

Living



Up in the AIR

Residents share their
experiences as pilots

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5. Blank Park Zoo
6. Brenton Arboretum
7. Big Creek Beach
8. Ledges State Park
9. State Historical Building
10. The Iowa Children's Museum



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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.

I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough.

Thanks for reading. ■

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Up in the AIR

Residents share their experiences as pilots

By Jackie Wilson

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

Reed Rinderknecht and his fiancé, Katie Graham, like to fly on spur-of-the-moment trips. Effie, the dog, flies too.





Reed Rinderknecht purchased a Beechcraft Baron Bonanza airplane.

Freedom of aviation

After Reed Rinderknecht graduated from the University of Iowa, he took a job in Wichita, Kansas, working for Raytheon, which owned Beechcraft. Beechcraft is an airplane manufacturer (formerly Beech Aircraft) founded in 1932 and that initially supplied World War II with planes. Reed's office was about 10 steps away from where the company manufactured planes. He was intrigued by the

opportunity to take rides in different airplanes. "Anytime I could, I'd jump in and fly," he recalls.

He wanted to fly the planes but couldn't afford lessons.

"I had no money. I was just out of school, with no money for flying lessons," he says.

He put the dream on hold and moved to Des Moines 26 years ago. About seven years ago, Reed's life changed and he divorced.

"I needed something to take my mind off

things, so I took flying lessons," he recalls. "My friend Ryan was like a counselor and my flight instructor. Flying gave me a few hours to get my mind off of the tough stuff."

Reed trained flying in and out of the Des Moines Airport. Flying from a larger airport with control towers is different than flying out of smaller airports.

"If you fly out of Des Moines, you can fly out of any airport. You learn the requirements for bigger airports and air space. It's been



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beneficial to fly from there.”

He obtained his private pilot's license and his instrument rating, which allows him to fly in a variety of weather. He and a friend, Tom, talked about buying a plane together. The pair bought a 1976 Mooney M20C Ranger — a four seater. They shared expenses and each flew around the Midwest. Three years later, Tom passed away. As Rinderknecht looked at other airplanes, he came back to his first love — a Beechcraft Bonanza.

“It was always my dream airplane to own.”

With his Bonanza, he frequently flies to Texas, Colorado, Minnesota and other places. He likes how he can get away for a weekend jaunt or to attend a concert with his fiancé.

“You can get places in about a third of the amount of time. You don't have to wait for an airline's schedule or to go through security. I can take off whenever I want.”

He dispels a myth that flying in small planes is unsafe or risky.

“I wouldn't get in one if I didn't feel safe,” he says.

Reed explains that most errors or accidents

are related to weather or fuel.

“I made a commitment earlier on not to mess with weather or fuel. Ninety-six percent of the problems are related to those two issues and some pilots who try to stretch their fuel.”

He has completed training for emergencies and does a complete inspection of the plane before he takes off.

“There's been a handful of times the flight isn't perfect. We train for those situations and make sure the plane is well-maintained. It gives me confidence to handle anything.”

Reed says you can't put it on auto pilot and zone out.

“You have to stay in the moment and actively engaged, checking and rechecking instruments. I'm tired at the end of a flight. I've been mentally dialed in the whole time. I have to make sure I don't get distracted and stay ready in the event something does go wrong.”

Landings were the most challenging part of learning to fly.

“Lots of people struggle with smooth landings or crosswinds. With my instructor, we'd go up on the worst days and do five or



Reed Rinderknecht and Katie Graham enjoy weekend jaunts.

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six landings with crosswinds until I got flying down. I gave him credit for that.”

Reed loves the flexibility and freedom of flying.

“It’s hard to get a smile off my face after I’ve been on an airplane. I love the freedom and independence of being up in the air. It’s just me and the airplane,” he says. “The scenery is pretty cool, too.”

Business and leisure flying

As a young boy, Scott Gorden dreamed of flying an airplane yet thought it was too expensive. But when his wife bought him an introductory flying lesson, he couldn’t do it just once.

“I’ll have to go all the way now,” he recalls.

He joined the Des Moines Flying Club, where he rented an airplane and took lessons. Within two years, he received his pilot’s license and instrument rating.

After several years of renting airplanes, he bought one of his own.

“Some would rather rent. I’d rather own my own plane, where its service is all controlled by me.”

From an investment standpoint, he calculated how many hours he flew per year for both leisure and business flying.

“It appealed to me to put down capital instead of rent,” he says. “I also get reimbursed for business flying.”

As an IT sales leader, he frequently travels to Madison and St. Louis. Flying saves on time.

“I can fly and get there within a few hours and catch a few meetings in one day. It’s a time machine and a time-saver for me.”

He keeps his airplane at a general aviation hangar at the Des Moines Airport. He likes that it has tower control.

“Since they have commercial flights, they are better during the wintertime getting things plowed.”

With a home in Scottsdale, Arizona, he flies there on a regular basis. Flying can be expensive if it’s just him piloting the airplane.

“People think it’s cheaper, but it’s more expensive if it’s just me in the plane,” he explains. “But if I fly five passengers, then it will cost less.”

He’s licensed to fly in all types of weather. He’s studied weather patterns and became



Scott Gorden (middle) is flanked by his buddies Dan (left) and JB, an airline pilot for American Airlines.

adept at forecasting. Yet, once he’s in the air, experience is key.

“As much as you read and study weather, to see it in the air flying blind is another thing. You can quickly learn a lesson flying in thunderstorms and ice. Either wait or you go around it.”

