

WAUKEE

AUGUST 2023

# Living

MAGAZINE

## PUT ME IN, COACH

Residents recall the coaches  
who impacted their lives

Heart-healthy pita pizza  
RECIPE

Skogstrom adds color to Waukee Triangle  
COMMUNITY

Ritzman raises funds to help with player expenses  
NEIGHBOR SPOTLIGHT

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# How to Ease Back-to-school Anxiety



## 1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

## 2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

## 3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

## 4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

## 5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
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WELCOME

## JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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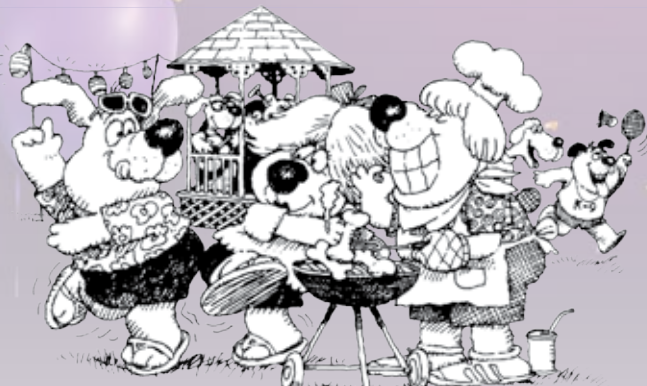
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## FEATURE

Jinbang Jeong and his wife, Eunie Ko, teach taekwondo at their own studio.

Photo by Jackie Wilson

# PUT ME IN, COACH


Residents recall the coaches who impacted their lives

**By Jackie Wilson**

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.







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## Lessons from a master

As a 5-year-old, Jinbang Jeong began Taekwondo training at his home in Seoul, South Korea. He became an Olympic Taekwondo sparring athlete at age 11 and began teaching and coaching at age 22.

Today, Master Jeong is a Taekwondo coach, teaching students at Master Jeong's Tae Kwon Do & Family Martial Arts in Clive. Jeong and his wife, Eunie Ko, who helps translate for him, moved to Waukee in 2018.

Sparring is a type of freeform simulated combat, delivered with punches and kicks between two athletes. Jeong says his first coach, Master Seo, was a dedicated coach, and the Olympic training was intense.

"We worked out every day with very long days, with time only to eat and sleep," he recalls.

Seo was skilled at teaching sparring, including his "kicks to win" method, says Jeong.

"He taught us to kick correctly and place



Jinbang Jeong, third from the right, as a 16-year-old student of Master Seo, far right.

the kicks to different areas of our opponents' bodies. This would result in good scores during a sparring tournament," he says.

Jeong says his coach was steadfast.

"He taught us to never give up. With sparring, you need a lot of patience to focus your whole body's power," he says.

Words from Jeong's coach stayed with him

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throughout the years.

“Master Seo told us that Taekwondo is not a fight with others; it is a fight with yourself. When I was a young man, I didn’t understand this very well,” says Jeong. “When I stopped being a sparring athlete, then I realized what he was saying to me.”

He stopped sparring at age 22. He was attending a university and joined the Peace Corps as a volunteer to teach Taekwondo, which allowed him to “see the world.” He had an internship in the United States and thought it would be helpful to learn American skills and culture.

He and Eunie moved to the U.S. in 2012. He coached Taekwondo in Boise and Chicago and finally opened up his own studio, settling in Waukee in 2018, “where people are kind,” he says.

Today, he coaches a variety of students from ages 4 to adult. Because of his coach, Master Seo, he says he spends much time pondering his influence at his studio.

“I’m always teaching my students to give

their personal best and make it a priority to work each day to improve something in their Taekwondo practice, which helps with self-esteem,” he says.

He says kids and young adults struggle with self-worth, and it’s his goal to build them up.

“Today, many people don’t have self-esteem, and they don’t think that they are important in society. It’s my goal each day at my school to let students know how amazing they are as a person,” he says, smiling.

He recognizes their efforts and tells them how they’ve improved.

“I thank students for being helpful and kind to others,” he adds.

He’s witnessed students improve both mentally and physically, which he says is rewarding as a coach. He had one autistic student who struggled to follow instructions.

“Now, after being in class, he doesn’t need any help, and his physical skills are improving. I’m very proud of him,” he says.

Another student was having “attitude

problems” in school.

“Now she listens to the teacher and has respectful attitude. I am grateful to help. When students have no self-esteem or energy, I see an improvement after they come to class.”

As a role model, Jeong says he takes his job seriously.

“I’m just a person and not perfect,” he says. “I take my spirit and passion and Taekwondo very seriously. I try my very best to teach and show my passion and skill set with my students.”

