

WAUKEE

APRIL 2023

Living

MAGAZINE

OVERCOMING the FEAR

Residents share how they faced their fears and doubts to reach their goals

Savory English muffins
RECIPE

Tripp admits old houses aren't easy
WHERE WE LIVE

'Can-tastic' sculptures benefit food pantry
NEIGHBOR SPOTLIGHT

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

HELPING FAMILIES GROW!

We treat
your family like
our own!



**Only trust your family
with THE BEST!**

Brian L. Waggoner, M.D.
Andrea Dettmann-Spurgeon, ARNP, CPNP
Julie A. Waggoner, ARNP, CPNP
Samantha K. Schwenneker, ARNP, CPNP



Waggoner Pediatrics of Central Iowa

Schedule your child's appointment today! (515) 987-0051
2555 Berkshire Pkwy, Suite A, Clive • waggonerpeditrics.org

WELCOME

ARE YOU chicken?

Whenever my childhood friends and I wanted to talk our buddy Tommy into doing something, we would simply call him chicken. He would yell back, "I'm not chicken!" and would then proceed to do whatever it was we were trying to talk him into. I wish managing adults was that simple.

Meanwhile, we are all seemingly chicken, at least to some degree.

Musician Jim Stafford sang "I don't like spiders and snakes" in 1974. Who does?

Green Day vocalist and guitarist Billie Joe Armstrong said he wrote the song "Basket Case" in 1994 to cope with his feelings of anxiety and panic.

And heavy metal rockers Metallica made us fear falling asleep with their 1991 hit, "Enter Sandman."

But phobias aren't just fodder for songs. Most all of us, if we are being honest, have something that makes us shiver in our boots.

As a child, I didn't like going into old, unfinished basements by myself. I was especially fearful of my grandparents' "root cellar." There was no way I was going down there alone, at least not until my brother discovered this fear and pushed me down the steps.

My aunt and uncle had a painting of a clown in their house that gave me the creeps. This was long before the movie "It" ever hit the screen. I still don't like clowns, other than Bozo. He is all right.

I don't mind spiders and snakes, but I could do without mice. The phrase "shivering in your boots" reminds me of working on farms as a teenager and having mice run up my legs when I would put my rubber boots on.

Like many of you, I would get the jitters before a sporting competition. "Butterflies in your stomach," they were often called. The more I competed, the less those butterflies fluttered, but they were always there. Still are.

To this day, I don't especially like heights. It is not so much a fear as it is a stomach ache. Either way, it's not pleasant. I love roller coasters, but a Ferris wheel ride makes me nauseous. I don't get it.

In this issue of your Living magazine, we share the stories of local residents, their fears and how they are dealing with them. Some may seem far-fetched while others might strike a chord with you.

Give it a read... unless you are chicken.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

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

Martha Munro

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council



Your Safe Harbor During These Uncertain Times



At Charter Bank we take our role of being
a safe and sound bank very seriously.

Charter Bank is well capitalized and has
strong liquidity. We are celebrating our 25th
anniversary this year and appreciate the
trust you have placed in us to allow us to
serve our communities for years to come.



Greg Grote
President



Erin Hullermann
VP Market Manager
Waukee



Chart Your Success With Us!

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

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

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

Member
FDIC

www.CharterBanker.com



FEATURE

OVERCOMING the FEAR

Residents share how they faced their fears and doubts to reach their goals

By Jackie Wilson

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. When faced with a daunting task, we may find that fear and doubts crop up. For some, those can be difficult — even impossible — to overcome. Others face them head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.

Brittany Heard of Waukee struggled with speaking in public, until she joined a Toastmasters group. Photo submitted



FEATURE

From fear of heights to climbing instructor

How does a man who was afraid of heights as a youth now own a climbing gym? It takes mental power and climbing... just one rock hold at a time.

Aaron Stevens, co-owner of Climb Iowa, recalls when he was a boy living in Kansas. His elementary school class went to the capitol building in Topeka. With a spiral walkway staircase, he and the class began walking up the winding stairs. Once at the top, students were given the opportunity to walk around the dome's balcony for a spectacular view. Aaron didn't.

"The entire class walked into the dome. I sat down and cried at the steps," he recalls. "I was afraid of heights. I remember it vividly."

As an adult, Aaron took a few out-of-town friends and returned to the capitol.

"I had an instant fear at the opening of the dome. It was the same experience in grade school. But, this time, I didn't cry," he says.

Friends invited him to a climbing gym. He felt nervous about going, but his friend kept prodding him. Finally, he succumbed.



Aaron Stevens of Waukee was afraid of heights as a child — a fear he conquered as an adult through climbing. He now is co-owner of a climbing gym, Climb Iowa. Photo by Jackie Wilson

"I've got a competitive drive, and there was peer pressure," he admits. "I wanted to do better than my friends."

He kept climbing. Each week was different since the climbing holds were changed frequently.

"I remember vividly trying at least 30 times

to get to the top," he says.

Aaron says he enjoys climbing because it's similar to solving a puzzle.

"Every climb has the best way to do it," he says. "Unlocking puzzles is the most appealing part."

Thank you for voting for us!

Living
MAGAZINE
RESIDENTS' CHOICE AWARD
DALLAS COUNTY
WINNER!

Echo's Cookie Shop

(515) 508-1273

272 W Hickman Rd, Waukee

CALL US TO ELIMINATE HARMFUL HOME INVADERS

Paul's

AA Pest Control

Family Owned Since 1987. **515-993-3332**

Living
MAGAZINE
RESIDENTS' CHOICE AWARD
DALLAS COUNTY
WINNER!

www.PaulsAAPestControl.com • paulspestcontroliowa@gmail.com

ACCEPTING NEW CLIENTS

LAWN MOWING • FERTILIZING
HARDSCAPES • WATER FEATURES • MULCH BEDS

Locally Owned!

30672 Old Portland Rd, Adel
515-201-0468
lukeslawnandlandscaping.com

Living
MAGAZINE
RESIDENTS' CHOICE AWARD
DALLAS COUNTY
RUNNER-UP

LUKE'S
LAWN & LANDSCAPING

FEATURE

While working on his master's degree in trumpet performance, Aaron switched gears. He liked indoor and outdoor climbing so much, he became a manager at a climbing gym in Kansas. He and a business partner opened Climb Iowa 14 years ago. He says he's now overcome his fear of heights.

"A survey shows at least 25% of people are afraid of heights," Aaron says. "It's a common human fear, whether they recognize it or not."

He says it helps to calm his fears if he knows how things work.

"For me, it's building bridges as to where the fears are. I know how everything works, and I'm in control of what's happening."

In his profession, Aaron meets a lot of people facing their fear of heights — from kids to older adults.

"Even if the fear is still there, they continue to climb. It's all about understanding equipment and how it works," he says. "If you let your mind go, you can conquer your fears."

A fear of public speaking

As a financial advisor, Brittany Heard generally consults with one or two people at a time. She felt comfortable talking in small group settings. But when she was required to give a presentation to 20 coworkers, the task felt more daunting.

"I panicked," she recalls. "My hands were shaking, and I had trouble breathing. I thought it was crazy. These are my coworkers and people I know. Why am I so nervous?"

Brittany spoke to one of her coworkers about her lack of confidence speaking in front of groups. He suggested she join Toastmasters, as he had.

Toastmasters is a nationwide group that teaches public speaking skills. Brittany joined the group in 2018 and has slowly overcome her nervousness and become a better speaker.

Brittany recalls being an introvert in high school and college.

"I didn't really like speech classes. I survived

them but always avoided it," she says. "I hated those classes."

Toastmasters meetings are different. Members take on speaking roles and also give presentations. One activity, Table Topics, gives members a random topic to talk about, without preparation, for up to two minutes.

"I usually only talked for about 45 seconds. Since then, I have pushed myself and hit the time frame. It's good practice for impromptu speaking," she says.

Brittany says the benefits of joining the group have spilled into other areas of her life.

"I sing at church. I feel more confident standing with a 'power pose' where my arms are open and I have a solid leg stance."

Speaking at parties and group settings is not as scary.

"I'm still not good at it, but Toastmasters has given me more confidence," she reflects.

Her boss, too, has noticed her increased confidence in front of large groups, she says,



WELCOME TO MI-FIBERHOOD!

RESIDENTIAL SOLUTIONS

Now more than ever, connectivity is crucial.
Whether you're streaming, gaming or working from home, we have options to fit your needs!

"I'm so happy we made the choice to switch to Mi-Fiber. The service tech was awesome and explained any questions I had. Thanks! And it's amazing that everyone you deal with is LOCAL." — Emily

mi-fiber

Whether you're streaming, gaming, or working from home, we have options to fit your needs!

515.850.0500 | info@mi-fiber.net

PRIVACY.FLOWOOD.COM

FEATURE

admitting she still occasionally feels nervous when she gives a presentation.

"I've made big strides over the years. If I've been asked to speak in advance, I still feel nervous internally, but I try to remember I've done it before and I can keep doing it," she says.

Brittany suggests others who fear public speaking try Toastmasters.

"By joining a club and practicing in small groups, you can overcome that fear. Forcing yourself to do things has helped give me confidence."

Jumping from a plane

Talk to 100 of your friends and ask how many have gone skydiving. Chances are, only a handful. Lori Knuth of Waukee is one of those who have.

Although her jump out of a plane was more than 40 years ago, she says she remembers the experience as vividly as if it were yesterday.

Lori had just turned 19 and finished a year of college when she went to visit her brother in California City, California, where he was an Air Force pilot. He also flew small planes for



Lori Knuth was so busy "oohing" and "aahing" while skydiving that she forgot to pull her rip cord. Fortunately, her tandem partner did it for her.

skydivers. He had a great reputation and was known for safely landing a small plane with only one engine in the desert. His skydiving

friends trusted his abilities.

During her visit, that group of skydivers suggested Lori jump out of the plane on a

GIFT HER *what*
SHE LOVES
This Mother's Day

 **CHRISTOPHER'S**
FINE JEWELRY

160 Jordan Creek Parkway, Suite 100
West Des Moines, IA 50266
515 - 705 - 7465



FEATURE

tandem jump.

