

WAUKEE

JUNE 2023

Living

MAGAZINE

Waukeee ARTS Festival

JULY 14-15

Event grows to full capacity this year

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- 1. Wear Sunscreen:** Apply SPF 30+ sunscreen before going outside and reapply regularly.
- 2. Seek Shade:** Limit sun exposure, especially between 10 am and 4 pm.
- 3. Cover Up:** Wear protective clothing, hats, and sunglasses to shield your skin.
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- 5. Check Your Skin:** Monitor for any new or changing moles or spots, and report concerns to a healthcare provider.

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WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, live music, activities for kids and more. The Waukee Arts Festival is one of those that has grown by leaps and bounds. I have attended every community celebration in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having chain stores, cookie-cutter houses and traditional family make-ups. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build here, and families decide to move in. As a whole, suburban communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you drive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Waukee.

If you have not had the opportunity to experience the Waukee Arts Festival, you are in luck. This year's event is just around the corner, and there will most certainly be a number of events and activities that you will enjoy — and art that will inspire you.

Once again, we share the details of this hometown event in the pages of this magazine. It is a wonderful part of this vibrant community and yet another reason why so many choose to call Waukee home.

Thanks for reading. ■

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FEATURE

Jenn Hoffman, president of the Waukeet Arts Council, stands with a painting by Mike Fisher that she purchased at a previous festival. Photo by Jackie Wilson

Waukeet ARTS Festival

JULY 14-15

Event grows to full capacity this year

By Jackie Wilson

Looking for a sculpture to place on your coffee table? How about a multi-colored acrylic painting for a pop of color above your fireplace mantel? Or, if you prefer to wear art, opt for a shiny silver bracelet to add bling to your wrist.

Find this and more at the eighth annual Waukeet Arts Festival on July 14-15. More than 100 artists will be displaying their artwork at Centennial Park in Waukeet.



FEATURE

The festival opens at 5 p.m. on Friday, July 14, with artist vendors, food trucks, beer garden and concert.

The festival reopens Saturday from 10 a.m. to 10 p.m. with daytime music, plus art, kids activities, food and beverages. Activities wrap up with a concert by Not Quite Brothers. The artist vendors close at 6 p.m. when the evening concert begins. It's a family-friendly event, with free kids activities. Attendees can bring a blanket and lawn chairs to watch the concerts.

Artwork includes all types of mediums from mixed media works to paintings, wood, pottery, sculptures, ceramics, glass, metal, jewelry, photography and more.

The Waukeew Area Arts Council is putting on the event. Jenn Hoffman, board president, has helped with the festival since its inception. She says the festival continues to grow each year.

"We have 110 artists. This year, for the first time, we're at capacity and stopped accepting applications two months early," says Hoffman.

Last year's attendance during the two-day event was more than 9,000, and organizers anticipate a similar crowd this year. Attendees



Not Quite Brothers is the headline band for Saturday evening's festival.

have commented on how wonderful the experience is and how friendly the vendors are. Hoffman says they have artwork across the price spectrum, so it's accessible for all art lovers.

"Attendees love talking to the local artists and learning about their work and process. They are appreciative of how affordable the art is. I see many people leaving our event with bags and handfuls of purchases," she says.

Each year, the festival showcases the young

talent in the community. A student art exhibit consists of a portfolio display of two scholarship winners. The festival also features young musicians each night with the School of Rock and Girls Rock DSM! performing before the headline shows.

"Parents enjoy bringing their kids for the free kids activities with magic show and balloon animals," says Hoffman. "The entire family can enjoy our nightly concerts, and, often times, it gets kids and adults out of their seats dancing."

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FEATURE

When Hoffman first joined the Waukee Area Arts Council board, there wasn't an arts festival.

"At that time, the previous president and myself as vice president, felt it would be a great event to showcase fine arts in the Waukee community. Our first event was in 2015. We had less than 50 artists and planned the event in just three months," she recalls.

The second year of the event doubled the number of artists. Hoffman says she enjoys being involved in the event to bring the community together to enjoy the fine arts. It's also a meaningful event for her personally, as she remembers her mother's influence and encouragement with the festival.

"My mother passed away from cancer the night of our second annual festival," she says. "She was very proud of what we had started, even though she was only able to see the first festival. This event is important to me to carry on in my mother's honor."

By supporting local artists, it helps enrich the community, she says.

"Having local art and public art reflects our community and creates a cultural identity

Waukee Arts Festival Concerts - Mainstage

FRIDAY

5:30 p.m. School of Rock

6:30 p.m. Brittany Sword

8 p.m. The End: A Tribute to the Beatles

SATURDAY

5 p.m. Girls Rock DSM!

6:30 p.m. June Bugs

8 p.m. Not Quite Brothers

For a complete schedule of activities, visit the Waukee Arts Festival Facebook page or www.waukeeartsfestival.org. ■



Brad and LuCinda Beltman of Waukee, along with their kids, Phia and Collin, look forward to attending the festival each year.

by setting our community apart and attracting people to its uniqueness," she says.

One thing Hoffman does each year is to purchase artwork from the festival to put in her own home.

"I buy artwork each year from our event to support small artists and foster the community — and it's good for the economy. I'd rather put

my funds to a \$300 painting from a local artist than buying a \$40 print from a big box store," she says.

As the event grows, its reputation has increased as a solid Midwestern art show.

"It amazes me how many people are now a part of what was once a small little Midwest festival. I love giving back to the community

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FEATURE

and the young artists. I want this festival to continue to grow and increase our ability to give out more scholarships to young artists.”

