

Living

A 'fur-ever' HOME

Residents share stories about the animals they rescued.

Vander Linden finds volunteering to be time well spent

NEIGHBOR SPOTLIGHT

Online resources offer free tools for career growth

LIBRARY

**UP TO 2 FREE
LAWN CARE APPLICATIONS**
ON A FULL PROGRAM

BEST FERTILIZER. BEST WEED CONTROL.



Schedule Your **FREE** Lawn Evaluation Today!
515.279.4008 | www.allamericanturf.com

New Customers Only. Up to 15,000 Square Feet. Some Restrictions Apply.

PSRRT STD
ECRWSS EDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

LOCAL PEDIATRIC CARE YOU CAN TRUST

BECAUSE OUR NAME IS ON THE DOOR.

We offer personal care for your family in a locally owned practice that can't be matched by a large corporate provider.



Doesn't your child deserve better than urgent care?
ONLY TRUST YOUR CHILD WITH THE BEST!



Waggoner Pediatrics of Central Iowa

Brian L. Waggoner, M.D | Julie A. Waggoner, ARNP, CPNP

Schedule your child's appointment today!
(515) 987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org



WELCOME

TO THE rescue

Some of you have spent a great deal of money on your cat or dog, and you have a wonderful pet. Some of you spent the same or more, and you have a lousy pet. I am convinced that getting a good pet is often the luck of the draw. Much like with children, genetics and upbringing are important, but they don't help explain how one from the same litter can be so drastically different from the next one.

Jolene and I have had six pets during our time together — two cats and four dogs. We reluctantly inherited the first cat, D.C., from Jolene's parents who went south for the winter. The other cat, Reggie, was adopted from the Animal Rescue League. Both were good cats, as far as cats go.

Our first dog, Roxy, was from a rescue league specific to the breed. It was delivered to us from Missouri, and the dog that showed up didn't look anything like the one on the website. But, that was OK, as we loved that little, chubby, tail-less dog anyway.

We adopted the next dog, Max, from a neighbor's friend who was moving out of the country. It was a purebred that he wrote a big check for. Our third and fourth dogs, Kobie and Layla, came from rescue leagues again.

These were all adult dogs when we got them, and all but one have since died. Jolene called them "short-term investments." Her words, not mine. The lone survivor is not fond of babies, so it was shipped off to Jolene's brother in Washington state for a simpler life once our grandson was born.

We didn't pay more than \$40 for any pet we had, including adoption fees. We may have paid more for the right pet, but we simply didn't see the need to do so, and we were happy to adopt rescue animals that needed a home. They certainly all had their quirks. In my experience, every pet does. For that matter, every human does, too.

Meanwhile, rescue animals have warmed the hearts of many pet-owners, and they continue to do so. We share a few of their stories in this issue in hopes that you may be inspired to open your home to a rescue pet as well.

Have a great month and thanks for reading. ■

SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Martha Munro
Advertising Account Executive
515-953-4822 ext. 314
martha@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council



BRING YOUR CONSTRUCTION PLANS TO LIFE.

CALL YOUR BANKER TODAY

TO LEARN HOW WE CAN HELP WITH YOUR CONSTRUCTION PROJECTS

515-987-1000



Greg Grote
President
NMLS #541741
Waukee



Ciara Bemiss
AVP Market Manager
NMLS #2163496
Waukee

CHARTER BANK

Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

Member
FDIC

www.CharterBanker.com



A 'fur-ever' HOME

Residents share stories about the animals they rescued.



By Darren Tromblay

Abandoned. Abused. Neglected.

The world is full of animals — big and small — that don't know the comfort of a full belly, a warm place to sleep, and the love of a caring owner. Some people seek out these needy animals when looking to add a pet to their family. Others come across them unexpectedly and are moved to rescue them. Whatever the case, rescued pets often give their humans as much love as they receive.

Jim Hasty and his wife, Susan Green, are rarely seen without their rescued pet, Charlie, by their sides.

Wish come true

Not to brag, but Kristina Sligh says her family owns the “best dog in the world.” His name is Ralph, a rescue that is very much loved.

Their story began a few years ago when her son, Charlie, was 8 years old and soon to turn 9. He had one request for his birthday — a special one, as young boys often do. He wanted a puppy.

“We’d never had a dog before, and I didn’t even have one growing up,” Sligh says. “I was apprehensive, but I knew if we did it, I wanted to adopt one. My husband’s mom has adopted dogs and always had great experiences.”

Charlie and the family took a visit in February to a dog owner’s home. Among a myriad of other dogs, there he was: Ralph. Charlie knew he was the one. Birthday present delivered.

So, on March 11 — exactly two days before the world would close down due to COVID-19 — they adopted Ralph. The timing was perfect.

A trainer helped Kristina in the early stages of getting Ralph acclimated to his new surroundings. She had also done extensive online research and knew one major part of training was getting Ralph around other people and dogs. Fortunately, Ralph was one step ahead of them.

“He is such a gentle, gentle spirit, and he loves all other dogs, which I think is important, especially for his breed,” Kristina says.

The breed? American pit bull terrier.

“Ninety-two percent,” she says.

In some circles, pit bulls are feared. But there is no need, Kristina says — especially if the owners are, well, good owners.

“It’s all in how they are trained and raised,” she says. “We loved Ralph, trained him, disciplined him when necessary and just tried to do the right things. He’s been the perfect



Charlie, Josie and Kristina Sligh are owners of “the best dog in the world,” Ralph.

companion for our family.”

Loyalty is one of Ralph’s strong suits.

“Some dogs run away when they get outside or leave home, and what’s been awesome about him is that he always stays right with us,” Kristina says. “He knows his family loves him, and that’s safe and secure.”

Although this was the family’s first foray into pet ownership, once they decided it was what they were going to do, the focus went strictly to finding a dog — more specifically, rescuing one.

“I did want to save a dog’s life,” Kristina says. “I think there are way too many people who don’t take care of their dogs, and we have so many dogs out there. Someone has to love all these dogs. They can be wonderful pets. And I’m saving a dog’s life.”

Ralph knows it, too. He is as much a

part of the family as anyone. When Kristina goes somewhere, Ralph goes, too — weather appropriate, of course. The world, she admits, kind of revolves around their furry family member.

“He makes us whole and happy,” Kristina says.

Man’s best friend. Or in Ralph’s case, she says, a woman’s.

A spoiled trio

Three years ago, when Waukee’s Peyton Freel and her husband, Kieron, moved to Iowa, they came with a cat in tow: Bogey. A new state, new home, new everything — for Bogey, too. And moving can be tough on pets.

“It was just little Bogey, all by himself,” Peyton recalls.

The solution was easy.

CELEBRATING 20 YEARS
OF QUALITY CHILDCARE & PRE-SCHOOL!

A Child's World
at Jordan Creek

ENROLLING NOW
Set up a tour!

INFANTS (6 WEEKS OLD & OLDER), TODDLERS, PRE-SCHOOL, PRE-KINDERGARTEN, SCHOOL AGE TRANSPORTATION.
515-224-1339 | 475 68th St, West Des Moines, IA Family Owned & Operated Quality Care Since 2004

STOP IN TODAY

Spring Savings
are in **BLOOM** at Waukee Hardware

Since 1878

Waukee Hardware
Best & Rent-it Center

Locally owned and operated
by Geoff and Anne Warmouth

515-987-4574 • 380 S. 6th Street

waukee.doitbest.com FREE ship to store!