"When I got to California, I didn't know I was going to do it. But I wanted to show them that I was brave."

After a 15-minute training session, Lori was prepared for a tandem jump with her brother's friend. The skydiver ahead of her was visibly afraid.

"This guy was holding the sides of the plane in a death grip. He was nervous. I didn't want to be nervous like him, or they would have pushed me out," she recalls. "I wanted to jump on my own."

As she waited for her turn, she admits being afraid.

"I was frightened on the inside, but I didn't want anyone to know what I was feeling," she says. "I was fearless at that age."

Yet, once she was hooked up with her tandem, the guys were encouraging her by singing.

"They were all in tune, cheering me on. I couldn't turn back. So I looked straight out at the sky and not at the land. I thought to myself, 'What the hell am I

doing?'"

She and her tandem jumped, and she says the first thing she saw was the sun, as she was upside down. She witnessed the mountains and the desert.

"It was an exciting time. I was free falling like a bird. It was so quiet, like you're floating."

Lori says she didn't worry about the parachute not opening, but she did forget to pull her rip cord.

"I was watching the cameraman filming, and I was supposed to pull the cord. I was 'ooohing' and 'aahing' and forgot to pull the cord. Luckily, I'm on a tandem, and he did it for me."

At the end, they were two miles off the target, but the landing went smoothly.

"When I went to California, I didn't go expecting to jump out of a plane," she recalls. "It was the best thing I've ever done in my life."

"It's a piece of me I'll never give up," she says, putting her hand to her chest. "I can still feel it in my heart. The memory will never leave me." ■



Lori Knuth of Waukee is happy she didn't let fear stop her from her skydiving experience. Photo by Jackie Wilson



real outcomes WITH A 2-VISIT APPROACH

Breezzee

HAD 12 COOLSCULPTING® TREATMENTS ON THE BRA AREA AND FLANKS OVER 2 VISITS

"Four months to see results vs 20 years of being bothered by the fat on my back. CoolSculpting® is well worth the investment."



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM



IT TAKES
TWO

CoolSculpting® uses the CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. The CoolSculpting® procedure is not a treatment for weight loss. CoolSculpting® Important Safety Information The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity and sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting® may cause a visible enlargement in the treated area which may develop two to five months after treatment and requires surgical intervention for correction. CoolSculpting® uses the CoolSculpting® device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomens. CoolSculpting® is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs. CoolSculpting® Important Safety Information The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® treatment in areas with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids. Tell your doctor if you have any medical conditions as CoolSculpting® should not be used over a menstruating uterus, over areas of the skin that lack normal sensation, in patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy. CoolSculpting® should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), active bleeding disorders, or seizure disorders. Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolSculpting® treatments, therefore, it is recommended to not undergo treatment during this time of the month. CoolSculpting® should not be used in the heart or head areas, areas of new bone growth, over the carotid sinus nerves, or over the neck or mouth. CoolSculpting® should not be applied over swollen, infected, inflamed areas or skin eruptions. Caution should be used for patients with suspected or diagnosed heart problems. Common side effects may include, but may not be limited to, muscular pain, temporary muscle spasm, temporary joint or tendon pain, and redness at or near the treatment site. Ask your Healthcare Provider if CoolSculpting® is right for you. Please see full Important Safety Information on coolsculpting.com. COOLSCULPTING®, the Snowflake Design, and COOLSCULPTING® are trademarks of ZELUS Aesthetics, Inc., an Allergan affiliate. Allergan® and its design are trademarks of Allergan, Inc. All other trademarks are the property of their respective owners. © 2020 Allergan. All rights reserved. CSC30431 02/0



GET SUMMER-READY NOW!

OVER
3,000
BIKES
IN STOCK!

BIKES FOR THE WHOLE FAMILY!

- COMFORT
- HYBRID
- MOUNTAIN
- E-BIKES
- KIDS

SHOP OUR
IN-STOCK
INVENTORY



SERVICE • REPAIR • GEAR • HELMETS
SHOES • APPAREL • ROAD BIKES
GRAVEL BIKES • ELECTRIC BIKES
COMMUTER BIKES • BIKE RACKS
EXPERT STAFF

VOTED BEST BIKE
SHOP 13 YEARS
IN A ROW



WEST DES MOINES
5003 EP TRUE PKWY
515-222-1880

URBANDALE
6600 DOUGLAS AVE
515-255-7047

AMES
126 S 3RD ST
515-232-3669

CLIVE
1710 86TH ST
515-223-6111

 [BIKEWORLDIOWA.COM](https://www.bikeworldiowa.com) 

Get more with MidWestOne and **Power Checking**

1.75% APY*

Balances \$0.00 to \$25,000.00

1.75 to 0.10% APY*

Balances \$25,000.01 and above

0.05% APY*

If requirements aren't met (entire balance)

Enjoy higher interest and up to \$15 in ATM fee refunds¹ when you qualify each cycle.

It's easy to qualify.²

- \$100 minimum deposit to open
- No minimum balance requirement
- Enroll in and receive electronic statements
- Have at least 15 debit card purchases post and clear
- Have at least one direct deposit, automatic debit from a third party, or online bill payment transaction post and clear

Switch today!



**MidWestOne
Bank®**

Simply Better Banking.®

Member FDIC | MidWestOne.bank | 800.247.4418

*Annual Percentage Yield (APY). Daily Balance Method is used to calculate interest on account. This method applies a daily periodic rate to the principal balance in the account each day. All accounts subject to approval and applicable terms, fees, and charges. Fees may reduce earnings. Refer to our Deposit Rates for current interest rates and annual percentage yields based on designated balance tiers. When linked to Power Savings, the interest earned within Power Checking does not compound since it's automatically transferred to Power Savings. Interest rates are variable, and rates may change after the account is opened. Rates are accurate as of 02/1/2023.

¹Domestic ATM fees are refunded to the account once the Power Checking qualifications are met; if you have a linked Power Savings your ATM fee refunds will post directly to the Power Savings account.

²The qualification cycle (monthly statement cycle) ends on the fourth Wednesday of each month. On this day, transaction counts are finalized and interest is paid. Transactions that have posted and cleared are no longer in pending status. Any transactions pending when the Power Checking qualification cycle ends will not be included in the current cycle.

NEIGHBORS

By Jackie Wilson

CAPTAIN Young gets boost from 'Blox'

Reality show helps boat captain revamp her business.

A Waukeee woman's love of boating landed her on a reality show, which also helped to re-vamp her own recreational boating services.

Brenna Young, aka Captain Young, is a U.S. Coast Guard licensed boat captain. Last year, she competed on season five of the show, "Blox," a reality show for startups and entrepreneurs, similar to "Shark Tank." "Blox" contestants learn how to become successful business owners through a series of competitions and challenges.

Young launched her own Captain Young Travels in 2019 by purchasing her own boat and giving tours on Saylorville and other Iowa lakes.

Then the COVID pandemic hit, and she ended it after three years.

"After factoring in the cost of the slip and the boat — it doesn't make a lot of money."

In 2022, she applied to be on "Blox," hoping to boost her captain career.

"I didn't think much about it. Then I had four rounds of interviews, and they wanted to cast me and my business," she recalls.

The show was filmed in Kansas City. It hasn't aired on television yet, but is available online. Young and 72 other entrepreneurs completed various challenges. One challenge consisted of contestants having 15 minutes to create a pitch in front of judges. Participants in six different pods competed, and she won in her pod.

Throughout the show's filming, she admits to pranking other contestants, having fun and "being a character." At the end of the show, she placed in the Top 10.

"I got ninth place out of 72. I'm pretty proud of that," she says.

She was invited to the next season but declined as she will be too busy with her captain duties.

Her Captain Young Travels now offers her services to navigate other people's boats or rentals.

"I can take them out, and the boat owner doesn't have to worry about docking a boat. The driver is sober. They can beach it, go tubing and take the anchor down and enjoy the ride," she says.

She's steered hundreds of bachelorette parties, corporate events and family gatherings. Last year, she turned away boaters because she was the only captain in the business. She's hoping to train and hire other captains to help out at major lakes in Iowa.

Young completed two different USCG courses to become a licensed captain in a male-dominated field.

"I was the only woman in the class — and a minority...Columbian. Women can do just as well as men," she says.

She's currently devising an app, similar to Uber, called Toober, in which people can rent a captain. Currently she has an agreement with Saylorville Marina. With her being a captain for a boat rental business, it helps keep the marina's boats safe.

"A lot of people don't know how to navigate a boat, and it comes back to the marina in pieces," she explains.

Although she didn't win a prize on "Blox," she says it helped spur her career.

"I didn't win anything, except pride. I had a lot of fun and was honored when they asked me to come back," she says. ■



Brenna Young, a professional boat captain, competed on the reality show, "Blox."

HOW 5 TYPES of retirement income are taxed

Not all retirement income is taxed the same by the federal government. Understanding retirement taxes can help you decide where to take income from first (or last) to maximize your retirement savings.

Traditional IRAs and 401(k)s are tax-deferred accounts, meaning you've never paid taxes on the money. When you start taking withdrawals from these accounts, you will pay federal income tax at ordinary income tax rates. There's a 10% penalty for payouts before age 59 ½, but you can't delay withdrawals forever. The IRS sets the required minimum distribution age (RMD) and tells you how much you must take (based on life expectancy). Currently, RMDs kick in at age 73. Unfortunately, distributions can come with a big tax bill.

A powerful, tax-free option is the Roth IRA and Roth 401(k). Qualified distributions are tax-free. You must have held the Roth IRA account for at least five years and be 59 ½ or older to withdraw gains without a 10% penalty. These tax-free withdrawals apply to money deposited into a Roth IRA or money converted from a traditional IRA to a Roth IRA. Roth 401(k) withdrawals are tax-free as long as five years have passed since your first contribution. Currently, RMDs do apply to the Roth 401(k). New legislation eliminates RMDs on Roth 401(k)s



starting in 2024.

If you sell stocks, bonds, or mutual funds you've held for over a year, the proceeds are taxed at a long-term capital gains rate of 0%, 15%, or 20%. The higher your income, the more capital gains taxes you pay. For 2023, you may qualify for the 0% long-term capital gains rate with a taxable income of \$44,625 or less (\$89,250 for those married filing jointly). The 20% rate applies to single filers with a taxable income of \$492,301 or more (\$553,850 married filing jointly).

