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WELCOME

CELEBRATING my heritage — a wee bit

“My people” celebrated March 17. If you are Irish, chances are you did, too. If you are not Irish, there is still a good chance you celebrated anyway. That seems to be how St. Patrick’s Day works.

I say “my people” in the most affectionate way possible, mostly because I am reasonably confident I am Irish. I am also told I am German. And French. And possibly a little Native American. But, thanks to my mother’s side of the family, Irish is the one that tends to show up the loudest.

Mom and her siblings fit the Irish profile quite well: short in stature, red-haired, light-skinned, Catholic and full of vinegar. And by “full of vinegar,” I mean they had opinions.

Family history backs up my Irish claim. My grandmother’s maiden name was Leonard. Her father, Patrick Leonard, was born near Carlow, Ireland, in 1866. And, if that isn’t enough proof, my grandson — appropriately named Callahan — arrived in 2025 with a head full of red hair. Genetics doesn’t get much clearer than that. Somewhere in Ireland, an ancestor is nodding proudly and probably ordering another potato.

Speaking of potatoes, let’s address a few stereotypes. Do the Irish really love potatoes that much? Is everyone named Mary? Are they obsessed with the weather? Do they enjoy a good fight but still manage to remain friendly afterward? And do they really say “wee” all the time?

I can’t answer all of those questions with scientific certainty, but I can say this: If someone offers me a baked potato, I’m not going to turn it down.

Personally, I enjoy poking a little fun at my Irish roots while also celebrating them. Truth be told, most of us are a mix of several backgrounds anyway. Somewhere in the family tree, there is probably an Irishman, a German, a Frenchman and someone arguing loudly about the weather.

At the end of the day, we probably have more in common than we realize. That’s worth celebrating. Still, there’s nothing wrong with taking a little pride in where you came from — at least a wee bit.

Have a great month and thanks for reading. ■

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LENDER

Celebrating HERITAGE

Residents reflect on the traditions that connect them to home

By Jackie Wilson

From traditional dance and cultural celebrations to food and storytelling, residents across central Iowa are finding meaningful ways to preserve and share their heritage. For many, these traditions not only honor the past but also help build community and connection for future generations.

Sophea Munguia, dance instructor for Danza Folklorica del Oeste, displays her custom-made dress from Guadalajara. She says the skirt moves like a flight of birds and the waves of the ocean. Photo by Jackie Wilson

Dancing to honor heritage

Sophea Munguia counts dance steps to the beat, instructing a pair of young students as their dance shoes clack on the floor. The next pair of students moves easily to the rhythm, then the class repeats the steps again and again.

The dance classes, called Danza Folklórica del Oeste, are taught by Sophea, a 17-year-old from Waukee and a recent high school graduate. She began teaching three years ago. Her mother, Mariana Gil Gomez, leads the group. They formed the dance troupe as a way to honor their Mexican heritage.

Mariana was born in Mexico and moved to the United States 21 years ago. Her daughter began dancing traditional Mexican folklórico at age 8. The family traveled to Mariana's hometown of San Sebastián del Oeste, where Sophea took dance classes. There, her instructor suggested opening a dance studio.

Sophea serves as the instructor and choreographer. The traditional music comes from the state where her family originated.

"Typically, there are songs and costumes from each state," she explains.

One important aspect of the classes is they are taught in Spanish.

"A lot of the families don't speak Spanish at home," Mariana explains. "Parents want their kids to know their roots and learn the culture."

Mariana selects the songs, which hold special meaning for her.

"I want people to relive memories from when they were children in their country. Some people can't go back to Mexico. I get chills when I hear these songs I used to dance to," she says. "For people to feel that — it's beautiful."

Sophea teaches two classes a week at Mainframe Studios to children ages 5 and older. The group has performed across Iowa at Cinco de Mayo festivals, quinceañeras, community events and private parties. She has also performed at Waukee High School.

"Teachers were fascinated with the dances. They loved the songs. My friends at school think it's cool," Sophea says.

Her intricate outfits are custom-made in Guadalajara.

"The skirt moves like a flight of birds or ocean waves," she explains. "I learned that while studying in Mexico."

Sophea recently became an ambassador for CultureALL, a nonprofit organization that promotes diversity and cultural traditions in the Des Moines area. She visits schools to showcase Mexican culture through dance.



Sebastian and Sophea Munguia, along with their mother, Mariana Gil Gomez, help with Danza Folklórica del Oeste, a dance studio that teaches traditional Mexican dance. Photo by Jackie Wilson

Her brother, Sebastian, 10, helps with classes. Mariana works as an interpreter in Dallas County with the Hispanic community and supports her daughter's passion.

"I am supporting my daughter and her dream," she says.

The dance classes help strengthen community connections and build Sophea's leadership skills.

"We are building a community where everyone helps each other," she says. "Students may participate in other sports — this is similar. We work as a team and learn responsibility and commitment. I love to dance and represent the Hispanic community."

For more information about performances or classes, visit the Facebook page [danza.folklorica.del.oeste](https://www.facebook.com/danza.folklorica.del.oeste).

Cherishing Italian traditions

Italian-born Andrea Barutta is passionate about his heritage — not only preserving it, but ensuring his two children experience the same traditions he did growing up.

One way he stays connected is by volunteering with the Italian-American Cultural Center of Iowa, which is undergoing a \$25 million renovation. He serves on the

Heritage Council, helping organize events focused on Italian traditions, including fundraisers and food and wine events.

He also serves as committee chair for the Iowa Economic Development and Finance Authority and is involved in Iowa's sister state relationship with Veneto, Italy, where he was born.

Barutta was raised in Padova in the Veneto region. He recalls a longtime tradition of La Befana, celebrated Jan. 6. The holiday features a folkloric old woman — similar to Santa Claus — who delivers candy and small gifts to good children and coal to those who misbehave. At the end of the day, an effigy is burned in a bonfire.

"You light it on fire to welcome the new year and say goodbye to the old year," he explains.

While attending college in Venice, he celebrated Carnevale, similar to Mardi Gras. A favorite treat is galani, a fried, ribbon-shaped pastry.

On March 8, he celebrates International Women's Day by giving flowers to the women in his life — his wife, Kerri-Ann, and daughter, Alessia.