Or, you might have to land at the nearest airport. Scott was flying from Scottsdale and made it more than halfway to Des Moines.

“I had to stop in Kansas because of an ice storm. You have to make good decisions and



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constantly check the weather. There's old pilots and bold pilots. But there are not old, bold pilots."

He says there's a misconception that flying in small planes is risky.

"The public's perception is that we are all risk takers. It's the opposite. We're managers of risk mitigation. Statistics show it's safer than traveling in a car," says Scott.

He adds that the FAA inspects planes thoroughly to ensure safety.

"The chances of an engine dying in flight, you still have enough power and the plane glides in an emergency. I have no fear. Ninety-nine percent of the pilots don't have a fear or else they wouldn't fly."

Flying over open water over the Bahamas may be daunting, but he is strategizing as he flies along.

"That's when you take additional precautions. You always want to make good decisions. They say it's better to be on the ground and wish you were up in the air, than in the air wishing you were on the ground."

Once he's up in the air, he feels a sense of peace.



Scott Gorden flies his Turbo Saratoga plane for both leisure and business trips.

"There's a sense of tranquility and enjoyment in flying. As soon as I hit the throttle, I forget about everything else going on in my life. I've been flying quite a while, and I still get that feeling every time I fly."

He likes that it keeps his mind sharp.

"Not flying is a challenge. I'm 52. Some people play Wordle to keep their mind sharp.

Mine is flying. There's always something to learn. I don't think about anything but flying."

Scott is considering obtaining his commercial license when he retires.

"I love it so much. I hope that when I retire from IT, I can do this for fun. It keeps me stimulated and will be something to do when I retire." ■

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NEWS BRIEF

SHIELDS named soldier of the year

Corporal John Shields of Grimes was named the Iowa National Guard Soldier of the Year in the 2023 Best Warrior Competition held April 13-16 at Camp Dodge in Johnston. Shields is a combat medic and represented Company C, 334th Brigade Support Battalion in the competition, which consisted of several events designed to test soldiers both physically and mentally. He grew up in Mount Ayr and graduated high school in 2019.

Shields, who is also a firefighter and emergency medical technician with the Waukee Fire Department, was one of 23 soldiers competing. The soldiers were split into two categories based on rank — junior enlisted and noncommissioned officers. To qualify for the state-level competition, soldiers first had to compete and win at the battalion level. Of the approximately 7,000 soldiers in the Iowa Army National Guard, fewer than 1% qualify for the Iowa Best Warrior Competition.

The weekend started with uniform inspections, followed by Army warrior tasks and drills, timed land navigation exercises, the Army Combat Fitness Test, an obstacle course, rappel tower operations and stress shoots with M4 carbine rifles. It ended with a 12-mile weighted road march through snow on Sunday. After completion, total scores were tallied and the winners were recognized at an award ceremony.

Shields will be joined by the noncommissioned officer winner, Staff Sgt. Nathaniel McCorry, a Davenport native and construction engineering supervisor assigned to Company E, 224th Brigade Engineer Battalion, in the Regional Best Warrior Competition. ■



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DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more than likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: [fdic.gov/resources/resolutions/bank-failures/failed-bank-list/](https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/) "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

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EVENTS IN THE AREA

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

Be sure to check for cancelations.

Ice Cream Social

Sunday, June 11, 4-5:30 p.m.
Waukee United
Methodist Church, 2075 S.E.
Grant Parkway

The Waukee United Methodist Women will be hosting their annual Ice Cream Social, serving cake, pie and ice cream for a freewill donation for missions supported by the women. Come and enjoy good food, music, fellowship and the church's new worship center.



Movies in the Park

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

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



Carlisle Bike Nights

Third Saturdays through
September, 5-10 p.m.
School Street, Downtown Carlisle

Bike Nights will be hosted by the Carlisle Chamber of Commerce along with music, raffles, beverages and food from Carlisle restaurants. June 17 features Richard Arndt; July 15 features Joe Inman; Aug. 19 features Luke Farland; and Sept. 16 features Adam Whitehead. Activities include Best Bike Contest and Best Audio Contest Sept. 16. Prize is a free oil change donated by Smart Sound and Cycling. Bring your lawn chair and enjoy the evening, even if you don't have a bike.

Valley Junction Farmers Market and Music in the Junction

Thursdays through 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 events are scheduled throughout the season. Music starts at 6 p.m. June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boats; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit. See the full schedule at www.valleyjunction.com.

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Western Gateway Park, 1205
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Celebrate the largest Asian American event in Iowa as this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience much that Asian culture has to offer.



Downtown Summer Stir

June 9, 5-9 p.m.

Downtown Des Moines

Join CITYVIEW's traveling cocktail party. Visit participating establishments — all within walking distance — and sample their signature Summer Stir drinks. Cost is \$25 (prepaid online), and participants receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. For tickets, visit summerstirs.dmcityview.com.



John Wayne Birthday Celebration

May 26-27

Winterset

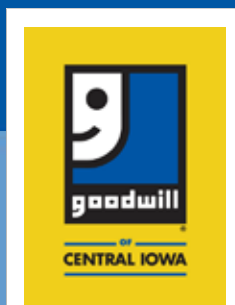
The John Wayne Birthday Celebration 2023 theme is A Salute to the Armed Forces. John Wayne's military films and his support of members of the military are the inspiration for the theme. Tickets are on sale for the Friday Night VIP event and the Saturday Night Benefit Dinner & Auction. Seating will be limited for each event. Visit the John Wayne Birthplace & Museum website for tickets and more information: www.johnwaynebirthplace.museum.