Provisional income determines how much tax you pay on your Social Security benefit. Some Social Security beneficiaries will pay nothing, while others may have to pay federal income tax on up to 85% of their benefit. Provisional income is determined by adding your adjusted gross income plus 50% of your Social Security benefit plus any tax-exempt income you received for the year.

Tax laws and retirement rules are constantly changing. It's important to work with a trusted CPA who can help you play by the rules and a retirement planner who can help you develop a long-term tax plan that lowers your tax bill so you can spend more money on all the fun things in retirement. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

WHAT DO YOU REALLY KNOW ABOUT TAXES?



Do you know more about taxes than the “average” American? Put your knowledge to the test with this short quiz.

Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

EVENTS IN THE AREA

Be sure to check for cancellations.

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



Citywide garage sale

Saturday, April 29
Waukee

This year's Spring Clean-Up Week is May 1-5, which puts the Citywide Garage Sale day on Saturday, April 29. This is not a City of Waukee-sponsored event. It is a designated day for private citizens to join many others in hosting garage sales. All advertising and time-setting for the sales is done on an individual basis.

Mega parking lot sale

April 29, 8 a.m. to noon
Westview Church, 1155 S.E. Boone Dr.

In conjunction with the Waukee Citywide Garage Sale, Westview Church is hosting a mega parking lot sale for community members selling garage sale items on tables, from car trunks or tailgates. Browse items from many different sellers, all in one convenient location. They will have food trucks on site. Visit www.westview.org/events for specific details.



Spring Clean Up Week

May 1-5

During Spring Clean-Up Week, customers of Ankeny Sanitation/ASI are welcome to place large or bulky garbage items on the curb on their typical collection days. Metro Waste Authority and the Public Works Department then team up at hazardous waste, appliance and tire drop-off sites on Saturday, May 6, for free disposal services.



Pancake Breakfast and Food Drive

Saturday, May 13, 7-11 a.m.

Waukee Public Safety Building, 1300 S.E. L.A. Grant Parkway

The Waukee Firefighters' Association hosts its annual pancake breakfast event each spring at the Waukee Public Safety Building. This family-friendly event draws hundreds of residents who enjoy "all you care to eat" pancakes and sausage. Plus, kids can burn off all of that syrup-induced energy with inflatables and fire truck rides. Guests are encouraged to bring non-perishable food items or cash donations for the Waukee Area Christian Services Food Pantry.

YES!

We install sump pumps.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

ROTO-ROOTER
PLUMBING & DRAIN SERVICE

OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

SEVERING POLK, DALLAS, WARREN, GUTHRIE, MADISON & CLARKE COUNTIES

Since 1878

SCREENS & WINDOWS DAMAGED BY A LONG WINTER?

We can FIX it!

Waukee Do it Best Hardware

& Rent-it Center

Locally owned and operated
by Geoff and Anne Warmouth

515-987-4574 • 380 S. 6th Street

waukee.doitbest.com FREE ship to store!

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

FUR BABY CARE

when you are gone!

You can count on us – reliable, local, friendly professionals

HI, I'M ZADA!

Fetch!

Pet Care of Metro Des Moines

DOG WALKING • PET VISITS • POTTY BREAKS • IN-HOME OVERNIGHT

RESERVE A PET SITTER TODAY!

SCAN OR CALL OUR LOCAL PHONE NUMBER!
(888) 229-5721

EVENTS IN THE AREA

Be sure to check for cancellations.

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



Gary's Ride

Saturday, May 20
Waukee Raccoon River Valley Trailhead

Gary's Ride is a fundraiser for MercyOne Richard Deming Cancer Center for terminal brain cancer patients. Riders and non-riders are invited to the celebration at The Handlebar restaurant in Dallas Center. It will feature great food and entertainment for the whole family. For more information and to register, visit garysrideiowa.org.



Movies in the Park

Friday, June 9, 8:45-11 p.m.,
"Minions: The Rise of Gru" (PG)
Centennial Park Open Air Shelter, 1255 Warrior Lane

Enjoy Hollywood's biggest hits under the stars with Movies in the Park. Movies in the Park is free and provides an abundance of entertainment. Showtime is at dusk (approximately 8:45 p.m.) in Centennial Park. Bring lawn chairs, blankets and refreshments, and get ready to make memories with family and friends.

Other scheduled Movies in the Park:

- June 3, "Top Gun: Maverick" (PG-13).
- Aug. 11, "Black Panther: Wakanda Forever" (PG-13)

Lemon Trail Ride

Saturday, April 29
Exile Brewing Company,
1514 Walnut St., Des Moines

Check-in starts at 10:30 a.m. You are free to start your ride anytime after that. Cost is \$30 per rider with all proceeds going to Friends of Des Moines Parks. The ride is approximately 14 miles round trip and should be ridden at your own pace. The ride starts at Exile Brewing and goes to Jethro's south side, El Bait Shop, Captain Roys, then back to Exile. For information and registration, visit www.exploretok.com/exile-brewing-company/event/401981/lemon-trail-ride.



It's about your
life, not just
your money.



DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsiowa.com | 515-215-7114

105 W Salem Avenue, Indianola



Andrei Murphy
President

**Securities offered through Brokers International Financial Services, LLC, Member SIPC.
Brokers International Financial Services, LLC, is not an affiliated company.

CUBBIE'S KIDS CLUB MEMBERSHIPS

FUN FOR THE WHOLE FAMILY



GREAT BASEBALL. FANS. FUN.



KIDS BIRTHDAY PARTIES



KIDS RUN THE BASES (SUN)



TICKETS & MORE AT

IOWACUBS.COM



EVENTS IN THE AREA

Be sure to check for cancellations.

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

The Valley Junction Farmers Market and Music in the Junction

Thursdays May 4-Sept. 28, 4-8:30 p.m.
Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. May 4 features The Unfortunate Sons. Others in May are: May 11, Molly Nova and the Hawks; May 18, Black Diamond Loons; May 25, Dick Danger Band.

June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 1 is Jason Brown; June 8, Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.

Shine Reception

Wednesday, May 10, 6-8:30 p.m.
Hilton Downtown Des Moines, 435 Park S.

With your help, Planned Parenthood has stood with our community, working to provide compassionate care and inclusive education to Iowans. Register by Wednesday, May 3, at www.plannedparenthood.org/plannedparenthood-north-central-states/ways-to-give/shine.



Wild Lights Festival

Wednesday to Sunday evenings
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

The Wild Lights Festival returns to Blank Park Zoo with 50 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. Presented in partnership with Tianyu Arts & Culture, this year's festival will include a 75-foot-long sunflower tunnel, giant 33-foot-wide octopus, and more animals and mythical creatures. The festival runs 7:30-10 p.m. on Wednesday to Sunday evenings, plus Memorial Day, through May 29. Tickets are \$19-\$25 and may be purchased at www.blankparkzoo.com/wildlights. ■

Helping you achieve your best mental wellness

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care
Medication Management
Child & Adolescent Psychiatry
Genetic Testing
Nutritional Psychiatry



WALNUT CREEK PSYCHIATRY

IN-PERSON OR ONLINE
VISITS AVAILABLE

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston
(515) 368-7504 | (515) 355-3491

NEED
NEU
BLINDS?

CALL JAMES FOR A
FREE QUOTE!

WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!



Neu
Blinds

CALL TODAY FOR YOUR
FREE CONSULTATION
515-250-5543!

GRABER. | DELIGHT IN EVERY DETAIL

- ✓ FREE ESTIMATES
- ✓ Easy and Affordable
- ✓ Many styles & brands to choose from
- ✓ FREE INSTALLATION
- ✓ Referrals

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.



VisionPerks Checking

The survival kit in your checking account.



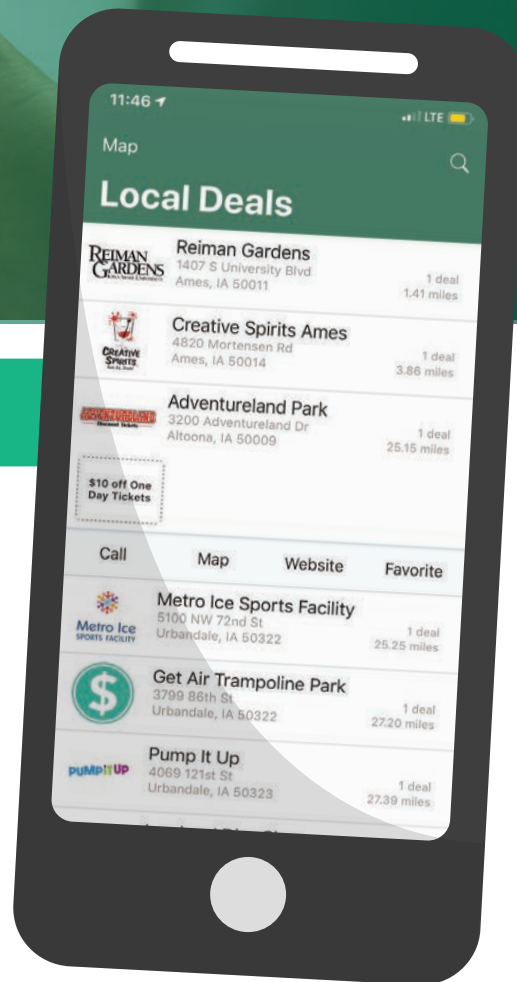
BANKING PERKS

- Free debit card
- Free cashier's checks & stop payments
- Free notary service
- Discount on Safe Deposit Box (when available)
- \$175 credit on mortgage closing fees



IDENTITY THEFT PROTECTION*

- Access to Fraud Resolution Specialist
- Identity restoration
- Credit rating help
- Financial & legal integrity
- BaZing may reimburse up to \$2,500 for covered expenses



ROADSIDE ASSISTANCE

- Towing services
- Lockout assistance
- Flat tire assistance
- Emergency supply & more!
- BaZing may cover \$80 per occurrence up to 4 times a year



HEALTH SAVINGS*

- Discounts & preferred pricing
 - ✓ Prescriptions
 - ✓ Eye care
 - ✓ Hearing services
 - ✓ AD&D insurance



CELL PHONE PROTECTION*

- BaZing may reimburse you up to \$800 per year
- Up to 2 claims per year
- \$400 per claim



DISCOUNTS & SAVINGS

- Discounted tickets
 - ✓ Adventureland
 - ✓ Iowa Cubs & more!
- Online discounts
- Travel savings

CONTACT A RETAIL BANKER TODAY!



