

# Living

MAGAZINE

# Fresh FINDS

Local vendors bring flavor, passion and community to farmers markets

*Locally*owned

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WELCOME

# A FRESH take on farmers markets

For years, I dismissed farmers markets as little more than roadside produce stands — tables of fruits and vegetables, nothing more. I didn't cook. I didn't grocery shop. I didn't care.

Then, a few years ago, I wandered into a local farmers market — and my view changed. There was honey, still sweet from the hive. Bread, warm and crusty. Homemade jelly. Even wine. But the real surprise wasn't what was for sale. It was the atmosphere.

Farmers markets aren't just about food. They are about people. Music drifts through the aisles. Vendors chat with regulars. Shoppers linger instead of rushing. It is part market, part gathering — and entirely its own experience.

At its heart, a farmers market is a place where producers sell directly to consumers. But "farmer" is a broad label, and that is the point. Alongside fresh produce, you will find plants, baked goods, prepared foods and more.

Some markets are small and unassuming. Others take over entire city blocks. They are not permanent. They don't last all year. And that's exactly why they matter. Much like the Shamrock Shake I seem to seek out each spring, their short season makes them something to look forward to.

Farmers markets have been around for centuries, long before modern grocery stores reshaped how we shop. But, in recent decades, demand for fresh, local food has brought them back.

And for the grammar-minded: It is "farmers market," not farmer's or farmers'. The Associated Press keeps it clean — no possessive — so we do, too.

In this month's cover story, we take you inside your local farmers market and introduce you to the people who make them worth the trip. ■



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# Fresh FINDS

Local vendors bring flavor, passion and community to farmers markets

By Jackie Wilson

Longer days and warmer nights can only mean one thing — farmers market season is back. With fresh-picked produce, handcrafted goods and sweet treats, these weekly gatherings provide a place for both vendors and visitors.

Haylee Wethy makes jewelry and other items with pressed flowers grown in her backyard. She sells items at her stand, Haylee's Hobbies, at farmers markets in Waukee, Norwalk, Indianola, Pleasant Hill and Valley Junction.

**WAUKEE FARMERS MARKET**

**Wednesdays**, June 3 through Sept. 30, 4-7 p.m.

**Triangle Park**, downtown Waukee

For more info on vendors, musicians or market updates, visit <https://waukeedowntown.com/Farmers%20Market.html>

**Waukee Farmers Market Wednesdays**

Fresh homemade bread, locally grown sweet corn, hand-dipped soy candles. These and more can be found at the Waukee Farmers Market this summer. The market takes place at the Triangle in downtown Waukee on Wednesdays from 4-7 p.m. This year's market begins June 3 and ends Sept. 30.

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

The 2026 season brings new vendors, handmade items and more food options. A food truck from Central Iowa Shelter and Services offers farm-to-table ingredients. The growing program is run by CISS staff and clients and provides fresh, locally grown food for its kitchen program.

A romance book bus called Trigger Warning Book Bus is a new addition. Returning vendors include Wilson Farm Produce, Grandpa Joe's Goodies and Callie Corn. The city has added benches at the park, providing more seating.

During market nights, local businesses on the Triangle see increased foot traffic and offer various specials. A new building on the Triangle, which includes a bakery, coffee shop and floral gift shop, is scheduled to open in June.

Triangle businesses rotate and volunteer to coordinate market responsibilities each week. Produce vendors also accept food assistance (SNAP) vouchers.

Last year's attendance was up.

"We have a lot of loyal customers who come back every year," Beltman says.

As the city of Waukee continues to grow, not everyone knows about the market.

"I'm surprised at the number of people who don't know that Waukee has a farmers market," she says.



Zach and Jennifer Callahan pop up fresh kettle corn at their Callie's Corn stand at the Waukee Farmers Market.

The success of the market lies in Waukee's small-town vibe.

"We've leaned into the small-town, small-market feel," she explains. "My vendors love a small market. Vendors like to get to know their customers and have built a lot of relationships that connect at the market."

**Freshly popped**

As a fan of fresh kettle corn, Jennifer Callahan was searching for the ideal popped crunch. She eventually perfected it through her Callie (short for Callahan) Corn popcorn business.

Callahan purchased the business from the owners of Pop Pop's Kettle Corn, John and Mary Claire, in 2023.

"They taught us how to make the kettle corn," Callahan says. "We want to stay true to the same recipe."

Initially, Jennifer and her husband, Ken, did not plan to make popcorn full time. Instead, they planned to retire first, but the opportunity came earlier than expected. The business is veteran-owned. Their son, Zach, a veteran, is co-owner. Their other sons, Christian and Logan — a veteran and an active servicemember — also help.

The kettle corn is a mix of butterfly and mushroom popcorn. It has just four ingredients: corn, corn oil, sugar and salt. The signature flavor comes from the balance of sugar and salt.

"We really worked hard to get it perfect," Callahan says. "It sells because of the flavor."

They purchase popcorn locally from central



Alicie Martin, with Mama Martin's Candle Co., sells hand-dipped soy candles at the Waukee Farmers Market.

Iowa farmers. They cook in small batches at markets and adjust quantities as needed.

"If we see the weather getting bad or people are leaving, we can stop popping," she says. "If we have leftovers, we often trade with other vendors."

Callahan sells popcorn at both the Waukee and Polk City farmers markets, as well as local festivals and events and says she enjoys the experience.

"We really get to know the vendors and enjoy the live music, meeting people and seeing the dogs," she says. "I love being outside."

**Creative candles**

As a stay-at-home mother of three, Aliece Martin transitioned from work life to home life. While parenting kept her busy, she wanted a creative outlet and began making candles.

After giving candles to friends, who encouraged her to sell them, she launched Mama Martin's Candle Company in January 2023. She now sells at the Waukee Farmers Market.

Her candles are made from 100% soy wax with a cotton wick. She offers three sizes and eight classic scents, along with wax melts and seasonal options. Developing scents — from floral to citrus to woody — is the most challenging part.

"I try to find something for everyone," she says.

Martin uses a double boiler to melt soy wax flakes and mix in fragrance before pouring around the wick.

"It's handmade, and each one is a

little different. That's the charm," she says. "It's like perfecting a recipe."

She notes some customers avoid scented candles due to sensitivities.

"There's not a lot of regulation that goes into a candle," Martin says. "Some may say they are soy but aren't pure soy. I don't use additives. If people get headaches, it's usually from additives."

Family members also contribute. Her father, a woodworker, creates candle holders. One daughter makes bath bombs, and her son helps with lifting.

This is her third year at the Waukee Farmers Market.

"A lot of people return to my booth," she says. "They might not buy every time, but they stop and talk."

She finds the process therapeutic.

"When I make candles, the noise goes down," Martin says. "It's rewarding knowing it's safe for families. Burning candles is a way to find calm."

Martin also creates custom candles for events and businesses.

**Unforgettable flowers**

Some people press flowers in books to preserve them, only to forget them later. However, Haylee Wethy turns pressed flowers into wearable art.

Her business, Haylee's Hobbies, features handmade jewelry including necklaces, earrings and bracelets. She sells at several farmers markets, including Waukee, Norwalk, Indianola, Pleasant Hill and Valley Junction.

Wethy enjoys crafting. After experimenting with different hobbies, she began working with resin.

"Once I tried resin, I haven't stopped," she says.

She uses flowers from her garden or fresh bouquets.

"Fresh flowers show better detail and color," she says.

After being laid off, Wethy began attending more farmers markets.

"I'm making something I'm passionate about," she says. "I have a lot more joy doing this."

She values the connections she builds.

"People stop by to see what's new, even if they don't always buy," she says. "They're willing to open up, and I can share my process."

Wethy encourages others to support local vendors.

"Support local and check out the markets," she says.

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## FEATURE



Haylee Wethy creates intricate designs with pressed flowers.

### Touch of romance

Books provide education, entertainment and an escape for readers, and one woman who loves romance books is making it easier to find a particular genre by bringing her mobile bookstore to the farmers market.

Becky Vandermark recently launched Trigger Warning Book Bus. It's a first for Central Iowa, as the book bus sells only romance titles.