He also remembers celebrating the



Andrea Barutta of Waukee visits the island of Torcello, Venice, in the Venetian lagoon, close to where he grew up.

Olympics in Italy by gathering with other Italians to watch the closing ceremony.

The Feast of St. Mark, held in Venice on April 25, honors the city's patron saint. A tradition includes giving a loved one a red rose, based on a medieval legend about a knight.

Barutta coaches at Vision Soccer Academy in Waukee.

"Soccer is Italy's national sport," he says. "It's another way to keep traditions alive."

He speaks Italian regularly and meets with a small group of Italians in Des Moines for breakfast conversations. His accent often sparks curiosity.

"People are intrigued. I have an authentic Italian accent — not like Luigi," he says with a laugh.

His wife is of Italian descent, and his parents still live in Italy. Cooking remains central to their family traditions.

"I want to make sure my kids, Alessia and Maximilian, understand and celebrate the traditions from my home country," he says. "I don't want them to forget."

For more information about the Italian-American Cultural Center of Iowa, visit www.iaccofia.org.

Connecting community

Mexican native Fabiola Schirrmeister never imagined living far from her home in Tucson or Sonora. But meeting her future husband from Iowa changed that path.

Schirrmeister is originally from Ciudad Obregón, Sonora, near Baja California. She later lived in Tucson, where she studied English in college.

Today, she combines her bilingual skills as a radio host and producer for two Spanish-language stations, La Reina and La Ley. Her programs feature community leaders, musicians, nonprofits and Latino news, often in Spanish or with interpretation.

She previously worked in television in Arizona and with Telemundo in Puerto Rico. When her husband suggested moving to Iowa, she hesitated.

"I never thought I'd live in Iowa," she says. "But once I learned about the culture, it's an amazing place. It's very similar to my hometown."

Food remains a strong cultural tradition. Carne asada — grilled meat — is a staple in Sonora.

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Fabiola Schirrmeister of Waukee is a Latino radio host for LaReina and LaLey. She is passionate about preserving her Mexican heritage.

“It’s like a ritual,” she says. “When it’s hot outside and the sun goes down, we start the barbecue.”

Other traditions include attending concerts, festivals and baseball games featuring the home team, the Yaquis.

Her family history is also unique. Her great-grandfather immigrated from Switzerland, lived in Germany and later became a refugee in Mexico.

“He came to Sonora by boat,” she says. “The Germans worked in the mines and introduced accordion music and polka — and even beer-making.”

Schirrmeister stays active in the Latino community by volunteering with nonprofits that support immigrants and Latino leaders in Des Moines.

“We try to share uplifting stories,” she says. “I want to be part of empowering Latinos and preserving where we come from.”

Both of her children speak Spanish, primarily at home. Her husband, who is from Puerto Rico and raised in Florida, encourages it.

“We want our kids to visit their grandmother, who only speaks Spanish,” she says.

She notes similarities between Sonora and Iowa, particularly in agriculture and strong family values.

“We can learn from each other,” she says. “We’re very similar. We value family, work hard and support our communities. It’s important to keep sharing our heritage and learning from our neighbors. It makes life more meaningful.” ■



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CIRCUIT breakers showcase STEM skills

FIRST Tech Challenge team competes on world stage.

The Circuit Breakers are a group of seventh-through 12th-grade students from around the Des Moines metropolitan area competing in For Inspiration and Recognition of Science and Technology (FIRST) Tech Challenge robotics. They compete at the highest level with ingenuity and innovation while spreading interest in robotics and engaging in philanthropy in their communities.

This year, the Circuit Breakers attended the FIRST World Championship in Houston for the fourth time, securing Iowa's first of six spots. "Worlds" is a time for the team to network and learn from people nationally and internationally.

"One thing I'm excited about is seeing what other teams have done and what incentives they have used to bring STEM into underrepresented communities or any community in general," Harshitha Hariharan, a sophomore at Waukee High School, says.

The team can easily watch and learn from others online and through videos, but seeing how others work in person and talking to the people who built the robot gives them a better understanding of the process and what they may not have thought of before. In the robotics world, teams don't hide their knowledge from opponents; they share it.

Gracious professionalism is a core value of the Circuit Breakers.

"You're competing against your opponent but also helping them fix their robot before their match because you want healthy competition," Waukee Northwest junior Samyu Mogallapalli says.

If any team needs help, they can come to the Circuit Breakers, and the team will freely share all the information they have. It is part of gracious professionalism.

Being a Circuit Breaker is more comparable to working at a company than being on a sports team. At the start of their season in September, members plan and raise their own finances, invite professionals to meetings, network with other teams and build their own reputation on the field.

"All of this is because they want it," Coach Sreehari Mogallapalli says. "They have to work to get it."

The outreach side of the Circuit Breakers is diving deeper than ever into making an impact in the community through volunteer work.

"This is a world competition. Having a lot



The Circuit Breakers team and their coaches pose for a photo with their robot.

of global outreach and being able to make a bigger footprint in the STEM environment would be really impactful," Johnston freshman Tansi Bandaru says.

Project Lumen is an initiative the team has been working on to help introduce the visually impaired community to robotics. The team has created 3D-printed coding blocks with Braille to help users build their own code. It is about making STEM more accessible to people who do not have the same access, the outreach team says.

Being a Circuit Breaker also means more than just learning to design, build and program robots.

"Being a part of this team really opens up a lot of opportunities for us, no matter what field you want to go into," Waukee Trail Ridge freshman Samhitha Mallela says.

It is a place where students can explore different fields, gain hands-on experience and learn what it is like to work with a team in a professional setting.

What attracted eighth-grader Sushen Baruri, of Waukee Timberline Middle School, to the Circuit Breakers was the build aspect and the knowledge already embedded in the team.

"You get to have a lot of interaction, a lot of testing, a lot of iterative design processes," he says.

The Circuit Breakers have been a team for

10 years, originally starting as Timberline 9. Because of the experience and knowledge that has been passed through the team, the process of acquainting new members with robotics is easy and welcoming. There are four new members this year.

"So, it's kind of cool to see the lifecycle of the team," Waukee Northwest senior Kalya Kothavale says.

It allows for a seamless transition while still leaving room for development and growth.

Caden Byrnes, a senior at Waukee Northwest High School, explains that being part of the team prepares members not just for the engineering field, but for life after college and in any workforce.