VisionBank® Member FDIC



(800) 574-8123 | visionbank.com

*Insurance products are not deposits, not FDIC insured, not insured by any federal government agency and not guaranteed by the financial institution. VisionPerks accounts may be canceled at any time. Please contact a Retail Banker with any questions.

AFFIDAVIT of nonprobate distribution explained

When a person dies, their assets pass to their estate. Typically, these assets cannot be accessed or sold without going through probate. Probate is the court-supervised process of administering an estate. The court appoints a personal representative granted the authority to wrap up the decedent's affairs.



In certain circumstances, however, Iowa law provides a streamlined process that avoids probate. The affidavit of nonprobate distribution (also called a "small estate affidavit") is used when assets are less than \$50,000. There must be no real estate or real estate that passes to persons who are exempt from inheritance tax, like a spouse. Additionally, more than 40 days must pass between the date of death and the use of the affidavit.

The affidavit must include a copy of the filed Last Will and Testament, if there is one. Iowa law requires the holder of a decedent's will to file it with the clerk of court after death, whether or not the estate will go through probate. An original death certificate must also be attached.

The affidavit sets out a general description of the property to be

transferred and identifies the heirs, beneficiaries or creditors if the personal representative deems it to be necessary.

The statute specifically states "without procuring Letters of Appointment" to make clear to banks and other entities that this is a non-probate process. Another change is that the decedent's property must have been \$50,000 or less at some time since the decedent's death. This allows the affidavit to be used for an asset that may have grown (through interest or dividends, for example) above the statutory limit.

If the value of the decedent's property is unknown, the affidavit can be used to gather information. The asset holder must disclose whether the property is, or has been at any time since death, \$50,000 or less.

Any person holding assets of the decedent may rely on the affidavit and deliver those assets to the disclosed successors. The statute insulates the holder from liability for relying in good faith on the presented affidavit. This is useful when dealing with banks and other financial institutions, which may initially insist on formal probate proceedings.

The affidavit of nonprobate distribution provides a solution for situations where there is a small asset that cannot be otherwise accessed. ■

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

WHERE TO BEGIN?

YOU DON'T HAVE
TO DO THIS ALONE.

WE CAN HELP GUIDE YOU.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 36 YEARS

EXPERIENCED ATTORNEYS — SINCE 1987 —

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

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

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

CLIVE, Urbandale and Waukee join forces for Little Walnut Creek projects

The cities of Clive, Urbandale and Waukee are coming together to spearhead a critical infrastructure project that will benefit residents of all their communities. The collaboration will extend sewer infrastructure, connect recreational trails and improve green spaces that people can enjoy for many generations to come.

First up is a new gravity sanitary sewer line for the City of Waukee, which will support residential and commercial growth. The Northeast Outfall Sewer will be located along Little Walnut Creek between approximately N. Warrior Lane in Waukee and 144th Street in Urbandale. Following sewer construction, Clive will implement stream bank restoration, reforestation and trail paving projects along the Clive Greenbelt. Urbandale will expand its existing Walnut Creek Regional Park and eventually complete a trail connection between the Little Walnut Creek and Bob Layton trails.

“Each of these projects is a big undertaking

on their own. Stacking them enables more efficient use of resources and enables us to access funding that wouldn’t be available if done independently,” said Rudy Koester, Public Works director for the City of Waukee.

Waukee is leveraging the State Revolving Fund (SRF) program, which enables qualifying projects to apply loan interest toward water quality improvement projects. This will help Clive complete needed stream bank restoration work for Little Walnut Creek.

During construction, trails will be closed, and pre-selected trees will be removed to make way for construction as well as help remove some invasive species.

“The Clive Greenbelt is a beloved natural feature in our community. We’re working with Waukee to protect as many large, mature, native trees as possible and are excited to plant new trees that will be enjoyed by future generations,” said Peter De Kock, assistant city manager for the City of Clive.

Future benefit

Clive’s project will include stream bank restoration that will help reduce future erosion. This not only benefits homeowners at the restoration sites but also residents downstream with improved water quality. Additionally, Clive will plant new, diverse tree species and other native Iowa plantings, which will enhance wildlife habitat and help address invasive species.

In addition, there will be repaving and expansion of existing trails. It will set the stage for future trail connections across N. Warrior Lane in Waukee, which will enable residents and visitors to ride from Waukee through the Clive Greenbelt and easily connect to the broader metro trail system.

“Plain and simple, this is good government at work,” said Derek Zarn, director of Marketing & Communications. “We’re collaborating with our neighboring cities to improve the quality of life for all our residents and to set the stage for future growth and development.” ■



Coming to Waukee in May, 2023

Early Intervention **Autism Therapy & Diagnosis.**
Now Enrolling Ages 2-6.

(515) 446-3420 | midwestautismservices.com

CITY OF WAUKEE BULLETIN

APRIL 2023

THINGS TO KNOW

- **Drug Take Back Day**
Saturday, April 22 from
10 a.m. to 2 p.m.
Waukee Public Safety Building
- **WASP Senior Program**
Wednesday, April 26 at 9 a.m.
Waukee Community Center
- **Citywide Garage Sale**
Saturday, April 29
- **Spring Clean-Up Week**
May 1-6
Waukee.org/CleanUp
- **Bingo**
Friday, May 6 at 1 p.m.
Waukee Community Center
- **Regular City Council Meetings**
May 1 & 15 at 5:30 p.m.
Waukee City Hall and Zoom

For more
information
scan to visit
our website.



Be extra aware when out and about. Spring weather brings pedestrians and cyclists to Waukee trails, parks and streets. As you drive, train your eyes to watch for people using sidewalks, trails and roads. Slow down and stop with adequate time to look around at intersections, crosswalks and trail crossings. Pay attention to posted speed limits and avoid distractions, such as cell phones or other devices, when driving.

Spring Clean Up for City of Waukee/ASI garbage customers will be held on usual trash days May 1-5 (M-F). Put bulky waste, such as furniture and other similar items (up to five feet in length), on the curb before 7 a.m. Household hazardous waste can be dropped off at Vince Meyer Learning Center (445 5th Street) on Saturday, May 6 from 8 a.m. to 12 p.m. During that same time, crews at the 1205 6th Street drop-off site will accept appliances and tires. Visit Waukee.org/CleanUp for details on what items are accepted. Note those with private garbage collection are not part of curbside pick-up week.

Portable irrigation meters can help save you money on sewer charges on your water bills if you frequently irrigate your lawn and garden. If you already have a meter, re-certify it for 2023 to stay eligible for account credits. Email a photo that shows both the meter number and the meter reading to WaukeeUtilities@Waukee.org or bring your meter to City Hall (230 W. Hickman Road) on a weekday between 8 a.m. and 5 p.m. To purchase a meter, contact WaukeeUtilities@Waukee.org.

Register for spring and summer programs with Waukee Parks and Recreation. Check out classes, leagues, camps and day trips for residents of all ages at Waukee.org/Registration. Find more great programming at WaukeePublicLibrary.org.



Waukee
THE KEY TO GOOD LIVING



Turn in Unneeded Medication on April 22

The National Prescription Drug Take-Back Day aims to provide a safe, convenient and responsible way for citizens to dispose of potentially dangerous expired, unused and unwanted prescription medications. On Saturday, April 22 from 10 a.m. to 2 p.m., the Waukee Police Department will accept pills and patches for disposal at the Public Safety Building (1300 SE L.A. Grant Parkway).



Before You Dig, Dial 811

April is National Safe Digging Month to remind people who plan to excavate or dig to first dial Iowa One Call at 811 or visit IowaOneCall.com. Contact Iowa One Call at least 48 hours before starting to dig to have utility lines marked. Are you planting trees, installing a fence or other yard projects? Dial 811 beforehand, so you can avoid knocking out utility service, injuring yourself or facing fines.



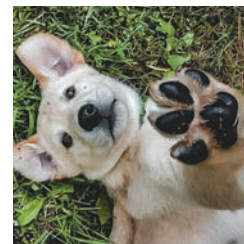
Open Burning and Fire Pit Reminders

Open burning is prohibited in Waukee; however, organic fires in areas zoned as agricultural are allowed if not within 1,000 feet of land zoned other than A-1. Outdoor fireplaces and BBQ grills using untreated wood are also permitted. It is NOT permitted to burn rubbish/refuse, which includes yard waste, tires, garbage or plastics. Learn more at Waukee.org/Fire.



License Pets for National Pet Month

April is National Pet Month! Make sure your pet license is up to date. Visit PetData.com to start the process. Licensing your pet may improve the chances of having your animal returned to you should they become lost or run away, and it helps the City of Waukee ensure pets are vaccinated for the safety of all pets around the community. Please be a good neighbor by picking up your pet's waste and disposing of it in trash receptacles, as is required by City ordinance. Many parks have stations with bags and a trash can for your convenience.



Bicyclists and Pedestrians Safety Best Practices

- If riding on streets, always ride with traffic flow and follow the rules of the road.
- When walking where there is no sidewalk, always stay on the left-hand side of the road and walk facing the traffic flow.
- Watch for items on the road or trail that might make you swerve or fall.
- Watch for turning traffic at every intersection.
- If walking or riding at dusk or night, always wear reflective gear.
- Wear a helmet at all times when cycling.
- Yell "on your left" when passing someone on the trail, so they can keep to the side of the path.



WAUKEE.ORG

230 W. Hickman Rd., Waukee, IA 50263 • 515-978-7900

12 REVIEWS including one of the year's first great movies

I'm happy to tell you that the movies are getting better almost every week, and I have now seen the year's first great movie.