As an avid reader, Vandermark, who is veteran, often read books while serving in the marines. After attending an Iowa Indie Bookshop Tour, she became intrigued with discovering new books. She created the bus as a better way to buy books.

"I want to bring people together and challenge the idea that romance books should be hidden," she explains. "You can

read whatever you want and not feel like you're being judged for your reading choices."

The books are purchased from a wholesaler and are grouped together in various categories.

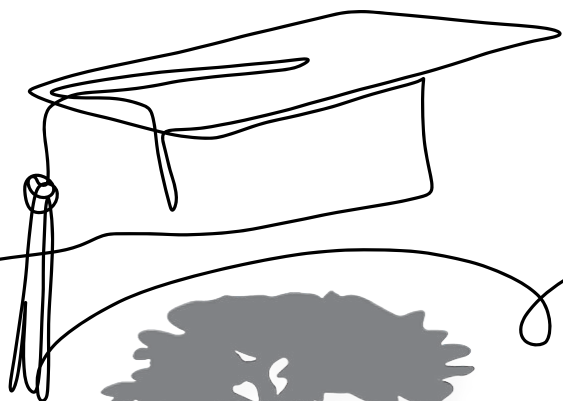
"There's a wholesome, any-age book I'd let my daughter read," she says. "There is another section which includes dark, unhinged fantasy novels and steamy contemporary books."

Books must contain a love plot element. It could also weave in a murder or mystery, yet romance is an essential part of the book. She offers books by Nora Roberts, Nicholas Sparks and others in both hardcover and paperback books.

The name Trigger Warning comes from the phrase when a trigger warning warns people that the content may be disturbing and to "know your triggers."

"A trigger warning tells you to not read a book. This is

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Becky Vandermark brings her Trigger Warning Book Bus to the Waukee Farmers Market.

the opposite. I can find a book for anyone. I support everyone's book choices without judgement."

Vandermark fashioned a former 22-passenger retirement home shuttle bus into a romance bookstore. Inside, the mood is intimate and tempting, among neon lighting and floral décor.

"It's like a speakeasy vibe – it is tempting and almost forbidden. You walk through the curtain and it takes you into another space," she explains.

Currently the bus holds about 600 books. As she's filling up the bus, she hopes to feature local romance authors. Eventually, she hopes to offer online ordering.

So far, the feedback is positive.

"When people walk in, there's a lot of joy in finding the right romance book and providing a safe space to browse," she explains. "I want to ensure every type of romance reader finds exactly what they're looking for, whether it's a guilty pleasure or the perfect emotional escape." ■



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Locally owned  
WAUKEE



# WAUKEE POWER EQUIPMENT

**OWNERS:** The Enos Family

**ADDRESS:** 112 W Hickman Road, Waukee

**PHONE:** 515-987-2222

**WEBSITE:** [www.iowapowerequipment.com](http://www.iowapowerequipment.com)

Waukee Power Equipment has been serving the community since May of 2018, but the Enos family's experience in the industry goes back much further. Before opening in Waukee, the family operated a small engine repair shop in Adel beginning in 2012. Prior to that, Mike Enos worked in a hardware store repairing outdoor power equipment and building the knowledge and skills that would eventually shape the business into what it is today.

For the Enos family behind Waukee Power Equipment, the business has always been more than just a job — it has been a part of everyday life. Growing up, Claire spent countless afternoons helping her dad in the shop. Every day she would ride her bike after school to help dad (Mike Enos) and learn about equipment, and watch firsthand what it meant to work hard and take care of customers. Those early experiences created a strong appreciation for both the industry and the relationships built along the way. Today, the business remains very much a family operation, with Dad (Mike) Mom (Tanya), Claire and Grace all actively involved.

Now with eleven employees, Waukee Power Equipment has grown into a trusted full-service outdoor power equipment dealership. They don't just sell equipment, they support their customers long after the purchase. The business offers a wide variety of equipment, including mowers, trimmers, blowers, chainsaws, and more. In addition to sales, the service department handles everything from routine maintenance to more complex repairs. Whether someone is purchasing their

first mower or maintaining equipment they've owned for years, the team is committed to helping customers find the right solutions and providing support long after the sale. Waukee Power Equipment is a one-stop shop source where customers can find quality equipment and trusted service all in one place.

Over the years, Waukee Power Equipment has become one of the largest eXmark, Toro, and Stihl dealers in the state, but the focus has never shifted away from customer relationships. It's still about building trust and showing up for their customers. The team believes there is a major difference in the setup, service, and support behind the equipment when purchased from them. Every machine is properly prepared, and customers are shown how to operate their equipment safely and efficiently before leaving the store.

A misconception the business works to overcome is the belief that shopping local always costs more. Their approach is simple: provide "the right price the first time" while also delivering the personalized service that larger competitors often cannot match.

What the Enos family loves most about the business is the connection they have with their employees and customers. They consider them friends and extended family. Helping people remains their top priority every day. It is humbling to be able to help generations with their family equipment. They've watched many of their customers from being young kids just starting a lawncare company to owning their own business.

To our customers, we thank you for your continued support over the years and for trusting Waukee Power Equipment with your equipment needs.

**WAUKEE POWER  
EQUIPMENT**



Left to Right: Ashleigh Andersen, Seth Christianson, Galen Thornburg, Ryan Hammel and Brianna Nutters

# LUCKY GAL TATTOO & PIERCING

Locally owned  
WAUKEE

**OWNERS:** Chris & Michele Pruisner  
**ADDRESS:** 505 E. Hickman Rd, Ste. 135, Waukee  
**PHONE:** 515-257-7940  
**WEBSITE:** www.luckygaltattoo.com



Lucky Gal Tattoo & Piercing has grown steadily since opening in 2011, establishing itself as a trusted, locally owned studio known for artistic excellence, professionalism, and a strong commitment to client safety. Over the years, our studios have built a loyal following and have been voted “Best of Des Moines” tattoo and piecing studio for nine consecutive years

The Waukee studio offers a wide range of services, including custom tattoos, professional body piercings, laser tattoo removal and paramedical tattooing such as 3D areola restoration, scar camouflage, and gender-affirming services. Each service is performed using professional-grade equipment and strict hygiene standards to ensure clients receive exceptional artistry in a safe, comfortable environment.

As the studio has grown, Lucky Gal Tattoo & Piercing has expanded its team of talented artists and specialists, bringing together professionals with diverse styles and expertise to help bring clients’ ideas and personal stories to life through body art.

The business also remains active in Des Moines and its surrounding communities through charitable initiatives, sponsorships, and support for local schools and events.

“Thank you to every client who has trusted us with your stories and visions,” said owners Chris and Michele Pruisner. “We wouldn’t be here without you, and we’re excited to make the next 15 years even bigger.”



# STIVERS FORD LINCOLN

Locally owned  
WAUKEE

**OWNER:** Scott Politte  
**ADDRESS:** 1450 E Hickman Road, Waukee  
**PHONE:** 515-987-3697  
**WEBSITE:** www.stiversfordia.com



For more than four decades, Stivers Ford Lincoln of Waukee has been a trusted name in the Iowa community, built on family ownership, exceptional customer service, and continued growth. The business first opened its doors in June 1980 as Stivers Lincoln Mercury at 1021 Locust in Des Moines, founded by Ed Stivers Jr. and Don Politte. Today, the legacy continues under the ownership of Mr. Stivers and Don’s son Scott Politte.

Over the years, the business has expanded significantly. In 1986, a second dealership opened on Merle Hay Road, and by 2010, all operations were consolidated into its current 19-acre campus at 1450 E. Hickman in Waukee. Since moving to Waukee in 2006, Stivers has embraced the city’s smart and managed growth and remains proud to be a locally owned, family-operated business.

With 225 employees, Stivers offers a full range of automotive services, including new Ford and Lincoln vehicles, a used car superstore, Quick Lane service, parts, a collision center, Ford Pro Commercial Elite Service, and Midwest Upfitters for emergency vehicles.

What sets Stivers apart is its ability to make quick decisions that directly benefit customers while maintaining a personal touch. Long-term employees are a key part of that experience, with several team members having served for decades.

“Thank you for making us Iowa’s #1 Ford Lincoln dealer,” the team shares, grateful for the continued support of their customers and community.