He says his philosophy was influenced by Master Seo, who gave encouragement and dedication. The two are still in contact.

Jeong says he wants to encourage kids and make them feel important.

“I hope when they see how proud I am of them, they feel important inside,” he says. “This is how we grow our self-esteem. It served us well in life’s challenges. I assure them that they can do everything they dream of, if they don’t give up.”



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## Gymnastics to business coach

As an 8-year-old, when Megan Bankole joined a tumbling team, she believed she was “terrible” at the sport. But she says her coaches encouraged her, and she was never made to feel as bad as she thought she was. Because of her positive experiences with her coaches, she’s become a coach as well.

She says her tumbling team coach, Lori Erickson, had a passion for what she did. At age 15, Bankole began coaching gymnastics at Corner House.

“They asked if I wanted to coach students. I came in to watch a class and was able to teach the next week,” she recalls.

She modeled her coaching after her gymnastics coaches and bosses, Jeff Jorgenson and Chris Jacobs.

“They were both amazing and encouraging.”

Although Bankole says she was good at gymnastics, she knew that she couldn’t make a career out of it. Instead, she began working at Chow’s Gymnastics, helping young athletes.

“It’s all about helping kids get what they want from sports. It shouldn’t be what the coaches want,” she says. “Only 1% of athletes coached become professionals, and very few go on to future sports. Youth coaches fall in love with the sport. Receiving a paycheck isn’t the point to coaching.”

She says she learned good communication skills from her coaches.

“All kids are different. You have to say the same thing in different ways. The key to being a good coach is to help manage emotions and setbacks. In lots of competitive sports, coaches focus on what’s not going well. Kids drop out when things aren’t going well,” she explains.

She says her job as a coach is to help people fall in love with whatever they’re doing.

“If you don’t love it, you won’t stay with it. You need to have daily challenges and daily successes. You need to feel challenged but also need to feel success when you walk out the door.”

Now Bankole’s coaching has morphed into coaching business owners. As a real estate agent, she helps business owners prosper and succeed.



Megan Bankole of Waukee is a business coach and credits her early coaches with giving her encouragement. Photo submitted

“Business owners think that they can do it better by themselves, which is why they go into business. Then they realize it was more hard work and challenging than they thought it would be,” she says.

Bankole helps work on time management

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and focus on people's strengths.

"In consulting with business owners, coaches are no different than coaching an athlete. It's like having an outsider looking in and helping make minor adjustments. That's what a coach does," she explains.

Bankole is still involved in gymnastics — now as a judge of high-level gymnastics. She likes working with youth and seeing their determination.

"Athletes work year round," she says. "We show up as a judge correctly applying rules and managing emotions. Events produce a lot of emotions for the athletes."

She says she makes it a rule not to coach her own kids. Her daughter joined gymnastics, but Bankole never coached her.

"The parent-coach dynamic shouldn't be a partnership. Sometimes it works, other times it's not an ideal situation. Parents are usually harder on their own kids," she says.

Bankole says she is grateful for her coaches' advice and encouragement.

"Sports and good coaches help athletes understand everything is a process. It helps

**"Sports and good coaches help athletes understand everything is a process. It helps you stick with something today. The lessons people carry with them are the most important thing. The connections you make with other people are just as important."**

— Megan Bankole

you stick with something today," she says. "The lessons people carry with them are the most important thing. The connections you make with other people are just as important."

She credits her current career and passion to her coaches.

"Overall, if I hadn't seen their passion, there's no way I would be doing what I do today," she says. "No one would have picked me out of the crowd. It's because of the

passion I saw in my coach and the passion and success and the love of kids that I'm a coach."

Being a coach is not always about the winning or the outcome.

"You'll have good days and bad days, but that's OK," she reflects. "Get back into the gym and refocus. Coaching gives an opportunity to teach and learn life skills. I stayed with it for my life, and it's easy to be passionate as a coach." ■



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## COMMUNITY

By Jackie Wilson

## TRIANGLE'S bright murals

Skogstrom adds color to streetscape.



Joan Skogstrom's murals are bright and graphic.



A decades-old building in downtown's Waukee Triangle is now full of life and color, thanks to two murals painted by Joan Skogstrom.

One mural outside of Kenny's Garage was completed last year and the other one this July. Skogstrom's son attended Waukee Schools, and she frequently drove past the blank building before finally approaching the owners of Kenny's Garage with her idea.

"Jamie (the owner) said they'd been talking about it for months," she recalls. "They worked with the Waukee Betterment Foundation to obtain a grant for the artwork."