In addition to scholarships for young artists, The Waukee Arts Council awards prizes for artists, including \$500 for first place, \$300 for second place, and \$200 for third place. Winners also get free booth space to return for the 2024 arts festival.

The festival is made possible by volunteers from the community, as well as local sponsorships. For more information on events or volunteering, visit <https://www.waukeeartsfestival.org/>.

Featured artists, M.Robinson Artworks

Each year, the Waukee Arts Council board votes on their favorite artist for the festival. In 2022, first place was awarded to M.Robinson Artworks.

M.Robinson Artworks consist of the husband and wife team of Mary Ann and Michael Robinson Holmes. This year, they are the featured artists of the festival.

Michael is a native of Glidden. With a degree in architecture, he formerly worked at Norwest Bank in Des Moines designing offices. He desired a more creative outlet and began drawing with pastels.

He was noticed by a local gallery and worked with artist James Navarro, who allowed Michael to use his frame shop and gallery for his work. After several years of “messy” framing projects, Navarro convinced Michael to transition into painting and include texture in his pieces.

“Jim Navarro worked with me for a more figurative, abstract line. Jim was instrumental in helping with my artwork,” says Michael.



Mary Ann and Michael Holmes are the featured artists at the Waukee Arts Festival. In 2022, they received a first place award for their artwork.

Mary Ann holds a psychology degree and lived in San Francisco in the late 1990s. A woman she knew painted faux wall finishes, which were a trend for the decade.

“I asked if she needed help, and I showed up and learned decorative finishes from her,” she recalls.



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Michael and Mary Ann met at an art fair in 2009 and combined Michael's technique with Mary Ann's finishing for a collaborative art project.

"A lot of artists do work individually, then tag team for energy. Working as a couple makes it more enjoyable," she says.

Today, their art contains a unique look with eight different steps to each completed piece of art. It's considered deconstructed painting. Michael hand builds boxes to paint on. They take a model pastel which consists of spackle then color it and lay it on the just-built box. Once the wood panel is done, the box is painted black, then they draw and stamp various images on the box, followed by a UV resin.

"The result is a colorful texture-like image," says Michael.

With a variety of colors on the boxes, artwork varies in size from a 6-inch square up to a 5-foot piece.

"When people come to our booth, we're known as happy art," he explains. "People come

in and smile."

Michael says that's what they like about traveling to various art shows, which amount to about 20 for this year.

"I enjoy traveling and meeting and talking to people. Some artists only talk if they think someone will buy their pieces," says Mary Ann. "I love to chat anyway. It's like icing on the cake if they buy something."

Michael adds, "She loves to make friends at the art shows."

The couple likes how their art impacts people who purchase their art.

"It has meaning to people and cheers them up. It's nice to give that when the world isn't always a happy place," says Mary Ann.

The two have settled in Shawnee, Kansas, and Michael enjoys coming home to Des Moines to see his friends.

"We love the Waukee Arts Festival. It's a nice park setting and people care about the artists. There's a nice variety of art," says Michael. "It's a nice hometown show to come back to."

Family festival fun

LuCinda and Brad Beltman moved to Waukee in 2006 and attend as many community events as possible. The Waukee Arts Festival is one of their favorites.

The couple has volunteered at the festival, helping set up the student art exhibit. They like how it is family friendly and are looking forward to attending this year.

"Our kids love it, and we love it," says LuCinda. "It's really neat to watch it grow over the years."

The Beltmans attend the big concerts at night and like browsing the festival as a family.

"These small artists — it's such a neat opportunity to get to meet them," she says. "The festival has something for all ages. Even if you're not shopping, wandering around and enjoying the sites is pretty cool."

For a complete schedule of activities, visit the Waukee Arts Festival Facebook page or www.waukeeartsfestival.org. ■

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SUMMER FUN @ THE JOHNSTON TOWN CENTER 2023

FARMERS MARKET

Come and enjoy the Farmers Market on Tuesdays this summer. This year, the market will take place on the north side of the Yard. Shop for fresh produce and homemade products while being entertained by live music. Learn more about the market at www.johnstontowncenter.com/events.



TUESDAYS | 5 - 8 PM | JUNE - SEPTEMBER

music & movies after the market



Join us on Tuesday evenings after select Farmers Markets for extended live music or outdoor movies. The music begins at 7:30 p.m., and the movies start at dusk. Please bring chairs or blankets to enjoy the entertainment in the Yard.

Music:

- **July 11**, Orphan Annie
- **August 1**, The Savage Feds
- **September 12**, Sons of Gladys Kravitz

Movies:

- **June 27**, Encanto
- **July 25**, Top Gun Maverick
- **August 15**, The Mario Bros.
- **September 26**, American Underdog

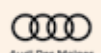
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NEWS BRIEFS

HOLMES MURPHY names Tanny as a vice president of Property Casualty

Holmes Murphy announced that Amy Tanny has joined the organization as a vice president of Property Casualty.

In this role and as part of Holmes Murphy's Placement team, Tanny will be focused on helping the company win new business, supporting the team as a resource for client renewal placements (a new resource for the enterprise), and assisting with Holmes Murphy's carrier and wholesaler relations and strategy.

Tanny joins Holmes Murphy as a successful insurance and marketing leader, most recently spending 17 years with Cottingham & Butler. As the vice president of the Risk Management practice, Tanny played a critical role in the development and implementation of risk management strategies and insurance program design; driving renewal strategies; and recruiting, retaining and developing talent.

Tanny has three children who are active in athletics, which she and her husband enjoy spectating most weekends. Tanny herself is a former professional athlete, having played in the WNBA for many years. ■



CANADA named president of JAG

Kira Canada, a 2023 graduate of Waukee High School and an incoming DMACC student, was recently named the National Career Association (NCA) president of Jobs for America's Graduates (JAG).