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Madison County Airing of the Quilts May 31-June 3

The Iowa Quilt Museum's community-wide quilt festival will be held June 1-4. It celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county. This unique event is one that you don't want to miss. The festival now also includes classes, a comprehensive quilt symposium and a retreat, so make sure to check out the activities online at www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival.



Live music at Winterset Cidery Winterset Cidery, 1638 US-169, Winterset

Sunday, May 28, 2-5 p.m., Liv MNair

Saturday, June 3, 6:30-9:30 p.m., Standing Hampton, food truck provided by Rokin Moroccan

Sunday, June 4, 2-5 p.m., Severio Mancieri

Wild Lights Festival

Wednesday to Sunday evenings through May 29
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.



Photo courtesy of the Blank Park Zoo

Camp Dodge Summer Concert Series

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.



Des Moines Concert Handbells 'Here Comes the Sun'

Friday, June 2, 7 p.m.

Plymouth United Church of Christ, 4126 Ingersoll Ave., Des Moines

Saturday, June 3, 7 p.m.

Gloria Dei Lutheran Church, 8301 N.W. Aurora Ave., Urbandale

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ABOUT Social Security disability benefits

Social Security disability benefits are available to an individual who has a mental or physical impairment that prevents him or her from working. If you have a medical condition that prevents you from working, you may be eligible for Social Security benefits. There are two main types of benefits:



Supplemental Security Income (SSI) is a benefit available for an individual who is disabled and has low income and few resources. Generally, a disabled individual who does not have sufficient work history to qualify for Social Security Disability Insurance (SSDI) will qualify for SSI. In 2023, the SSI benefit is \$914 per month. This amount is designed to help meet basic needs for food, clothing and shelter.

Social Security Disability Insurance (SSDI) is similar to Social Security retirement, but is for people who have become disabled prior to retirement age. If a person has sufficient "work credits" earned by working for a certain period of time during his or her lifetime, the disabled individual can qualify for SSDI. The amount of monthly benefit is calculated based on work history.

Applying for disability can be a lengthy process. After filing an initial application, Social Security will request medical records.

Social Security may send the individual for examinations. It can take anywhere from three to six months to get a decision depending on how quickly medical records are received and reviewed.

Following a denial, the next step is to appeal the decision with a Request for Reconsideration. At this stage, Social Security will update information, have it reviewed by its doctors, and make a new decision. This can take an additional three to six months. It is important to file an appeal; filing a new application starts the whole process over.

Once a case is denied at Reconsideration, the next step is to request a hearing in front of an administrative law judge. Most cases in Iowa are assigned to the hearing office in West Des Moines. The current wait for a hearing is 20 months from the date the hearing is requested, not the date of application.

At the hearing, you can be represented by an experienced attorney who can present your side of the story. You need someone on your side who understands the process and respects you as an individual. ■

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

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RIDE for a Reason

WPC Rotary benefits Dorothy's House

As biking season ramps up, bikers often look for ways to get miles in on a fun summer ride.

What if you could ride your bike, listen to live music and support a charity as well?

You can with the Ride for a Reason bike ride on June 24, organized by the Rotary Club of West Polk County (WPC). The ride benefits Dorothy's House, a safe haven and support home where young girls and women involved with human trafficking can go for assistance. The Rotary of WPC consists of approximately 20 members. The mission of the club was originally to help with providing polio vaccines to eradicate polio in undeveloped countries. The Rotary of WPC also helps with other community-based events, including providing meals for the Freedom for Youth. They've raised funds for a veterans memorial sculpture in Grimes. Once a month, speakers and representatives from nonprofits talk to the club on a variety of topics.

Kay Day recently joined the Rotary of

WPC. Her husband, Tim, is president, and she knew the club lacked women. She joined saying, "It's a good community service to give back to. It's a good fit."

She's helping to organize the Ride for a Reason, as she likes to bike. The ride is an "easy" 24-mile turn around route, starting from Kinship Brewing to Minburn and back. Riders can turn around at any time for a shorter ride.

Once back at Kinship Brewing, a raffle, prizes and live entertainment from the Punching Pandas starts at 4 p.m.

Dorothy's House was founded by Kellie Markey in 2016. Her volunteer experience with teenage girls and being a foster parent led her to help girls with trauma, especially with human trafficking. She says it affects everyone, and the public should be aware.

"Every school in the metro area has been affected by human trafficking. It's not a problem of underprivileged or underserved. It's fueled by porn and online dating. It's the



Kay Day and husband Tim have organized the Ride for a Reason.

oldest industry in the world, and it's incredibly pervasive, as it is cash based and a hidden crime."


For more information on the bike ride, search Facebook for Ride For a Reason/WPC Rotary for Dorothy's House. To donate or volunteer with Dorothy's House, visit www.dorothyshouse.org. ■

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CITY OF WAUKEE BULLETIN

MAY 2023

THINGS TO KNOW

MEMORIAL DAY

**All City Buildings Closed
Trash Delayed
May 29**

- **Memorial Day Services**
May 29 at 10 a.m.
Waukee Cemetery
- **Movies in the Park –**
June 9 at 8:45 p.m.
Centennial Park
- **Bingo**
June 2 at 1 p.m.
Waukee Community Center
- **Regular City Council Meetings**
June 5 & 19 at 5:30 p.m.
Waukee City Hall and Zoom

For more
information
scan to visit
our website.