She was given creative rein and sketched an idea. She looked inside the bar for inspiration and came up with a music theme, as Kenny's Garage is known for hosting live music on weekends.

A second mural contains whimsical "monsters" on bikes and a motorcycle, reflecting the owners' passions.

On the busy street, the public often honked while she worked, giving her a thumbs up or stopping by to talk about the art and its progression.

"I had to put on headphones because it got to be too much. The folks at the elevator across the street, I talked to a lot. There was a lot of speculation about what it was going to be," she says.

Skogstrom's background in art began when she was a teenager living in Algona. She painted murals in homes before going to college. She became an attorney and later a life coach. When she suggested to a life coach client they should get back into their passion, she questioned, "Why not me?"

"I'm not formally trained in art," she explains. "I took my first art class last year."

What she likes about her artwork is the vibrant colors and whimsical pop-art style.

"If you want a Mona Lisa, don't call Joan," she says. "But if you want a Mona Lisa eating ice cream, then call Joan."

She likes how all the murals convey a happy message inclusive for all folks.

"These aren't murals from the 1960s, which conveyed an issue of unrest or to communicate a message of change. I like how it brightens the space, and I see a lot of smiles. I don't want someone to look at my art and be perplexed. Happy murals give people something to talk about and not gripe about something."

She's currently working on a third mural in Waukee. She hasn't revealed the content, but the happy mural will be sure to contain lots of color. ■

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

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To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations.



## Waukee Farmers Market

Wednesdays, 4-7 p.m.  
Downtown Triangle

Head on over to the Waukee Farmers Market. It features farm-fresh fruits and vegetables, flowers and plants, prepared foods, crafts and more. They have some great musicians performing each week.



## Bingo

Friday, Sept. 1, Oct. 6 and Nov. 3, 1-2:30 p.m.  
Waukee Community Center, 675 Walnut St.



Who doesn't love yelling "Bingo" out as the victor in this classic game of chance? Gather friends or meet some new ones at this monthly bingo event. Improve your odds and play two cards at once if you wish. Cost is Bingo \$1 plus 10 cents per card played per round, with a maximum of two cards at one time.

## Yoga in the Park

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Windfield Open Air Shelter, 114 Windfield Parkway, Waukee

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## 2023 Waukee

### Economic

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Warrior Lanes, 190 S.E. Laurel St.,  
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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-reservations](http://warriorlanes.com/family-glow-reservations).

### Halfway to St. Pat's Car Show

Sunday, Sept. 17

Mugsy's Pizza House, 1225 Copper Creek Drive,  
Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com).



### Financial Peace University class

Starts Sunday, Sept. 17, 6:30-8 p.m.

Waukee United Methodist Church, 2350 LA Grant  
Parkway

Have you been looking for a way to finally get on top of your money? Visit [www.fpu.com/45DBFE](http://www.fpu.com/45DBFE) to join a nine-week Financial Peace University class. Because of the generosity of a church member who strongly believes in living debt free, the \$99.99 registration fee will be reimbursed after you attend all nine in-person sessions. ■



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Contact Connie Bever for more information or to schedule a tour.  
(515) 644-8740 | [Connie.Bever@CassiaLife.org](mailto:Connie.Bever@CassiaLife.org)

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

## WAUKEE American Legion Auxiliary news



Waukee American Legion Auxiliary officers are, from left: Beverly Gorman, president/treasurer; Michelle Bauer, secretary; and Mary Woodard, vice president. Missing is Hilda Aplin, chaplain.

Waukee American Legion Auxiliary had election of officers in June and installed the new officers at its July meeting. Officers were installed by Past Unit President and Past District President Sue Cline. The Auxiliary is a service organization that helps veterans, promotes patriotism, sponsors girls for Girls State and takes part in various community activities. During the summer, members assist the Waukee Legion with the Farmers' Market. They grill hamburgers and hot dogs, served with chips, drinks, baked beans, sweet corn in season, and all the condiments needed. Customers can eat in the air conditioned Veterans Hall at 410 Sixth St. in Waukee.

The group is looking for more members and welcomes new ideas for helping our veterans. If you are interested in joining, contact President Beverly Gorman at 515-745-8163 or bkgorman2@yahoo.com. ■

## GRANT awarded to transform building

The Iowa Economic Development Authority has awarded the City of Waukee a \$100,000 grant to help transform a vacant building into a new commercial space. Known as the Pin Oak building, 405 Sixth St. in downtown Waukee, it has been vacant for the past decade. Elbert Real Estate Group will convert the empty space into a modern-day American eatery.