Kira was an active member of the Iowa chapter of JAG — also known as iJAG — throughout her high school career. She served as the iJAG chapter president at Des Moines Lincoln High School during her first three years of high school, as well as president of the Waukee High School iJAG chapter after moving to Waukee for her senior year. While in high school, Kira was also a member of the National Honor Society, the Iowa Girls High School Athletic Union Student Athlete Advisory Committee, the National Society of High School Scholars, and engaged in many other activities, including varsity girls' basketball for four years. She currently works as a server at the Olive Garden.

In her new national role with JAG, Kira will oversee the association of 39 National Career Association (NCA) state chapters. The NCA works to help members explore career pathways, assess the opportunities and appropriateness of pursuing further education, connect with representatives of their chosen pathway, develop their knowledge and skills, secure employment, and demonstrate their ability to enter and advance with an employer.

This fall, Kira will attend DMACC to complete her associate's degree before transferring to a four-year college or university to study criminal justice. Her goal is to one day work as a criminal defense attorney. ■



Kira Canada, center, is pictured with Wendy Mihm-Herold, PhD, president and CEO of Iowa Jobs for America's Graduates (iJAG), and Rob Denson, president of DMACC.

AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.

1. Opticians and eye exams - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

2. Hearing aids - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

3. Dental work - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

4. Overseas care - Medicare usually doesn't cover health care while you're traveling outside



the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

5. Cosmetic surgery - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

6. Chiropractic care - Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

7. Massage therapy - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

8. Nursing home care - Medicare pays for

limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to RetireWithMerkle.com. Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Medicare.gov AARP.org

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EVENTS IN THE AREA

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

Be sure to check for cancellations.



Waukee Freedom 5K Fourth of July

Tuesday, July 4

The Freedom 5K is the sole fundraiser for Waukee Boy Scouts Troop 178. The 5K starts at 8:15 a.m., and a kids mile run starts at 7:45 a.m. The runs start and end at Lutheran Church of Hope Waukee. There will also be music, games, vendors and many door prizes. Those who register will receive a commemorative T-shirt. Register online at www.waukeetroop178.com. T-shirts will be sold for \$20 at the event to participants and non-participants.



Family Bowling Fun

Warrior Lanes,

190 S.E. Laurel St., Waukee

Family Fun events are planned at Warrior Lanes, with glow-in-the-dark bowling, "Mom-approved" music and black lights. Cost per lane includes 90 minutes of bowling, shoe rental, a large one-topping pizza and pitcher of soda for up to five guests per lane. Sunday, Oct. 22, noon to 1:30 p.m. is Halloween Party (reservations due Oct. 20); Sunday, Nov. 19, noon to 1:30 p.m. is Turkey Time Party (registration due Nov. 17); Sunday, Dec. 10, noon to 1:30 p.m., is Ugly Sweater Party (deadline is Dec. 8); and Sunday, Dec. 31, 11 a.m. to 1 p.m., Sunday, Dec. 31 is Countdown to Noon Year's Eve (deadline Dec. 29). Reservations can be made at warriorlanes.com/family-glow-



Two-day Celebration of Independence

Monday and Tuesday, July 3-4

Centennial Park Open Air Shelter,
1255 Warrior Lane

Waukee will host an all-American celebration on July 3 and 4 in honor of Independence Day. Discounted armbands can be purchased online at Waukee.org/registration during the month of June. Armbands cost \$10 and are valid only for July 4. Local organizations and businesses can participate in the parade on Tuesday at 10:30 a.m. Advance registration required for the parade. Monday events include adult coed sand volleyball tournament, Movie in the Park "Top Gun: Maverick" (PG-13) and vendors. Tuesday is the parade, adult bags tournament, free ice cream social, inflatables, bingo, Des Moines Skydivers show, live performances by Riverside Drive and Oreo Meatwagon and fireworks.

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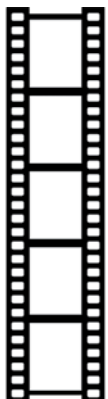
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Movies in the Park

Centennial Park Open Air Shelter,
1255 Warrior Lane
Aug. 11, "Black Panther: Wakanda
Forever" (PG-13)

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.



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 22 is Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.

Music Under the Stars

Various dates and locations

Music Under the Stars, one of the oldest musical traditions in Central Iowa, is in its 76th season. The season includes free concerts on June 25, July 2, July 9 and July 16. All concerts begin at 7 p.m. and conclude by 8:30 p.m. Four of this summer's concerts will take place on the West Capitol Mall. However, for the first time in the concert band's history, Music Under the Stars will relocate to the Lauridsen Amphitheater at Des Moines Water Works Park July 9 and July 16.

June 25, "76 Trombones," Guest Artist: Dr. Tony Baker, trombone. Vocals: Kellie Kramer

July 2, "Stars and Stripes and Sousa," Vocals: Napoleon Douglas

July 9, Lauridsen Amphitheater at Water Works Park, "Musical Madness," Vocals: Max Wellman

July 16, Lauridsen Amphitheater at Water Works Park, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie Sawyer

Program details may be found at www.musicunderthestars.org.

Summer Stir

Friday, July 21, 5-9 p.m.

Historic East Village, Des Moines

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



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Des Moines Arts Festival

Pappajohn Sculpture Park,
1330 Grand Ave., Des Moines
June 23-25

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org.



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 scheduled throughout the season. Music starts at 6 p.m. Scheduled are: 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.