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# WAYPOINT RESOURCES

**OWNER:** Director Melissa Stimple

**ADDRESS:** 1155 SE Boone Dr, Waukee

**PHONE:** 515-987-5523

**WEBSITE:** [www.waypoint.care](http://www.waypoint.care)

For more than 20 years, WayPoint Resources has served as a vital support system for families throughout the Waukee community. Founded in 2005 by local churches that recognized growing needs in the area, the nonprofit began by providing 92 food pantry visits in its first year. Today, WayPoint provides more than 6,600 pantry visits annually, a remarkable increase that reflects both the organization's impact and the community's continued support.

Executive Director Melissa Stimple has led WayPoint since the very beginning and remains the organization's one full-time employee. Alongside nine part-time staff members and over 550 volunteers, she helps guide the nonprofit's mission of serving immediate needs while creating connections that encourage lifelong wellness and stability.

WayPoint's motto, "Love To Serve," is visible in every part of the organization. Clients are treated with warmth, dignity and compassion, while staff members and volunteers approach each situation with care and understanding. The organization believes helping others is a privilege, not a burden.

Many people assume WayPoint only provides food assistance, but the nonprofit offers much more. Families can access hygiene essentials such as shampoo, deodorant and soap, items not covered by SNAP benefits but necessary for everyday life. Through a partnership with Free Clinics of Iowa, WayPoint also provides free healthcare services onsite in a professional clinic environment.

In 2022, the organization expanded again by taking over the Dallas County Closet, which provides free clothing for students ages 4 through 18. WayPoint also employs trained social workers who work one-on-one with clients, helping them navigate local, county and state resources that can provide additional support and long-term stability.

WayPoint's holistic approach recognizes that challenges rarely happen in isolation. Families experiencing food insecurity may also need healthcare, clothing or guidance through difficult circumstances. By offering multiple services in one location, WayPoint creates a support system focused on relationships rather than transactions.

Melissa says the community is one of the organization's greatest strengths. Volunteers donate their time, donors provide financial support, and local residents continue stepping forward to help neighbors in need.

Currently located in the lower level of Westview Church, WayPoint hopes to eventually move into a larger, street-access location as the organization continues growing. For the WayPoint team, the goal remains simple: ensuring every neighbor knows they do not have to face hardship alone.

Often, people come to WayPoint seeking help with one immediate need but leave connected to additional resources, supportive relationships and encouragement for the future. The organization continues to strengthen Waukee and all of Dallas County by helping families regain stability while reminding them they are valued members of the community. That commitment continues driving WayPoint forward every day.

# Meet the Founders OF DOGTOPIA OF WAUKEE

## A TAIL-WAGGING SUCCESS STORY

When dog lovers Shelly and her husband Jon moved from Colorado to Waukee in 2017, they quickly realized the area was missing a premier dog daycare that felt safe, fun and community-focused. Their passion for dogs and desire to serve local families inspired them to open Dogtopia of Waukee in April 2024. Since then, the business has become a trusted place where dogs can play, socialize and feel right at home.

Dogtopia has continued to grow alongside the rapidly expanding Waukee community. To keep up with increasing demand from families in West Des Moines, Waukee and Adel, the owners are already planning an expansion that will add two new playrooms by 2027. Their team of approximately 25 employees, made up of dedicated adults and enthusiastic high school students, helps create a welcoming and energetic environment every day.

Dogtopia offers doggie daycare, spa services and overnight boarding for daycare regulars. According to the owners, one of the biggest misconceptions about dog daycare is that dogs spend the day sitting in kennels. At Dogtopia, dogs are actively supervised while they run, play and socialize in an open and engaging setting.

As local residents themselves, Shelly and Jon take pride in serving the community they call home and treating every dog like family.



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**WAUKEE**

# Warriors

**2026 SUMMER SCHEDULE**

## VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 27	7:00 PM	A. Centennial	A. Centennial High School
May 28	5:00 PM	Ankeny	Waukee
May 29	5:00 PM	Fort Dodge	Waukee
Jun 1	7:00 PM	Johnston	Waukee High School
Jun 3	5:00 PM	Waukee NW	Waukee
Jun 4	5:00 PM	Urbandale	Urbandale High School
Jun 10	7:00 PM	Valley	Valley High School
Jun 11	5:00 PM	SE Polk	SE Polk
Jun 13	8:00 AM	C. Bluffs Jefferson	Wickersham Complex
Jun 15	7:00 PM	Dowling	Waukee
Jun 17	5:00 PM	A. Centennial	Waukee
Jun 18	7:00 PM	Ankeny	Ankeny High School
Jun 22	7:00 PM	Waukee NW	Northwest High School
Jun 24	5:00 PM	Johnston	Johnson Middle School
Jun 24	7:00 PM	Johnston	Johnson Middle School
Jun 25	7:00 PM	Urbandale	Waukee
Jun 26	10:00 AM	Saydel	Saydel High School
Jun 29	5:00 PM	Valley	Waukee
Jun 30	5:00 PM	DCG	Waukee
Jul 2	7:00 PM	SE Polk	Waukee
Jul 6	5:00 PM	Dowling	Dowling High School

## VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 27	7:00 PM	A. Centennial	A. Centennial High School
May 28	5:00 PM	Ankeny	Waukee
Jun 1	7:00 PM	Johnston	Waukee High School
Jun 3	5:00 PM	Waukee NW	Waukee
Jun 4	5:00 PM	Urbandale	Urbandale High School
Jun 9	5:00 PM	Ames	Waukee
Jun 10	7:00 PM	Valley	Valley High School
Jun 11	5:00 PM	SE Polk	SE Polk
Jun 15	7:00 PM	Dowling	Waukee
Jun 17	5:00 PM	A. Centennial	Waukee
Jun 18	7:00 PM	Ankeny	Ankeny High School
Jun 19	1:00 PM	Jack North Tournament	Northwest High School
Jun 19	4:15 PM	Pleasant Valley	Waukee High School
Jun 20	9:00 AM	Muscatine	Waukee High School
Jun 20	9:00 AM	Jack North Tournament	Northwest High School
Jun 22	7:00 PM	Waukee NW	Northwest High School
Jun 24	5:00 PM	Johnston	Johnson Middle School
Jun 25	7:00 PM	Urbandale	Waukee
Jun 26	7:00 PM	Winterset	Winterset
Jun 29	5:00 PM	Valley	Waukee
Jun 30	3:30 PM	Roosevelt	Roosevelt
Jul 2	7:00 PM	SE Polk	Waukee
Jul 6	5:00 PM	Dowling	Dowling High School
Jul 7	7:00 PM	Fort Dodge	Waukee

## FOR ALL WARRIORS'S SCHEDULES



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**2026 SUMMER SCHEDULE**

**VARSITY BASEBALL**

DATE	TIME	OPPONENT	LOCATION
May 27	5:00 PM	ADM	ADM High School 1
May 28	7:00 PM	DCG	Northwest High School
May 29	5:00 PM	Dowling	Northwest High School
June 1	7:00 PM	Valley	Northwest High School
Jun 3	5:00 PM	Waukee	Waukee
Jun 4	5:00 PM	A. Centennial	A. Centennial
Jun 8	5:00 PM	Ankeny	Northwest High School
Jun 10	7:00 PM	Urbandale	Urbandale High School
Jun 11	5:00 PM	Johnston	Northwest High School
Jun 13	10:00 AM	Davenport North	Lewis Central High School
Jun 15	7:00 PM	SE Polk	Northwest High School
Jun 17	5:00 PM	Iowa City High	Mercer Park
Jun 18	7:00 PM	Dowling	Dowling High School
Jun 20	12:00 PM	Cedar Falls	Northwest High School
Jun 20	2:00 PM	Pleasant Valley	Northwest High School
Jun 22	7:00 PM	Waukee	Northwest High School
Jun 24	5:00 PM	Valley	Valley High School
Jun 25	7:00 PM	A. Centennial	Northwest High School
Jun 26	10:00 AM	Brent Prange Classic	Ankeny High School
Jun 26	12:15 PM	Newton	Ankeny High School
Jun 29	5:00 PM	Urbandale	Northwest High School
Jul 1	7:00 PM	Ankeny	Ankeny High School
Jul 2	7:00 PM	Johnston	Johnson Middle School
Jul 6	5:00 PM	SE Polk	SE Polk