City of Waukee Reduces Tax Levy & Approves FY24 Budget

Waukee City Council approved the Annual Budget for fiscal year 2024, which runs July 1, 2023-June 30, 2024, and the five-year Capital Improvement Plan. The budget funds additional public safety services, invests in key transportation areas, continues support for Waukee's leisure services and festivals and promotes responsible growth.

Highlights of the \$128.4 million budget include:

Lowering taxes: Despite challenges with the State's rollback calculation, the City will lower its property tax rate from \$13.10 to \$13.05 per \$1,000 of taxable valuation.

Adding outdoor spaces to gather and play: The City will build a new park in Stratford Crossing, add the Prairie Rose Greenway Trail and plan for a new park in the Springcrest neighborhood.

Expanding and improving infrastructure for Waukee's future: The City will complete Douglas Parkway to T Avenue and improve T Avenue in preparation for the Public Safety facility and westward growth. The City will begin work on a new, larger water tower and add new sewer lines.

Grow City resources: The City of Waukee is building a new Public Safety facility to house growing police and fire departments as well as maintain response times to emergencies as the City expands to the west. The City will add 10 new positions to meet service needs for our growing community, including additional firefighters and police officers.

The City Council approved increases to the water, sewer and stormwater rates and a decrease for the solid waste rate. The changes will net a 2.55 percent monthly billing increase for the average Waukee household. Visit [Waukee.org/Finance](https://www.waukee.org/Finance) for more details.



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Apply for the Library Board of Trustees

Mayor Clarke is accepting applications for the Library Board of Trustees. This board is responsible for establishing Library policy, authorizing services provided by the Library, establishing the Library budget and approving purchases. Board members must live within Waukee city limits. Apply at Waukee.org/TrusteeApplication by June 2.



Memorial Day Closures & Trash Delay

All City of Waukee buildings, including the Waukee Public Library, will be closed Monday, May 29 for Memorial Day. There will be no City of Waukee/ASI garbage, recycling and yard waste collection on Memorial Day. Your regular pick-up day will be delayed by one day, running Tuesday through Saturday during the holiday week.



Adding a Fence, Deck or Shed to Your Property?

As you plan for these additions to your property, allow time to secure a permit from the City. This ensures improvements are in the right location and up to code. Go to Waukee.org/BuildingPermits for more information. If you belong to a homeowners association, review covenants or rules and regulations for your neighborhood; there may be specific requirements on materials and location. At least 48 hours before you or your contractor dig, call 811 to have utility lines marked.



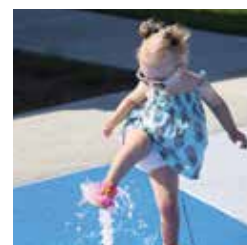
Lawn Maintenance & Grass Clippings

Per City of Waukee ordinance, property owners must keep grass and weeds under 8 inches tall on developed properties and under 10 inches tall on undeveloped properties. Do not blow or sweep clippings into streets. When piled up, clippings can be hazardous to motorcyclists and bicyclists, and they can cause problems for aquatic life downstream by way of the storm sewer. Any lawn-related concerns can be submitted via Waukee.org/ReportaConcern or by calling 515-978-9533.



Gear Up for Summer Fun!

Fox Creek Splash Pad (522 NE Westgate Drive) will open around Memorial Day weekend, weather permitting. Daily hours are 10 a.m. to 8 p.m. Admission is free.



The Summer Challenge with the Waukee Public Library is open to all ages. Track your reading June 1-July 31, attend events and submit your reading logs to earn prizes. Learn more and register at WaukeePublicLibrary.org/Summer or pick up a paper reading log at the Library.

Fish Waukee at Triumph Park on June 3 is a fun, free event brought to you by the Rotary Club and Waukee Parks & Recreation. Participants can learn key fishing skills, such as baiting, casting, reeling. No fishing license needed as this is Free Fishing Weekend with the Iowa DNR.

Waukee Farmers Market, presented by the Waukee Triangle Businesses, is held in the Downtown Triangle every Wednesday from 4-7 p.m. during the summer. It kicks off June 7 and features local food vendors, fresh produce, handmade items and live music.

Movies in the Park brings free screenings of Hollywood's biggest hits to Centennial Park. The series kicks off Friday, June 9 at dusk (approximately 8:45 p.m.) with "Minions: The Rise of Gru" (PG). Bring your own lawn chairs, blankets and snacks.

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GARY'S Ride

Deadly brain tumor spurs nonprofit.

Kristin Wiedenfeld is channeling her grief and hoping to help others who've been diagnosed with the same fatal brain tumor her husband, Gary, died from.

Gary Wiedenfeld passed away in 2021 from glioblastoma. Last year, Kristin established a nonprofit in his name, and this is her second year hosting Gary's Ride — a fundraising bike ride in his honor. She chose a bike ride because Gary was a bike enthusiast.

Her nonprofit raises funds to benefit the Richard Deming Cancer Center for terminal brain cancer patients.

She explains how Gary's journey began. In 2020, as Gary was reading up on the stock market and the pandemic's effect on it, the print seemed small, and he had trouble reading some words. He thought it was due to stress, as he planned on retiring soon.

He visited the doctor, and, to rule out something serious, they performed an MRI. Kristin says, "It came back a glioblastoma — the deadliest of all brain tumor cancers."

As they looked at survival rates, they learned a typical person diagnosed with the cancer lives about eight months. Gary completed



Scott Victor of Edward Jones presents the Neighbor Spotlight certificate to Kristin Wiedenfeld.

two rounds of chemotherapy and radiation. He wore a special device on his head, Optune, which delivers electric currents to slow the cancer's progression.