OPEN MON-FRI 7:30AM TO 6PM, SAT 7:30AM TO 5PM, SUN 11AM TO 4PM

FEATURE

“I said, ‘Oh my gosh, we have to get him a little friend.’” she laughs.

And they did, thanks to a trip to the local Animal Rescue League. It was love at first sight.

“When I saw Mochi, I thought he reminded me so much of Bogey,” she says. “They told us he had three brothers, but they were at a different location. They said he really liked food, but they had to separate him from his brothers because he was eating all their food. He was 2 pounds heavier than his brothers.”

Mochi’s reputation in the shelter was that of a timid, rather antisocial cat — one of those cats you never see.

Thankfully, they were wrong.

“He’s not that at all,” Peyton says. “He’s very cuddly. People say our cats are kind of like dogs. Whenever they come over, our cats always come up, greet people at the door and basically act like dogs. They aren’t shy.”

The next step was purchasing a home in Waukee. No more paying extra rent for having a pet, Peyton says. With that, the doors were wide open. Why not bring another on board?

So it was back to the shelter. This time, Peyton’s sights were drawn to a more senior cat: Phoebe.



Peyton and Kieron Freel and their three cats, Bogey, Mochi and Phoebe.

“When they opened her cage, she just sprinted right over,” Peyton says. “She just wanted so badly for someone to pet her. She loves being petted.”

And then there were three — a spoiled trio,

their owner admits.

“Yes, they have their heated beds that they love to lie in, the automatic litter boxes, the water fountain — they have it all,” she laughs. “A life of luxury, my mom says.”

DOCTOR LED.  locally loved.

There’s a secret to aging even more gracefully. (It’s seeing us.)

Your beauty comes naturally. We just enhance it with services like fillers, microneedling, eczema treatments and more. From providing routine care to cutting-edge procedures, dermatology at The Iowa Clinic is where science meets beauty. So your skin always wins.

 **THE IOWA CLINIC**
DERMATOLOGY

Schedule an appointment today.

 515.875.9766  iowaclinic.com





Jim Hasty and Charlie are often out and about together.

Cats, and some dogs as well, can be shedders. Where they go, their fur goes, too. No problem there, Peyton says. She is a clean freak.

“I am super clean,” she says. “I don’t want my house to smell like litter or animals. And with the shedding, I have this little roller that I

use every day, and we have a Roomba vacuum that runs every day when I go to work as well. They get brushed constantly, and I have someone come to the house to cut their nails. They love it — especially the brushing.”

Peyton loves being a cat owner — especially of perfect cats, she says. So is three enough?

“Boy, have I tried,” she laughs. “I think three is our limit for the moment, but we’ll see what happens.”

Filling a void

Jim Hasty and his wife, Susan Green, were no strangers to giving rescue animals a home.

Their first pet, Max — a rescue dog — came to Iowa with them when they moved here, but unfortunately passed away in 2021, leaving what Jim called “a void.”

It needed to be filled.

With his wife on the road a lot due to work, most of the time it was just Jim.

As fate would have it, Jim was online one day and noticed some foster parents with an available dog just a mile away.

Unlike Max, who was a rough-but-gentle 80 pounds, this one was tiny. But his effect on Jim

was anything but.

“He came up and immediately just loved me, and it warmed my heart,” he recalls.

And Charlie had a new home.

“He’s a part of the family,” Jim says. “He takes trips with us and is an excellent rider. He just kind of sits there and watches as we go down the road. When my truck starts, he knows he’s going.”

Whether it is to the grocery store or convenience store, or with Susan to run errands, Charlie is there.

Jim grew up in Missouri with a border collie named Sugar, that lived to the ripe old age of 17. Susan also grew up with dogs.

The two have been married almost 18 years, and every one of them has been with a pet. Jim can’t imagine life without one at this point. He offers some simple advice for those considering getting a pet.

“Figure out your activity level and try to match it,” he says. “Certain breeds are very active and need a lot of exercise. If you’re not into that, it can be harmful to them.”

They found a fit with Charlie.

Void filled. ■

Science is **fun** until it gets **messy**, then it is **awesome**. **DARE TO JOIN US?**

SCIENCE CENTER OF IOWA

sciowa.org

THINK SPRING!
One Call Does it All!

- Mowing
- Fertilizer/Weed Control
- Landscaping
- Irrigation
- Concrete

NOW OFFERING MOSQUITO/PEST CONTROL!

Legacy Outdoors
LAWN & LANDSCAPES

NOW ACCEPTING NEW CLIENTS!
515-201-0468
LEGACYOUTDOORSIA.COM
Luke@LegacyOutdoorsIA.com

CENTURY of service

Waukee Women’s Club is a longstanding organization.

Founded in 1906, the Waukee Women’s Club has a storied history in the community.

Members of the club initially met in private homes and hosted educational programs. By 1908, they became increasingly concerned with community and civic matters and undertook numerous projects — including the installation of the first three streetlights in Waukee, paying for the “oiling of the gravel streets” to reduce dust in the Triangle, and providing all the books for the first Waukee Library.

The group also bought grain to send to drought-stricken farmers in South Dakota, sent flour to starving Belgians during World War I, and made clothing, sweaters, socks and surgical bandages for troops during World War II.

Today, the club focuses on learning about and supporting various nonprofit and community organizations, while also enjoying a wide variety of programs, including origami, beekeeping, floral design, Master Gardening and more.

In recent years, the Waukee Women’s Club has provided financial support to Waukee Public

Schools, the Waukee Public Library, WayPoint Resources, the Waukee Historical Society, the Dallas County Crisis Center, Habitat for Humanity, Joppa, Raccoon River Watershed Association, Young Women’s Resource Center, Many Hands, Puppy Jake Foundation and Hope Ministries, among others. The club supports organizations in Waukee as well as throughout the Greater Des Moines and Dallas County areas.

The club also makes an impact in other ways by collecting children’s winter clothing and boots for the WayPoint Resources Clothing Bank, donating arts and crafts materials to the Young Women’s Resource Center, and providing personal care items for the Dallas County Crisis Center.

Women from Waukee and surrounding communities are welcome to join. The club meets monthly for a program from September through May. Dues are \$45 per year.

Carol Vogel is one current member who has been part of the club since moving to Waukee in



The Waukee Women’s Club meets monthly for a program from September through May.

2014.

“I found, at the Waukee Women’s Club, a warm welcome to the community and a group of women with a wide variety of life experiences, careers and interests,” she says. “It provides an opportunity for learning and serving our community, developing friendships and sharing our skills and resources with organizations and enjoying interesting programs.” ■

LAG TRIED TO MOVE HERE. FIBER SAID **NOPE.**

Locally built fiber internet with lightning-fast speeds and zero waiting.

Customer service and satisfaction is our top priority. Our local employees treat you like a friend or neighbor. You shouldn't have much trouble, but if you do, we strive for *same day or next day response*.



WHAT PEOPLE ARE SAYING ABOUT US:

This company has one of the **best customer service experiences** we've had, especially from an internet provider. -Ramie

**Make Mi-Fiber
Your Fiber.**



Technology to **power your life.** Support to **simplify it.**



QUESTIONS? Give us a call today! 515.850.0500

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

We're looking forward to being your local provider. 4464 114th St. • Urbandale, Iowa

YOUR LAWN. OUR PASSION.



\$500 OFF

LANDSCAPING PROJECT

Call for details.



**LET'S GET
YOUR PROJECT
STARTED TODAY.**

See our full list of services here!