In addition to creating a new destination to draw residents and visitors downtown, the 2023 Community Catalyst and Building Remediation Grant is a significant step forward for the City's downtown revitalization efforts. The new restaurant will fulfill a key priority from the Downtown Assessment that the City completed in 2022.

"In the Downtown Assessment process, many residents expressed their wish for a sit-down restaurant in the downtown area and their desire to see the Pin Oak building get new life," said Jennifer Brown, Economic Development director for the City of Waukee.

Plans will bring back some vintage charm, such as restoring the original step-down roofline. The renovation project is estimated to cost \$430,000. Adding several windows and a skylight will bring natural light into the space. ■

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\$100,000.00 - \$249,999.99	3.51%
\$250,000.00 - \$499,999.99	3.75%
\$500,000.00 - \$999,999.99	4.00%
\$1,000,000.00 - \$1,999,999.99	4.50%
\$2,000,000.00 and above	4.65%



<sup>1</sup>Annual Percentage Yields (APYs) are effective as of 08/01/2023 and subject to change without notice. Rates may change after the account is opened. Your actual APY may vary based on your actual account balance and activity during your statement cycle. <sup>2</sup>Advertised introductory interest rates and APYs are fixed for 12 months after the account is opened. After introductory period, the rate may change. Limit one promotional account per customer. Minimum balance to obtain the APY is \$25,000.00. Requires new money not already on deposit with MidWestOne Bank. Matured MidWestOne Certificates of Deposit can be deposited into this account and will qualify as new money. The bank reserves the right to deny deposit accounts over \$5,000,000.00. See a Personal Banker for current rates and account terms. Minimum balance to avoid \$10.00 service fee is \$25,000.00. Fees could reduce earnings. <sup>3</sup>National average APY is 0.42% and represents the average of the \$2,500.00 product tier as of June 20, 2023, as calculated by the FDIC. Certain exclusions apply.

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## RECIPE

# STEPS toward heart-healthy eating

*(Family Features)* As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit [hearttruth.gov](http://hearttruth.gov) to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov). ■

## Heart-healthy pita pizzas

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4



- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

### Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.

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## THINGS TO KNOW

- **WASP (Waukee Area Seniors & Police)**  
Aug. 30, 9 a.m.  
*Waukee Community Center*
- **Snacks & Facts: Country Music Memories Signed in Ink**  
Sept. 1, 11 a.m.  
*Waukee Community Center*
- **Bingo**  
Sept. 1, 1 p.m.  
*Waukee Community Center*
- **City Council Meetings**  
Sept. 5 & 18, 5:30 p.m.  
*City Hall and Zoom (See info at Waukee.org)*
- **Walnut Creek Watershed Festival**  
Sept. 8, 5:30 p.m.  
*Campbell Park in Clive*
- **Yoga in the Park**  
Sept. 9 & 23, 8 a.m.  
*Windfield Park*
- **Family & Friends Game Night**  
September 12, 4:45-7:45 p.m.  
*Waukee Public Library*
- **Waukee Farmers Market**  
Wednesdays, 4-7 p.m.  
*Downtown Triangle*

For more  
information  
scan to visit  
our website.



## Back to School Reminders

With thousands of students heading back to school on Aug. 23, residents, visitors, parents and students should allow extra time for travel as we all adjust to new schedules and traffic patterns. Watch carefully near crossings and entries to parking lots or drop-off points as many students will walk, bike and scooter to school. Take care to avoid blocking intersections if traffic is advancing slowly at peak times.

"We ask that parents and guardians do not park in the designated drop-off areas or in the roadways. Please complete drop-off or pick-up and keep moving or park and walk your child in if that's an option at your school," said Waukee Police Chief Chad McCluskey. "We run into dangerous back-up and illegal passing problems when people park or linger too long."

Chief McCluskey also notes that it is essential to never block the entrances to school parking lots or roundabouts. Emergency vehicles need to have access to the schools at all times. Thanks for your patience and close attention to your surroundings as you travel through Waukee during the first couple weeks of school.

### Road projects that may impact your commute

#### Parking Lot Improvements – Vince Meyer

Vince Meyer Learning Center near downtown Waukee had a major remodel of the parking lot this summer. Follow instructions from the school on drop off and pick up procedures. Please do not arrive early and sit idling for your drop or pick-up time as this can cause traffic to back up. Arrive on time and move through as quickly as you are able or park and walk in to get your child.

#### Traffic Signals on Douglas Parkway

- On Tuesday, August 15, Douglas Parkway will open west of Warrior Lane and the new traffic signal at NW Douglas Parkway and N Warrior Lane will be activated.
- A second traffic signal at NW Douglas Parkway and NW 10th Street will be installed later this fall.