"Public speaking, marketing, business — all things you don't think have to do with robotics have a role on this team," Kinneer says.

Confidence, problem-solving and grace under pressure are what Coach Lauren Purcell wants her team to take away from being a Circuit Breaker.

"It's about coming into something and saying, 'I don't know how to do this, and I'm probably going to make some mistakes, but I'm going to figure it out,'" Purcell says.

"You're going to fail, and that's OK," Kinneer says. "But, if you put enough effort and time into it, you can do pretty well even when it seems like it's going to be impossible." ■

WHERE community feels like home

For the Bartz family, Waukee offers connection, opportunity and everyday moments that matter.

Allie Bartz and her family have lived in the Waukee area for nearly a decade, and over those years, it has become a place they truly call home.

Why Waukee?

“We knew the community was growing quickly, and we wanted to be a part of it,” Bartz says. “We also knew the school district was one of the best in the state.”

The home the Bartz family chose has proven to be a perfect fit, especially with a fenced-in backyard where their dog, Bruno, can run freely. Their children also enjoy being close to several neighborhood friends, making it easy to spend time outside playing together after school and on weekends.

Better still, they live near three different parks, all within walking distance. That makes it easy for the family to eat dinner together and then head out for some fresh air before bedtime. Living close to so many green spaces has become a favorite part of their daily routine, especially

during the warmer months when the parks are filled with neighborhood families and children playing together.

Bartz has learned Waukee is a place that cares about families and daily life.

“The community comes together for amazing experiences,” she says, citing events such as the art festival and Family Fest.

“We feel like we are part of the growth of this community, and to be a part of that is pretty magical,” she adds.

Those community events have become traditions the family looks forward to each year.

Bartz’s son is involved in VSA soccer, while her daughter attends Premier Dance. Bartz herself enjoys volunteering at her son’s school whenever she can, appreciating the opportunity to support both students and teachers who help make the district strong.

But what makes Waukee truly special is right where they live.

“I love how our neighborhood comes



Allie Bartz says one of the things she enjoys about her neighborhood is having plenty of parks nearby.

together and really accepts one another,” Bartz says. “When you find people you can easily walk across the street to and enjoy good conversation while your kids play together, or get invited to a neighborhood ice cream party at the end of the school year, it really makes you realize how lucky you are to be where you live.” ■

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The April 2011 Waukee Living magazine featured the story, “A parent’s choice: Making the decision to work or stay at home.” The cover photo featured Jackie Tysdal and her children, Cayden, 9, and Keeli, 6. Also included were Cheryl Dodson and her sons Connor, 12; Ryan, 9; and Nathan, 8; and Carmyn Ferguson and children, Caden, 11; Carter, 9; and Mackenzie, 4. ■

ADDIE and Lexie’s children’s library

Girl Scouts create library for kids coping with cancer

When Addie Todd’s mother, Emily, underwent cancer treatment, Addie was unsure how it might affect her. She recalled reading a book that helped explain cancer and better understand what her mother was going through.

When it was time to choose a Bronze Award project for her Girl Scout troop, Addie suggested providing books to help other children in similar situations.

She enlisted the help of her friend and fellow Girl Scout Troop 932 member, Lexie Hastava. The pair recently finished creating a children’s library through the Mission Cancer Foundation.

So far, the library contains 80 books obtained through donations from family, friends and the foundation.

The Bronze Award is the highest honor a Girl Scout Junior can earn. The purpose of the project is to identify a need in the community and create a project or program that is sustainable after the girls’ portion is completed.

The project began when Addie and Lexie developed a promotional video about their effort. Their families posted it on social media for friends and family to view. Both girls are in fifth grade. Addie attends Shuler Elementary, and Lexie attends St. Augustin Catholic School.

The girls visited Barnes & Noble to research books about cancer and found that resources were limited. They developed an Amazon wish list of books aimed at helping explain a parent’s cancer to children. It includes titles they wanted for their library. Lexie created a flyer explaining the project, which was distributed to teachers, neighbors and friends, along with their local cookie orders.

Addie created a flyer listing available books. The pair wrote thank-you cards, created book labels and provided cancer ribbons for donors.

“It took a lot of work to create the flyers and write thank-you notes,” Addie says. “I didn’t think we would get many books.”

The girls delivered the books to the Mission Cancer Foundation in February. The foundation was impressed with the girls’ project and invited them and their mothers to a fundraising gala. The girls were thanked for their efforts.

“At the event, everyone was grateful and they clapped for us,” Lexie says.

Information about the books is included in chemotherapy bags provided by the Mission Cancer Foundation. The foundation offers books in medical clinics throughout Des Moines. Donations are still accepted. To borrow a book or learn more about the program, visit www.missioncancerfoundation.org/addie-lexies-childrens-library. ■



Lexie Hastava and Addie Todd with books they collected to help children understand a parent’s cancer.

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RIDING for Gary

Wiedenfeld’s mission to bring hope, support and resources to those battling terminal brain cancer

Kristin Wiedenfeld founded Gary’s Ride in 2022 after her husband died from glioblastoma, a terminal brain cancer and the most aggressive and common malignant brain tumor in adults.



“There is no cure for this cancer, and the average length of life once diagnosed is around eight months. So, I knew I had to do something to change things that were unacceptable to me,” she says. “My husband, Gary, was an avid bicyclist — hence Gary’s Ride.”

The organization is a nonprofit 501(c)(3), and 100% of donations and sponsorships go to mission partners that support terminal brain cancer patients. These include Richard Deming Cancer Center for integrative medicine treatments; Iowa Research Association for glioblastoma clinical trials so patients don’t have to travel out of state; MercyOne Des Moines Foundation for gift cards for patients and their families; and Gary’s Compassion Fund, which provides financial assistance to patients and their families.

Since its inception in 2022, Gary’s Ride has raised more than \$167,000, helping more than 360 terminal brain cancer patients, including 64 with glioblastoma.

“My board, volunteers and I are not paid,” Wiedenfeld explains. “We do this because we have all been affected by cancer, and we want to bring hope and help and change ‘terminal’ into ‘treatable.’”

Outside of Gary’s Ride, Wiedenfeld also volunteers at Taylor Hospice House in east Des Moines, where Gary received care during the last four days of his life.