**VARSITY SOFTBALL**

DATE	TIME	OPPONENT	LOCATION
May 29	5:00 PM	Dowling	Northwest High School
Jun 1	7:00 PM	Valley	Northwest High School
Jun 2	7:00 PM	North Polk	Northwest High School
Jun 3	5:00 PM	Waukee	Waukee
Jun 4	5:00 PM	A. Centennial	A. Centennial High School
Jun 6	9:00 AM	Bakey Classic	George Davis
Jun 6	11:00 AM	Wahlert Catholic	George Davis
Jun 6	3:00 PM	DCG	George Davis
Jun 8	5:00 PM	Ankeny	Northwest High School
Jun 9	5:00 PM	Indianola	Northwest High School
Jun 10	7:00 PM	Urbandale	Urbandale High School
Jun 11	5:00 PM	Johnston	Northwest High School
Jun 12	10:00 AM	DJ Classic	North Scott
Jun 15	7:00 PM	SE Polk	Northwest High School
Jun 16	7:00 PM	ADM	Northwest High School
Jun 18	7:00 PM	Dowling	Dowling High School
Jun 19	1:00 PM	Jack North Tournament	Northwest High School
Jun 19	3:00 PM	Muscatine	Northwest High School
Jun 20	9:00 AM	Jack North Tournament	Northwest High School
Jun 20	10:45 AM	North Scott	Northwest High School
Jun 22	7:00 PM	Waukee	Northwest High School
Jun 24	5:00 PM	Valley	Valley High School
Jun 25	7:00 PM	A. Centennial	Northwest High School
Jun 26	5:00 PM	Roosevelt	Northwest High School
Jun 29	5:00 PM	Urbandale	Northwest HS
Jul 1	7:00 PM	Ankeny	Ankeny HS
Jul 2	7:00 PM	Johnston	Johnson MS
Jul 6	5:00 PM	SE Polk	SE Polk
Jul 7	7:30 PM	DCG	DCG HS
Jul 8	7:30 PM	Norwalk	Norwalk MS

**FOR ALL WOLVES'S SCHEDULES**



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# HELPING a loved one with diminished financial capacity

You may have a parent or other loved one with diminished financial capacity or who you worry may face that issue in the future.



“Diminished financial capacity” is the decline in a person’s ability to manage money. When people of any age lose the capability to manage their finances, they may also become more vulnerable to fraud and other forms of financial abuse.

Taking the steps listed below will help avoid or minimize problems for you and your family:

First, have an open conversation about financial matters sooner rather than later. Ask your relative to consider how they want to maintain control of finances in the

future. Explain that advance planning is a way to make sure that a trusted person makes decisions if the individual no longer can.

Second, make sure your family member has current estate planning documents. Your loved one may have named you as an agent under a power of attorney or a trustee under a revocable living trust. If these documents don’t exist, explore how to get advance planning in place to ensure that you will be a legal substitute decision-maker in the future.

Third, if your family member or friend has named you to manage money, understand your responsibilities. You may need to take a more active role in helping manage assets. You may have to take on immediate tasks, such as helping to pay bills, preparing tax returns, or helping with investment decisions.

Be alert to mistakes that your loved one may make in managing finances and to any

signs of elder financial abuse. It can be hard to tell whether actions are the result of confusion or of financial exploitation. For example, if you find that a loved one has paid the same bill twice by mistake, you should help fix the error. But beware that multiple or unusual payments could also be a sign of financial exploitation.

Finally, keep complete records of everything you do. If there are questions about the use of assets in the future, you want documentation. Be sure that if something changes, you keep your information as current as possible.

An experienced estate-planning attorney can help answer questions about powers of attorney, substitute decision-making and how to best help your family. ■

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

## WHERE TO BEGIN?

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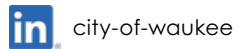




# City of Waukee Bulletin MAY 2026

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

Follow City of  
Waukee on



Waukee.org



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

### Fun for Adults

- Love Pickleball? Compete in the Pickleball League at Fox Creek Park on Mondays, June 29-August 3. Save your team's spot by June 16 at [Waukee.org/Registration](http://Waukee.org/Registration).
- Want to be prepared to act in an emergency and add a certification to your resume? Take a one-day CPR class on July 25 with the Waukee Fire Department. [Waukee.org/Registration](http://Waukee.org/Registration)
- Love dinosaurs? Test your skills in the Jurassic Escape Room on June 20. Register for this free adventure at [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org) under Events.

### Fun for Teens and Tweens with Waukee Public Library

- Make ice cream while learning some chemistry with DIY Ice Cream for students entering grades 6-12. Registration required for this free event on June 15.
- Play water dodgeball outside the Library on June 22. Registration opens June 1.

### Fun for All Ages

- **Fox Creek Splash Pad** (522 NE Westgate Drive) usually opens around Memorial Day weekend, weather permitting. Daily hours are 9 a.m. to 7 p.m. Admission is free. Follow Waukee Parks & Recreation on Facebook to learn when the splash pad opens for the season.
- **The Summer Challenge** with the Waukee Public Library is open to all ages. Track your reading June 1-July 31, attend events and submit your reading logs to earn prizes. Learn more and register at [WaukeePublicLibrary.org/Summer](http://WaukeePublicLibrary.org/Summer) or pick up a paper reading log at the Library.
- **Movies in the Park**, sponsored by Veridian Credit Union, brings free screenings of Hollywood's biggest hits to Centennial Park. The series kicks off Friday, June 5 at dusk (approximately 8:45 p.m.) with *How to Train Your Dragon (2025; PG)*. Bring your own lawn chairs, blankets and snacks.
- **Yoga in the Park with Fit & Fierce** 515 runs the 2nd and 4th Saturdays, June-September from 8:30-9:30 a.m. at Windfield Park. No registration needed. Participants 12 years and older should bring \$5 per person, a yoga mat or towel and a water bottle.

## Dates to Know

### Regular City Council Meetings

June 1 & 15 at 5:30 p.m.  
Waukee City Hall and Zoom  
[Waukee.org/CityCouncil](http://Waukee.org/CityCouncil)

### Snacks & Facts:

**What's Driving Our Roads**  
Friday, June 5 at 11:30 a.m.  
Waukee Public Library, Free  
[WaukeePublicLibrary.org](http://WaukeePublicLibrary.org)

### Bingo (cards for purchase)

Friday, June 5, 1-2:30 p.m.  
Waukee Public Library



## Calling All Library Lovers

Mayor Clarke is looking for residents to serve on the Library Board of Trustees. This group helps set Library policies, services, and budgets. You must live in Waukee to apply. Submit your application by June 1 at [Waukee.org/TrusteeApplication](http://Waukee.org/TrusteeApplication).



## Lawn Reminders

Per City ordinance, keep your grass and weeds under 8 inches (10 inches for empty lots). Don't blow or sweep clippings into the street—it's dangerous for bikers and bad for our waterways. You can collect clippings and put them out on Mondays for yard waste pick-up in biodegradable bags or designated bins. Details at [Waukee.org/YardWaste](http://Waukee.org/YardWaste). Lawn-related concerns can be submitted at [Waukee.org/ReportaConcern](http://Waukee.org/ReportaConcern).



## Last Call for Park & Rec Feedback

If you have anything to share about our parks, trails, rec programs and events, now is the time! Mark your favorite things or areas of concern on the map by May 31. Answer the survey to help us set priorities when we design new spaces and/or share your dream programs and features on the Idea Wall at [Waukee.org/ParksMasterPlan](http://Waukee.org/ParksMasterPlan). Get your kids and teens involved – we love their ideas too!



## Safe Exchange Spot

The Safe Exchange Zone location has changed with the move to our new Public Safety building. If you need a safe spot for a child custody swap or a property exchange, you can use the front parking lot at the new Public Safety building as a safe area to meet. Activity in the front parking lot at 815 NW 20th Street is recorded 24 hours a day/seven days a week.