#### Street and Lane Closures

- SE Waco Place has been closed to through traffic between SE Pleasantview Drive and SE Quinn Drive. The roadway is anticipated to reopen by Monday, August 21.
- Updates on Urbandale's NE Alice's Road (170th Street) Improvement project can be viewed at [Urbandale.org](http://Urbandale.org).

Wishing you a safe and enjoyable school year!

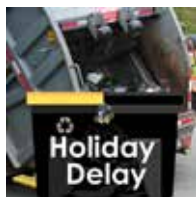


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## Labor Day Closures & Trash Pick-up Delay

All City of Waukee offices will be closed Monday, Sept. 4 in observance of Labor Day. The city council meeting regularly scheduled for Sept. 4 is rescheduled for Tuesday, Sept. 5. There will be no garbage, recycling or yard waste collection on Labor Day. Yard waste will be collected on Tuesday, Sept. 5; garbage and recycling collection will run on a Tuesday through Saturday schedule.



## City Council & Mayor Election Timeline

Mayor and 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 this November, 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](http://SOS.iowa.gov/Elections/ElectionInfo/CityElections.html)



## Fall Farm Day Trip for Seniors

On September 27, hop on the bus for a full day of farm fun in northeast Iowa. Tour Hansen's Dairy farm where you'll learn about dairy farming and processing, meet cows and kangaroos and taste their homemade ice cream. Then tour the John Deere Tractor & Engine Museum for an up-close look at John Deere equipment and trace the evolution from horse-drawn to horsepower. The \$105 ticket includes all tours, lunch at Barn Happy, bus transportation and gratuities. Save your spot at [Waukee.org/Registration](http://Waukee.org/Registration).



## Waukee Canopy Program Offers Low-Cost Trees

Waukee residents can order up to two low-cost trees through the canopy program with Waukee Parks & Recreation. Choose from 10 species, ranging from \$28-44. Find details at [Waukee.org/Canopy](http://Waukee.org/Canopy).



## Fall & Winter Program Registration Opens Aug. 31

Registration for Fall and Winter programs with Waukee Parks & Recreation will open Aug. 31 at 8 a.m.! Youth basketball, adult indoor volleyball, art classes, karate, group meal planning and prep parties, day trips and more will entertain and educate people of all ages. Visit [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec) to learn more about programs, festivals and special events.



## Join a Free Bus Tour of Development Around Waukee

The Waukee Area Chamber of Commerce is hosting an Economic Development Bus Tour on September 14 for the community to see current development projects and learn about exciting upcoming projects around Waukee. After a brief program in The IMAX Theatre, City of Waukee staff lead the guided tour followed by a networking social. This event is free to attend, but registration is required. Register as a guest on the Waukee Area Chamber's calendar at [waukeechamber.com](http://waukeechamber.com).



## September News for the Waukee Public Library

The Waukee Public Library will resume Sunday hours on September 10. Find opening hours at [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org). In addition to great reading materials, the library offers meeting and study rooms, computers, wireless printing and a flatbed scanner.



September is Library Card Sign-Up Month, so swing by 950 S. Warrior Lane or visit their website to get your card today! While you're at the Library, pick up the fall edition of The Notice for great programs and events through year's end. You can also view it at [WaukeePublicLibrary.org/Events-Guide](http://WaukeePublicLibrary.org/Events-Guide).

# WAUKEE.ORG

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# A HELPING hand — and a place to stay

Torstenson provides rest and more for RAGBRAI riders.

As RAGBRAI cyclists pedaled their way through Des Moines, battling intense heat and humidity, a Waukee-based emergency medicine doctor recognized an opportunity to make a tangible difference. Dr. Chad Torstenson recognized the challenges that RAGBRAI riders were facing. The combination of physical exertion and uncomfortable sleeping conditions in tents was taking a toll on the riders' wellbeing. With a sense of empathy and an eagerness to assist, Torstenson decided to offer his home as a haven for those seeking relief.

Torstenson posted an invite on the RAGBRAI L July 23-29, 2023 Facebook group offering a stay in a free, air-conditioned home with extra bedrooms, showers and laundry. The original post, made in a group with more than 52,000 members, garnered almost 700 reactions and 66 comments — many of them praising Torstenson's offer. Three groups of riders, each with their unique stories and circumstances, responded to the post and found a place to stay in the Torstenson home.

"There was a group from Iowa City, and a father-daughter group from California and then there was a gal from Missouri that was just a single rider," Torstenson says.

Normally, Torstenson's rooms are occupied by his daughters, but not for the night RAGBRAI came through Des Moines. This freed up a couple of beds.