Leprechaun Bags Tournament

July 15, noon
Sully's Irish Pub, 860 First St.,
West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information. ■



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JULY 13

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FRIDAY, 7PM

JULY 14

**IAN MUNSICK with special guest
KYLIE FREY IN CONCERT**
Gates open at 6pm

SATURDAY, 6PM

JULY 15

FIGURE 8 RACES
and Live Music from Eric Chesser

SUNDAY, 4PM

JULY 16

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PROBLEMS to watch for in estate plans

In our practice, we see many clients who have an outdated estate plan. Even if you have a will and powers of attorney, they may not meet your current needs. Here are three problems to watch out for:



Your children are older

When your children are young, your primary goal is to name a guardian to help raise them and provide a structure (often by trust) for management of money. If your child is now an adult, these concerns may no longer be relevant.

Perhaps your children will now take over the role of executor or trustee. Or, if your child isn't financially responsible, maybe you want to extend that trust to provide continuing oversight of assets. You may have new issues arise as well, such as preserving an inheritance for grandchildren or protecting it from divorce.

Your medical authority is defective

The Health Insurance Portability and Accountability Act (HIPAA) was passed in 1996 to establish national standards for protecting the confidentiality of medical records. As a general rule, your powers of attorney — medical directives, living wills, and

durable financial power of attorney — should contain stipulations waiving HIPAA protections so that your agent can communicate with your physician about your care.

These provisions ensure that your doctor can share important information about you so your agent can make informed health care decisions. Without these protections, doctors may be unwilling to share medical information. If your powers of attorney are old enough, they may not even reference HIPAA.

It is important to review your estate planning documents every so often due to ever-changing tax laws and major life events. You should consider revisiting your plan every three to five years. Life can change, and it is vital to meet with your attorney to avoid potential pitfalls. ■

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

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MUNSICK in concert at county fair

Performs July 14 in Adel

The Dallas County Fair in Adel will feature a concert on July 14 by up-and-coming country musician Ian Munsick of Nashville.

Munsick made great strides early in his musical career. His duo with Cody Johnson, "Long Live Cowgirls," was his first RIAA gold-certified single. With more than 100 million streams, he's also been named "artist to watch" in 2023 by "Country Now" and "Music Mayhem."

Munsick was raised in Wyoming and played music with his brothers at age 10 as part of the Munsick Boys. Early on, he realized he wanted a career in music.

"From the first time I played on stage, I knew I always wanted to play music. I wasn't exactly sure how that was going to happen," he recalls.

In Wyoming, the music he listened to on the local radio wasn't what he sang or played. At age 18, he moved to Nashville.

"When I was 19, I wanted to bring the West into country music," he says.

Country music lacked musicians from out West.

"Chris LeDoux was influential. That was 40 years ago. It's helped me create my own unique way as an artist," he says.

He connects his music with his love of the land where he grew up.

"It's the natural landscape that I put into my music. In the West, there's lots of mountains, rivers, canyons, big sky and cowboys. Country music is not quite like this in the Rockies."

Munsick performed a concert at Ryman Auditorium in May.

"That was an amazing experience. I was nervous, as the history of that stage and everyone who has played there is unlike any other place. It was special," he reflects.

Recent accolades are "cool," he says. "But, at the end of the day, hype is hype. It helps with confidence, but I make music because I love it. I'd still be making music, even if nobody was listening," he says.

As a husband and father, producing music and being on the road takes time.

"It's a challenge to find the time to do all this and prioritize my wife and son, take care of my health and my hobbies away from music."

The best part of his career is helping people through his music, he says.

"People tell me my music helped them through their relationship or the lack of one," he explains. "I get to do what I love, which also helps other people. That's pretty cool."

Tickets cost \$25 in advance or \$30 day of show. For more information on tickets or the Dallas County Fair, visit www.dallascountyfair.com. ■



Ian Munsick, Photo by Christopher Douglas

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CITY OF WAUKEE BULLETIN

JUNE 2023

THINGS TO KNOW

- **Independence Day Celebration**

July 3-4

Centennial Park

- **Independence Day - City Offices Closed; Trash Delay**

July 4

- **Waukee Fire & Police Blood Drive**

July 5

Waukee Public Safety

- **City Council Meetings**

July 10 and 24 at 5:30 p.m.

City Hall and Zoom

- **Waukee Arts Festival**

July 15-16

Centennial Park

- **Waukee Farmers Market**

Wednesdays, 4-7 p.m.

Downtown Triangle

For more information scan to visit our website.



Independence Day Celebration

Waukee's annual Independence Day Celebration (July 3-4) will feature inflatables, vendors, parade, live music, skydivers, tournaments, fireworks show and more. The parade begins at 10:30 a.m. on Tuesday, July 4 following a northbound course on SE L.A. Grant Parkway. It's free to participate in the parade, but advanced registration is required. You can register for tournaments and buy all-you-can-jump armbands for inflatables at Waukee.org/Registration.

Schedule of events (at Centennial Park unless otherwise noted):

Monday, July 3

- Food from the American Legion, 5-10 p.m.
- Yard games, bingo, pie-eating contest and more! 5-10 p.m.
- Adult Coed Sand Volleyball Tournament, 5 p.m. (\$40 per team)
- Movies in the Park: "Top Gun: Maverick", 8:45 p.m. (dusk) (free)

Tuesday, July 4

- Waukee Boy Scouts Troop 178 "Waukee Freedom 5K", 7:45 a.m. at Lutheran Church of Hope Waukee
- Rotary Pancake Breakfast, 8 a.m.
- Parade, 10:30 a.m. (free)
- Ice Cream Social, noon-1 p.m. (free)
- Food and Beverage Vendors, noon-10 p.m.
- Inflatables Village, 1-8 p.m. (\$10 armband or individual tickets)
- Adult Bags Tournament, sponsored by Iowa Orthodontic Solutions, 1 p.m. (\$20 per team)
- Live music: Riverside Drive & Oreo Meatwagon, 5-10 p.m. (free)
- Des Moines Skydivers, 8 p.m. (free)
- Fireworks, 9:30 p.m. (free)

Visit **Waukee.org/July** for the most up-to-date schedule and helpful details on the celebration.