"Operation Fortune" (now on Prime Video)



Guy Ritchie writes/directs a little seen film about a group of soldiers on an undercover mission. I had no idea going in what this was, and I walked out completely amused by what I just saw. Jason Statham does his usual good work as one of these operatives, but the movie really comes alive with the introduction of a character played by Hugh Grant. If you are an action fan, this is a must-see. **Grade: B+**

"Champions" (in theaters)



Woody Harrelson is perfectly cast as an NBA minor league coach who is demoted to coach a team of special education kids in Des Moines, Iowa! Of course, nothing was shot in Des Moines, nor will you see anything more than a glance of a skyline in the film. That being said, the movie is absolutely hilarious and charming at the same time. Harrelson is perfectly cast, and these kids are really special and super funny. This movie didn't get its chance to grab the large audience that it was due. **Grade: B+**

"65" (in theaters)

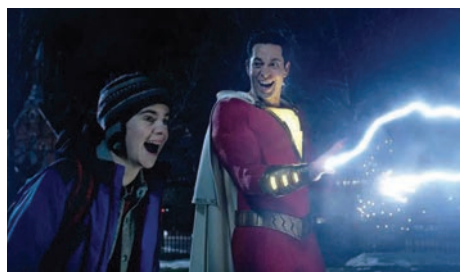


Adam Driver and a team of explorers are brought down by an asteroid storm. Everyone but Driver and a young woman have died. Without giving anything away, they are on

Earth 65 million years ago, and let me tell you, it is a nasty place to be. This is truly great sci-fi and a really good action/adventure film written and directed by two guys from Des Moines.

Grade: A-

"Shazam 2: The Fury of the Gods" (in theaters)



I'm certain that we didn't need a sequel to the first film, but this one grew on me. It's a fun and funny story about the ancient gods returning to take the planet back. One for the whole family. **Grade: B+**

"The Boston Strangler" (on Hulu)



Keira Knightly is excellent as a newspaper investigative reporter in Boston during the early 1960s covering the infamous attacks by who was eventually called The Boston Strangler. The movie does a great job showing the journalistic hard work that went into solving (or not) this horrific string of crimes. **Grade: A-**

"John Wick: Chapter 4" (in theaters)



Keanu Reeves is back as the man on the run from a group of evil bad asses looking to kill him. I enjoyed the first film, but the sequels

went downhill from there. This is an action-filled, nearly-three-hour bloodbath. The sequences are brilliantly choreographed, but the plot is mind-numbing and even the action, toward the end, is too over the top. The ending is a relief, but I was less than thrilled with JW 4. **Grade: D**

"A Good Person" (in theaters and probably streaming soon)



Writer/director Zach Braff gives us a look at a young woman whose life is thrown into chaos after a fatal car accident. Florence Pugh plays the young woman who spirals into substance abuse and depression. Morgan Freeman (always good) plays a man who tries to help. Difficult to watch at times but still very well done, and the acting is top-notch. **Grade: B-**

"The Lost King" (in theaters and probably streaming soon)



This might be the find of the month. Sally Hawkins plays a woman in a dead-end relationship who, after seeing Shakespeare's "Richard III," is inspired to learn more about him. She is amazed at how little is known about the former King of England, and she takes it upon herself to help right this wrong. Based on a true story, this is a wonderful film. **Grade: B+**

"Spinning Gold" (in theaters, if you hurry)

Any movie that opens with the song "Oh Happy Day" immediately has my attention. This is the story of Casablanca Records and the people behind it. They introduced us to Gladys

FILM REVIEWS



Knight, The Isley Brothers, Donna Summer and KISS. A great story, but very poorly told and even more poorly acted. **Grade: C+**

“Dungeons and Dragons” (in theaters)



My only experience with the game Dungeons and Dragons was walking through the Iowa Union on my way to classes and seeing all these students playing the game. I was excited to see

Chris Pine heading the cast. I’ve always enjoyed him, but the movie is a mess of special effects and a horrible story. Don’t waste your time.

Grade: D

“Air” (in theaters)



I’ve now seen the year’s first great movie. Anytime Ben Affleck and Matt Damon team up, it is an event. “Air” tells the story of Michael Jordan and NIKE and the magic they made with a little tennis shoe called Air Jordan. Viola Davis, as Jordan’s mom, steals the show. **Grade: Very solid A**

“Nefarious” (in theaters)

If you remember Steve Deace from The Jock, KXTK, KXnO and WHO Radio fame,

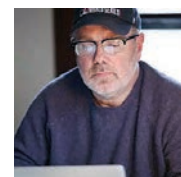


there’s a new movie coming out soon called “Nefarious” that was based on a book he wrote. Steve shared a copy with me last month, and even sitting at home, I found it to be super creepy — in a good way. It’s an intense look at what happens when you tangle with pure evil.

Grade: B+

See you at the movies. ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXnO 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.



LET’S GO THRIFT AT GOODWILL IN WAUKEE

When you shop and donate at your local Goodwill of Central Iowa location, you are supporting our mission of **making purposeful employment possible for all**. By offering programs that build confidence and teach skills, we are helping people in our community gain greater independence through the power of employment.

**SHOP IN THE FRONT.
DONATE IN THE BACK.**

COME SEE US!
170 LAUREL STREET SE
WAUKEE, IOWA 50263



WWW.DMGOODWILL.ORG



DCF ANNOUNCES 2023 grant awards

The Dallas County Foundation (DCF) has announced that \$169,392 has been awarded to 25 nonprofits in Dallas County. Each year, grants are awarded to improve the quality of life to those fortunate enough to call Dallas County “home.”

In partnership with Grow Greene County Gaming Corporation (GGCGC), the Dallas County Foundation was awarded an additional \$52,000 for broad-based community improvement projects, making for a combined total of \$169,392 in betterment grants in 2023.

Since its inception in 2005, the DCF has awarded more than \$1,788,044 to more than 290 projects in Dallas County. These grant dollars have been used to enhance large and small community organizations throughout the county.

The DCF mission is to continue funding projects and local initiatives that strengthen Dallas County communities now and well into the future. The Dallas County Foundation is an affiliate of the Community Foundation of Greater Des Moines.

For more information, visit www.dallascountyfoundation.org.

Recipients

- ADM Community School District, Enhancing Technology for ADM High School Science, \$1,500
 - Adel-DeSoto Fine Arts Booster Club, ADM Music Classroom Keyboards, \$5,000
 - Adel-De Soto Soccer Club, Adel DeSoto Minburn Soccer Club Soil Quality Restoration, \$2,500
 - Friends of the Adel Public Library Foundation, Youth Programming Room, \$5,689
 - Main Street Adel Chamber of Commerce, Highway 169 Gateway Trail, \$15,058
 - Friends of the Dallas Center Pool, Adding a Slide to the New Dallas Center Pool, \$16,001
 - Rotary International, Adding a Basketball Court to Mound Park in Dallas Center, \$4,000
 - Parks and Recreational Board, City of Dallas Center, Cordless Portable Lighting for Safe Evening Events, \$780
 - Dallas County Agricultural Extension District, Dallas County Master Gardener, \$5,000
 - Food Bank of Iowa, New Warehouse Equipment to Meet Increased Demand for Food Assistance, \$6,500
 - Granger Public Library, Funds for Special Equipment for Teens and Adults, \$4,500
 - Minburn Area Fire Fighters Association, Minburn Fire Department Station Expansion, \$6,395
 - Perry Community School District, Perry High School Baseball and Soccer Indoor Hitting Nets, \$4,381
 - Perry Community School District, PCSD Middle School Microscopes, \$6,142
 - Perry Iowa Rotary Club Foundation Inc., Building Community Through an Inclusive Playground, \$20,000
 - Perry Public Library, Upholstered Library Seating, \$9,770
 - Perry Youth Football, Perry Youth Football Helmet Update, \$1,900
 - Spurgeon Manor Inc., Medical Care Blanket Warmer Cabinets, \$6,000
 - Raccoon River Pet Rescue, New Partition Fencing, \$7,000
 - Waukee Community School Foundation, Waukee High School Wall Wrapping, \$1,163
 - Waukee Area Christian Services, New Underwear for Students of Dallas County, \$6,000
 - Waukee Area Historical Society, Event Revitalization Project, \$1,400
 - YMCA of Greater Des Moines, Waukee Family YMCA Makerspace, \$20,000
 - Woodward-Granger Community School District Foundation, Woodward-Granger Band Program Expansion - Phase II, \$10,220
 - Volunteer Community Services of Woodward and Granger, Bench Project, \$2,491 ■



**Suggest
a teacher**
for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com

Iowa Living
MAGAZINES



515
Lawn Services

LAWN MOWING
RESIDENTIAL
AERATING
LANDSCAPING
DETHATCHING

\$20 OFF 1ST MOW!

TEXT or CALL for a quote 515-587-8171

PAINT, paint and more paint

Tripp admits owning an old house isn't easy.

"I bought a house that needed some work," says Kelly Tripp.

And she wasn't afraid to dedicate her time and effort to the project.

"I would not do well in a brand-new house that didn't need anything," she says, adding she likes to keep busy.

In fact, her pandemic impulse buy turned out to be a long-term project she enjoys. Since purchasing the home, she has painted every single room — sometimes more than once.

"I see a color that I like, and I just want to redo a room because I get bored," she says.

In summer 2020, Tripp was looking for a new place for her and her son to live. They previously lived in an Urbandale townhouse and wanted to remain in the Waukee School District. Tripp decided it was finally time to purchase something she wanted.

Before the purchase, the house had sat empty for a while. Flippers did come in to do some structural work, but they hadn't done much else.

"They basically just turned it all gray and white," says Tripp.

But the history of the house goes well beyond that. It, along with some other neighborhood houses, weren't always located in Waukee. Tripp's house was built near the Des Moines airport in the 1930s. When the airport began its expansion, a development company purchased the houses and brought them to Waukee in the 1960s.

It was the unique old charm that drew Tripp to the house.

"I really do like that mid-century look — clean lines, pretty simple," she says.

The work began right away for Tripp. She moved into the house in August 2020. By January, she had every room painted. That time included additional projects like plumbing and electrical work as well. The process, however, didn't come without its hiccups. The derecho in 2020 caused a delay when her power was lost for three days.