After radiation, a second tumor returned. He passed away May 17, 2021. Kristin says, "Gary got 13 months. I was thrilled we had 13 months after his diagnosis."

Besides establishing the nonprofit, she wants to educate people about the cancer.

"It stinks," she says. "It's such an aggressive cancer. There was no remission. It's unacceptable."

Money raised from her nonprofit goes toward research, as well as treating patients with glioblastoma. Funds also fill the gaps created by things not covered by insurance, such as massage or adding to the quality of life in a person's last months.

Along with her foray into establishing a nonprofit, she works through her grief. She was featured on Richard Deming's Weekly Cancer Education Series.

"I cry when nobody's watching," she says. "A loss is a loss. He was my best friend and adventure partner. Your grief will always be there. You learn to grow around that grief. Gary would want us to go on with life, to contribute and eat cookies. You can still be joyous."

For more information or to donate, visit www.garysrideiowa.org. ■


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5 FUN activities for seniors

1. Creative writing: Whether it's a short story, poetry, or a story of your life, writing is a healthy way to stimulate the brain and keep your mind sharp.

2. Perform/sing/act: Through the arts, there are so many ways to improve memory and attention span.

3. Walking: Any form of exercise is great, and one of the most cost effective is walking. Walking with a friend can help give a boost of mental and physical health benefits.

4. Crafting: Increases eye coordination. Psychologists sometimes compare its effects to prayer and meditation.

5. Playing board and card games: We have seen that chess and cribbage with a friend can reduce the symptoms of depression and loneliness. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukeez, 516-518-0977, www.graceestatesadc.com. Grace Estates Adult Day Center is excited to open its doors in June to provide opportunities for seniors to experience life-giving activities and provide respite for caregivers.



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STEWARDS of the house

Couple promises to keep good care of historic home.

Owning an old home means owning a piece of history. When spouses Eric Henning and Kaitlyn Zimmer-Henning were looking for a home to make their own in 2017, they decided to purchase a piece of Waukees history. As they began working to improve the house on the end of Maple Street, they also began a deep dive into the history of the home. But sifting through the property's abstract, with names and dates going back to the 19th century, proved to be more of a challenge than they anticipated.

"It says that it was built in 1900, but I haven't been able to find anything that says exactly when the home was built," said Zimmer-Henning.

"I think we've determined that it's plus or minus 10 years," added Henning.

What they were able to determine was the house was owned by a Massachusetts businessman up until 1902. Then it was owned by the Copeland family, who also owned the white farmhouse on the west side of the city, where Deery Brothers' Waukee dealership now sits. It was also owned by the Brenton family. In 1907, the home was purchased by Fred Whiting, Waukees mayor. Connections were quickly recognized as Whiting also managed the Brenton Lumberyard. The couple also found an "FW" carved into the wood in the basement, and they suspect it



One of the couple's favorite features of their home is their stained-glass window. Similar stained-glass windows can be found at neighboring homes.

might be from Whiting himself.

Over the years, the house was not always kept in the best shape. The previous owner did electrical work themselves in the 80s, and it was not up to today's standards. The couple needed a team to come in and bring

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WHERE WE LIVE



A picture of the Maple Street home taken in the 1970s before an addition was made to the front of the house.

it up to code.

The first project on the couple's list was to redo the kitchen. It included a complete demolition and, during the process, they discovered a mysterious hole filled with Styrofoam and a shirt sleeve.

Along the way, they ripped up four layers of flooring. Zimmer-Henning wanted to find the flooring that matched the rest of the house, so she scouted eBay and found an architectural salvage business in Illinois that had the exact same flooring.

Another unique feature of the home includes a bay window enjoyed by both humans and cats alike. They loved their old windows but have difficulty finding anybody willing to work on them. One thing the couple loves is their stained-glass window.

"If you walk around old Waukee neighborhood, there are a handful of houses that also have the same stained glass," said Zimmer-Henning. She



A shirt sleeve found during the kitchen demolition. It had been stuffed into a hole in the wall.



Eric Henning and Kaitlyn Zimmer-Henning have been learning about the history of their home, which was built around 1900.

has yet to know the history or origination.

Despite the age of the homes, there is a sense of youth in the neighborhood.

"There's a lot of people that have moved in the last 10 years or so. It seems like it was a lot of older people living here and then they moved out and younger families are moving in," Zimmer-Henning said.

The couple has big plans to make the place their own and hopes to one day add a wrap-around porch. Zimmer-Henning feels conflicted about making changes to the home, but they told the previous owners it is going to be well taken care of.

"We intend on being the stewards of the house. We want to keep the history as well as updating the home," said Zimmer-Henning. ■

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BOOK REVIEWS

Courtesy of Beaverdale Books

'Atalanta'

In my head, there's a whole interwoven universe of feminist mythological retellings. Like a Marvel Cinematic Universe, but for ancient stories badly in need of a revival. Next up in this wide and wonderful series of stories is perhaps the greatest heroine in all of Greek mythology, the incredible Atalanta.

Born an unwanted daughter of a king and left to die as a result, the wild and free Atalanta grew up under the care of a mother bear and the goddess Artemis, who gave her the kind of freedom most other women could only dream of — at a price, of course. Atalanta becomes something unique in a world built for men, a woman who embraces her femininity while also going toe to toe with every male hero she meets.