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4th of July Closures & Trash Delay

All City of Waukee offices, including the Waukee Public Library, will be closed on Tuesday, July 4. There will be no City of Waukee/ASI garbage and recycling pick-up on the 4th of July. If your regular pick-up day is Tuesday-Friday, it will be delayed by one day, running Wednesday through Saturday during the holiday week. City Council meetings are pushed back to July 10 and July 24.



Home Fireworks Use Permitted July 3 & 4

Consumer fireworks are only legal within Waukee city limits on July 3 and 4 between 9 a.m. and 11 p.m. Discharging fireworks on other days or times may result in a fine of at least \$250. Per state law, do not light fireworks on public property, such as parks, parking lots, sidewalks or streets, nor the public right-of-way (the grass between sidewalks and the curb). For non-emergency fireworks concerns, call Westcom Dispatch at 515-222-3321. For emergencies, call 911.



Recommended Irrigation/Watering Schedule

Thanks for following the odd-even watering schedule based on your address this summer. This helps prevent strain on Waukee's water supply. If you have automated sprinklers, adjust your settings to match the recommended schedule and turn them off on days it rains.



- **Addresses ending in ODD numbers:** water on Tuesdays, Thursdays and Saturdays
- **Addresses ending in EVEN numbers:** water on Sundays, Wednesdays and Fridays

Avoid watering between 10 a.m. and 5 p.m., which are the hottest hours of the day, so more water makes it to your grass or garden instead of being lost to evaporation.

City Golf Championship

The Waukee City Golf Championship features a men's open and women's open from 8 a.m. to 2 p.m. on July 15 at Sugar Creek Municipal Golf Course. The fee is \$72. Register by 9 a.m. on Monday, July 3 at Waukee.org/Registration.



Get Help Improving Your Yard or Pond

The City of Waukee offers a Stormwater Grant for projects to improve drainage, improve stormwater quality or repair stormwater facilities, such as swales, streambanks and drain tile. Residential property owners and HOAs can apply for the grant prior to any work commencing. Learn more about the grant and see examples of projects at Waukee.org/StormwaterGrant.



Donate Blood & Backpacks

Battle of the Badges Blood Drive

Help save a life by donating blood with the Waukee Fire and Waukee Police. The LifeServe Bloodmobile will be at the Public Safety Building (1300 SE LA Grant Parkway) on July 5 from 8 a.m. to noon. Appointments are encouraged but not required. Schedule at Waukee.org/BloodDrive.



Backpack Drive for Waukee Students

Drop off new or gently used backpacks and lunchboxes through July 31 at Waukee Public Safety, Monday-Friday, 8 a.m.-4 p.m. Waukee Police and Fire will give them to students in need at the Waukee Community Schools Resource Fair.

City Council & Mayor Election Timeline

Residents will vote for mayor and two city council openings for the City of Waukee in the general election on November 7. These are non-partisan races, so no primaries are held. City council members serve at large, so no matter where you live in Waukee, you can run for city office.



If you'd like to be on the ballot, file your paperwork with Dallas County Auditor/Elections Office between August 28 and September 21. Do not bring paperwork to Waukee City Hall. Potential candidates can find more information with the Iowa Secretary of State at SOS.iowa.gov/Elections/ElectionInfo/CityElections.html.

WAUKEE.ORG

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MEET Sarah Infante

Sugar Creek PTO president, volunteer

With a brand new elementary school in the Waukee School District, parent volunteers were needed to take on the new school's PTO (Parent Teacher Organization).

Sarah Infante of Waukee was just the woman to do that.

Sarah became involved at the Maple Grove PTO when her two kids, Sadie and Eli, first attended school there. When the district rezoned, Eli attended Sugar Creek.

When the former president asked Sarah to be president of the Sugar Creek PTO, she initially resisted.

"I didn't want to talk in front of people or ask them for money," she recalls. "Then I got over that."

She joined the PTO as a way to stay involved with her kids.

"I wanted to know what's going on in school. It's like a backstage pass to find out what they are learning," she says.

The goal of the PTO is to support teachers and the classrooms by providing funds for items and activities that aren't covered by the district.

The second goal is to create a sense of community with the families, teachers and staff.



Travis Gaule of Edward Jones presents Sarah Infante with the Neighbor Spotlight certificate.

"We do it for all of the staff, and we don't leave anyone out," she says.

Each year, the PTO hosts a fun run fundraiser and at least one free family event. The past school year, Sugar Creek PTO offered two free family events.

"We did two so all families could attend. Some might not have the funds or money to give for fundraising. We had at least 500 people attend a homecoming night tailgate party," she says.

Throughout the year, the PTO provides treats, gift cards and supplies to teachers from the funds it raises.

"This year, we met our fundraising goal and gave teachers \$100 for their classroom once they turn in receipts," she says.

The teachers are happy for both the monetary and parental support.

"Teachers love it. I've saved emails where teachers are saying we have the best PTO. They are really grateful when they can buy extra things for the classroom."