To make the house her home, she went room by room. She says it takes her a while to find the right piece for a room. Working at her friend's consignment furniture store aided the search.

"A lot of things I found on Marketplace or they're vintage," she says. "I like that thrill of



Kelly Tripp's home was a fixer-upper when she bought it, and she was happy to work on it and spend time searching for the "right" pieces of home décor.

the hunt, I suppose."

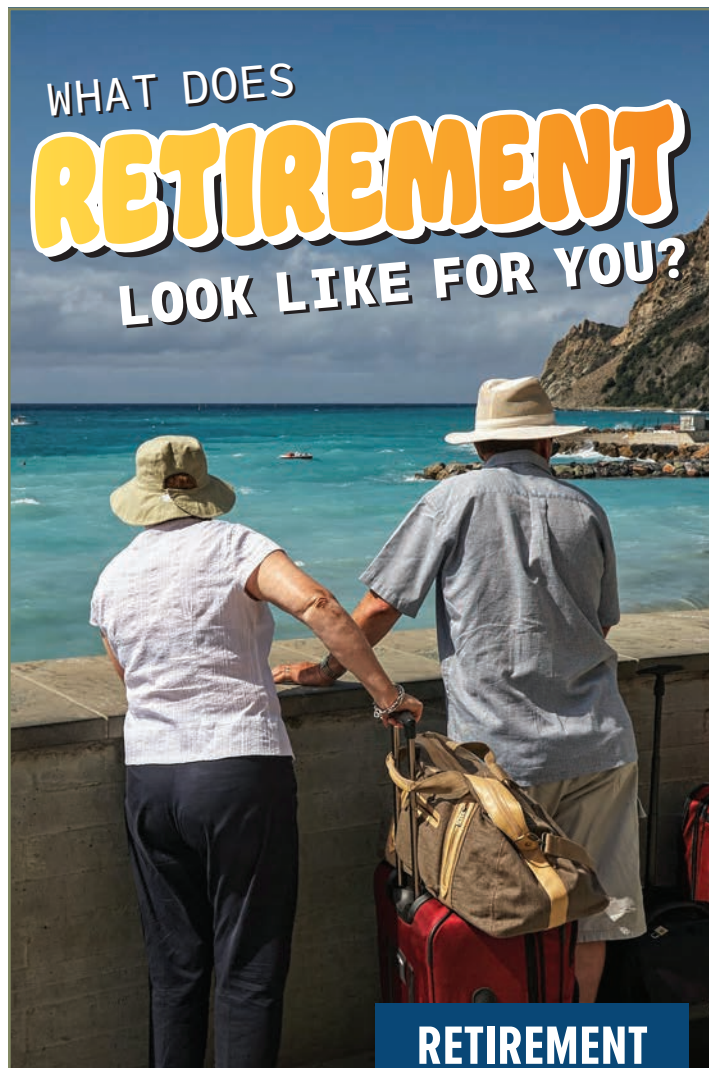
Among unique features of the home — like a gallery wall, "fake" patio doors that don't open, and a space carved out for an antique China cabinet — her bedroom in the basement is one-third the size of the home. Not to mention, her pine and maple trees in the backyard might be some of the tallest trees in Waukee.

Living in one of the oldest neighborhoods in Waukee has its perks and offers Tripp a unique

perspective on Waukee's growth. Tripp has less than a mile to walk to the Downtown Triangle. She likes that the hardware store is easily accessible for all her projects. However, living on a busy road like Ashworth requires Tripp to plan her departures before or after school commuting.

Though, the traffic isn't the least of her concerns about Waukee's growth.

"At what point are we just going to outgrow ourselves? I don't know," she says. ■



WHAT DOES RETIREMENT LOOK LIKE FOR YOU?

We Can Help!

- Fiduciary
- Lifestyle
- Retirement Education
- Retirement Risk Management

RETIREMENT PLANNING SEMINARS

APRIL 25 & 27

Register Today!

CALL (515) 274-9190



*A family owned business
helping families with
their retirement goals.*

Zach Brehmer • Lisa Wingert
Kevin Wingert • Shelly Bitz
K.C. Wingert

american
RETIREMENT PLANNING

americanretirementplanning.net

7177 Hickman Road, Suite 4, Urbandale
(515) 274-9190

Investment Adviser Representative of and investment adviser services offered through
Royal Fund Management, LLC a SEC Registered Investment Adviser.

BOOK REVIEWS

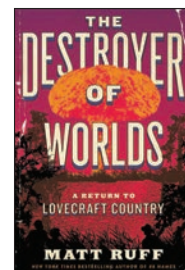
Courtesy of Beaverdale Books

'The Destroyer of Worlds'

The juxtaposition of sci-fi, the horrors of racism, and the twisted nature of HP Lovecraft's legacy make for some absolutely riveting fiction. So much is said between the lines of this sequel to the genre-bending "Lovecraft Country," it's like reading two stories at once, which makes perfect sense if you've read the first book. There's always two (or more) worlds: the one we see and the one we feel, just below the surface.

Atticus experienced the world behind the world in vivid, mind-melting fashion in the last book, and now he's setting off to come to terms with what he found — and with himself on a road trip to understand his roots. Others among his friends and family are also seeking understanding, hope and power amidst the ruins of what they've found on the other side of reality. Disparate narratives between the characters wind through a variety of horrors — mundane and magical — into an explosive ending that left me aching for the next book in the series.

I loved these characters so much the first time, I was delighted to find them just as enthralling a second time around. The strange and addictive mix of horror and history captured me immediately, and I finished this in one sitting. Fingers crossed we can get a second season of the show as well. ■ — *Review by Julie Goodrich*



By Matt Ruff
2/21/23
305 pages
\$30
Harper

'Madame Restell: The Life, Death, and Resurrection of Old New York's Most Fabulous, Fearless, and Infamous Abortionist'

The fact that Ann Trow isn't a well-known feminist heroine is a travesty. Thankfully, Jennifer Wright is here with an extensively researched, compulsively readable account of this singularly fascinating woman and her extraordinary legacy that still affects so much of the country even today.

Madame Restell, as she titled herself, was a self-made millionaire and single mother who once possessed enormous fame and social power due to helping women of all social circles get access to medical care in 1800s New York City. This includes teaching herself to perform abortions and loudly leading the charge for women's rights when those in power decided to strip her of her influence. It's such a shame so few know of her, but I don't think it would be a surprise to learn why. Misogyny is a tale as old as time, after all.

Lost to history by the concerted efforts of power-hungry, sexist men, this remarkable woman is finally receiving her due in this fast-paced, whirlwind of a book. This book is more than a retrospective on the life of a forgotten heroine; it's a telling account of how women's health became both a commodity and a tool of oppression. Highly recommended for anyone with an eye on today's politics and wonders how we got here. ■

— *Review by Julie Goodrich*



By Jennifer Wright
2/28/23
352 pages
\$29.99
Hachette Books

PRODUCE shopping on a budget

4 strategies to save on fresh fruits and veggies

(Family Features) Cooking meals that bring your loved ones joy is often objective No. 1, but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.

Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for Fresh Produce.

1. Make a list (and stick to it)

When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery spending while alleviating food waste.

2. Buy local

Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at checkout.

3. Stock up on seasonal produce

Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like protein-packed sausage breakfast muffins and savory english muffins.

4. Know your produce department

The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.

Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com. ■

Savory English muffins

Recipe courtesy of Healthy Family Project

- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro, finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze
- Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.



Protein packed sausage breakfast muffins

Recipe courtesy of Healthy Family Project

- Nonstick cooking spray
- 1 sweet onion, diced
- 1 pound turkey sausage
- 4 eggs
- 1/2 cup shredded cheddar cheese
- 1 cup protein pancake mix
- Preheat oven to 350 F. Spray 12-cup muffin pan with nonstick cooking spray. Set aside.
- In skillet over medium heat, cook sweet onion until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.
- In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and cooked sausage; mix well.
- Fill prepared muffin cups about 3/4 full with mixture. Bake 18-20 minutes, or until golden brown on top.



BLOOMIN' Spring Deals!

LENNOX	UP TO	\$1,900
TAX CREDITS	UP TO	\$1,200
UTILITY REBATES	UP TO	\$735

TOTAL REBATES:
UP TO **\$3,835**





72°
COMFORT
COMPANY
72degrees.com



SCAN ME

(515) 200-2728

HVAC

By Scott Bontrager

CONSIDERATIONS when replacing equipment

The transitions between seasons can be the ideal time to replace your equipment that struggled the previous season. With that being said, the process can be a bit overwhelming. Which brand should I buy? Which model do I choose? These are just a few things to think about, but let's discuss the most common questions about the process.



• **Choosing a company:** Choosing the right company is the single most important factor as they are not only supplying the equipment but installing it. All of your faith goes into this company and trusting they provide the correct options for your family's home comfort and budget. A good contractor will be licensed, have referrals and evaluate your current system and, most importantly, listen to your needs.

• **Choosing the equipment size:** If you have an older home, it more than likely does not have the correct sized equipment — often oversized. Oversized equipment can cause numerous problems like cycling too frequently and causing uneven heating and cooling. On the other hand, undersized equipment has issues as well, such as running constantly, increased utility bills and also uneven temperatures. It's critical to have the correct sized equipment, and an HVAC professional will be able to calculate this for you.

• **Choosing high efficiency:** Your HVAC system is the most power-sucking equipment in your entire home. This is reason enough alone to pay attention to investing in high-efficient equipment when reducing your utility bills is important. A high-efficient system runs on less energy, provides better air quality, is less noisy and has fewer repair costs because it's running more efficiently and has less wear and tear on the equipment. It's a no-brainer.

• **Choosing a maintenance plan:** Do I really need a maintenance plan on a brand-new HVAC system? Yes! All manufacturers require that the equipment is properly maintained, which in turn provides the longest life, reliability and efficiency. Want a simple comparison? If you purchase a brand new car, do you stop buying windshield wipers, inflating the tires and getting oil changes?