“They are exceptional with their care for terminal patients,” she says. “The staff treats you like family, and the facility is equipped with all the essentials needed to make patients and their families feel at home.”

For Gary’s Ride, Wiedenfeld’s goal is to make a difference in the lives of people diagnosed with terminal brain cancer or other terminal illnesses — offering a listening ear and supporting families through an incredibly challenging journey. She wants them to know they are seen, that they matter, and that she will do everything she can to create meaningful change on their behalf.

“You get to make a difference in the lives of others in so many different ways,” she says of giving back through volunteerism. “You create lasting friendships. You make a change by volunteering, and it changes you and how you see life, others and the world in a positive way.” ■



Travis Gaule, Trust Bridge Wealth Advisors, presents the Neighbor Spotlight certificate to Kristin Wiedenfeld.

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For book lovers, the library's Book Nook offers a curated collection of gently used books, DVDs and other media at unbeatable prices. With an ever-changing selection, visitors never know what literary gems they might find. Best of all, every purchase supports the Waukee Public Library Friends Foundation, ensuring continued investment in community resources. Whether building a personal collection or searching for the next great read, the Book Nook is a must-visit destination.

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

Upcoming closures:

- Sunday, May 10
- Sunday, May 24
- Monday, May 25
- Closed Sundays Memorial Day through Labor Day

Programs and events

Most events require advanced registration and can be viewed at waukee.librarycalendar.com.

Kids

- **Stories in the Park** (For kids 0-5 years old and their caregivers), **Tuesdays in May, 10 a.m.** Get outside and enjoy 25 minutes of songs and stories at Windfield Park (114 Windfield Parkway). Registration is not required.

Teens

- **Early Out (Grade 6-12) | Wednesday, May 13, 1:30 p.m.** Teens are invited to play games, color, or just hang out. For students in grades 6 -12. Registration is requested. Please register for a seat for each teen attending.

Adults

- **Snacks and Facts Series: The New Golden Age of Space Exploration, Friday, May 1, 11:30 a.m.** Join NASA JPL Solar System Ambassador Dan Joy for a discussion of the major technologies, missions and discoveries related to our solar system, the Milky Way galaxy, and the universe. For adults ages 18 and older. Registration is not required.

Multi-Age

- **Star Wars Day, Friday, May 1, 4 p.m.** May the Force be with you. Come celebrate a galaxy far, far away with crafts, games, activities and nostalgia for the whole family. For all ages. Registration is requested. ■

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Social Security provides benefits for eligible individuals who cannot work due to a physical or mental disability. Other programs are linked to Social Security benefits. Make sure you know which programs can benefit you.



Supplemental Security Income (SSI) is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

If you receive SSI, you may also be eligible for Supplemental Nutritional Assistance

Program (SNAP) benefits. To make it even easier, when you apply for SSI, the Social Security Administration (SSA) also allows you to apply for your state's SNAP to save time.

SNAP provides food-purchasing assistance to low-income households. Benefits are deposited monthly into SNAP accounts linked to EBT cards, which work just like credit or debit cards. Most major grocery store chains and retailers — like Target or Walmart, for example — accept EBT cards to purchase SNAP-eligible items. Eligible items are typically food items that can be prepared at home (or seeds to plant and later provide food), excluding food that is hot when sold or other prepared meals.

SSI provides benefits to those with limited income and resources. SSI is also for certain people who are 65 or older, and those who are blind or have disabilities.

While your SNAP benefit amount depends on your household income and size, the basic

monthly SSI payment for 2026 is the same nationwide — \$994 for one person or \$1,491 for a couple.

If your household is applying for SSI or already receiving SSI, the SSA will help you complete your SNAP application over the phone, in person, or through the state's benefit portal.

If you believe that you qualify for Supplemental Security Income (SSI), but have not applied — or if you've been denied — then you need an experienced attorney to assist you. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes, so that you can receive all of the benefits you're entitled to. ■

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

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City of Waukee Bulletin APRIL 2026

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

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Waukee.org



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

Waukee City Council Approves FY 2027 Budget

On April 20, the Waukee City Council held a meeting to approve the Fiscal Year 2027 budget as well as the five-year Capital Improvement Plan (CIP). The City's property tax rate will stay the same at \$12.80 per \$1,000 of taxable valuation. Note that taxable valuation is not the same as the assessed value of your property. Learn how property taxes work at Waukee.org/PropertyTax101.

The \$148.3 million budget includes general fund expenditures of \$29.8 million, business and proprietary expenses of \$28.6 million, debt service expenditures of \$16.7 million and capital improvement expenditures of \$49.7 million.

Some notable things from the budget:

The 2% franchise fee addition will offset reduced revenues after the City sold the municipal gas utility to MidAmerican Energy in October 2025. City Council explored different options to cover the portions of costs from shared services, such as HR, IT, Finance, Communications and Administration, that were previously attributed to the utility. The 1% sales tax on electric and gas bills will be removed when the franchise fee goes into effect later this spring, making it a net 1% increase for gas and electric customers.

The City will add 1 code compliance officer/rental inspector, 1 streets laborer, 2 firefighter/paramedics, 2 police officers this summer and 1 more this winter.

Small increases to utility rates will help cover increasing costs. These changes will net a 4.25% increase, which is about

\$5.72 more per month in utility bills for the average Waukee household.

Capital improvement projects include phase 2 of the University Avenue Extension project, widening of NE Alice's Road in partnership with City of Clive, street and parking improvements in the Downtown Triangle and a renovation of the former Public Safety Building to serve our Fire Department and the new home of the Community Development Department.

Useful resources:

- Get more details and read the full budget at Waukee.org/Budget.
- Enter your address at Waukee.org/Tax to see where your property taxes are invested in Waukee. The City of Waukee Tax Receipt shows how much you pay for the City portion of the levy (about 1/3 of your property taxes) and how much of that goes to public safety, public works, recreation and more.
- Watch the annual State of the City address with Mayor Clarke at Waukee.org/StateoftheCity to learn how the City is doing.

HELP NAME OUR NEW EVENT SPACE

VOTE BY MAY 1!