Families help out as much as possible with fundraising and volunteering time.

"Waukee is lucky. I've talked to other metro schools, and some don't even have a PTO."

Sarah says volunteering her time — even though she works — is important. She and her family also volunteer at Meals for the Heartland and the food pantry.

She encourages parents and others to get involved.

"I juggle it. I like being involved with students. Everyone has something to help out with," she reflects. "I feel like this is my thing — to help teachers and students out."

To get involved with the PTO, learn more at the Sugar Creek PTO Facebook page. ■


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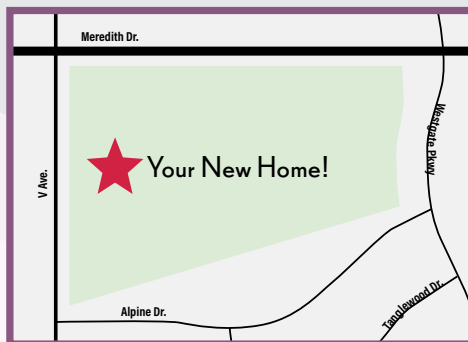
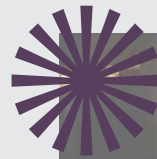
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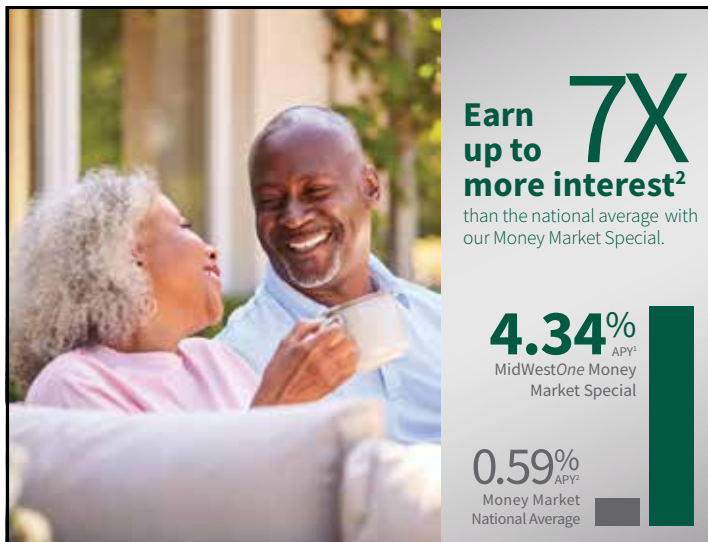


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WHERE WE LIVE

By Colson Thayer

BASEMENT ramp provides at-home practice

Bagons help daughter work on skateboarding skills.



Amy and Mark Bagon are helping daughter Mila work on her skateboarding skills by building a ramp in their basement.

Walk down to the basement of Amy and Mark Bagon's Waukeez home and one will see big gray letters that read "GYM." But that is not the only word displayed proudly on the wall. Off in the bottom right is the word "SKATE." The sound of wheels rolling along a ramp might reveal why.

In October 2021, the Bagons hired two guys to install an in-home skating ramp for their daughter, Mila Bagon. The 24-foot by 7-foot ramp was built in a day. The 10-year-old competitive skater uses it for extra practice when she cannot make it to Des Moines' Lauridsen Skatepark downtown.

The ramp in the Bagon basement is called a mini ramp. It allows Mila to work on her footwork and smaller skills related to the type of skating she does: bowl competitions. Mila first tried skateboarding when she was just 7 years old.

"My sister had a skateboard in the back of her trunk," Mila explains. "And she had begged me to try it... So I hopped on it right away, and I just felt that this is my thing."

In the last three years, Mila's skating career has taken her all over the country including to a competition in California. She has even made it to the podium and won some cash prizes. Her Instagram account has amassed more than 10,000 followers. Plus, she has caught the attention of three sponsors: Mike Vallely's Street Plant, Triple 8 protective gear and 187 Killer Pads.

But, from a parent's perspective, learning about skateboarding can be a lot to take on.

"We're just going with the flow," says Amy. "I mean, it was very new to us, and she just continued and continued and continued, and she just kind of kept progressing. We were like, 'OK, she's gonna be a skater.' And now she's a serious skateboarder. It's been fun to learn something new."

What Mila's parents appreciate most is the skateboarding community.

WHERE WE LIVE



When not skateboarding on the ramp, Mila and her friends can enjoy the lighted nook created under the ramp.

“The community is such an amazing group of people down at the park,” Amy says. “I can’t say enough about the skate community. And, a lot of times, I feel that people tend to give them a bad reputation, and it’s really not that way at all.”

“A lot of the advanced skaters have taken her under their wing, and that’s where she learns a lot of her stuff,” says Mark.

However, there is one thing they wish was different about Des Moines’ skating community.

“I wish there were more girls,” says Mila.

“The skating community is huge,” says Mark. “But there’s just a handful of girls that do it.”

When Mila wants a break from skating and wants to host a few friends over, there is a perfect space underneath the ramp that skaters and non-skaters alike can enjoy together — if Mila makes sure there aren’t any spiders down there. The LED lights in the nook create a comfy spot to hang out. ■

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LIBRARY

By Sam Bedford

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Traveling soon? Wanting something to listen to while you do housework? Need some at-home entertainment for the kids? The Waukee Public Library can entertain you and your family all summer long.

Stop in to grab a few movies and shows, then stock up on books and magazines. Find dozens of resources in the Library's Online Library — available free of charge to cardholders anytime, anywhere. Here are a few of our favorites.