Licensed & Insured

Family Owned & Operated

100% Satisfaction Guarantee



SNOW REMOVAL • HOLIDAY LIGHTS • LAWN MOWING • IRRIGATION
CHEMICAL APPLICATIONS • LEAF CLEANUPS • AND MORE!

WWW.CDSLAWNCARE.COM 515-468-5034 OFFICE@CDSLAWNCARE.COM

DISPENSING literacy

Waukee Leadership Institute to provide book vending



Members of the Waukee Leadership Institute chose providing book vending machines to two elementary schools as their class project.

When putting money in a vending machine, what usually dispenses is a snack or a beverage.

One local group, however, is raising money for a vending machine that dispenses books for elementary students.

The Waukee Leadership Institute, a leadership program for adults, selects a community project to support each year. This year, the class is fundraising for book vending machines for two Waukee elementary schools.

A teacher and librarian at Waukee schools suggested the project to the Waukee Schools Foundation, which, in turn, recommended it for a Waukee Leadership Institute class project.

Logan Galloway, Waukee Leadership Institute executive director, says the vending machines assist with literacy efforts and empower young students.

“Some schools are getting away from birthday treats. Instead, students would get a token to celebrate their birthday,” he explains.

The machine uses tokens that students receive from various incentives. Waukee Leadership Institute plans to fund the machine, filled with books and tokens. Then, the school’s parent-teacher organizations would fund future book refills. Machines cost around \$7,000 for the startup and provide books from beginning readers to chapter books.

The Waukee Leadership Institute consists of 14 adults who spend more than 40 hours attending various sessions. A personality assessment identifies individual strengths and how groups can work together. Additionally, students visit local and state government officials and economic development offices to learn how they operate.

In the past, the group has funded an inclusive playground for Maple Grove Elementary, provided revitalization for parks, raised funds for WayPoint Resources and more. The Waukee Leadership Institute typically focuses on projects local to Waukee and the Dallas County area.

The class works together to create a budget, a marketing plan and fundraising efforts. They reach out to companies, such as Prairie Meadows, to apply for grants.

“This project spoke to the class. We could solve a small problem, and it’s a manageable price point,” Galloway says.

Galloway graduated from the Waukee Leadership Institute in 2021, served on the board and became executive director in 2024. He likes how he can give back to the community and learn more about various needs in Waukee.

“It’s easy to assume that Waukee is affluent. Yet, there is a surprising amount of financial hardships felt in Waukee. I like shedding light about various issues affecting our community,” he says. “Those who live next door to me need help. Anytime we can acknowledge our neighbors, it’s compelling.”

For information on donating to the book vending machines or about enrolling in the Waukee Leadership Institute, visit www.waukeeleadership.org/2026-class-project/. ■

TALKING with a loved one about care at home

Starting a conversation with a family member about at-home support can feel uncomfortable. Many people worry about saying the wrong thing, creating tension, or being perceived as overstepping.

Yet when approached thoughtfully, these discussions can become productive, collaborative moments that help everyone feel more prepared for the future. Recent national surveys tell us 93% of older adults want to remain in their homes as they age, making conversations about at-home services and care increasingly relevant for families planning ahead.

A successful conversation often begins with the right conditions. Choosing a calm, familiar setting allows both people to feel at ease and focused. While moments of frustration or struggle might feel like natural openings, those situations can heighten emotions and defensiveness. A planned, unhurried conversation is more likely to lead to understanding.

Framing also matters. Rather than positioning at-home care as a response to decline, it can be helpful to focus on what it makes possible. Many people are more receptive when the discussion centers on quality of life, independence, and support rather than on decline and loss.

As you prepare for the conversation, consider these practical tips:

- Focus on benefits, not problems. Highlight how receiving supportive services at home — such as help with grocery shopping, cleaning, cooking, organizing, and/or pet care — can support daily routines, provide companionship, and help your loved one remain safely at home.
- Research options. Gathering information ahead of time can help address concerns, while researching together can empower your loved one and keep them involved in decisions.
- Address cost and logistics openly. To decrease uncertainty, discuss pricing, financial resources, scheduling, and how care would fit into existing routines.
- Offer reassurance and patience. Aging-related decisions often carry emotional weight. Let your loved one know you are there to support them, regardless of the timeline.
- Keep the door open. One conversation does not need to resolve everything. If your loved one is hesitant, suggest revisiting the topic later after they have had time to think.
- Providing reassurance is especially important. Life transitions can bring fear, grief, or resistance, even when support is needed. Consistent encouragement and listening can help build trust and reduce anxiety over time.
- Follow-up is just as critical as the first discussion. Checking in later reinforces that the conversation was about partnership, not pressure. If at-home care eventually is introduced, ongoing communication can help ensure the care plan continues to meet your loved one’s needs. ■

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.



MAKING a difference

Vander Linden finds volunteering to be time well spent.



Even though she’s only been in town three years, Lauren Vander Linden already feels right at home in the community. It is part of why she makes time to give back to local organizations that are close to her heart, including her family’s church, nearby Summitcreek.

She also has the honor of serving on the board of Wildwood Hills Ranch, which offers programs for at-risk youth in Iowa. The programs are designed to give young people opportunities they might not otherwise have, making a 10-year commitment to each student — from the time they are 8 years old until they turn 18.

Vander Linden also participates in volunteer events through Meals from the Heartland, helping pack meals that are distributed to people in need.

For her, the time spent volunteering is time well spent. “I enjoy giving back and meeting others in the community,” she says. “If your heart is burdened for those in need, start volunteering. Too often, we politicize how we help others. The best thing to do is control what you can control and start making a difference in the lives of those around you.”

She especially enjoys being at Wildwood and seeing the youth have a great time in a safe and fun environment. Seeing the joy and excitement the programs bring to the kids is something she says is truly touching.

Her church also hosts an event called Giving Hope each Christmas, where parents get the opportunity to “shop” for their children, and everything is free.

“Hugging the parents and seeing the joy on their faces is impactful,” Vander Linden says. “Making a difference in others’ lives is good for them, our community and your health. It doesn’t have to be a lot — just start.” ■



Travis Gaule of Trust Bridge Wealth Advisors presents the Neighbor Spotlight certificate to Lauren Vander Linden.

Wealth Management & Retirement Planning



With Over 20 Years Experience,
we are passionate about helping clients pursue their financial goals and get them to a work-optional lifestyle as quickly as possible.

Travis Gaule

Founding Partner/Wealth Advisor
515.207.4346 • Travis@TrustBridgeWA.com



TrustBridgeWA.com

4090 Westtown Parkway, Suite 108
West Des Moines, IA 50266

Securities and advisory services offered through LPL Financial (LPL), a registered investment advisor and broker/dealer (member FINRA/SIPC).

Your financial **BRIDGE** to a work-optional lifestyle.

Do you know a neighbor who deserves recognition?
Nominate at tammy@iowalivingmagazines.com.

ONLINE resources offer free tools for career and educational growth

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

Waukee Public Library

950 S. Warrior Lane, Waukee
515-978-7944
www.waukeepubliclibrary.org
Monday - Tuesday, 9 a.m. to 8 p.m.;
Wednesday - Thursday, 9 a.m. to 6 p.m.;
Friday, 9 a.m. to 5:30 p.m.; Saturday, 9
a.m. to 4 p.m.; Sunday, closed

Expanding career skills with online learning. Professionals looking to sharpen their skills can benefit from expert-led courses and job search support:

- LinkedIn Learning – A premier online learning platform offering thousands of video courses on topics like leadership, marketing, finance, graphic design, coding and more. Courses are taught by industry professionals, and users can earn certificates to boost their resumes and LinkedIn profiles.
- Brainfuse JobNow – A career-focused service that provides live coaching for job seekers, including resume assistance, interview tips and job search strategies. Users can also access career assessments, professional skill-building resources, and online networking advice.