Waukee.org/6thStreet



Dates to Know

The Golden Age of Space Exploration

Friday, May 1, 11:30 a.m.-12:30 p.m.
Free, ages 18 and older
Waukee Public Library

Bingo

Friday, May 1, 1-2:30 p.m.
\$1 entry and \$0.10 per card
Waukee Public Library

Regular City Council Meetings

May 4 & 18 at 5:30 p.m.
Waukee City Hall and Zoom
Waukee.org/CityCouncil



Got Parks and Rec Ideas?

Waukee Parks and Recreation is working on a new master plan to set the direction for the next 20 years of parks, trails, recreation programs and special events in Waukee. Give your input on how things are today and what you dream of seeing in the future at Waukee.org/ParksMasterPlan. Tell us what you love and want to keep, what isn't working well and what you might want to try in the future.



Save Money on Irrigation

Portable irrigation meters can help save you money on sewer charges for your water bill if you frequently irrigate your lawn and garden. If you already have a meter, get your meter certified now to stay eligible for credits on your account. Fill out the form at Waukee.org/UtilityBilling or bring your meter to City Hall at 230 W. Hickman Road on a weekday between 8 a.m. and 5 p.m. To purchase a meter, contact WaukeeUtilities@Waukee.org. If you have a sprinkler system, consider adding a soil moisture sensor so it doesn't run when there is enough rain.



Don't Forget the Permit

If you're adding a fence, deck, shed or other structure, you may need a permit. Check Waukee.org/BuildingPermits or call 515-978-9533. If you're part of an HOA, be sure to check your covenants for any requirements before starting work.



Dial Before You Dig

National Safe Digging Month reminds everyone who excavates or digs to dial 811 or visit IowaOneCall.com before digging to have the approximate location of utility lines marked. If you are planting trees, installing a fence or any other digging project, dial 811 beforehand so you can avoid knocking out utility service, injuring yourself or facing fines. During the busier spring and summer months, we recommend submitting your request at least two weeks before you dig.



Road Closure Alerts

Construction season is here. Avoid the frustrations of detours by signing up for notifications. You'll get a text or email when lane, trail or road closures are happening. Waukee.org/NotifyMe or access them from the link in the news section of the homepage at Waukee.org.



Save These Numbers

To report something that is not an immediate emergency to Police or Fire, call our non-emergency dispatch line with Westcom. They now have a back-up phone number. If you can't get through at (515) 222-3321, call (515) 222-3322. For immediate emergencies, like fires, serious injuries, medical crisis or car accidents blocking the road, call or text 911. Use the non-emergency line for minor noise complaints, vandalism or other non-threatening activities.



Waukee Firefighters Association Pancake Breakfast
Saturday, May 16, 7-11 a.m.
Public Safety Building (815 NW 20th Street)

City Offices and Library Closed
Monday, May 25
Trash pick-up delayed one day

Stories in the Park (Ages 5 and younger)
May 5, 12, 19, 27, 10-10:45 a.m.
Windfield Park
WaukeePublicLibrary.org/Events

CHOOSING the right life insurance

Life insurance is one of the most important — and often overlooked — tools in a family’s financial plan. At its core, life insurance provides financial protection for the people you care about most. If something unexpected happens, a life insurance policy can help replace lost income, cover everyday living expenses, pay off debts like a mortgage, and even fund future needs such as college tuition.



Many people assume life insurance is only necessary for those with young children, but the reality is broader. Anyone who has financial responsibilities shared with others — whether that is a spouse, business partner or aging parents — should consider coverage. Even for individuals without dependents, life insurance can help cover final expenses and prevent loved ones from facing unexpected financial burdens.

There are several types of life insurance, each designed to meet different needs and budgets.

Term life insurance is often the simplest and most affordable option. It provides coverage for a specific period — commonly 10, 20 or 30 years. If the insured passes away during that term, the policy pays a benefit to beneficiaries. Because it is straightforward and cost-effective, term insurance is a popular choice for young families or those looking to cover temporary financial obligations like a mortgage or income replacement during working years.

Whole life insurance offers permanent coverage, meaning it lasts for your entire lifetime as long as premiums are paid. In addition to a guaranteed death benefit, whole life policies build cash value over time. This cash value grows at a steady rate and can be accessed if needed, making it both a protection tool and a long-term financial asset.

Universal life insurance is another type of permanent coverage, but with added flexibility. Policyholders can adjust their premiums and death benefits within certain limits, and the policy’s cash value can grow based on interest rates or market performance, depending on the specific product. This flexibility can be appealing for those whose financial situation may change over time.

Choosing the right life insurance policy depends on your goals, budget and stage of life. A thoughtful approach to coverage today can provide peace of mind and financial security for your loved ones tomorrow. ■

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

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THE COMFORT of a savory lasagna

There are few things in life more comforting than a warm kitchen filled with the savory aroma of lasagna baking in the oven — any time of the year. It is the kind of smell that draws everyone in, pulling family members from each corner of the house to ask, “Is it ready yet?”



This hearty lasagna has become a true family favorite in our home. With rich layers of seasoned meat, creamy ricotta, tender pasta and plenty of melted cheese (I suggest adding more than what this recipe calls for), it is the ultimate comfort food. Lasagna is more than just dinner — it is a tradition. This dish has even been selected as our dinner for Christmas and Thanksgiving many years, as it truly is a treasured recipe — and the leftovers taste even better the next day. This recipe represents the simple joy in sharing something homemade and delicious with the people you love. I need to warn you, though, the sauce takes some time to cook, but it is well worth the wait. Enjoy!

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

Lasagna

INGREDIENTS:

- 1 pound ground hamburger
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1/4 cup chopped fresh parsley, divided
- 1 28-ounce can whole tomatoes, undrained and chopped
- 1 14.5-ounce can Italian-styled stewed tomatoes, undrained and chopped
- 1 six-ounce tomato paste
- 1 eight-ounce can tomato sauce
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- Water to boil noodles
- 12 uncooked lasagna noodles
- 1 large egg white, beaten
- 2 cups cottage cheese
- 1/2 cup shredded parmesan cheese
- 1 15-ounce carton fat-free ricotta
- 2 cups shredded mozzarella cheese

DIRECTIONS:

- Brown hamburger and drain grease. Set aside. In the same pan, coat with cooking spray, sauté onion and garlic

