho on July 23.



Rob Grove and Mayor Courtney Clarke at the Waukee Chamber of Commerce ground breaking for Iowa Ortho on July 23.



Ethan Glenn, Jaren Dudley and Makayla McFarland at the Waukee Chamber of Commerce ground breaking for Iowa Ortho on July 23.



Kelli Kramer, Brett Speirs, Kendsey Elliott and Katie Carstens at the Waukee Chamber of Commerce ground breaking for Iowa Ortho on July 23.



Stephen Carveth and Scott Daggett at the Waukee Chamber of Commerce ground breaking for Iowa Ortho on July 23.



Waukee Chamber of Commerce hosted a ribbon cutting for the Horseshoe Bend at Timberline campgrounds on July 31.



Corrine Fenske, Dana VanGilder, Connor Hehli and Megan Watt at the Waukee Chamber of Commerce ribbon cutting for the Horseshoe Bend at Timberline campgrounds on July 31.



Waukee Chamber of Commerce hosted a ribbon cutting for Prairie Path Insurance on July 28.



Waukee Chamber of Commerce hosted a ribbon cutting for Dancin' With Roxie on July 21.



# CLASSIFIEDS

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See pharmacy or [Hy-Vee.com](http://Hy-Vee.com) for details. Certain state,  
age, health-related and other restrictions may apply.

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**Whirlpool Dryer:**  
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Top load electric moisture sensing dryer with steam & wrinkle shield

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