Academic support and test preparation. Students and lifelong learners can take advantage of a wide array of educational resources:

- Brainfuse HelpNow – A live tutoring and study assistance service for students of all ages. Connect with expert tutors in real-time for help with subjects like math, science, writing and social studies. Additional tools include a writing lab, language support and skill-building exercises.
- Brainfuse CollegeNow – A comprehensive test prep and study tool offering practice exams, exercises and study guides for students. Includes prep materials for the ACT, SAT, GED and AP exams, as well as skill-building resources in reading, writing and math. 24-hour writing lab, adult learning center, resume building, and much more are offered.
- Pronunciator – An interactive language learning platform featuring 80-plus languages with courses tailored to different skill levels. Lessons include vocabulary building, pronunciation practice, quizzes and conversation exercises. Users can also engage in live coaching sessions.

Access to digital publications and research databases. Staying informed and up to date on industry trends is easy with the library's collection of eBooks, newspapers and research tools:

- Libby – Gain access to thousands of eBooks and audiobooks.
- Flipster – A digital magazine service that provides instant access to popular magazines across multiple categories.
- EBSCOhost Research Databases – A vast collection of scholarly articles, peer-reviewed journals, and academic research papers. ■

Stylish Pets

Deserve Stylin' Paws



Pet Supplies

Toys, Treats, Collars, Harnesses,
Leashes, and much more!

Services:

Grooming, DIY Bathing,
Boarding, Day Care, Indoor Dog
Park & Party Center!








120 NE Dartmoor, Waukee • 3901 121st Street, Urbandale
Locally Owned & Operated by Your Neighbors

HOW TRUSTS impact owning real estate

A revocable living trust is an estate planning document that manages your assets. A trust is a good option for transferring inheritance. After death, a trust avoids probate, protects the privacy of the beneficiaries and minimizes estate taxes.



But what about during your lifetime? A properly drafted trust allows you to own, invest and spend your assets as you see fit with few, if any, restrictions. But to accomplish that, trusts require more work upfront to create. You will need to retitle key assets. You will also need to transfer real estate to your trust.

Can I sell my home if it is in a trust?

Yes, you can still sell your house. In general, a revocable living trust will allow you the

flexibility to move assets in and out of it. This includes real estate. There is nothing in a trust preventing you from selling the home that you own.

Do I have to worry about the due-on-sale clause in my mortgage?

No, the transfer to a trust does not trigger your mortgage's due-on-sale clause. If you have a loan against your home, it is probable that the mortgage document contains a provision that if you sell the real estate, the entire loan becomes due. But there is a federal statute – 12 U.S. Code § 1701j-3(d)(8) – that contains a preemption of due-on-sale prohibitions. A transfer to a revocable living trust is specifically excluded from title transfers that trigger the due-on-sale clause.

If I refinance my home, will I have to take it out of the trust?

Maybe. A revocable trust can give the trustee the ability to borrow against the home owned by the trust. However, some lenders have a policy of not making loans to a trust. This comes up frequently with home equity loans or home equity lines of credit (HELOC). In that situation, you may need to deed the property from the trust back to yourself. Remember to re-convey the home to the trust after the loan is completed.

A revocable living trust shouldn't be a burden. It should be a device that you use for your benefit to ensure that your assets are managed according to your wishes. If you have questions about how a trusts work, contact an attorney who specializes in estate planning. ■

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

EVERYONE
NEEDS
A PLAN.
WE'RE HERE TO HELP.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 39 YEARS



EXPERIENCED ATTORNEYS

— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate
Probate & Estate Administration ■ Social Security Disability
Business Formation & Planning ■ Medicaid & Asset Protection



A
R

ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com

SPRING CLEAN-UP & HAZARDOUS WASTE DISPOSAL

As you clean out your closets, storage rooms or garage, plan for Spring Clean-Up events in Waukee. Find more details on these events at Waukee.org/SpringCleanUp.

GIVE UNWANTED ITEMS A NEW LIFE

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

Have a lot of items? Host a garage/yard sale for Citywide Garage Sale Day on Saturday, April 25. This is not a City of Waukee-sponsored event, but it is a designated day for residents to join many others in hosting garage sales at their Waukee homes. There is no facilitated flyer or website to track garage sales; however, some residents promote their sales on Facebook Marketplace.



PUT IT OUT FOR CURBSIDE SPRING CLEAN-UP APRIL 27-MAY 1, 2025

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

The following items will not be accepted at the curb:

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

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

SAFELY DISPOSE OF HAZARDOUS WASTE, APPLIANCES, TIRES OR ELECTRONICS

SATURDAY, MAY 2, 8 A.M. TO NOON

WAUKEE PUBLIC WORKS BUILDING, 805 UNIVERSITY AVENUE

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

HOUSEHOLD HAZARDOUS WASTE

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

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

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

APPLIANCES AND TIRES

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

ELECTRONICS RECYCLING

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



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

HAPPY SPRING CLEANING!



ANKENY SANITATION INC.

515-964-5229

MEDICATIONS

To donate medication for use by lowans in need of assistance, call SafeNetRx at 1-866-282-5817. You can safely dispose of unneeded medications in the drug dropbox at the new Waukee Public Safety building, 815 NW 20th Street, Monday-Friday from 8 a.m. to 4 p.m. We cannot accept needles at the dropbox.





City of Waukee Bulletin MARCH 2026

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

Follow City of Waukee on



cityofwaukeeiowa



CityofWaukee



city-of-waukee



City of Waukee



TheCityofWaukee

Waukee.org



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

Easter Egg Hunt is April 4

Kids ages 0-10, hop over and fill your baskets full of candy at Waukee's annual Easter Egg Hunt on Saturday, April 4! It will start at 10 a.m. sharp at Centennial Park, rain or shine. This hunt goes fast, so get there early to find your spot. Waukee Parks & Recreation puts thousands of eggs and pieces of candy out as well as a few Golden Prize Eggs. Note that some candy many contain nuts. No need to register for this free event. Plan around the road closure for Warrior Lane. Find more information at Waukee.org/EasterEggHunt.



Pothole Repairs

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



Pay Your Utility Bill

When enrolled, you'll get a text that your bill is ready. Reply "Pay" to that message, and your account will be paid with the credit card on file. To set up text to pay, call 877-847-8583 and choose option 4. Have your account number, cell phone number and debit or credit card ready. Or enroll through the online payment portal. More details at Waukee.org/UtilityPayment.

How is Waukee doing?

Watch Mayor Clarke's State of the City address to get the highlights from 2025 and a look ahead at priorities and projects for 2026 at Waukee.org/StateOfTheCity.



Yard Waste Collection

Weekly curbside yard waste collection will begin Monday, March 30 and will continue through November. Yard waste is vegetation including grass clippings, leaves, brush and garden waste. Place items on the curb by 7 a.m. each Monday in biodegradable bags, reusable containers or bundles. Do not bag yard waste in plastic bags. Find more information about what is accepted at Waukee.org/YardWaste.