Torstenson did his best to accommodate all requests made on his post, including one made by a group from Georgia. That group was looking for a place to park their RV. While Torstenson did not have a place at his residence, he was able to organize a spot at his brother's nearby acreage. His brother even provided them with a car to go to the Lynyrd Skynyrd concert.

"All around, I think people had a good experience with the Torstensons," he says.

While there were plenty of activities located in and around Des Moines to celebrate, the riders at Torstenson's house had other plans.

"Of course, there were a lot of festivities going on in Des Moines, but



Dr. Chad Torstenson knew how hard the heat could hit RAGBRAI participants, so he offered his hospitality and home to some of those passing through.

people were so pooped from riding in the heat that nobody really wanted to participate," Torstenson says. "So I picked the people up in separate loads and brought them back here, and they showered up, did some laundry — a pretty low-key evening."

Additionally, Torstenson brought the group to Central Standard in Waukee. He enjoyed getting to know people he had never met before.

After a good night's rest, the riders set off to complete the rest of RAGBRAI. Meanwhile, Torstenson posted again on Facebook, asking if anyone needed to tap out. He took one gentleman in his 60s to the next stop in Tama and another couple to Iowa City.

Overall, there were no regrets, stresses or complications for Torstenson. He would do it all over again if he had the chance, he says.

"At the end of the day, I think many people in a similar situation would have done the same thing," Torstenson says. "Had it been 75 all week, I still probably would've done the same thing, but I don't think there would have been near the draw of people saying 'Yes, please.' " ■

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- Jon & Marcia Bergren



# WAUKEE WARRIORS

## 2023 FALL SCHEDULE

### FOOTBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:00PM	Ames	Waukee Stadium
Sep 1	7:00PM	Waukee Northwest High School	Waukee Northwest High School
Sep 8	7:00PM	Sioux City North	TBA
Sep 15	7:00PM	WDM Valley	Waukee Stadium
Sep 22	7:00PM	Johnston	Johnston High School
Sep 29	7:00PM	Des Moines Lincoln	Waukee Stadium
Oct 6	7:00PM	Southeast Polk	Waukee Stadium
Oct 12	7:00PM	Des Moines Roosevelt	Drake Stadium
Oct 20	7:00PM	Council Bluffs Abraham Lincoln	Gale Wickersham Athletic Complex

### FOOTBALL JV

DATE	TIME	OPPONENT	LOCATION
Aug 28	6:00PM	Ames	Waukee Stadium
Sep 4	6:00PM	Waukee Northwest	Waukee Northwest High School
Sep 11	6:00PM	Urbandale	Urbandale High School
Sep 18	6:00PM	WDM Valley	Waukee Stadium
Sep 25	6:00PM	Johnston	Johnston High School
Oct 2	6:00PM	Des Moines Lincoln	Waukee Stadium
Oct 9	6:00PM	Southeast Polk	Waukee Stadium
Oct 16	6:00PM	Des Moines Roosevelt	Roosevelt Field
Oct 23	6:00PM	Dowling Catholic	Dowling Catholic High School

## FOR ALL WARRIORS SCHEDULES



Schedules are subject to change.  
Scan for most up-to-date schedules.

### VOLLEYBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
Aug 19	9:00AM	Multiple Schools	Johnston High School
Aug 22	7:30PM	Ankeny Centennial High School	Ankeny Centennial High School
Aug 26	9:00AM	Multiple Schools	Ankeny Centennial High School
Aug 29	7:30PM	Ankeny High School	Ankeny High School
Sep 2	8:30AM	Multiple Schools	Valley High School
Sep 5	7:30PM	Southeast Polk	Waukee High School
Sep 9	8:00AM	Multiple Schools	Southeast Polk High School
Sep 12	7:30PM	Dowling Catholic	Dowling Catholic High School
Sep 16	8:30AM	Multiple Schools	Waukee High School - Field House
Sep 19	7:30PM	Waukee Northwest	Waukee High School
Sep 26	7:30PM	Urbandale	Waukee High School
Oct 3	7:30PM	Johnston	Johnston High School
Oct 5	7:30PM	WDM Valley	Waukee High School
Oct 14	8:30AM	Multiple Schools	Johnston High School

### GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 22	6:20PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Aug 26	8:00AM	Multiple Schools	Prairie High School
Aug 28	4:00PM	Multiple Schools	Iowa State University Cross Country Course
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 12	5:45PM	Multiple Schools	Valley Southwoods Freshman High School
Sep 16	10:00AM	Central College	Central College
Sep 28	4:30PM	Multiple Schools	Southeast Polk High School
Oct 5	4:00PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 11	TBD	Multiple Schools	DMACC

### BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 22	7:00PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Aug 26	8:00AM	Multiple Schools	Prairie High School
Aug 28	4:00PM	Multiple Schools	Iowa State University Cross Country Course
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 12	6:05PM	Multiple Schools	Valley Southwoods Freshman High School
Sep 16	10:00AM	Central College	Central College
Sep 21	5:00PM	Multiple Schools	Pickard Park
Sep 28	4:30PM	Multiple Schools	Southeast Polk High School
Oct 5	4:30PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 11	TBD	Multiple Schools	DMACC

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# NORTHWEST WOLVES

## 2023 FALL SCHEDULE

### FOOTBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:00PM	Johnston	Johnston High School
Sep 1	7:00PM	Waukee	Waukee Northwest High School
Sep 8	7:00PM	Des Moines Roosevelt	Waukee Northwest High School
Sep 15	7:00PM	Dowling Catholic	Valley Stadium
Sep 22	7:00PM	Waterloo West	Waukee Northwest High School
Sep 29	7:00PM	WDM Valley	Valley Stadium
Oct 6	7:00PM	Ottumwa	Waukee Northwest High School
Oct 13	7:00PM	Ankeny Centennial High School	Northview Middle School-Auditorium
Oct 20	7:00PM	Ames	Ames High School

### FOOTBALL JV

DATE	TIME	OPPONENT	LOCATION
Aug 28	6:00PM	Johnston	Johnston High School
Sep 4	6:00PM	Waukee	Waukee Northwest High School
Sep 11	6:00PM	Des Moines Roosevelt	Waukee Northwest High School
Sep 18	6:00PM	Dowling Catholic	Dowling Catholic High School
Sep 25	6:00PM	Waterloo West	TBA
Oct 2	6:00PM	WDM Valley	Valley High School
Oct 16	6:00PM	Ankeny Centennial High School	Ankeny Centennial High School
Oct 19	6:00PM	Ames	Ames High School

### VOLLEYBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
Aug 19	9:00AM	Multiple Schools	Johnston High School
Aug 26	9:00AM	Multiple Schools	Ankeny Centennial High School
Aug 29	7:30PM	Johnston	Waukee Northwest High School
Sep 2	8:30AM	Multiple Schools	Valley High School
Sep 5	7:30PM	WDM Valley	Valley High School
Sep 9	8:00AM	Multiple Schools	Southeast Polk High School
Sep 12	7:30PM	Southeast Polk	Waukee Northwest High School
Sep 19	7:30PM	Waukee	Waukee High School
Sep 23	9:00PM	Multiple Schools	University of Northern Iowa
Sep 26	7:30PM	Ankeny High School	Ankeny High School
Sep 30	8:00AM	Multiple Schools	Urbandale High School
Oct 3	7:30PM	Urbandale	Urbandale High School
Oct 5	7:30PM	Dowling Catholic	Waukee Northwest High School
Oct 10	7:30PM	Ankeny Centennial High School	Waukee Northwest High School

### GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 22	6:20PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Oct 11	TBD	Multiple Schools	DMACC

### BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 22	7:00PM	Multiple Schools	DMACC - Trail Point Aquatics Center
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 28	4:30PM	Multiple Schools	Southeast Polk High School
Oct 11	TBD	Multiple Schools	DMACC

**FOR ALL WOLVES  
SCHEDULES**



Schedules are subject to change.  
Scan for most up-to-date schedules.

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# MAKE SURE your will is legally binding

When creating your last will and testament, nothing is more important than making sure it is legally binding. Failing to meet the legal requirements can invalidate your will. If your will is invalidated, your property will pass through the laws of intestate succession, which can produce serious consequences for your heirs and beneficiaries.

Your last will must meet five legal requirements:

- Testamentary capacity
- Testamentary intent
- In writing
- Signed
- Witnessed

To create a will, you must have testamentary capacity when you sign your will.



It is important that you are of “sound mind,” or understand and are aware of your actions. You also must understand the nature of the property you own and to whom you are leaving your property. For example, it is important to identify all of your potential heirs, even if you will leave one or more of them out of the will. This prevents a challenge later.

You must also have testamentary intent to create a valid will. To put it simply, you must clearly express your intention to make a particular document function as your will.

For your will to be valid, your will must be in writing. Iowa requires a will to be written or printed on physical paper. Additionally, your will must be signed by you. If your will is not signed, it will be nullified.