This incredibly beautiful retelling of an ancient, inspiring myth is everything I want in a historical story — action-packed, heartfelt, accurate and startlingly relevant. Jennifer Saint is a master storyteller, and I can't imagine anyone imbuing this tale with more care and precision. Don't let this incredible story stay forgotten; it's too good to miss. ■ — *Review by Julie Goodrich*



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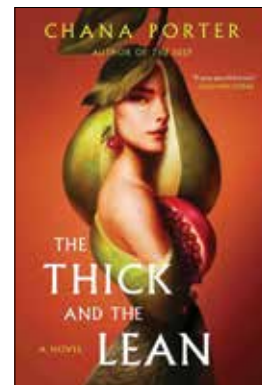


'The Thick and the Lean'

It used to be that dystopian novels that take things to seemingly fantastical extremes were simply meant as allegories, a lesson and a warning wrapped in the shape of a far-fetched future. And yet these days a future in which a fascist, religious extremist government controls arbitrary aspects of individual lives seems less unrealistic and a little more horrifyingly prescient.

Beatrice grew up in a culture in which pleasure from food was strictly forbidden. Every calorie counted, every bite scrutinized. Her secret love of cooking and her joy in eating threatens to upend her entire life, until she discovers a book that will change everything. Parallel to Beatrice's story, Reiko is a brilliant student caught in a classist net with only a few bad choices left — until she, too, finds the same book and takes control of her life in dramatic fashion.

Issues of class, body-shaming, misogyny, racism and more weave through this thought-provoking and powerful story that ends on an uncertain note, leaving room for interpretation and reflection in the best way. Haunting and exhilarating. ■ — *Review by Julie Goodrich*



By Chana Porter
4/18/23
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DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado). They are nutrient-dense, making avocados a delicious food with super benefits. Avocados are also free of cholesterol and sodium and have nearly 20 vitamins and minerals.

Dietary fat helps the body absorb vitamins A, D, E, and K. These vitamins are fat soluble, which means they can only be absorbed by the body with the help of fats. Per one-third of a medium avocado (50 grams), avocados contribute 6 grams of unsaturated fats, which are known to be essential for normal growth and development of the central nervous system and brain.

Make good fats a part of your next trip to the grocery store with this avocado-inspired Harvest Bowl Salad with Balsamic Vinaigrette certified by the American Heart Association's Heart-Check Food Certification Program.

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.



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HVAC

By Scott Bontrager

TLC for your air conditioner

Ah, spring. The flowers are blooming, the birds are chirping, and the weather is finally starting to warm up. And while you might be busy cleaning out your closets and getting your garden ready, don't forget about your air conditioner. After all, it's about to start working overtime to keep you cool in the coming months.



That's why it's important to take the time to give your air conditioner a little TLC this spring. Here are some easy maintenance tips to help prepare your AC for the warmer weather ahead:

- **Change your air filter.** This is probably the easiest and most important step you can take to maintain your air conditioner. A dirty air filter can restrict airflow and cause your AC to work harder than it needs to, which can lead to higher energy bills and even system breakdowns. So make sure to replace your air filter regularly.
- **Clean the outdoor unit.** Over the winter months, leaves, dirt and other debris can accumulate around your outdoor AC unit. This can hinder airflow and cause your system to work less efficiently. Take a few minutes to clear away any debris and make sure the area around your unit is clean and clear.
- **Schedule a professional tune-up.** While there are some maintenance tasks you can do yourself, it's always a good idea to have a professional tune-up your air conditioner at least once a year. A trained technician can identify any potential problems before they turn into bigger issues, ensure that your system is running at peak efficiency, and help extend the lifespan of your AC.
- **Check your thermostat.** As the temperatures start to rise, it's important to make sure that your thermostat is working properly. If you have an older manual thermostat, consider upgrading to a programmable one to help save on energy costs. And, if you're not sure how to properly set your thermostat for optimal comfort and efficiency, don't hesitate to ask a professional for help.

Taking the time to perform these simple maintenance tasks can help ensure that your air conditioner is ready to handle the summer heat. And, not only will regular maintenance help keep your system running efficiently and effectively, it can also help save you money on energy bills and prevent costly repairs down the line.

So, this spring, show your air conditioner a little love and give it the attention it deserves. Your wallet (and your home's comfort level) will thank you. ■

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

'READ through time' with the Library



Summer is here, and so is the Waukee Public Library Summer Challenge. This year's theme is "Read Through Time" and will run from June 1 until July 31. Everyone is invited to participate.

Watch the Library's website and follow Facebook and Instagram to get up-to-date information about upcoming events including performances, weekly activities, and pick up times for craft packs and prizes.

Summer Challenge FAQs

When does registration begin?

Registration opened May 1, but reading for the Summer Challenge starts on June 1.

How do I register?

You can register online at waukeelibrary.beanstack.org, through the Beanstack app, or pick up a reading log at the Library.

Who can participate?

All ages.

Do I need a library card to join?

Library cards are not required. Everyone is encouraged to participate. If you would like to get a library card, you can sign up in person or online at waukeepubliclibrary.org/getacard.

How do I earn prizes?

READ! Books, audiobooks, magazines, newspapers, webcomics — you name it!

To find out more about the Library's Summer Challenge, go to waukeepubliclibrary.org/summer.



Programs & Events

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

Art Gallery Exhibit: "Beauties of Iowa," by Susan Partain, June 2-29.

Kids

Friday Special Guest Events: Friday, June 9, 16, 23, and 30, 10 a.m. and 11 a.m.