Improve Your Yard

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



Dates to Know

Regular City Council Meetings

April 6 & 20 at 5:30 p.m.
Waukee City Hall and Zoom
Waukee.org/CityCouncil

Bingo

April 3 at 1 p.m.
\$1 entry and \$0.10 per card
Waukee Public Library

WASP Senior Program

Wednesday, April 29 at 9 a.m.
Public Safety (815 NW 20th Street)

STOP the sniffles with Sick Day Soup

(Feature Impact) Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Sick Day Chicken Noodle Soup. Loaded with rotisserie chicken, celery and carrots, it's sure to warm you from the inside-out as a warm, comforting meal. Plus, with eight servings, this dish can help solve dinnertime dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Warm up your winter meals with more comforting ideas available at Culinary.net. ■

Sick Day Chicken Noodle Soup

Recipe adapted from Tastes Better from Scratch
 Prep time: 20 minutes
 Cook time: 20 minutes
 Servings: 8

INGREDIENTS

- 1/2 tablespoon butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1/8 teaspoon crushed red pepper flakes
- salt, to taste
- pepper, to taste
- chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken

DIRECTIONS

- In large stockpot over medium-high heat, saute butter, celery and carrots 3 minutes. Add garlic and cook 30 seconds.



Photo courtesy of Shutterstock

- Add chicken stock or broth and season with rosemary, thyme and crushed red pepper. Add salt and pepper, to taste. Taste and add chicken bouillon cubes, if desired, for flavor.
- Bring to boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

KEEP YOUR CAR READY FOR WHEREVER LIFE TAKES YOU.



Stay on the road with specialized maintenance and inspections.

4 YEAR/40,000 MILE WARRANTY



BOOK AN APPOINTMENT ONLINE TODAY!



SHADE TREE AUTO

GRIMES
 1750 SE 11th St
 515-986-5241

URBANDALE
 3831 70th St
 515-512-1095

ANKENY
 1329 SW Ordinance Rd
 515-964-9492

www.ShadeTreeAuto.biz



WAUKEE

Warriors

2026 SPRING SCHEDULE

V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 14	7:30PM	Johnston	Johnston HS
Apr 17	7:30PM	Ankeny	Ankeny HS
Apr 21	7:30PM	SE Polk	Waukee HS
Apr 28	7:30PM	Dowling	Dowling Catholic HS
May 1	7:30PM	Waukee NW	Waukee HS
May 8	7:30PM	Ankeny C. HS	Ankeny C. HS
May 12	7:30PM	Urbandale	Waukee HS
May 15	7:30PM	WDM Valley	Waukee HS

V BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 14	Johnston	4:00 PM	Johnston HS
Apr 16	Ankeny HS	4:00 PM	Ankeny Tennis Center
Apr 21	SE Polk	4:00 PM	Waukee HS
Apr 23	Dowling	4:00 PM	Dowling Catholic HS
Apr 28	Waukee NW	4:00 PM	Waukee HS
Apr 30	Aneny Cen.	4:00 PM	Ankeny Tennis Center
May 5	Urbandale	4:00 PM	Waukee HS
May 7	WDM Valley	4:00 PM	Waukee HS

V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 14	7:30PM	Johnston	Waukee Stadium
Apr 17	7:30PM	Ankeny	Waukee Stadium
Apr 21	7:30PM	SE Polk	SE Polk HS
Apr 28	7:30PM	Dowling	Waukee Stadium
May 1	7:30PM	Waukee NW	Waukee NW HS
May 8	7:30PM	Ankeny C.	Waukee Stadium
May 12	7:30PM	Urbandale	Urbandale HS
May 15	7:30PM	WDM Valley	Valley Stadium

V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 15	Multiple	3:30 PM	Willow Creek
Apr 22	Multiple	3:30 PM	Beaver Creek
Apr 29	Multiple	3:30 PM	Briarwood
May 6	Multiple	3:30 PM	Beaver Creek
May 18	Multiple	10:00 AM	Des Moines CC
May 20	Multiple	3:30 PM	Copper Creek

FOR ALL WARRIORS'S SCHEDULES



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

Healthy Eating Made Simple & Fresh.

Macro Friendly • Smoothies
Breakfast • Bowls • Wraps
Energy Infusions

SEE OUR MENU!

STACK
WELLNESS CAFE

202 SE University Ave, Waukee

BECAUSE YOUR BUSINESS DESERVES TIP TOP STANDARDS.

Residential • Commercial • Construction

Scan to contact us today!

TIP TOP CLEAN

701-936-1228
515-478-5862

Waukee Wellness & Chiropractic, P.C.

Perform Better and Stay in the Game with Chiropractic Care

AWARD-WINNING CHIROPRACTIC CARE

MOST INSURANCES ACCEPTED

www.waukeewellness.com
710 SE Alices Road • Waukee • 515-978-6661

PROUD SUPPORTER OF WAUKEE SCHOOLS

JACOBS GYMNASTICS

SCAN TO REGISTER

75 NE Venture Drive, Waukee
jacobs-gymnastics.com



NORTHWEST

Wolves



2026 SPRING SCHEDULE

V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 7	7:30PM	Ankeny	Waukee NW HS
Apr 14	7:30PM	Urbandale	Urbandale HS
Apr 17	7:30PM	Johnston	Waukee NW HS
Apr 21	7:30PM	WDM Valley	Valley Stadium
Apr 28	7:30PM	SE Polk	Waukee NW HS
May 1	7:30PM	Waukee	Waukee HS
May 12	7:30PM	Ankeny HS	Ankeny HS
May 15	7:30PM	Dowling	Waukee NW HS

V BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 7	4:00PM	Ankeny	Waukee NW HS
Apr 14	4:00PM	Urbandale	W-JPark
Apr 16	4:00PM	Johnston	Waukee NW HS
Apr 21	4:00PM	Valley	Southwoods HS
Apr 23	4:00PM	SE Polk	Waukee NW HS
Apr 28	4:00PM	Waukee	Waukee HS
May 5	4:00PM	Ankeny HS	Ankeny Tennis Center
May 7	4:00PM	Dowling Catholic	Waukee NW HS

V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 7	7:30PM	Ankeny	Ankeny Centennial HS
Apr 14	7:30PM	Urbandale	Waukee NW HS
Apr 17	7:30PM	Johnston	Johnston HS
Apr 21	7:30PM	WDM Valley	Waukee NW HS
Apr 28	7:30PM	SE Polk	SE Polk HS
May 1	7:30PM	Waukee	Waukee NW HS
May 12	7:30PM	Ankeny HS	Waukee NW HS
May 15	7:30PM	Dowling Catholic	Dowling Catholic HS

V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 15	3:30PM	Multiple	Urbandale CC
Apr 22	3:30PM	Multiple	Beaver Creek
Apr 29	3:30PM	Multiple	Blank
May 6	3:30PM	Multiple	Copper Creek
May 18	10:00AM	Multiple	Des Moines CC
May 20	3:30PM	Multiple	Copper Creek

FOR ALL WOLVES'S SCHEDULES



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

COLLISION? DEER? HAIL? DENTS? DINGS?

WE DO THAT!

FREE ESTIMATES

OLSON'S 555 W. Hickman Rd, Waukee
515-987-1735

Since 1878

YOUR HOMETOWN HARDWARE STORE

Locally owned and operated by Geoff and Anne Warmouth

Waukee Hardware & Rent-it Center

dotbest

515-987-4574 • 380 S. 6th Street

waukee.dotbest.com

FREE ship to store!