You may be in a situation where only your furnace or air conditioner is failing and you don't necessarily need the entire system to be replaced. If this is the case, don't count out replacing the entire system just based on current failures. With the current rebates being offered on upgrading to more energy-efficient equipment, it could possibly be a better investment to take action on the full system now. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

WAUKEE Public Library

news

Waukee Public Library Friends Foundation Spring Book Sale

The Waukee Public Library Friends Foundation will be holding its annual Book Sale on Saturday, May 20, from 8:30 a.m. to 3 p.m. If you love books and are looking for great deals, head to the Library and stock up on all kinds of used books, magazines, movies and more.

Friends Foundation donors get early access to everything at the donors' pre-sale on Friday, May 19 from 6-7:30 p.m. before the book sale starts.

The mission of the Waukee Friends Foundation is to support and enhance the programs and services of the Waukee Public Library through volunteerism and by providing for the ongoing and long-term financial needs of the library.

To find out more about the Waukee Public Library Friends Foundation, go to waukeepubliclibrary.org.

Programs and events

Most events require advance registration and can be viewed at waukeepubliclibrary.org/calendar.

Art Gallery Exhibit: "Folding Cranes, Enfolding Community," by Pamela Douglas, is now on display through May 30.

Kids

Star Wars Day, Thursday, May 4, 3:30 p.m.

May the Fourth be with you! Come celebrate a galaxy far, far away with simple crafts and activities for the whole family. Registration is required.

Teens

Summer Volunteer Training, May 8-10, Various times.

Attend the training session to help with summer programs in June and July. It's a great way to earn volunteer time for résumés. Registration is required.

Adults

Snacks & Facts: Younkers, the Friendly Store, Friday, May 5, 11 a.m.

When shoppers went to Younkers, they experienced something magical. Join author Vicki Ingham as she explores Younkers' journey to become one of the most important department store chains in the Midwest. Stay after her presentation to play some bingo with Waukee Parks and Rec. Registration is not required.

Multi-Age

Tiny Art Show Paint Kit, Friday, May 26

Display your artistic talents in our Tiny Art Show. Register to receive a tiny art kit and create your masterpiece. For participants 14 and older. Return your completed piece to the Library by June 26.

Jurassic Escape, May 30 - June 2

Fall back in time with giant beasts from the past. Dig for dinosaur bones, test your prehistoric knowledge, and escape a volcanic eruption. Open to all ages during regular library hours. The event will end at noon on June 2. Registration is not required. ■

You're Invited!

MIX & MINGLE

May 10th, 2023 | 3pm to 5pm
835 NE Boston Pkwy, Waukee, IA 50263



ATTIVO TRAIL
55+ Active Living

Join us at Attivo's mix & mingle event! You'll have the opportunity to talk with current residents about 55+ active living!

PLEASE RSVP BY CALLING
515-422-9898!



Scenic Ridge

MADISON COUNTY'S NEWEST DEVELOPMENT!

A 39-lot subdivision along Highway 169


On 160 acres in the rolling hills of Madison county, Scenic Ridge offers 3-9 acre executive lots in a private, natural setting, while maintaining the convenience of being close to the city.

- Lots range from 3-9 acres
- 10 min to Adel & Winterset
- 20 min to Jordan Creek
- 30 min to DSM Airport
- ADM school district

Scan to learn more about each property or contact me today!

MATT COLE
515-669-2004 RE/MAX CONCEPTS



FOOD collections transform into sculptures

Creations benefit food pantry

When viewing a sculpture, an onlooker might notice the artist's creativity, use of colors and the inspiration behind the artwork.

However, for the can sculptures located in Waukeez, the main goal is to feed the hungry.

Waukeez Area Christian Services hosts a can sculpture contest for which various companies and organizations make a sculpture out of canned or boxed goods. Last year, four companies participated in the contest, bringing in a total of 3,615 pounds. The Trailhead International's sculpture weighed in at 2,423 pounds. The average sculpture was 400 pounds of food. Veridian Credit Union won the contest.

For 2023, about 10 companies are participating. Winners will be announced at the WACS Un-Gala Fundraiser at Kinship Brewing on April 27.

The can sculptures must consist of at least 50% of shelf-stable food. Labels must remain intact and signage and props can be used. Mickey's Irish Pub chose to use all green-labeled cans so they could create a shamrock. Cans can either be purchased or donated by the public or



Travis Gaule, Edward Jones, presents the Neighbor Spotlight certificate to Anne Schmitz.

employers.

Anne Schmitz is a volunteer assisting with the project, which raises awareness and collects food to be donated to the food pantry. Local businesses participate because they want to give back to the community.

"It's also a great way to get employee engagement," Schmitz says. "In the end, Waukeez Area Christian Services and the people they support are the real winners."

Anne is also coordinating student helpers from Waukeez's APEX program. Students began serving at the food pantry so they could get a glimpse of the services provided. They've learned to search and connect with the local businesses for assistance. The students are working with the student council and the Random Acts of Kindness team to have Northwest High School participate in the sculpture contest.

Anne began volunteering with the WACS Clothing Closet last year. She says she wanted to make a path for her kids to start giving back.

"I am trying to be more intentional about adding happiness and gratefulness into my life," she explains. "My daughter and I have volunteered, and it gives you a great sense of pride and importance. The people who utilize the service are so grateful that you are there. The people running the pantry are so grateful that you are volunteering. You can't help but leave feeling like you're doing amazing work."

For more information about the WACS Un-Gala or sculptures, visit waukeechristianservices.org/un-gala-2023. ■

edwardjones.com | Member SIPC

We can help you prioritize your family's goals.

To find out how to get your financial strategy on track for your family's future, contact us for a complimentary review.

Travis Gaule
 Financial Advisor
 14225 University Ave Ste #240
 Waukeez, IA 50263-8294
 515-270-5375

FAP-1966G-A

Do you know a neighbor who deserves recognition?

Nominate him or her by emailing tammy@iowalivingmagazines.com.



MEADOWVIEW OF CLIVE

Coming Soon! Senior Health & Living

Independent Living • Assisted Living • Memory Care

Meadowview of Clive will offer a range of living options in one convenient setting, with no initial buy-in required. The community is situated on 6-acres of land with a pond adjacent to the site and a variety of lovely indoor and outdoor community spaces.

Amenities to Enrich Your Life:

- Activities
- Arts & crafts rooms
- Spa services
- Fitness center
- Fireside lounge
- Access to healthcare offerings like therapy and fitness
- State-of-the-art air filtration system in the common areas
- And much more!



Now taking reservations!

Contact Connie Bever for more information or to schedule a tour.

(515) 644-8740

Connie.Bever@CassiaLife.org

MeadowviewClive.com 3300 Berkshire Pkwy, Clive, IA 50325 *Adjacent to Shuler Elementary School*

Beautiful Smiles that last a lifetime

Practicing proper oral hygiene and avoiding harmful habits is crucial in maintaining good oral health and can be taught from an early age.



APRIL IS
ORAL
CANCER
AWARENESS
MONTH

NOW OFFERING: Complimentary relaxing, paraffin wax hand treatments



TIMBERLINE
FAMILY DENTAL



Dr. Jason Brown, DDS
2153 SE LA Grant Pkwy, Waukee
515.644.2264
Call today to schedule your appointment!



TEAM DENTIST FOR THE
DES MOINES BUCCANEERS

Scan to
Schedule Your
Appointment!



General & Family
Dentistry

Dental Implants
& Constructive/
Reconstructive
Procedures

Cosmetic

Preventative

Invisalign & Other
High-results Teeth
Alignment Tools

HEALTH

By Dr. Jason Brown

ORAL cancer awareness month

The month of April is a beautiful time of year. We begin to see more sunlight, the grass is getting greener, and some celebrate Easter with egg hunts and other fun activities. April is also Oral Cancer Awareness month. It is an important topic in dentistry, and dental visits incorporate soft tissue and oral cancer screening for early detection of any abnormal areas that may require further investigation to rule out potential cancer. These screenings are a crucial time to detect any early abnormalities since this may only take place one to two times per year.



For dental professionals, the mouth is divided into two separate regions: the oral cavity and oral pharynx. Each area can be subject to potential cancerous lesions and should be examined at each dental visit. Your dentist will often ask questions regarding tobacco and alcohol use or history of HPV infection, as these are high risk factors for causing oropharyngeal cancer. Signs of potential cancerous lesions include but are not limited to: white or red patches on the gums or inside cheeks, lumps or swelling which cause dentures to not fit properly or cause difficulty swallowing, and, finally, pain or soreness in the throat. Your dentist will be able to evaluate potential lesions that may require a biopsy or referral to a specialist to determine if further treatment is necessary. ■

Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukee. Information gathered from mouthhealthy.org by ADA.

SS Therapy and Consulting



Taking on life's
challenges one step at a time.

www.sstherapyandconsulting.com

Accept Most
Insurances
Offer Free Services
Through Interns

Therapy
for All Ages
Most insurances
accepted.

Neurofeedback
Brain Maps
and Training
Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

HEALTH

By Sheryl Frye

GROUNDING techniques

Sometimes in our busy lives, we have trouble being present in the moment. We are thinking about things we need to get done, remembering the past or just experiencing anxious thoughts. Grounding techniques can help us create some distance from our distressing thoughts to help us become more present in the moment. These techniques use our five senses to help us regain our perspective. Grounding techniques — such as breathing deeply or listening to your surroundings — are often simple and can be utilized in any situation. Other physical grounding techniques include taking a walk, holding a piece of ice or savoring a scent like tea. Grounding techniques can also include mental tasks to help us with distraction. Thinking about silly jokes, reciting a poem or song and counting backward from 100 are examples of grounding mental techniques. Sometimes, soothing techniques can help in times of high distress. We can use our imagination to ground us by picturing someone we love or visualizing our favorite places. Playing with our pets and engaging in favorite activities like crafts can also help us create feelings of wellbeing during periods of high stress. Identifying techniques to stop us from getting lost in our distressing thoughts can give us the tools to create more joy in our daily lives. ■



Reference: www.healthline.com. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

SENIOR

By Brooke Baker

6 BENEFITS of adult day centers

Attention caregivers. Here are the top six reasons why we love adult day centers.