- Download eBooks and audiobooks with **LIBBY** – Waukee resident card holders can access the Library's entire Libby eBook and audiobook collection with the app. Libby is the easiest way to get started with digital books and audiobooks.

- Download magazines with **FLIPSTER** – Download your favorite magazines from a variety of publishers and read them on the go with the Flipster app.

- Free audiobooks for teens with **SYNC** – Each summer, SYNC provides weekly free audiobooks for teens. The titles are yours indefinitely once you "borrow" them during their seven-day availability window. Visit audiofilemagazine.com/sync to learn more.

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- Learn new skills with **LinkedIn Learning** – Pick up new skills on your schedule with LinkedIn Learning. You can access video courses designed to help you develop your business, creative and technology skills. Watch videos about how to use technology like Office 365, how to take professional-grade mobile phone photos, and how to best manage your time.

- Enjoy **online library programs** – Over the last three years, the Library has built up quite the collection of online storytimes for kids and regularly hosts live Zoom talks for adults. Find these on the website's event calendar.

Visit waukeepubliclibrary.org/online-library to check out the Online Library today.

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





PROGRAMS AND EVENTS

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

- **Art Gallery Exhibit: "Tiny Art Show,"** Waukee Community, July 5-31.

KIDS

- **Medieval Festival,** Friday, July 21, 10 a.m. and 3:30 p.m. Hear ye, hear ye! Step back in time and explore crafts and activities from the Middle Ages. Practice some archery, design a crest shield, and beware of dragons. Fun for children and their caregivers, recommended for students entering grades K-5 in the fall. Registration required.

TEENS

- **Color Tag,** Monday, July 17, 5 p.m. and 6:30 p.m. Take a color run to the next level and challenge your friends to color tag. Participants should wear a white shirt that will become colorful by the end of the event. 5 p.m. start time for grades 6-9. 6:30 p.m. start time for grades 10-12. Registration required.

ADULTS

- **Tattoo History Online,** Saturday, July 22, 2 p.m. This vividly illustrated live Zoom talk by tattoo anthropologist Dr. Lars Krutak will explore the tradition of tattooing among Indigenous peoples and other tattoo communities past and present. Drawing from the accounts of explorers, historians, anthropologists, and Dr. Krutak's own field research, this talk is a record of tattoo artistry and culture presented through interviews, objects, videos and images from around the tattoo world dating from 5000 B.C.E. to the present. Registration required.

MULTI-AGE

- **Life-Size Oregon Trail,** Friday, July 14, 10 a.m. and 3:30 p.m. Can you survive the journey to Willamette Valley? Enjoy life-size activities from this popular pioneer game. Watch out for snake bites, river crossings, and dysentery. Recommended for all ages kindergarten and up. Elementary-aged children and younger should be accompanied by an adult during the event. Registration required. ■

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HVAC

By Sam Yeager

PREP your system before going on vacation

Are you ready to travel and dreaming of beaches and exotic destinations? Before you head out of town, it's important to make sure that your HVAC system is prepared for your absence. Here are some tips for preparing before you leave for vacation:



- **Adjust your thermostat** - One of the easiest ways to save energy while you're away is to adjust your thermostat. Setting your thermostat at 78-80 degrees will help prevent unnecessary energy usage and save you money on your energy bills.

- **Consider a smart thermostat** - If you have a smart thermostat, you can program it to adjust the temperature of your home based on your schedule. This means you can set your thermostat to a more energy-efficient temperature while you're away and have it automatically adjust to a more comfortable temperature when you return.

- **Shut off your water supply** - If you're going to be away for an extended period of time, consider shutting off your water supply. This will help prevent any potential water leaks or damage to your HVAC system.

- **Clean your HVAC filters** - Dirty air filters can reduce the efficiency of your HVAC system and lead to higher energy bills. Before you leave for vacation, make sure to clean or replace your air filters to keep your HVAC system running smoothly while you're away.

- **Schedule a professional inspection** - If you're going to be away for an extended period of time, it's a good idea to schedule a professional inspection of your HVAC system before you leave. A certified technician can identify any potential issues and make sure your system is running at peak efficiency while you're away.

By taking these simple steps, you can help ensure your HVAC system is prepared for your absence and will continue to function properly while you're away. And when you return home from vacation, you can rest easy knowing your home will be comfortable and energy-efficient.

If you're unsure how to properly prepare your HVAC system for your next vacation, don't worry, you're not alone. After all, who has time to worry about air filters and thermostats when you're busy packing for a trip? Don't fret. Contact your local heating and cooling company for help, and, when you return home, you can bask in the glory of a comfortable, energy-efficient home, without lifting a finger. So go ahead and enjoy your vacation. ■

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

RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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Polk County North/West Side Highlights



Polk County Gives Funds for a New Grimes Public Library

The new **Grimes Public Library** is under construction and scheduled to open before the end of the year. **Polk County provided a \$75,000 Community Development Grant** toward the construction of the project. Grimes Library Director Cheryl Heid says, "This project was only possible because of support from Polk County and other generous individuals and community leaders."

Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



Polk County Grants Historic West Des Moines \$1 Million

Polk County recently provided **\$1 million for new housing initiatives in Historic West Des Moines**. The initiative is designed to rehabilitate homes, increase home ownership for low and moderate income lowans, and provide down payment assistance.

Trestle to Trestle Bridge Reopens in Johnston

A major artery between the cities of **Johnston and Des Moines** is once again open to cyclists and walkers. The bridge was closed beginning spring of 2019 when the previous bridge collapsed under the weight of ice jams and high water. **Polk County provided significant funding to reopen the bridge** with new amenities and features.