- for 5 minutes. Add beef back in. Add 2 tablespoons parsley, chopped whole tomatoes and next six ingredients. Bring to a boil. Reduce heat, cover and simmer for 20 minutes. Uncover and simmer for 15 minutes. Set aside.
- Boil water and cook noodles for 12 minutes or until “al dente.” Drain and set aside.
- Preheat oven to 350 F. In another bowl, combine 2 tablespoons parsley, egg white, cottage cheese, parmesan cheese and ricotta cheese.
- Spray a 9-inch by 13-inch pan with cooking spray and spread 1 cup tomato/beef mixture on the bottom of the pan. Place 3 noodles on tomato/beef mixture, top with half of cottage cheese mix, then 2 cups of tomato/beef mixture, and 2/3 cup of mozzarella. Repeat. Place another layer of noodles on top, then spread with remaining tomato/beef mixture.
- Cover with aluminum foil and bake for 1 hour. Then, sprinkle with 2/3 cup of provolone and bake uncovered for another 10 minutes. Take out of oven and let rest for 10 minutes. ■

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MEET Nikki Opsal

Fourth-grade teacher finds her way back to the classroom

Nikki Opsal grew up in Sioux City before attending the University of Northern Iowa. After earning a double major in elementary and middle-level education, Opsal moved to West Des Moines, where she taught eighth-grade American history at Stilwell Junior High School.

Opsal taught for five years before deciding to stay home with her three children. About seven years ago, all of Opsal's children attended Eason Elementary School, and she began substitute teaching there. While she also subbed at other Waukee schools, she continued to work regularly at Eason Elementary because, she says, it always felt like home.

Opsal knew she wanted to have her own classroom again, but it was not until she was diagnosed with breast cancer in the summer of 2024 that she realized it was time to make that goal a reality. Now, after a 17-year hiatus, Opsal once again has her own classroom. She currently works as a fourth-grade teacher at Eason.

"I appreciate all of the time and support invested in me as a new-to-the-district teacher," Opsal says. "Waukee School District is a great place to work. The people I get to work with on a daily basis are the best. We share ideas and collaborate all of the time, which isn't always the case for teachers."

Opsal's students participate in a mystery reader program. Anyone connected to the class can participate in the program, which involves reading books aloud to her students. The mystery reader provides Opsal with three clues to share with the class before visiting, and the students try to guess who the mystery reader is. Opsal enjoys seeing her students' faces as they realize who the mystery reader could be. The program has included Eason Elementary staff, parents, grandparents, and even Opsal's own family members this school year.

"I enjoy working with fourth graders because they are curious and excited to learn about new ideas. They are on their way to becoming more independent. They love to share stories, and I love to listen to them," Opsal says.

During the remainder of the school year, Opsal is most looking forward to taking her students on their final field trips. They will visit the Civic Center to see a show, participate in BizTown, and explore Jester Park.

"I love connecting with students and getting to know them. I care about each and every one of them so much and love to see them grow," Opsal says. ■



Nikki Opsal enjoys having mystery readers in her class and going on field trips, among other things.

AT-HOME CARE helps people stay in their homes longer

For many people, home represents stability, comfort and a lifetime of memories. Surveys consistently show most older adults prefer to remain in their homes as they age rather than move to a new living environment.

Yet remaining at home can present challenges for individuals and their families. Caregiving responsibilities often fall to family members who must balance work, household duties and personal commitments. This can create stress, exhaustion and, sometimes, discord.

At-home care services are increasingly used to help address those challenges. By assisting with daily activities and companionship, these services can help individuals maintain independence while lightening the load for family caregivers.

Supporting independence. Families sometimes hesitate to seek outside help because they worry it may adversely impact a loved one's independence. In many cases, the opposite can be true. When individuals receive assistance with everyday tasks, such as household chores, personal care, or transportation, they may be able to remain safely in their homes for a longer time. Professional caregivers can also provide support in a way that allows individuals to maintain privacy and autonomy while still receiving help when needed. Regular assistance also can add structure and predictability to daily life, helping both individuals and their families establish more manageable routines.

Reducing the risk of injuries. Health concerns such as mobility limitations, chronic pain, vision issues and osteoporosis can increase the risk of falls among aging adults. Falls remain one of the leading causes of injury and disability for older individuals. At-home care providers often help decrease that risk by assisting with activities that might otherwise be physically demanding, such as bathing, cleaning or navigating stairs. Some organizations also offer home safety assessments that identify potential hazards and recommend changes that can improve safety.

Encouraging physical and social activity. Remaining active both physically and socially is an important factor in overall well-being. Individuals who rely heavily on family members for transportation or care may become isolated over time. At-home support can help address this by providing companionship and helping individuals stay engaged in everyday activities. Caregivers may assist with outings, walks, hobbies, or other routines that encourage movement and social interaction. Even small activities such as walking a dog or spending time outdoors can help individuals maintain a sense of normalcy and independence.

Supporting family caregivers. Providing care for a loved one can be emotionally meaningful but also physically and mentally demanding. Introducing professional support can help restore balance. With some caregiving responsibilities shared, family members may experience less stress and have more time for work, personal health and meaningful time with their loved one. ■



Stacey Miller is executive director of WesleyLife at Home, which offers a broad network of services, including medical and non-medical at-home care. Visit wesleylife.org or call 515- 978-2777.



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EVENTS IN THE AREA

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

Be sure to check for cancelations.

Note about calendar events: This magazine is delivered the fourth Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

Coming up in Waukee Living magazine:

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

Gary's Ride

Saturday, May 16, 10 a.m. to 2 p.m.
Starting at Waukee Raccoon River Valley Trailhead, Waukee

This ride is a fundraiser to increase awareness of glioblastoma and to support Richard Deming Cancer Center's terminal brain cancer patients through their Integrative Medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. The ride ends at Dallas Center downtown Main Street. Registration and information is available at garysrideiowa.org.



Small Business Grant Fund Open for Applications

The 2026 round of the Small Business Grant Fund is now open for applications. Small businesses located within Dallas County looking to invest in furniture and fixtures, marketing, technology or professional development are encouraged to apply. Additional details on eligibility can be found at [by scanning the first QR code.](#)



May 31 is the deadline. Apply by scanning the second QR code.



Warrior Lanes Year of Family Fun

190 S.E. Laurel St., Waukee

Enjoy glow-in-the-dark bowling, dazzling lights and black lights at these special events. Cost is \$64.95 per lane and includes bowling (90 minutes,) shoe rental, large one-topping pizza and 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.