OPEN MON-FRI 7:30AM TO 6PM, SAT 7:30AM TO 5PM, SUN 11AM TO 4PM

Buy one smoothie get the

SECOND SMOOTHIE FREE

STACK WELLNESS CAFE

202 SE University Ave, Waukee

SEE OUR MENU!

ADVERTISE WITH US!

MARTHA MUNRO
Advertising Account Executive

515-953-4822 ext. 314 • Martha@iowalivingmagazines.com

THE ADVANTAGES of working with an independent insurance agent



When it comes to insurance, many people assume all policies are basically the same. But how you buy insurance can be just as important as the coverage itself. One option many Iowans choose is working with an independent insurance agent — and there are some clear advantages to that approach.

An independent agent does not work for just one insurance company. Instead, they represent multiple carriers, which allows them to shop coverage options on your behalf. This means your insurance can be tailored to your specific situation rather than fitting you into a one-size-fits-all policy. Whether you own a newer home, an older farmhouse, multiple vehicles or recreational equipment, having options matters.

Another key benefit is advocacy. When you work with an independent agent, you have a local professional who helps you not only when you buy a policy, but also when you have questions or need to file a claim. If something goes wrong, you are not navigating the process alone or dealing with a call center that doesn't know you. Your agent understands your history and can help guide you through what can be a stressful situation.

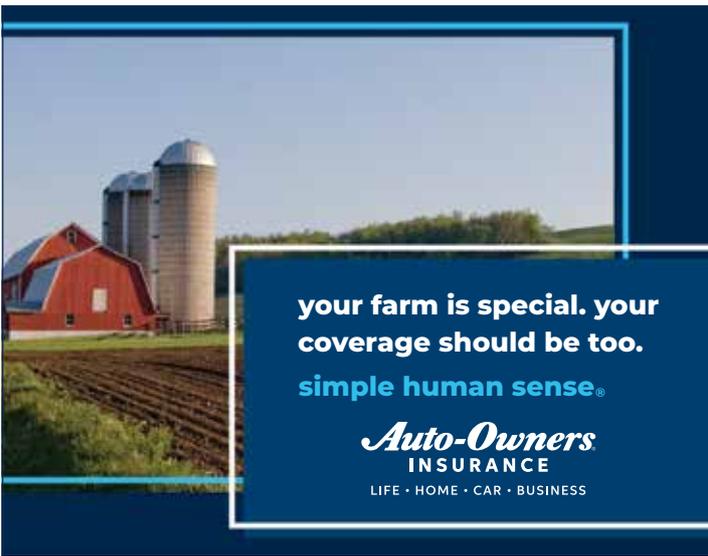
Independent agents also bring experience and perspective. Because they work with many insurance companies, they see how different carriers perform — especially when it comes to claims handling. That insight can be invaluable. Price matters, but so does how a company responds when you actually need them.

There's also flexibility over time. Life changes — kids start driving, homes are remodeled, businesses grow or retirement approaches. An independent agent can reassess your coverage and move you to a different carrier if your needs change, without your having to start over with a new agency relationship.

Finally, independent agents are typically rooted in the communities they serve. They live where you live, understand local risks, like Iowa weather patterns, and build long-term relationships with their clients. That local connection often translates into better service and better advice.

Insurance isn't just about buying a policy — it's about managing risk over time. Working with an independent agent gives you choice, guidance and a trusted resource who is on your side. In a world where insurance can feel increasingly complicated, having someone local who understands your needs can make all the difference. ■

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



your farm is special. your coverage should be too.
simple human sense.®
Auto-Owners
INSURANCE
 LIFE • HOME • CAR • BUSINESS



A partner of **INTEGRITY** Financial Group

WINTERSET | 224 E. Hwy 92, Ste B | 515.462.4553
WAUKEE | 520 Walnut St | 515.987.9598

ifgtoday.com



Stephen Cain
is your farm specialist!

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT



GET 8 FREE BURGERS
 A \$22 value!

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
 SINCE 1917

Butcher's Classic Pack **SAVE 57%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

78237XDS separately \$300.93 **\$129.99**
SPECIAL INTRODUCTORY PRICE

Scan Now To Order



ORDER NOW! **OmahaSteaks.com/ClassicPack7199** | **1.833.897.4133**
 Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC

EVENTS IN THE AREA

Be sure to check for cancelations.

Coming up in the Waukee Living magazine:

Celebrating heritage: What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing tammy@iowalivingmagazines.com.

Farmers market vendors: Do you enjoy selling your products at local farmers market. Tell us how you benefit from farmers markets and what tips you can share with others wanting to get involved. Email tammy@iowalivingmagazines.com.

Warrior Lanes Year of Family Fun

Sundays throughout the year, noon to 1:30 p.m.
Warrior Lanes, 190 S.E. Laurel St., Waukee

Glow-in-the-Dark Bowling, Dazzling Lights and Black Lights, \$64.95 per lane includes: Bowling (90 minutes,) Shoe Rental, Large 1 Topping Pizza & Pitcher of Soda for up to five bowlers per lane. Bring the family for a safe, fun-filled afternoon of bowling. These are alcohol free events with mom-approved music. Book online at <https://warriorlanes.com/family-glow-reservations/> Deadline is 6 p.m. two days prior to event.

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

Can Play Fore All Golf Outing

Friday, April 24, 3-7 p.m.
RecPlex 6500 Grand Ave., West Des Moines

Join Can Play and the 2026 West Des Moines Leadership Academy for a fun, small-format golf outing supporting accessible outdoor recreation and youth programming. Golfers will play through a creative course designed by community members and local businesses, built entirely from non-perishable food items to benefit Can Play's programming. All proceeds will benefit Can Play, whose mission is to bring adapted and no cost recreational programs to our communities by removing barriers to play. Register and donate online at <https://givebutter.com/WDMLA>.



WDM Elks Spring Style Show Fundraiser

Saturday, April 11, 10 a.m. to 3 p.m.
West Des Moines Elks Lodge No. 2752,
2060 N.W. 94th St., Clive

Tickets for the Spring Style Show are \$15 each or reserve a table for eight for \$140 or a table for four for \$70. Doors open at 10 a.m., with the style show starting at 11 a.m. and a salad luncheon to follow. Many vendors will be present, including Purple Poppy, Salon Classic and others. Funds raised will benefit Veterans Children's Christmas and other Elks charities and outreach. ■

TAKE THE POLL

WHICH OF THESE FIRST SIGNS OF SPRING IS YOUR FAVORITE?

1. Birds singing
2. Thunderstorms
3. Jacket weather
4. Green grass
5. Flowers blooming



SCAN THE QR CODE TO VOTE!

GOOD DAY? FLOWERS!
Stressed? Happy? Inspired?
Always is a good time for flowers!

Bellflower
FLORIST & GIFTS LLC

Shop the perfect gift today.

2025 CHAMBER MEMBER of the YEAR!

bellflowerfloristandgifts.com | 515-410-2397 | 2251 Sunset Dr Suite C, Norwalk | Veteran Owned

Your Local **TOP-NOTCH PLUMBING SOLUTIONS**

CALL RHINER'S FOR ALL YOUR PLUMBING NEEDS!

Scan to See All Our Services

Underground Plumbing Work
Install and Repair • Toilets
Outside Faucets • Sewer Services
Septic System Repair

proudly Serving Waukee & the Surrounding Region!

Call us today for your **FREE Estimate!**
515-205-8054

RHINER'S SERVICES LLC
Business with a Heart!