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HEALTH

By Dr. Amy Petersen

POOL safety

With the hot, humid summer days, families are looking to their own backyards for water entertainment. Although fun, having a wading pool, above or underground pool, or hot tub comes with big responsibility. Drowning is the leading cause of injury-related death in children ages 1-4. It can happen in seconds to minutes and is often silent without waving, splashing or yelling.

Following these safety tips can ensure a more safe and enjoyable summer in the water.

- Install fencing with a self-closing gate at least 4-5 feet high on all sides of the pool.
- Put all pool toys away when finished playing in the pool. If you have an above-ground pool, always lock or remove the ladder when finished.
- Learn CPR.
- Designate an adult "water watcher" in group-swim situations and take turns with this responsibility. Put away cell phones and avoid distractions when it is your turn.
- Enroll your kids in swim lessons.
- Never rely on water wings, floaties, noodles or inner tubes. These are toys, not safety devices.
- Keep safety equipment, such as emergency flotation devices, nearby when swimming. ■



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

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HEALTH

By Elijah Evans

MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We

can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

CAREGIVER burnout is real

You may be asking yourself, "What is caregiver burnout?"

It is described as a state of physical, emotional and mental exhaustion. It may be accompanied by a change in attitude, from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, physically or financially.

The good thing is, there is so much help out there. It doesn't have to be like this forever; it isn't a permanent thing. Adult day care offers more than just a place to stay during the day.

Adult day care is dedicated to providing a supportive and caring environment for those in need of extra care. Care teams are passionate about creating a personalized experience that meets the individual's interests and capabilities.

Adult day care will help alleviate stress for both those in need of care and their loved ones. They strive to create an atmosphere where everyone feels at home and can enjoy their time together. So, come join a community of caregivers and experience the joys of adult day care. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukeg, 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.



NOW OPEN!

It's very common for those taking care of loved ones to feel burnt out and exhausted.

Here are a few of our tips on how to prevent/minimize caregiver burnout:

- ✓ Set realistic expectations for yourself.
- ✓ Take time for YOU.
- ✓ Join a support group.
- ✓ Take regular breaks.
- ✓ Enroll your loved one in adult day care. (Hint Hint: The most important step!)

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LASER use in dentistry

Are you someone who frequently gets canker sores? Canker sores, or aphthous ulcers, can occur for a variety of reasons: food sensitivities, mouth wash/toothpaste containing sodium lauryl sulfate, hormone shifts, or even emotional stress. Vitamin deficiencies such as B12, iron, zinc or calcium make younger children more prone to canker sores.

How do diode lasers work to treat canker sores? Light energy from the laser tip kills harmful bacteria while also creating bio stimulation to encourage collagen formation, which is the body's protein for replacing or repairing healthy gum tissue. When directed at a canker sore, it decreases the pressure on nerve endings, essentially eliminating pain within minutes. It can be used in conjunction with cleaning appointments to remove bacteria at the deepest portion of the gum pocket to reduce inflammation and promote healthy attachment of the gums to the tooth surface.

Soft tissue lasers have been used to treat lip and tongue ties in children, obtain biopsies, remove soft tissue bumps and contour the gum tissue above upper front teeth.

See your dentist today if you are experiencing mouth discomfort that can be eliminated in just minutes with the use of a laser. ■



Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukeg. Sources: 1. Effect of Low-power Laser on Treatment of Orofacial Pain. J Dent Res Dent Clin Dent Prospect. 2010 Summer; 4(3): 75-78. Published online 2010 Sep 16. doi: 10.5681/jodddd.2010.019. PMID: PMC3429981PMID: 22991602. 2. Canker Sore, Mayo Clinic.

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RIBBON Cutting

A ribbon cutting was held for Gary's Ride 2023, "Let's Beat Brain Cancer," May 20.



A ribbon cutting was held for Gary's Ride 2023, "Let's Beat Brain Cancer," May 20.



Kristin Wiedenfeld and picture, In Loving Memory of Gary Wiedenfeld



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RIBBON Cutting

Waukeee Area Chamber of Commerce hosted a ribbon cutting for Grace Estates Adult Daycare on May 31.



Waukeee Area Chamber of Commerce hosted a ribbon cutting for Grace Estates Adult Daycare on May 31.



Abigail Logan and Grace Kelly



Angi Carlson and Tiffany Simon



David Baker, Mayor Courtney Clarke and Brooke Baker

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A Waukee Area Chamber of Commerce ribbon cutting was held for Burn Boot Camp May 24.



Jennifer Brown and Norm Boaz at the Waukee Area Chamber of Commerce ribbon cutting for Burn Boot Camp May 24.



Morgan Doffs, Aliss Thompson and Terry Evans at the Waukee Area Chamber of Commerce ribbon cutting for Burn Boot Camp May 24.



Michael Bartos and Chris Juhl at the Waukee Area Chamber of Commerce ribbon cutting for Burn Boot Camp May 24.



Chris Crone and Nick Osborne at the Waukee Area Chamber of Commerce ribbon cutting for Burn Boot Camp May 24.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Waukee Dental May 18.



Julie Jordan and Shawnae Lambert at the Waukee Area Chamber of Commerce ribbon cutting for Waukee Dental May 18.



Kyle Lundy and John Brown at the Waukee Area Chamber of Commerce ribbon cutting for Waukee Dental May 18.



Rob Grove, Randi Willard and Dan Clute at the Waukee Area Chamber of Commerce ribbon cutting for Waukee Dental May 18.



Glen Marlett, Jane Angstman and Amanda Schneller at the Waukee Area Chamber of Commerce ribbon cutting for Waukee Dental May 18.

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