Join the Library for weekly special guests. Iowa State University will bring its Insect Zoo on June 9. Twisted Bo-Kay will share interactive stories involving balloons on June 16. Will Stuck joins the Library on June 23 for high energy and hilarious M.E.S.S. experience. The special guest programs will end with Zoo to You, Blank Park Zoo's program for kids entering grades K-5 in the fall. Registration is required for each session.

Teens

Monday night events, June 12, 19, and 26, 5 p.m. and 6:30 p.m.

Students entering grades 6-12 in the fall are invited to the Library for weekly events! There

will be water dodgeball, decades trivia, and boba tea in June. 5 p.m. start time is for grades 6-9. 6:30 p.m. start time is for grades 10-12. Registration is required for each session.

Adults

A Walk Through Time: Saturday, June 17, 1 p.m.

Come take a walk through Iowa's archaeological past! This talk by Chérie Haury-Artz from the University of Iowa's Office of the State Archaeologist explores the last 13,000 years of Iowa's past as known through archaeological study. Real and replica artifacts from relevant time periods will be on display.

Multi-Age

Sensory Spaces, Saturday, June 3, 4 p.m.

The Library will be open an extra hour to provide quiet browsing and inclusive programming for individuals of all ages with special sensory needs and their families or caregivers. There will be natural lighting, a dimmed calm room, computer availability, access to library materials, and some sensory station activities. Registration is required. ■



WAUKEE

Warriors

2023 SUMMER SCHEDULE

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	5:00PM	Ankeny Centennial (DH)	Waukee Baseball/Softball Complex
May 25	7:30PM	Dallas Center-Grimes HS	DCG BB/SB Complex-Dallas Center
May 26	5:30PM	Ames	Ames High School Softball/Baseball
May 30	5:00PM	Southeast Polk (DH)	Southeast Polk High School
Jun 1	5:00PM	Waukee Northwest (DH)	Waukee Northwest High School
Jun 5	5:00PM	Prairie	Prairie High School
Jun 7	5:00PM	Johnston (DH)	Waukee Baseball/Softball Complex
Jun 9	9:00AM 1:00PM	Des Moines Roosevelt Des Moines East	Valley High School Valley High School
Jun 13	5:00PM	Iowa City Liberty	Waukee Baseball/Softball Complex
Jun 15	5:00PM	Ankeny High School (DH)	Ankeny High School
Jun 16	TBD	Multiple Schools	Waukee Northwest High School
Jun 17	TBD	Multiple Schools	Waukee Northwest High School
Jun 19	5:00PM	Sioux City East	Waukee Baseball/Softball Complex
Jun 20	5:00PM	Des Moines Lincoln	Waukee Baseball/Softball Complex
Jun 21	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 23	7:15PM	Winterset	Waukee High School - West Gym
Jun 26	5:00PM	Urbandale (DH)	Waukee Baseball/Softball Complex
Jun 28	5:00PM	WDM Valley (DH)	Waukee Baseball/Softball Complex
Jul 3	5:00PM 7:00PM	Fort Dodge Fort Dodge	Harlan Rogers Sports Complex Harlan Rogers Sports Complex
Jul 5	7:00PM	WDM Valley	Valley High School

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 16	7:30PM	Norwalk	Norwalk High School
May 17	5:00PM	Ames	Waukee Baseball/Softball Complex
May 22	5:00PM	Ankeny Centennial (DH)	Waukee Baseball/Softball Complex
May 23	7:00PM	Dallas Center-Grimes	DCG BB/SB Complex-Dallas Center
May 24	7:00PM	Ankeny High School	Waukee Baseball/Softball Complex
May 26	5:00PM	Fort Dodge	Fort Dodge High School
May 30	5:00PM	Southeast Polk (DH)	Southeast Polk High School
May 31	7:00PM	Dowling Catholic	Waukee Baseball/Softball Complex
Jun 1	5:00PM	Waukee Northwest (DH)	Waukee Northwest High School
Jun 5	7:00PM	Urbandale	Urbandale High School
Jun 7	5:00PM	Johnston (DH)	Waukee Baseball/Softball Complex
Jun 8	7:00PM	WDM Valley	Valley High School
Jun 9	10:00AM 3:00PM	Sioux City North Spencer	Harlan Rogers Sports Complex Harlan Rogers Sports Complex
Jun 14	7:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 15	5:00PM	Ankeny (DH)	Ankeny High School
Jun 17	8:00AM 10:00AM	Lewis Central Independence	
Jun 19	7:00PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 21	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 22	7:00PM	Waukee Northwest	Waukee Baseball/Softball Complex
Jun 23	12:15PM 4:45PM	Pleasant Valley Saydel Community	Ankeny Baseball/Softball Complex Saydel High School
Jun 26	5:00PM	Urbandale (DH)	Waukee Baseball/Softball Complex
Jun 28	7:00PM	Johnston	Johnston Middle School
Jun 29	5:00PM	WDM Valley (DH)	Waukee Baseball/Softball Complex
Jun 30	7:00PM	Bondurant-Farrar	Waukee Baseball/Softball Complex
Jul 3	5:00PM	Ottumwa	Waukee Baseball/Softball Complex