## Volunteers Needed

Waukee Parks & Recreation needs volunteers to help with the Pitch, Hit & Run event on June 16 from 5-8 p.m. at Triumph Park. You can record scores and direct participants at this skills competition for kids ages 7-14. Winners of the Waukee event could advance to the Pitch, Hit & Run Finals at the 2026 World Series. Sign up to volunteer at [bit.ly/PitchHitRunVolunteer](http://bit.ly/PitchHitRunVolunteer) or register your child to compete at [bit.ly/WaukeePHR](http://bit.ly/WaukeePHR).



## Roll and Ride Safely

We hear concerns from a lot of residents about e-bikes, scooters and other motorized devices on our trails and streets. Close calls, fast approaches on trails without announcing and riders darting into streets have us all worried about serious accidents. Waukee has joined other Des Moines metro communities in a regional safety initiative called Ride Safe 'n Smart. We are sharing practical tips, reminders and updates to help riders make safer choices and help everyone understand where different devices belong. Learn more at [Waukee.org/RideSafe](http://Waukee.org/RideSafe) and follow City of Waukee on social media.



## PARADE REGISTRATION IS OPEN

The Independence Day Celebration parade is Saturday, July 4 at 10:30 a.m. There is no cost for businesses or organizations participating in the parade, but **advance registration is required before June 30 at [Waukee.org/IndependenceDay](http://Waukee.org/IndependenceDay)**.

## Movie in the Park: How to Train Your Dragon (2025)

Friday, June 5 at dusk (~8:45 p.m.)  
Centennial Park, Free  
[Waukee.org/Movies](http://Waukee.org/Movies)

## Waukee Farmers Market

Wednesdays, 4-7 p.m., June-September  
Triangle Park through July  
[WaukeeDowntown.com](http://WaukeeDowntown.com)

# 'UNEARTH A Story' this summer

Liven up your summer with dino-mite stories, fossil-worthy prizes, and roar-some new adventures. The Waukee Public Library invites readers of all ages to join the 2026 Summer Challenge: Unearth a Story. So, dig in and don't let your reading go extinct

— running from June 1 through July 31. This year's theme encourages everyone in the community to read, explore and connect through fun activities and engaging programs. Whether you are turning pages, listening to audiobooks, or sharing stories as a family, every minute counts toward unearthing new discoveries this summer. Registration is now open at [waukee.beanstack.org](http://waukee.beanstack.org), on the Beanstack Tracker app or at the library.

## How it works

- **Read:** Spend at least 15 minutes each day reading, listening to audiobooks, or enjoying stories together. Books, comics, magazines and newspapers all count.

- **Log:** Track your reading days using Beanstack, the Beanstack Tracker app, or a paper calendar. Each day you read for at least 15 minutes brings you closer to prizes.

- **Win:** At 10 days logged, you'll earn a small prize and an entry into drawings for larger prizes. The more reading you complete, the more drawing entries you earn. Prizes are available while supplies last and can be picked up at the library during regular hours.

## Events, activities and more

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

## Ready to start?

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

## Upcoming closures

- Summer Sundays May 24 – Sept. 6
  - Friday, July 3
  - Saturday, July 4

## Waukee Public Library

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



## PROGRAMS AND EVENTS

Most events require advanced registration and can be viewed at [waukee.librarycalendar.com](http://waukee.librarycalendar.com).

### Kids

- **Black Mambas Discovery - Friday, June 12 at 4 p.m.:** Adventure into the heart of African wildlife conservation with local author Kelly Crull. Explore how the Black Mambas, the world's first all-woman anti-poaching unit, protect endangered animals. Through interactive storytelling and hands-on activities, children will discover the power of teamwork, courage and the vital role we all play in protecting our planet's wildlife. For kids entering grades 1-5 in the fall and their caregivers. Registration is required.

### Teens

- **Dinosaur Lanterns - Monday, June 8 at 6 p.m.:** Kick off your summer with a ROAR, and join us to create your very own dinosaur lantern to light the way on your summer reading adventure. For students entering grades 6-12 in the fall. Registration is required.

### Adults

- **Ice Age in Iowa - Tuesday, June 30 at 6 p.m.:** People began moving into Iowa more than 13,000 years ago at the end of the last ice age. This was a time of giant land mammals, ice and extremely cold temperatures. Learn about what Iowa was like when mammoths roamed and how people adapted to these conditions with a guest speaker from the University of Iowa Office of the State Archaeologist (OSA). For adults ages 18 and older. Registration is requested.

### Multi-Age

- **Dinosaur Adventure Room - June 1-4 Various Times:** Kick off our "Unearth a Story" Summer Challenge with activity stations all about dinosaurs. From a mini fossil dig to a game of triceratoss, there's lots to explore. For all ages. Registration is not required. ■

## IMPACT through service

Opsal helps strengthen Waukee Community Schools Foundation

Jeff Opsal's commitment to supporting local students and educators recently earned him an Impact Award for his volunteer work with the Waukee Community Schools Foundation.



Opsal has served on the WCSF Board for two years, assisting with the finance committee. The WCSF was established 30 years ago and provides funding, grants and professional development funds for both district staff and students.

Opsal was recognized as helping shape the WCSF investment and fund management strategy with "thoughtful insight and steady guidance."

"Anytime we need critical thinking and a thorough evaluation of something important, Jeff is always willing to put in the time and effort to help us get it right," Carina Woodward, executive director of WCSF, says. "When we needed additional leadership, he didn't hesitate to jump in to co-chair the scholarships committee. His leadership strengthens this foundation, and we are better for it."

Opsal says he was taken aback during the award announcement.

"I was genuinely surprised and a little shocked," he reflects.

"Admittedly, it's hard to feel worthy of it because we have such an awesome board that is engaged and involved. Although I don't do it for the recognition, I was honored to receive the award and grateful to be part of the foundation's important work."

Opsal is an ideal fit for the finance committee, as he is currently the vice president and credit officer in the commercial lending group of Bankers Trust.

In addition to volunteering for the WCSF, he is involved in his church, Lutheran Church of Hope in West Des Moines. He has served as a small group leader for various ministry programs and plays guitar in the weekend worship and student ministry bands. He has assisted with the Habitat for Humanity builds and packaging meals for Meals from the Heartland.

With three teenage kids, he and his wife, Nikki, often volunteer in the school, working concessions, coaching teams and assisting with Waukee's show choir competition.

Opsal says helping others starts locally.

"There are people in our community who are struggling to make ends meet, including children — many who attend the same schools as my kids. I want our schools to be places where every child feels safe and comfortable, has equal access to educational opportunities and is inspired to learn and grow," he reflects. "This is my motivation for serving on the foundation board. I've also been inspired by my wife, who is a strong servant leader with a huge heart."

Opsal encourages folks to find their passion through volunteering.



Travis Gaule, Trust Bridge Wealth Advisors, presents the Neighbor Spotlight certificate to Jeff Opsal.

"If you're doing something that inspires you, it will not feel like work," he says. "You don't have to be on a board to make a difference, even just simple acts of kindness can be impactful. You'll find that, the more you focus on serving others, the more blessed you feel in your own life." ■

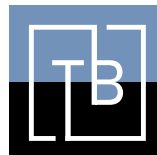
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# SAUSAGE and cheese breakfast bake is easy, filling and practical

Mornings get busy, which is why I love having a breakfast recipe I can rely on. This one checks every box for me. It is incredibly easy to make — just mix, pour and bake — with simple ingredients I usually already have in the fridge. No complicated steps. No mess. No standing over the stove while trying to get ready for the day. I love the idea of cooking once and enjoying for days.



What I appreciate most is how protein-packed this recipe is. Between the eggs, sausage and cheeses, it is the kind of breakfast that actually keeps you full and focused all morning. I am not reaching for a snack an hour later, which makes a big difference on busy days.