ENJOY LIFE AFTER 55



SELECT 1-BEDS STARTING AT \$1,585/month



Come home to 55+ active living with spacious 1 or 2 bedroom apartments.

CONTACT US TODAY TO SCHEDULE A TOUR!

515-561-5426 | www.AttivoWaukee.com
835 NE Boston Pkwy, Waukee, IA 50263

SENIOR

By Jay Heaton

SPRING cleaning and safety tips



As spring arrives, it's the perfect time to refresh your home while also making it safer and more accessible. A little seasonal maintenance can go a long way in supporting comfort, independence and peace of mind.

Start by decluttering to eliminate potential trip hazards such as loose rugs, electrical cords or low furniture. Keep frequently used items stored at waist height to minimize bending or overreaching. Spring is also a wonderful opportunity to donate or discard items you no longer need, creating a more open and organized living space.

Next, take time to inspect your home for fall risks. Make sure hallways and stairways are well lit and replace any burnt-out bulbs. Install sturdy handrails where needed and consider adding non-slip mats in high-traffic areas like the kitchen and bathroom. Small adjustments like these can significantly reduce the risk of accidents.

In the bathroom, installing grab bars as needed near the toilet, shower and bathtub may be beneficial. It's also smart to check your water heater to make sure it is set to a safe temperature, helping prevent burns.

Finally, improve indoor air quality by replacing air filters, cleaning windows and disinfecting commonly touched surfaces such as doorknobs and light switches. Check that smoke detectors are working properly and restock your first aid kit.

By incorporating these simple safety measures, you can enjoy a cleaner, safer home that promotes health and well-being all season long. ■

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

New to Cannabis?

WELCOME TO CBD SHAMAN, A PLACE TO EXPLORE CBD AND LOW DOSE THC



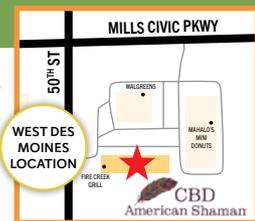
CERTIFIED HEMP CONSULTANTS READY TO HELP

Relief | Relaxation | Recreation

CBD American Shaman +THC
www.cbdshamaniowa.com

3418 8th St SW, #3, Altoona • 515-967-4036
800 S 50th St, #106, West Des Moines • 515-380-5251

VETERAN & MILITARY DISCOUNT 15% OFF



VETERAN OWNED & OPERATED

WELLNESS

By Ashley Powell

EXPLORE cannabis for wellness

More adults than ever are reconsidering their relationship with cannabis. What was once mostly associated with recreation or stigma is now being talked about in a different context: wellness.



As people pay closer attention to sleep, stress, recovery and overall health, many are starting to look beyond traditional options. Cannabis-derived products, especially those containing CBD or low levels of THC, have started to enter that conversation.

Part of the reason is the body's endocannabinoid system. This system plays a role in regulating balance across several functions including sleep, mood, inflammation and stress response.

For some adults, cannabis offers an alternative to habits that can leave them feeling sluggish or run down the next day. Others become curious after hearing friends or family talk about products designed to support sleep, relaxation or everyday balance.

The variety of products surprises many shoppers. Cannabis products come in many forms including beverages, gummies, capsules, tinctures and topicals. Options can vary in CBD, THC and other cannabinoid content, allowing people to explore what works best for them.

Talking with knowledgeable retailers can make the experience easier to navigate. As understanding grows, cannabis is becoming part of the broader conversation around modern wellness. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036.

PLAN AHEAD

By Sarah Masteller

WITH SPRING and summer approaching...

Are you planning for that special trip? Will you be traveling to spend time with family? Perhaps you will be traveling outside of the country.

Have you ever thought about what would happen if something unfortunate happened during the time you were away and you needed the services of a funeral home?

We don't like to think about these things, but, the truth is, they can happen. And when they do, having a plan in place can make a world of difference.

Perhaps a travel plan is something for you to consider: a plan that would take care of everything and bring your loved one back home if such an unfortunate situation occurred.

You might be surprised how affordable these plans are, and they can provide a great deal of peace of mind for those traveling.

Visit with your funeral home of choice and ask if they offer a travel plan.

Better to have a plan in place and not need it than to wish you had done something to prepare. ■



Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.

PLAN AHEAD FOR PEACE of MIND

One of our four Advanced Planning consultants will take you every step of the process to lessen the emotional stress when the need arises.

Scott Eriksen Dave Cortner Robert Christensen Sarah Masteller

Contact Hamilton's to start your plan.
www.HamiltonsFuneralHome.com 515-243-5221

6 Area Locations • Funerals • Cremation • Advanced Planning Academy of Grief & Loss • Pet Services • Memorial Gift Shop

WELLNESS

By Viktor Vali

BENEFITS of optimal testosterone

Understanding optimal levels involves recognizing the distinction between "normal" and "optimal" ranges. While a "normal" testosterone level is often defined by a broad range, the optimal level is what allows a man to feel his best and achieve peak health and vitality.

Most medical professionals consider a testosterone level between 300-1,000 as "normal" for adult men. However, this range doesn't necessarily equate to optimal health. The optimal level for any man may be far higher than the level that is considered normal. Men with testosterone levels below 600 have a greater risk of death from all causes.

Several factors influence optimal testosterone levels, including age, overall health and individual goals. Maintaining optimal levels can lead to increased vitality, improved mental clarity, enhanced physical performance and a revitalized sense of well-being.

For men experiencing symptoms of low testosterone, such as a decreased libido, reduced muscle mass, fatigue and mood changes, testosterone replacement therapy (TRT) may be considered. The decision to start TRT depends on the outcome of an assessment, including blood tests, with a medical professional.

TRT isn't a one-size-fits-all solution, and ongoing monitoring is crucial. Blood tests are essential to ensure treatment is optimized to keep you as free as possible for symptoms and side effects of "Low T." ■

Information provided by Viktor Vali, owner, 1180 S.E. University Ave., Waukeez, 515-304-2324, www.4everyyoungantiaging.com.



HORMONE REPLACEMENT THERAPY FOR MEN AND WOMEN

starting at **\$99** for women | **\$199** for men

Includes free physical and follow-up blood tests

Other Services Provided:
Peptides • Medical Weight Loss
Sexual Health • IVs
Botox & Dermal Fillers
Hydraceuticals & Custom Facials
Microneedling

4EVERYOUNG ANTI AGING SOLUTIONS
See all services here!

Look Your Best. Feel Your Best.
1180 SE University Ave, Waukeez • 515.304.2324

PROGRESS ISN'T ACCIDENTAL.

In Basketball — And in Retirement.

Success doesn't happen by chance. It takes Preparation.

A strong start is just the beginning.

A Clear Financial Plan keeps you focused and on track.



Let's keep your plan moving forward.



RUNDAHL
FINANCIAL CONSULTANTS

Dan Rundahl

8230 Hickman Rd, Suite 300 Clive, IA 50325
Cell: 641-512-8597
Office: 515-355-3892
drundahl@rundahlfinancial.com

Securities and Advisory Services offered through CreativeOne Securities, LLC Member FINRA/SIPC and an Investment Advisor. LLP Financial Services and CreativeOne Securities, LLC are not affiliated.

WWW.RUNDAHLFINANCIALCONSULTANTS.COM

SHARE YOUR STORY. YOUR NEWS. YOUR BUSINESS BRAND.