Party themes and dates:

- A-May-Zing: Sunday, May 17, noon to 1:30 p.m.
- Summer Kick-Off: Sunday, June 14, noon to 1:30 p.m.
- Celebrate America: Sunday, July 12, noon to 1:30 p.m.
- Back To School Luau: Sunday, Aug. 16, noon to 1:30 p.m.
- Festive Fall Fun: Sunday, Sept. 13, noon to 1:30 p.m.
- Halloween: Sunday, Oct. 18, noon to 1:30 p.m.
- Turkey Time: Sunday, Nov. 15, noon to 1:30 p.m.
- Ugly Sweater Holiday: Sunday, Dec. 13, noon to 1:30 p.m.
- Countdown To Noon Year's Eve: Thursday, Dec. 31, 11 a.m. to 1 p.m. New Year's Eve Countdown to Noon is \$84.95 per lane.

Book online at <https://warriorlanes.com/family-glow-reservations/> Deadline is 6 p.m. two days prior to event. ■

American Legion Golf Fundraiser

Friday, June 5
Sugar Creek Golf Course, 1505 Sixth St., Waukee

The Waukee American Legion Post 737 will be hosting a four-person golf scramble fundraiser. The event includes 18 holes of golf, lunch, raffle prizes and more. Costs are \$300 per team, and hole sponsorships are a minimum of \$250. All the money raised will go directly to supporting local veterans, non-profit veteran organizations and initiatives. To sponsor a hole, donate, register your team, or for more information, call 860-303-6593 or email John Parcel at likeups@gmail.com.



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NEWS BRIEFS

WAYPOINT Resources launches fundraiser as demand rises

Reports 17% increase in households served

WayPoint Resources launched its annual April Online Fundraiser on Wednesday, April 1, with a goal of raising \$150,000 to support services in the upcoming fiscal year. The fundraiser will conclude once the goal is reached, followed by a celebration on Tuesday, April 28, from 5:30–7:30 p.m. at Country Lane Lodge in Adel to recognize the community's support.

The fundraiser comes as WayPoint Resources reports a 17% increase in households using its services in 2025 compared to 2024, reflecting growing demand for food access, healthcare, and basic necessities across Dallas County. Demand for services has increased significantly over the past two decades. WayPoint Resources reports growth from 92 household visits in 2005, the first year of operations, to 6,613 in 2025. In 2025 alone, the organization recorded more than 23,000 total individual visits.

“What we’re seeing isn’t just population growth, said Melissa Stimple, executive director. “It’s a growing number of families struggling to keep up. Rising costs and changing circumstances mean more people need a place to turn, many for the first time. And we know food insecurity rarely happens on its own. That’s why WayPoint brings food, healthcare, clothing, and individualized support together in one place, to help families stabilize and rebuild.”

The organization’s work is supported by more than 550 volunteers who contributed more than 21,700 hours of service last year, helping operate programs that address immediate needs for families across the county.

Community members can support the April fundraiser by donating online at waypoint.care and by attending the April 28 celebration event in Adel. ■

IOWA STEM Teacher Award recipients

The Iowa Department of Education and the Iowa Governor’s STEM Advisory Council announced six outstanding teachers as the 2026 Iowa STEM Teacher Award recipients. Now in its 12th year, the annual Iowa STEM Teacher Award, sponsored by Google, honors six teachers across the state for their contribution and dedication to science, technology, engineering and mathematics education in Iowa.

The STEM Teacher Award recognizes one full-time, licensed PK-12 teacher from each of the state’s six STEM regions.

The South Central STEM Region 2026 Iowa STEM Teacher award recipient is Jared Almandinger, medical and bioscience research instructor, STEM Camp director and STEM Club advisor at Waukee Community School District. He is in his fifth year of teaching. When it comes to teaching, his goal is ensuring students recognize STEM’s universal relevance and understand STEM’s presence across all fields. From going above and beyond to provide support and advice to creating an engaging and collaborative environment, he makes research feel exciting.

As a recipient of the 2026 Iowa STEM Teacher Award, each recipient will receive \$1,500 to use for the classroom and \$1,500 for personal use. They will also be honored through various statewide recognition opportunities. ■

It's your future. Let's protect it.



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SENIOR

By Jay Heaton

BENEFITS of downsizing

Downsizing is more than simply moving into a smaller space; it is a thoughtful decision to align your home with your current lifestyle and priorities. For many, especially those transitioning from a larger home, it offers an opportunity to simplify and focus on what truly matters most.



One of the most noticeable benefits is the ease of maintenance. With less space to manage, daily tasks become more manageable, allowing you to spend less time on chores and more time enjoying your day.

Financially, downsizing can also provide meaningful relief. Lower utility costs, reduced maintenance expenses, and potentially lower monthly payments can create greater flexibility and peace of mind. This often opens the door to travel, hobbies and time with loved ones.

There is also a strong sense of comfort and safety that comes with downsizing. Many smaller homes or community living options are designed with convenience in mind, often featuring single-level living and accessible layouts. This can make everyday routines easier while supporting long-term independence.

Letting go of unused space and unnecessary belongings can create a more organized, calm and welcoming environment.

Ultimately, downsizing is more than just losing space, it's about gaining a lifestyle better suited to your needs today. ■

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

WELLNESS

By Ashley Powell

A DIFFERENT way to wind down

The way people unwind at the end of the day is starting to shift. More people are taking a closer look at alcohol and how it actually affects their sleep, mood, and how they feel the next day.



At the end of the day, alcohol is a toxin. Even in smaller amounts, it can impact energy, recovery, and overall wellness. Because of that, a lot of people are starting to look for options that help them relax without working against their body. Two that keep coming up are kava and kanna. Both are natural plants, but they feel very different.

Kava is often used in place of that evening drink. Instead of the buzz and next-day drag, it helps the body relax while keeping your mind clear. Most people describe it as tension slowly melting away. You feel calm, settled and still able to be present or social. In higher amounts, it can feel more sedating, which is why some people use it to help with sleep.

Kanna is a different experience. It is more about mood than full-body relaxation. People tend to use it during the day when stress is building or when they feel overwhelmed. It is often described as taking the edge off mentally, helping you feel more positive, patient and clear. Some people also notice they feel more open or talkative.