It is also perfectly sized for real life. The recipe makes enough for two people to enjoy breakfast for a couple of days, which means less cooking and more convenience. Or, double the batch and freeze some for future quick meals. I can warm up a slice and have a hot, satisfying meal in minutes. Easy, filling and practical — exactly how breakfast should be. ■

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

## Savory sausage and cheese breakfast bake

**INGREDIENTS:**

- 8 large eggs
- 1/4 cup water
- 2/3 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 package of Jimmy Dean breakfast sausage cooked, crumbled
- 1 teaspoon Nature's Seasoning



**DIRECTIONS:**

- Preheat oven to 350 F. Lightly grease a small baking dish (8-inch by 8-inch works well).
- Blend eggs, water and cottage cheese for 10-15 seconds in a blender.
- Combine with mozzarella and sausage and pour into the prepared baking dish. Spread evenly.
- Bake for 30-35 minutes or until the center is set and the top is lightly golden. Rest for 5 minutes, then slice and serve.
- Vary this recipe by adding sauteed onions, peppers or mushrooms. Pictured is the original recipe plus a version with peppers and mushrooms. ■

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# MEET Brandon Schade

## Addressing students' unique learning needs

After graduating from high school in 2004, Brandon Schade chased his dreams, playing in a nationally touring band for a few years. Eventually, Schade returned to the Des Moines area, where he spent 10 years working at a financial institution before realizing he needed a change. When Schade turned 35, he decided to pursue a career in education.

Schade had heard positive things about the Waukee Community School District, so he applied for a special education associate position at South Middle School.

During that time, the Teach Waukee/Para-to-Teacher grant program provided Schade an opportunity to earn his teaching degree through Western Governors University. Now in his fifth year with the district, Schade is in his first year as a special education teacher after four years working as an associate and paraeducator.

“For a massive district that serves four different communities, WCSD does a really great job of championing a close-knit mindset and makes it feel much smaller than it actually is,” Schade says. “Aside from that, our schools are loaded with a variety of supports for new and veteran teachers.”

On a typical day, Schade checks email and begins planning for each period. This can include preparing materials for progress monitoring or instruction. Each student on Schade’s roster has specific needs, so materials are differentiated based on the student.

One activity that engages not only students on Schade’s roster, but also students and staff across the building, is his “Question of the Week.” One question asked, “Is a hot dog a sandwich?”

Participants tally their votes and then explain why they voted the way they did. Schade said he enjoys providing a low-stakes way for students to see different viewpoints while also promoting the idea that it is OK to disagree with someone else’s opinion.

“What truly draws me to middle school is that it can be a pretty tough time for some students — it definitely was for me,” Schade says. “I want to help be a positive person for the students who are struggling.”

As the school year comes to an end, Schade is looking forward to students and staff having the opportunity to recharge as needed. He is also looking forward to self-reflection as he considers what went well and what growth areas to focus on for the next school year.

“The greatest rewards of being an educator are when I see students spreading kindness, empathy and joy around the school and being their authentic selves,” Schade says. ■



Brandon Schade joined the Waukee Community School District as an associate and paraeducator and is now a special education teacher.

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**INSURANCE**

By Chase VanWerden

**PROTECT** what matters

Why a home inventory is essential — and how to create one

Keeping track of everything you own might not sound exciting, but creating a personal property inventory is one of the smartest steps you can take to protect your finances and reduce stress in the event of a loss.

Imagine trying to recall every item in your home after a fire, theft, or storm. Most people underestimate how much they own — and how quickly those items add up in value. Without a clear record, insurance claims can become more difficult, slower, and sometimes result in less reimbursement than expected. A home inventory helps ensure you are properly covered and makes the claims process much smoother.

Getting started is easier than you might think. Begin by going room to room and documenting your belongings. You can use a notebook, spreadsheet or one of the many home inventory apps available. For each item, include a brief description, estimated value, purchase date and, if possible, receipts. Don't forget smaller items — things like kitchen tools, clothing and décor can collectively represent significant value.

Photos and videos are especially helpful. Use your smartphone to take pictures of each room, including closets, drawers and storage areas. Narrating a video walkthrough of your home can also provide useful context. Open cabinets, zoom in on electronics or high-value items, and capture serial numbers when available. This visual record can serve as powerful proof of ownership if you ever need to file a claim.

Be sure to pay special attention to high-value items such as jewelry, firearms, collectibles or artwork. These items may require additional coverage, so it's important to document them thoroughly and discuss them with your insurance agent.

Once your inventory is complete, store it somewhere safe. Keep a digital copy in the cloud or email it to yourself so it is accessible even if your home is damaged. It is also a good idea to update your inventory once a year or after major purchases.

Taking the time to create a home inventory now can save you hours of frustration later — and potentially thousands of dollars. It provides peace of mind knowing you are prepared, properly insured and ready to recover more quickly if the unexpected happens. ■

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



# STAYING the course during market volatility

As a child, I remember a conversation on the farm with my grandfather about listening to and learning from animals. Growing up on a dairy farm in southwest Wisconsin, I absorbed lessons about patterns, patience and the steady rhythms of life — lessons that apply surprisingly well to investing.



Market volatility often reveals more about investor psychology than about underlying fundamentals. When prices swing sharply, many investors abandon long-term strategies in favor of short-term reactions driven by fear or greed. While markets evolve, human behavior tends to repeat itself.

During downturns, panic selling is a common response. Investors see losses and rush to “cut” them, often locking in declines that might have been temporary. This was evident during the 2008 financial crisis or the dot-com bubble, when enthusiasm for high-growth technology stocks quickly turned to fear, and many exited after prices had already fallen.

On the other side of volatility, strong market rallies can lead to overconfidence and “herd behavior.” Investors often chase performance, buying assets that have already risen significantly. This fear of missing out can inflate bubbles and increase risk, reinforcing the inverted cycle of buying high and selling low.

One of the strongest arguments for disciplined investing is the importance of staying invested to capture the market’s best days. Historically, a large portion of long-term returns comes from a small number of strong trading days — often occurring during periods of heightened uncertainty. Missing even a few of these days can significantly reduce overall returns. During the COVID-19 market downturn, some of the strongest gains occurred shortly after the greatest losses, making it difficult for those who left the market to re-enter at the right time.

This creates a paradox: The days that feel the most uncertain are often the ones that deliver the greatest growth. Because these moments are unpredictable and often staggered around market lows, attempting to time the market becomes extremely challenging — even for professionals.

History consistently supports the value of “staying the course.” Investors who maintained diversified portfolios through major downturns, such as the 2008 crisis, generally recovered and benefited from the market’s long-term upward trend. Similarly, those who continued investing during the volatility of 2020 not only experienced the recovery, but also had the opportunity to buy investments “on sale.”

Strategies like dollar-cost averaging reinforce this disciplined approach. By investing consistently regardless of market conditions, investors naturally purchase more shares when prices are low and fewer when prices are high. This reduces the emotional burden of timing decisions and helps smooth out market fluctuations over time.

Ultimately, successful investing is less about predicting short-term movements and more about maintaining exposure to long-term growth. Volatility is inevitable, but missing the market’s strongest periods can be more damaging than enduring temporary losses. Patience, diversification and consistency remain key principles — much like the steady lessons learned from life on the farm. ■

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

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**HOME HEALTH**

By Stacey Miller

# HOME HOSPICE: Comfort, familiarity and support

In a recent national survey, seven in 10 Americans said, if they were diagnosed with a life-limiting illness, they would prefer to spend their time in familiar surroundings with the routines and comforts they count on. In other words, they'd want to be home.

For families facing end-of-life decisions, that preference has helped drive growing interest in hospice care delivered at home. While inpatient hospice centers remain an important option, home-based hospice offers a different kind of experience — one centered on comfort, familiarity and personalized support.



### Understanding hospice at home

Hospice is not limited to a specific location. It's a philosophy of care focused on comfort and quality of life, typically for individuals with a serious illness who no longer are pursuing curative treatment. When provided at home, hospice services are brought directly to wherever a person lives, whether that is a private residence, apartment or community setting.

Care at home generally includes pain and symptom management, emotional and spiritual support, and assistance with daily needs that may become difficult over time. The goal is to help individuals remain as comfortable and engaged as possible and to support those close to them.

### A team approach to care

One of the defining aspects of hospice is its team-based model. Families typically work with a group of professionals who collaborate to meet medical, emotional and practical needs. This may include registered nurses who oversee care plans and medications, nursing assistants who provide direct support, and social workers who help navigate resources and decisions. Many programs also offer volunteers, spiritual care providers and specialized services such as music therapy or pet visits. Together, this team adapts as needs change, aligning with the individual's condition and preferences.

### When hospice is not the right fit

Not every situation calls for hospice. For individuals managing serious illness while still pursuing treatment, palliative care can provide similar layers of support without the same eligibility requirements.