Locally owned

Celebrate the news of your business in the **MAY** Waukee Living magazine! Share your history, expansions, achievements, charity, new staff, new services or products and more. Choose from half or full page. This will be a once a year feature, so reserve your space by **MAY 13!**

IOWA
Living
MAGAZINES

TO RESERVE YOUR SPACE, CALL
MARTHA MUNRO at 515-953-4822 x314
or martha@iowalivingmagazines.com



PUBLISHES: MAY

THE BARN BY ICONIC THE TIGER SHOP BY ICONIC

OWNERS: Dennis and Elizabeth Heston
ADDRESS: The Barn - 8022 Geneva St., Adel
The Tiger Shop - 2015 5th St., Adel
WEBSITE: www.iconic.com | myiconic.com

Step by step, the Hestons started to build their business and vision for the future. The Tiger Shop started in the town and was the first of its kind in the area. The Barn was the next step. The Hestons wanted to create a place where people could enjoy the outdoors and the beauty of the area. They wanted to create a place where people could enjoy the outdoors and the beauty of the area. They wanted to create a place where people could enjoy the outdoors and the beauty of the area.

RCI BUILDERS, INC.

OWNERS: Mark and Trish Heston
ADDRESS: 2015 5th St., Adel
PHONE: 515-253-5100
WEBSITE: www.rcibuilders.com

RCI Builders Inc., established in 2009, is proudly celebrating 17 years in the home building and remodeling industry. Dennis, Mark and Trish Heston work closely with their customers to create unique, quality offerings, what they call "Construction with Character."

INVESTMENT

By Daniel Rundahl

THE MADNESS in March for 310,000 Americans



Each day, more than 10,000 Americans become eligible for Medicare — totaling more than 310,000 new beneficiaries every month. This milestone marks an important transition into retirement and a new phase of financial and healthcare decision-making. While this season of life can be exciting, it often arrives with complexity: unfamiliar coverage options, shifting income strategies, and an influx of marketing calls and mail. The choices can feel overwhelming, but, with preparation, they are manageable.

For many, retirement follows four decades of work, family responsibilities and diligent saving. It represents both freedom and uncertainty. Two of the most common concerns are the fear of running out of money and the uncertainty surrounding taxes in retirement. These are legitimate concerns, but they can be overcome.

1. Pause and prepare: Retirement is a life transition, not a financial emergency. Take time to assess your income sources, projected expenses, healthcare coverage and tax exposure. Medicare alone presents multiple pathways: original Medicare, Advantage plans, supplemental coverage and prescription drug plans — each with long-term implications. Thoughtful evaluation with balance to your emotional and logical brain can prevent costly adjustments later.

2. Seek qualified guidance: Professional insight matters. Just as you rely on a dentist for oral health or an attorney for legal counsel, retirement planning benefits from experienced specialists. Financial advisors, tax professionals and Medicare experts work within these systems daily. Their continuing education and field experience can help clarify options, identify risks and align strategies with your goals.

3. Build flexible income strategies: Many retirees aim to replicate a “salary-like” income from their savings. However, markets fluctuate. Those drawing income directly from volatile accounts faced added pressure with market losses. A diversified distribution plan — combining guaranteed income sources, conservative reserves and growth investments — can help reduce vulnerability during any downturn. In retirement, having a Plan A, B and C is not excessive; it is prudent. Like my father used to say, “Sometimes it is not on the right; it’s on your other right.”

4. Learn, adapt and adjust: Financial habits formed when working do not always translate seamlessly into retirement. Flexibility is essential. The familiar illustration of Charlie Brown repeatedly attempting to kick the football out of Lucy’s hands reminds us that routines without reflection can lead to further disappointment. Retirement planning requires adaptability, continuous learning, and the willingness to refine strategies when circumstances change.

I continue to value the “aha” moment: the moment when clarity replaces confusion and clients feel empowered about their future. Retirement is not a single decision; it is a coordinated strategy involving healthcare, income, taxation and legacy planning.

Education is the first step toward confidence. The questions to focus on are the Why and How questions — as much as the What and When. March’s madness for retirees should feel purposeful — not perplexing. ■

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

RIBBON cutting

Waukeee Area Chamber of Commerce hosted a ribbon cutting for HealthSource Chiropractic of Clive on March 3.



Waukeee Area Chamber of Commerce hosted a ribbon cutting for HealthSource Chiropractic of Clive on March 3.



Mike Torrez, Derrick Jellis and Zach Vander



Aly Davis, Dr. Ethan Pottebaum and Lynn Harder



Michael Bartos and Rhett Oselette



Frank Accurso and Ben Gerdes

Your local GEICO agent makes bundling simple.

Home + Auto = Easy



GEICO
Local Office



Justin Krogman
515-318-6307
Get a quote!

OUT & ABOUT

ONE-YEAR Anniversary

Trust Bridge Wealth Advisors held a one-year celebration Feb. 26.



Rob Grove, Maddie Starman and Travis Gaule



Dorene Rusk and Alvin Gaule



Tim Rietz



Amy Heinz and Deb Elings



Maddie Starman and Courtney Luna



Debbie Pirtle and Maddie Starman



Chris Coffin and Rob Grove



Travis Gaule and Greg Overton



Wendy Beckerman



Steve and Margaret Bramble



Live well, age well, and handle the *what-ifs* right at home.

WellAhead is an innovative membership program designed to enhance independence and well-being for those who intend to live at home as they age. WellAhead handles the major worry, ensuring your access to long-term care and covering the majority of its primary costs from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about WellAhead or RSVP for an upcoming seminar, call **(515) 400-4715** or use this QR code.



Why WellAhead?



Remain at Home



Protect Your Assets



Maximize Your Well-Being



Plan for Future Health Needs

(515) 400-4715 | wesleylife.org/wellahead

This institution is an equal opportunity provider and employer.



Do your appliances work efficiently? Are they keeping up with your busy life?

IF NOT, SAVE SOME GREEN!

THIS
MONTH ON
SOMETHING
NEW!



SALE PRICES GOOD MARCH 1-31, 2026

Whirlpool® \$999 EACH \$799 \$1,599 **AMANA®** JUST RIGHT. \$799



WFW5720RR 4.5 cu ft Smart front load
WED5720RR 7.4 cu ft Wrinkle shield

*Must purchase pair



WDTA50SAKZ Dishwasher with stainless steel tub. 3 rack. Adjustable middle rack. 47DBA. Fingerprint resistant



WSIS5030RZ Induction slide-in range. Air fry. Griddle zone. 6.4 cu ft oven.



AGR6603SFW 30" Gas range. Self-Clean Oven. 5.0 Cu Ft Oven Capacity. Sealed Burners. LP conversion available for an extra charge

MAYTAG® \$899 EACH \$1,099 EACH \$699 \$1,099



MVW7230HW Smart top load washer with extra power button. 5.2 cu ft.
MED7230HW Smart electric dryer with extra power button. 7.4 cu ft.

*Must purchase pair

▪ 5 YEAR PEACE OF MIND
▪ 5 YEARS PARTS + LABOR



MVWP586GW 3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer.
MEDP586KW 7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control.

*Must purchase pair



MDB4949SKZ Dual Power Filtration. PowerBlast® cycle. Heated Dry. Touch controls. Fingerprint resistant stainless steel.



MRT711SMFZ 33-Inch Wide Top Freezer Refrigerator With Evenair™ Cooling Tower- 21 Cu. Ft.

ADEL & WINTERSSET Est. 1960
T.V. & APPLIANCE • HEATING & COOLING

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-1
515-993-4287

www.adelwintersettv.com

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-1
515-462-2939