As people explore new ways to unwind, options like these are becoming part of everyday routines. If you are curious, talking with someone knowledgeable can help you figure out what might work best for you. ■

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.

RETHINK HOW YOU WIND DOWN

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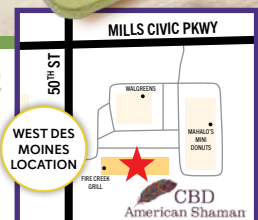
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PLAN AHEAD

By Robert Christensen

WHY SHOULD I write my obituary?

We all look at them. They help honor the memory of the person who died, and they serve as a notice of the death itself. Writing an obituary is essentially writing a life narrative. You have lived a lot of life, and there is no better way to get a zoomed-out view of yourself and your life than to write your own obituary. It is a life review.



It is an opportunity to identify details that make you proud, and you may even uncover areas of your life that you realize are unfinished. This can offer you an opportunity to reroute paths that may have led you astray from those accomplishments.

Some questions that can help you as you get started with this activity include:

- Are there specific things I want my family and friends to remember about me?
- What are the most important roles I have played in life?
- Is there any advice or guidance I want to pass along to others?
- What are my most important accomplishments, and what am I most proud of?

Advanced funeral planning is ultimately about making things easier for those you love. Writing your own obituary is a simple, but meaningful way to help accomplish this. ■

Information provided by Robert Christensen, Advanced Planning Counselor, Hamilton's Funeral Home, 515-697-3671

WELLNESS

By Viktor Vali and Amy Anderson-Vali

BENEFITS of bioidentical hormones for couples

Bioidentical hormone replacement therapy can offer significant benefits for couples, extending beyond individual health improvements to positively impact their relationship dynamics. When both partners engage in hormone replacement therapy, they are three times more likely to achieve their health goals. This shared journey fosters a deeper connection and improved communication within the relationship.



Bioidentical hormone replacement therapy involves using hormones chemically identical to those naturally produced by the human body, often derived from plant sources. These hormones, including estrogen, progesterone and testosterone, are used to address symptoms of low or unbalanced hormone levels, commonly experienced during perimenopause, menopause or andropause. For couples, the benefits can be multifaceted. As individuals experience relief from symptoms such as fatigue, mood swings and decreased libido, their overall well-being improves, which, in turn, sparks renewed interest and satisfaction in the relationship. Sharing the experience of hormone replacement therapy can lead to increased desire for intimacy, more frequent date nights, and a general feeling of being "physically and emotionally awake" together. This mutual support and understanding during the treatment process can reinforce belief in each other and even save relationships that have been strained by hormone imbalances. ■

Information provided by Viktor Vali and Amy Anderson-Vali, owners, 4 Ever Young, 1180 S.E. University Ave., Waukeez, 515-304-2324, www.4everyoungantiaging.com

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GRADUATION starts new financial chapter



In Iowa, April brings a sense of renewal. Tractors line the edges of farm fields, greenhouses fill with eager weekend gardeners, and families begin planning summer vacations and long-awaited getaways. It is also a season of milestones — spring formals, prom dances and, of course, upcoming graduations.

Graduation is an exciting achievement, but it also marks the beginning of a new financial chapter. Whether your graduate is heading to college, entering the workforce, or still exploring their next step, now is the ideal time to build strong financial habits that can last a lifetime.

One of the first steps is creating a simple, realistic budget. For many graduates, this is their first time managing money independently, and understanding where it goes is critical. Start by identifying income sources, such as part-time work, family support or scholarships. Then, outline expected expenses like housing, food, transportation and entertainment. This should be viewed as a teaching opportunity rather than a “control” conversation.

Another priority is building an emergency fund. Life is unpredictable, especially during transitions. Setting aside even \$500 to \$1,000 can provide a cushion for unexpected expenses like car repairs, medical bills or last-minute travel. Starting small is what matters most and builds confidence over time.

Credit is another important area to discuss early. Establishing a credit history can be beneficial, but it must be handled responsibly. Opening a starter credit card or becoming an authorized user on a parent’s account can help. Emphasize paying balances in full and on time each month. A practical approach is using the card for one consistent expense, like gas or groceries, and paying it off every cycle.

For those heading to college, understanding education costs is essential. Review tuition, housing, meal plans and additional expenses like books and supplies. If student loans are necessary, take time to understand interest rates and repayment expectations. Encourage students to borrow only what they need and track total debt throughout their academic journey.

Graduates entering the workforce should take full advantage of employer benefits. If a company offers a retirement plan like a 401(k), contributing early — even a small amount — can make a significant difference over time due to compound growth. If there is an employer match, be sure to contribute enough to receive the free money.

Setting short- and long-term financial goals is another key step. Short-term goals might include saving for a car, building an emergency fund or paying off small debts. Long-term goals could involve homeownership or retirement. Writing goals down and revisiting them regularly helps maintain focus and motivation.

Finally, keep the conversation about money open. Financial literacy isn’t often taught in school, so guidance from parents, mentors or advisors can make a big difference. Keeping the process engaging helps build confidence and long-term success.

Graduation is more than a ceremony — it’s a launching point. With thoughtful planning and a few smart financial steps, new grads can move forward with confidence and begin building a strong foundation for their future. ■

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.

TIME FOR SPRING CLEANING

Just like your home, your financial plan benefits from a little seasonal attention.

Reviewing your investments, retirement strategy, and long-term goals can help ensure everything is organized, efficient, and working the way it should.



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RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Back Nine Indoor Golf on March 27.



Rob Grove, Aly Davis and Don Frazer



Happy and Sabera Gill



Aly Davis, Joe Krapfl and Rob Krapfl



Ethan McGhee, Terry Snyder, Martha Munro and Melisha Pals



Rhett Oselette, Travis Gaule, Bannen Davis and Rob Grove



Casey Krapfl and Steve Rogers



Jerry, Erin and Chris Crone



Bannen Davis and Michael Bartos



Melisha Pals and Joe Krapfl

RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Olive Garden on March 27.



Amanda Peterson, Tamera Elliott and Aly Davis



Randi Willard and Chad Hansen



Fiona Dalbey and Brooke Riley



Chef Thomas Allendorf and Chef Ken Little



Fernando Sanchez and Elia Juarez García



Deigo Curtis and Heather Coonradt



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