Palliative care focuses on symptom management, emotional support and planning for future care needs. In some cases, it can serve as a bridge, helping families transition if hospice becomes appropriate later.

### Practical considerations

Deciding on hospice at home involves both emotional and logistical factors. Families often weigh a loved one's wishes alongside the realities of caregiving, the suitability of the home environment, and the availability of support. Financial questions are also common. Medicare and many private insurers typically cover a wide range of hospice services, though details can vary.

Ultimately, there is no single "right" choice. What matters most is finding an approach that honors the individual's preferences while providing the level of care and support the family needs. ■

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](http://wesleylife.org) or call 515- 978-2777.

# LOOKING BACK

The May 2011 Waukee Living magazine featured the story, "Love thy neighbor: Local churches serve the community." The cover photo showed Waukee United Methodist volunteers Shirley Green and Cheryl Green serving at Children and Family Urban MinistriesvSupper Club at Trinity United Methodist, Des Moines. Also pictured were Julie Burkle,



program coordinator, and Donna Dressel, ministry coordinator and program facilitator of St. Boniface's Candles in the Darkness program and Westwind Church members volunteering at Waukee Fest 2010. ■

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**RESULTS FROM APRIL POLL:** April is National Hope Month. Which do you hope for most?



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 A vacation ..... 10%  
 Someone to do all your chores... 7%  
 Better relationships..... 0%

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## Coming up in the Waukee Living magazine:

### Play sets, play houses and tree houses:

Share the stories of your memorable play sets, play houses and tree houses. Perhaps your family has play structures that entertain your kids for hours. Or maybe you have memories of the play house you enjoyed as a child. Big or small, if it creates happy times, let us know. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## Warrior Lanes 2026 Year of Family Fun

Sundays throughout the year, noon to 1:30 p.m.

Warrior Lanes, 190 S.E. Laurel St., Waukee

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. 2 days prior to event. **Party themes and dates:**

- 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.

## Celebrate Spring in the Park

Water Works Park, 2201 George Flagg Parkway, Des Moines

• Live performances: Monday, June 15, 6 p.m. The Kerry and Linda Killinger Foundation Community Series features live performances on the Killinger Family Stage throughout the summer. The Des Moines Performing Arts takes the stage in June, featuring a national touring act in the park. Stay tuned for the performance announcement. Learn more at [www.waterworkspark.org/events-in-the-park/community-series](http://www.waterworkspark.org/events-in-the-park/community-series).

## 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 on June 5. The event at Sugar Creek 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](mailto:likeups@gmail.com).

## All-Wheel Car Show benefitting Iowa Special Olympics

Saturday June 6

Downtown Adel on the Square - 8th and Court Street

The 17th Annual Dallas County Sheriff's All-Wheel Car Show benefitting Iowa Special Olympics is June 6. Registration is 10 a.m. to 1 p.m with judging from 1-2 p.m., followed by awards at 2:30 p.m. Awards are Best of Show; Special Olympics Choice; Most Likely to be Stopped by a Cop; Longest Distance; Best Off Road; and Top 20 Awards. Pre-Register by May 30, \$25 for the first car and \$10 for every additional car (per owner). Includes free T-shirt. Register day of show for \$25. T-shirt not included. Complete your online registration at <https://dallascounty.forms.govos.com/ng/fa/AllWheelShow>

## Waukee Palooza Music Festival

Saturday, June 6, 4-10 p.m.

Hy-Vee, 1005 E. Hickman Road, Waukee

Waukee Palooza is coming up with three great bands: Burnin' Sensations, Rhythmic Rewind Band and Pickle Back. Enjoy food trucks, family activities, a silent auction and 50/50 raffle.

## Small Business Grant Fund open for applications

The 2026 round of the Small Business Grant Fund is now open for applications. Any small businesses located within Dallas County that is looking to invest in furniture and fixtures, marketing, technology or professional development are encouraged to apply. Additional details on eligibility and who we're hoping to serve can be found at [https://mcusercontent.com/74128d55896275083be5c0374/files/af8c3975-240a-3e0d-88da-ec6f633ef699/Small\\_Business\\_Grant\\_Fund\\_5\\_.01.pdf](https://mcusercontent.com/74128d55896275083be5c0374/files/af8c3975-240a-3e0d-88da-ec6f633ef699/Small_Business_Grant_Fund_5_.01.pdf).



Our goal is to see strong participation across the county, with representation from each Dallas County community before the May 31 deadline. This grant was designed for growth. Designed for easy access. Designed for equal opportunity. Thank you for helping us spread the word and support small businesses across Dallas County.

Apply at <https://dallascounty-ia.us5.list-manage.com/track/click?u=74128d55896275083be5c0374&id=9d52f26b6b&e=62e7ac5c1a>.



## Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m.

4700 Grand Ave., Des Moines

Discover the vast variety of the Des Moines Art Center's permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

## EVENTS IN THE AREA

Be sure to check for cancellations.

### Music In The Garden

Thursdays, June 4 to Aug. 20, doors open at 6 p.m., concerts 6:30-8:30 p.m.  
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines  
dmbotanicalgarden.com

Music in the Garden is one of Des Moines' premier outdoor concert series, offering a truly unique atmosphere. Set within the naturally beautiful surroundings of the garden, each evening blends live music, nature and community into an unforgettable experience. Whether you prefer to sit back and relax, get up and dance, or simply soak in the scenery, you'll enjoy great music surrounded by the beauty of the garden. See the lineup and get tickets by scanning the QR code.



### BACoon Ride

Saturday, June 20, 7 a.m.  
Raccoon River Valley Trailhead, Hickman Road and (N. 10th Street, Waukee

Enjoy the annual Bacon Ride and bacon treats along the way. "May the fork be with you" is the theme.



**CITYVIEW Midday Mixer**  
Saturday, May 30, 1-4 p.m.  
The District at Prairie Trail, S.W. District Drive, Ankeny

Enjoy summer cocktails to kick off the season. Check in is at El Presidente. Cost is \$25 for advance tickets, \$35 at the door. For more information, or to buy tickets, scan the QR code.



### Des Moines Downtown Farmers Market

Saturday, May 2 to Oct. 31, 7 a.m. to noon, 8 a.m. to noon in October

Historic Court District, Downtown Des Moines

The 2026 season will feature 305 vendors, including 43 new participants, with 75 produce and agriculture vendors highlighting the region's strong farming community. Vendors represent 74 cities across 42 Iowa counties, spanning 12 city blocks from Water Street to Fifth Street. For more information visit [www.dsmpartnership.com/desmoinesfarmersmarket](http://www.dsmpartnership.com/desmoinesfarmersmarket).



### Dallas County Conservation Spring Public Programs

All these programs are free to the public. They are open to all ages. For information, visit [www.dallascountyowa.gov/313/Public-Programs](http://www.dallascountyowa.gov/313/Public-Programs).

- Intro to Snake Board Monitoring: Friday, May 29, 10-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn.
- Full Moon Float: Friday, May 29, 8:30-10 p.m., North Raccoon River Wildlife Area - Snyder Tract, 21468 Minburn Road, Minburn.
- Paddle Camp: Monday, June 2 to Tuesday, June 3, 9 a.m. to noon, Glissman Conservation Area, 32185 Panther Creek Road, Adel.
- Creek Walk: Wednesday, June 3, 10-11 a.m., Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- Free Fishing Weekend: Saturday, June 6, 2-5 p.m., Glissman Conservation Area, 32185 Panther Creek Road, Adel.
- Family Fun with Bees: Friday, June 12, 10-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn.
- Iowa Critters: Thursday, June 18, 9 a.m. to noon, Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- Healing of the Mounds Story and Visit: Sunday, June 21, 5:30-7 p.m., Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- Summer Solstice: Sunday, June 21, 8:30-9:30 p.m., Hanging Rock, 416 Redfield St., Redfield.
- Bee Survey Field Day: Friday, June 26, 10-11:30 a.m., Voas Nature Area, 19286 Lexington Road, Minburn. ■

## NEWS BRIEFS

### DESI FRESH opens Indian grocery, meat and eatery

Desi Fresh announces the grand opening of its new location at 1475 S.E. Bishop Drive in Waukee, bringing a unique blend of Indian grocery offerings, fresh meats, and authentic cuisine to the community. The new business will serve as a destination for residents seeking high-quality groceries, specialty ingredients and traditional Indian flavors, while also providing freshly prepared food through its eatery.