1. Promotes social interaction. This can be a place to make new friends and reduce isolation by socializing with others.

2. Physical and cognitive stimulation. Everyday activities are offered to challenge participants' motor skills as well as their cognitive abilities. Activities range from Zumba to gardening.

3. Creates routine. Seniors with dementia benefit from a structured daily routine, which is known to reduce anxiety.

4. Alleviates boredom. When someone with memory loss is homebound or isolated, they tend to forget the activities they once enjoyed. Adult day care centers help re-engage our loved ones.

5. Delay moving to a long-term facility. Another goal of adult day centers is to keep our loved one's cognitive ability as high as we can for as long as possible. With adult day centers costing just a fraction of what a long-term facility costs, there is an economic advantage as well.

6. Reduce stress for caregivers. Knowing your loved one is in a safe and secure environment can give caregivers peace of mind while at work, shopping, etc. Caregivers need time to themselves to be re-energized. Much needed respite will help reduce caregiver burnout and restore joy and energy. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Wauke, 516-518-0977, www.graceestatesadc.com.




IS AN ADULT DAY CENTER RIGHT FOR YOU?

Caring for an elderly family member can be difficult.

WE CAN HELP!

- Transportation
- Nutritional meals
- Medication reminders
- Activities like games, crafts & more
- Therapy



Grace Estates
Adult Day Center

801 NE Venture Drive, Wauke
515-518-0977 • www.graceestatesadc.com  



ENROLL TODAY!

HEALTH

By Dr. Tara Federly

APRIL showers bring May flowers — and spring allergies

Spring is here, and so is tree pollen. More than 50 million Americans struggle with sneezing and wheezing thanks to seasonal allergies. Allergies can cause itchy red eyes, congestion and runny nose, as well as fatigue, itchy throat and trouble breathing. If you struggle with allergies, here are a few helpful tips:

- Keep windows closed and use air conditioning in your home and car
 - Avoid window fans that can draw pollen and mold into your home
 - Consider staying indoors from 5-10 a.m. and on dry, windy days when pollen counts are highest
 - The best time to go outdoors is after a good rain, which helps clear pollen from the air
 - Consider wearing a mask when mowing the lawn, gardening or raking the leaves
 - After being outdoors, take a shower, wash your hair and change your clothes to remove pollen from your skin, hair and clothing
 - Start over-the-counter antihistamines, such as cetirizine, daily
- If allergies are getting you down, call your local allergist to help develop an individualized treatment plan for your allergies. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.



SPRING HAS SPRUNG

**and so have
seasonal allergies!**

**We can help with some
relief, call us today!**

**We believe health and
wellness are the cornerstone
of a happy and healthy life.**

Dr. Tara Federly
Allergist for Children & Adults




cornerstone
PEDIATRICS & FAMILY ALLERGY

515-630-5022
6800 Lake Drive #260,
West Des Moines
www.cornerstonepfa.com

OUT & ABOUT



Waukee Area Chamber of Commerce hosts Dupaco Credit Union Groundbreaking on April 11.



Kelly Troxel and Rob Grove at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Norm Boaz, Tyler Fisher and Brian Ahlers at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Pepreh Boakye-Danguah and Michael Bartos at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Ciara Halverson and Madison Starman at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Norm Boaz and Garth Einsel at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Brittney England, Terry Synder and Megan Rush at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Erma Morain and Scott Victor at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Chris McLinden and Chief Chad McCluskey at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.



Adam Sailor and Skyler Hoth at the Waukee Area Chamber of Commerce's April Waukee Wake Up, Gary's Ride, April 5 at Myraid Advisor Solutions.

OUT & ABOUT

RIBBON cutting

Waukeet Area Chamber of Commerce hosted a ribbon cutting for The Style Bar Boutique, 37 N.E. Carefree Lane, on April 6.



Waukeet Area Chamber of Commerce hosted a ribbon cutting for The Style Bar Boutique, 37 N.E. Carefree Lane, on April 6.



Rob Grove and Jami Langenfeld



Terry Snyder and Don Frazer



Rob Grove and Chief Chad McCluskey



Garth and Erynn Einsel



Megan Rush and Kelly Troxel



Mayor Courtney Clarke and Rylie Clarke



Terry Snyder and Brett Braafhart



Jami Langenfeld and Natalia O'Hara



Amanda Schwantes and Don Frazer

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

2023 MANUFACTURED HOMES, (14x60) 2Br, \$39,999. (16x80) (3Br- 2Ba), \$61,999. (24 x 44) (3Br - 2Ba) \$69,999. 1680 Sq. Ft., (4Br-2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, North/I-80, to Minnesota Border. 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today - 1-855-977-7030. (mcn)

BUSINESS OPPORTUNITIES

I'm Going To Help You Become A LIVEGOOD Diamond! *\$2047.50 Monthly No Recruiting, \$16,383.50+ by Recruiting! Health Products, Globally! Details: Stafford, 1-417-612-0103. PO Box 293, Lamar, MO 64759 <http://Lgo.pous.us> (mcn)

CABLE/INTERNET

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxisp Telecom today! 1-866-443-3789. (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirectTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available). Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. \$84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation,

and data plans up to 300 GB. Call 844-878-2209. (mcn)

Dish Network: Only from Dish- 3-year TV Price Guarantee! 99% Signal Reliability, backed by guarantee. Includes Multi-Sport with NFL Redzone. Switch and Get a FREE \$100 Gift Card. Call today! 1-855-434-0020. (mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

HEALTH & MEDICAL

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/[#6258](https://www.dental50plus.com/midwest) (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-866-742-7290. (mcn)

Organic Coffee for Healthy Weight Management. Save 48% to 55% off the competitor's price. Click LiveGoodExpress.com for your price discount. (mcn)

MISCELLANEOUS

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award - even with smoking history. NO obligation! We've recovered millions. Let us help!! Call 24/7, 1-888-490-8260. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call 1-866-585-7073. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money

Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Trouble hearing your TV? Try TV EARS Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-455-0505. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-680-3016 to get a free quote or visit mfcp.com

Spring has sprung and it's planting season again. This year Nature Hills, America's largest online plant retailer, has an exclusive offer - French Manicure Panicle Hydrangea. Sale price just \$24.60 plus s/h. Call for details and order today. Call Nature Hills Plant Nursery 1-855-499-0049 or visit naturehillsdeal.com/bloom32. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Dayton, GMT, Submariner, Speedmaster. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 [#6258](http://www.dental50plus.com/ads) (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Switch & save up to \$250/yr on talk, text & data. No contract or hidden fees. Unlimited talk & text with flexible data plans. Premium nationwide coverage. 100% U.S. based service. Call 1-855-903-3048 (ACP)

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/ one-time \$20 copay. Free shipping. Call Maxisp Telecom! 1-833-758-3892 (ACP)

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call National Debt Relief to find out how to pay off your debt for significantly less than what you owe! Free quote: 1-877-592-3616 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit insurebarkmeow.com/ads (ACP)

Diagnosed with lung cancer? You may qualify for a substantial cash award - even with smoking history. No obligation! We've recovered millions. Let us help!! Call 24/7, 1-877-648-2503 (ACP)

A Premier Maintenance-Free Community!
29 Individual Patio Homes for Active 55+

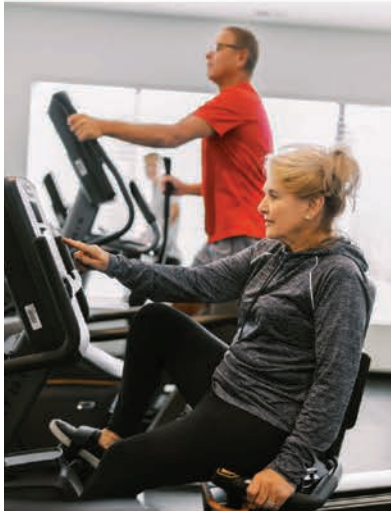
the ESTATES

of Waukee

A VINTAGE COOPERATIVE COMMUNITY



Building in the Kettlestone Development of Waukee
Between SE Esker Ridge Dr and SE Tallgrass Ln



HOME & COMMUNITY FEATURES:

- 55+ Active Adult Community
- Fully Amenitized Clubhouse
- Professional Property Management
- Vacation Service
- Indoor & Outdoor Maintenance-Free
- Pet-Friendly
- Member-Owned, Member-Controlled
- Attached 2 Car Garage
- Includes Appliances
- Front Porch and Back Patio



The clubhouse, pool, patio, and fitness areas are a great place for our members to build community!



**We are building! Visit our website or call
for availability. Reserve today!**

CONTACT JULIE AT:



515-314-8513



julie@ewingprop.com

www.vintagecooperatives.com/waukee

April Specials!

SALE PRICES GOOD APRIL 1-30, 2023

Whirlpool® \$2,899



25 cu ft, 36" wide French door with external crisper drawer, LED lighting and external ice maker/ water dispenser
WRX735SDHZ

MAYTAG® PET PRO



MVW6500MW



MED6500MW

HAVE PETS? NEED THIS!

Washer Removes 5X more pet hair with Pro Pet Filter
Dryer has XL lint trap to remove loads of pet hair

SURPLUS OF GAS RANGES

STARTING AT \$699



We deliver, hook up and can convert to LP if needed!

FREEZERS

\$999 EACH

MAYTAG®

\$1,049 EACH

5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR



STARTING AT \$349

REFRIGERATOR OR FREEZER, YOUR CHOICE!

MZF34X16DW



MVW6230RHW

MED6230RHW

Washer New 4.7 CU FT. Deep Wash option

Electric dryer 7.4 CU FT. Hamper door



MVWP586GW

MEDP586KW

3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer.

7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control.

Whirlpool® \$849



Dishwasher with Stainless Steel Tub, 3 Rack, Fingerprint Resistant Stainless Steel
WDT750SAKZ

***Pick-Up Pricing* Limited Quantities**

LOTS OF IN-STORE CLOSE-OUTS AVAILABLE

HURRY - STOP IN TODAY!

ADEL & Winterset

Est. 1960

T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

Whirlpool® \$599



11.6 CU FT. 24" Top Mount Refrigerator. Fingerprint Resistant.
WRT112CZJZ

Always a good time to shop local!

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2
515-993-4287

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939