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NORTHWEST

Wolves

2023 SUMMER SCHEDULE

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 15	3:30PM	Des Moines East	Des Moines East High School
May 16	5:00PM	North Polk	North Polk High School
May 19	5:00PM	A-D-M (DH)	Waukee Northwest High School
May 22	7:00PM	Des Moines Lincoln	Waukee Northwest High School
May 23	7:30PM	Norwalk	Norwalk High School
May 24	7:00PM	Johnston	Johnston Middle School
May 25	5:00PM	DCG (DH)	Waukee Northwest High School
May 30	5:00PM	WDM Valley (DH)	Valley High School
May 31	7:00PM	Southeast Polk	Southeast Polk High School
Jun 1	5:00PM	Waukee (DH)	Waukee Northwest High School
Jun 3	9:00AM	Iowa City	TBA
	11:00AM	Iowa City	
	1:00PM	Cedar Falls	TBA
Jun 5	7:00PM	Ankeny High School	Ankeny High School
Jun 7	5:00PM	Urbandale (DH)	Waukee Northwest High School
Jun 8	7:00PM	Dowling Catholic	Dowling Catholic High School
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 15	5:00PM	Johnston (DH)	Waukee Northwest High School
Jun 17	8:00AM	Council Bluffs	Abraham Lincoln High School
Jun 19	7:00PM	WDM Valley	Waukee Northwest High School
Jun 21	5:00PM	Southeast Polk (DH)	Waukee Northwest High School
Jun 22	7:00PM	Waukee	Waukee Baseball/Softball Complex
Jun 23	9:00AM	Gilbert	Saydel High School
	1:00PM	Prairie	Saydel High School
Jun 26	5:00PM	Ankeny High School (DH)	Waukee Northwest High School
Jun 28	7:00PM	Urbandale	Urbandale High School
Jun 29	5:00PM	Dowling Catholic (DH)	Waukee Northwest High School
Jul 3	7:00PM	Ankeny Centennial	Waukee Northwest High School

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	6:00PM	Des Moines East (DH)	Waukee Northwest High School
May 24	5:00PM	Humboldt (DH)	Waukee Northwest High School
May 30	5:00PM	WDM Valley (DH)	Valley High School
Jun 1	5:00PM	Waukee (DH)	Waukee Northwest High School
Jun 3	8:45AM	vs. Multiple Schools	Greater Des Moines Softball Complex
Jun 7	5:00PM	Urbandale (DH)	Waukee Northwest High School
Jun 8	7:30PM	Dallas Center-Grimes	Waukee Northwest High School
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 15	5:00PM	Johnston (DH)	Waukee Northwest High School
Jun 16	TBD	Multiple Schools	Waukee Northwest High School
Jun 17	TBD	Multiple Schools	Waukee Northwest High School
Jun 19	7:00PM	Ankeny Centennial	Waukee Northwest High School
Jun 21	5:00PM	Southeast Polk (DH)	Waukee Northwest High School
Jun 26	5:00PM	Ankeny High School (DH)	Waukee Northwest High School
Jun 29	5:00PM	Dowling Catholic (DH)	Waukee Northwest High School
Jun 30	1:00PM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 1	9:00AM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 3	5:00PM	Williamsburg (DH)	Waukee Northwest High School
Jul 5	5:00PM	Norwalk (DH)	Waukee Northwest High School



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HEALTH

By Dr. Jason Brown

CAUSES of tooth sensitivity

There are many factors that can cause tooth sensitivity. Healthy teeth with normal development have a nice layer of enamel (the white outer layer of the tooth above the gumline), which allows us to chew our food and protect teeth from sensitivity. The layer underneath the enamel is called dentin, which has very tiny tubules that can be a pathway for air, liquids, or acids to reach the nerve and cause hypersensitivity.



Conditions such as cavities, gum recession, cracked or fractured teeth, tooth defects and worn fillings can cause sensitivity. The duration of sensitivity can sometimes give more clues to a diagnosis. Short, sporadic periods of hypersensitivity can often be managed by something as simple as switching to desensitizing toothpaste. Chewing pain can mean a cracked tooth that may require a crown, and lingering hot or cold discomfort may signify that the tooth would require a root canal procedure. For those people with receded gums, many teeth can be involved with hypersensitivity. This situation may require the need for gum-grafting surgery.

Your dentist can evaluate older fillings or gum problems that can lead to tooth sensitivity. ■

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.

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HEALTH

By Dr. Amy Petersen

WELL-CHILD visits promote health and wellness

As the school year winds down, it is time to start preparing for the next school year. This includes scheduling your child's back-to-school physical or annual well-child visit. Over a year, a lot can change in a child's or teen's life, making it important that these routine visits are not interrupted.



During an annual exam, your pediatrician not only completes a thorough physical exam, but evaluates and addresses any emotional, developmental or social concerns. This visit also opens discussion of nutrition and exercise, provides vision and depression screening, and additionally addresses any other concerns. A yearly visit ensures that your child is up to date with the recommended vaccinations, an important part of preventing and protecting against serious diseases. A sport's physical, required by most high schools, can be done concurrently with your child's physical, allowing your provider to address specific exercise-related issues, injuries or questions about training.

Yearly well-child visits allow your family and pediatrician to work together, forming a relationship of trust and respect, to ensure your child is growing and developing as expected. Get ahead of the game and schedule your child's annual well-child visit now. ■

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

LEADERSHIP Institute

The Waukee Leadership Institute graduation was held April 18 at Glen Oaks.



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Zach Elsbecker and Melissa Stimple



Terry Snyder and State Sen. Sarah Trone Garriott



Erma Morain and Lori Lyon



Zack Elsbecker and DJ Soultz



Wendy Marsh, Erna Morain, Nick Osborne, Steve Morain and Norm Boaz



The Waukee Leadership Institute Graduating Class of 2023

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