"This milestone represents our commitment to contributing to the local economy, fostering cultural diversity, and providing our neighbors with fresh, high-quality products and dining experiences," said the Desi Fresh team.

### PRICE receives top real estate award

Farmers National Company, the nation's leading farm and ranch management and brokerage company, announced that Benjamin Price was recently presented with the Farmers National Company President's Circle Award for his outstanding efforts in real estate sales. Price, accredited farm manager and real estate sales agent with Farmers National Company, received the company's top award for real estate sales in 2025. He joined the company in 2008. ■



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## SENIOR

By Jay Heaton

# GARDENING for health

There's something truly special about spending time in the garden. Feeling the warmth of the sun, tending to freshly planted flowers, or simply watching something grow. For many older adults, gardening is more than just a hobby. It is a meaningful way to stay active, connect with nature and support overall well-being.



Gardening provides a gentle form of exercise that helps maintain strength, flexibility and mobility without putting too much strain on the body. Simple activities like planting, watering and light weeding keep you moving in an enjoyable way. Beyond the physical benefits, gardening is also great for mental health. Time spent outdoors and around greenery can reduce stress, improve mood and bring a sense of calm and accomplishment.

One of the best things about gardening is how easily it can be adapted to fit your needs. Raised garden beds can reduce bending and make planting more comfortable, while container gardening is perfect for patios, balconies or smaller spaces. Herbs, flowers, and even vegetables like tomatoes thrive in pots, making it easy to create a space that works for you.

Gardening also brings people together. Sharing tips, swapping plants or offering fresh produce can create meaningful connections. No matter your experience level, it is never too late to plant something new. ■

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

## WELLNESS

By Ashley Powell

# WELLNESS in a can

The beverage world is starting to look very different. More people are moving away from drinks that leave them feeling sluggish, overstimulated or hungover and looking for options that better support how they want to feel.



That shift has helped fuel the rise of functional beverages. Instead of drinking just for taste or habit, many people are now choosing drinks designed with a purpose, whether that is relaxation, mood support, focus, sleep, stress relief, or even a social buzz.

Some functional drinks contain CBD or low dose THC for relaxation or socializing. Others may include kava, kanna, functional mushrooms, caffeine, adaptogens or other plant-based ingredients aimed at supporting energy, calm or mental clarity. Some people are looking for non-intoxicating wellness support, or a lighter, more manageable alternative to alcohol.

One reason these beverages are growing so quickly is convenience. They fit naturally into social settings in a way that feels approachable for people who may not be interested in traditional supplements.

Different ingredients and cannabinoid levels can create very different experiences, which is why many people find it helpful to ask questions and learn what products may fit their goals best.

What started as a niche category is quickly becoming part of the broader wellness conversation, and many people are realizing there are now more ways than ever to drink with intention. ■

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.

# Feel Good with Every Sip



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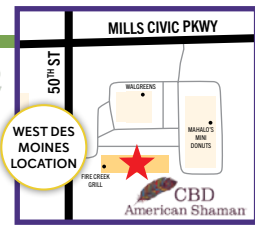
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## PLAN AHEAD

By Scott Eriksen

### ADVANCE planning offers peace of mind

Planning ahead is one of the kindest gifts you can give the people you love. Many families tell us that the greatest benefit of advance planning is the sense of calm it brings during an otherwise overwhelming time. When important decisions have already been made, your family is free to focus on what truly matters: being together, supporting one another and honoring a life well-lived without added stress or uncertainty.



There can also be meaningful financial benefits to planning and paying in advance. Designed to give families confidence and clarity about future expenses, you can have your selected services and merchandise guaranteed — protecting your family from the impact of rising costs over time.

Whether you are just beginning to think about your wishes or you are ready to put a full plan in place, starting the conversation can be simple and should be completely pressure-free. Advanced planning counselors are here to listen, answer questions, and help you explore your options at your own pace. They will meet you where you are and make sure your preferences are thoughtfully recorded.

Every family deserves compassionate care and affordable options, regardless of budget or preferences. Advance planning is simply about creating peace of mind — for yourself and for those who mean the most to you. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).

## WELLNESS

By Traci Frantzen and Lauren Conway

### THE GOLD standard in skincare

Many consider the gold standard in skincare to be a vitamin C serum with ferulic acid and a high-quality sunscreen. Vitamin C serums contain potent antioxidant essentials for maintaining skin vitality. By neutralizing free radicals — unstable molecules generated by environmental sensors like pollution and ultraviolet (UV) radiation — vitamin C helps prevent the oxidative stress that leads to premature aging. Clinical research indicates that consistent application can improve skin texture, diminish the appearance of fine lines and brighten hyperpigmentation by inhibiting melanin production. While vitamin C provides a robust defense, it is not a replacement for sun protection. When paired with a high-quality broad-spectrum sunscreen, vitamin C serums act as a force multiplier. Sunscreen provides the primary barrier against UV-induced DNA damage, while vitamin C addresses the secondary damage caused by reactive oxygen species that bypass or penetrate the barrier. Studies suggest that combining vitamin C with ferulic acid creates a synergistic effect significantly enhancing photo protection and reducing inflammation. This dual-action approach of protecting the skin from external rays while repairing internal oxidative damage is widely considered the gold standard for maintaining a youthful complexion.

Get ready for summer by using a vitamin C serum with ferulic acid and a high-quality sunscreen every morning. ■



Information provided by Traci Frantzen and Lauren Conway, aestheticians, 4 Ever Young, 1180 S.E. University Ave., Waukee, 515-304-2324, [www.4everyoungantiaging.com](http://www.4everyoungantiaging.com)

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# OUT & ABOUT



Happy Gil and Alyssa Miller at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Lori Lyons and Louis Urwitz at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Lance Farrell and Terry Snyder at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Lance Farrell, Louis Urwitz and Aly Davis at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Rob Grove and Colleen Hodges at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Dr. Ethan Pottebaum and Randi Willard at the Waukee Area Chamber ribbon cutting for Farrell's eXtreme Bodyshaping on April 3.



Participating celebrities at Waukee Area Historic Squares April 15 at Jethro's BBQ were Economic Development Director Jennifer Brown, Councilwoman Lori Lyon, City Administrator Brad Deets, Councilman Rob Grove, Mayor Courtney Clarke, Police Chief Chad McCluskey, Fire Chief Clint Robinson, WCSD Superintendent Dr. Brad Buck, and Councilwoman Chris Crone.



Kelly Troxel, Jake Larson and Michael Bartos at Waukee Area Historic Squares April 15 at Jethro's BBQ.



Erin and Jerald Crone at Waukee Area Historic Squares April 15 at Jethro's BBQ.



Rhett Oselette, Mya and Josie at Waukee Area Historic Squares April 15 at Jethro's BBQ.



Police Chief Chad McClusky and Fire Chief Clint Robinson at Waukee Area Historic Squares April 15 at Jethro's BBQ.

# OUT & ABOUT



Amanda Schwantes and Todd VanArsdale at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Waukee Area Chamber of Commerce hosted a ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Summer Williams, Kali Thompson, Devon Foster, Susan Sessions and Melani Walford at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Adam Haselhuhn, Erica Axiotis and Tristan Carman at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Mayor Courtney Clarke and Councilman Rob Grove at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Mike Namanny and Dom Carapella at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Carol Opgenorth and Aly Davis at the Waukee Area Chamber of Commerce ribbon cutting for UnityPoint Health Waukee Medical Park: Breast & Colorectal Care Surgery on May 5.



Terry Snyder and City Councilman Rob Grove at Waukee Area Historic Squares April 15 at Jethro's BBQ.



Jenny Shoeman, Tiffany Taylor, Jody Henkenius and Lana Martinez at Waukee Area Historic Squares April 15 at Jethro's BBQ.



Mayor Courtney Clarke and City Councilmember Lori Lyons at Waukee Area Historic Squares April 15 at Jethro's BBQ.

# CLASSIFIEDS

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