Finally, your will must have two disinterested witnesses sign the will. These witnesses are attesting to the fact that this document is meant to be your will and that you

were of sound mind when you signed your will. Witnesses are disinterested only if they are not beneficiaries, so, in general, a spouse or children cannot be a witness to your will.

There are other essentials to a will, such as the self-proving affidavit, remote-contingency clauses, in terrorem provisions, and a uniform simultaneous death preference. Wills can also nominate a guardian for a minor child or establish a trust for the benefit of an heir.

When done correctly, wills can be a good tool in making sure that your assets are distributed the way you would like them to be after you die. Be sure to consult with an experienced attorney when choosing a will for your estate planning to make sure it meets the legal requirements. ■

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

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# RITZMAN volunteers for Waukee Youth Football

Fireworks fundraising helps offset players' costs.

Participating in a sporting team is expensive. With equipment and clothing costs rising, one coach took a creative fundraising approach to ensure that the expenses weren't passed on to players and their families.

Eric Ritzman is president of Waukee Youth Football, as well as a coach and board member. He knew costs were rising and set up a fireworks stand as a fundraising effort to offset players' expenses.

"Fundraising opportunities are sent our way regularly, but the fireworks stand caught our attention because we could raise money from the community as a whole instead of trying to sell something back to the families who just paid their participation fee."

He completed training and spent weeks of his time tending to the stand. He says the effort was worth it.

"Our players deserve to have the best uniforms, equipment, referees and coaches. We're committed to making our sport as affordable as possible in an environment where everything is becoming more



Travis Gaule, right, of Edward Jones, presents the Neighbor Spotlight certificate to Eric Ritzman.

expensive," he explains. "When a signification fundraising opportunity presents itself, and the results continue to make WYF the best league in the area, it's well worth the time and energy to make it happen for our kids."

Ritzman grew up with his dad as a football coach, sharing countless memories. When he and his wife, Katy, moved to Waukee, they signed up their oldest son for WYF, and he volunteered to coach, continuing the family tradition.

"I saw firsthand the positive impact my dad's coaching had on me and my teammates," he says. "I soon learned what an amazing league Kevin Holmes and Kevin Slaybaugh had established. It's a privilege to run the league with the same mindset of putting fun first and giving kids an amazing football experience."

In July, the group hit their projected dollar goal, thanks in part to the support from the families and communities that purchased fireworks. Players helped at the stand, working as a team. He thanks his fellow board members, Coach Bakker and Warrior Football for their support.

"It's truly amazing to see the high school and youth programs work together and seeing players learn valuable life skills through the game of football," he says.

As a volunteer league, all the funding goes straight back to the players and the program. The league is looking for community support throughout the year. For sponsorship opportunities or for more information, visit [www.waukeeyouthfootball.com](http://www.waukeeyouthfootball.com). ■

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**Travis Gaule**  
Financial Advisor  
14225 University Ave Ste #240  
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# AC: modern marvels

Get ready to chill, because we're about to embark on an adventure that will leave you wanting to upgrade your AC unit immediately.

Gone are the days of clunky, energy-draining air conditioners that seemed to blow more hot air than cold. Today's air conditioners are like sleek, energy-sipping ninjas, ensuring your comfort without breaking the bank. So, why exactly are newer AC units so efficient? Let's unveil the secrets:



Modern air conditioners employ state-of-the-art technology, such as variable-speed compressors and smart thermostats. These smart features allow your AC to adjust its output based on your cooling needs, ensuring that it doesn't work harder than necessary. It's like having a personal cooling assistant, always tailoring the perfect temperature just for you.

Say hello to the superhero acronym of air conditioners — SEER. This stands for Seasonal Energy Efficiency Ratio, and it's an indicator of how efficiently your AC uses electricity. The higher the SEER rating, the more efficient your unit is, and the more you'll save on utility bills. Newer models can boast SEER ratings of 20 or more, while older ones typically have ratings below 10. Upgrade, and you'll see the difference on your monthly bills.

Not only do newer air conditioners save you money, but they also play a part in saving the planet. Many modern AC units use eco-friendly refrigerants that are kinder to the environment. You can stay cool while feeling good about your carbon footprint — talk about a win-win situation.

Your new AC can also play nice with other smart devices in your home. Imagine controlling your cooling remotely through your smartphone or integrating it with your smart home assistant. Turn your home into a futuristic, chill-zone paradise where the temperature bends to your will.

Newer air conditioners are built to last. With proper maintenance, they can provide reliable cooling for years, unlike older models that often required frequent repairs and replacement parts. Investing in a modern AC is a long-term commitment to staying cool and comfortable.

There's a world of difference between older AC units and the sleek, efficient wonders available today. Upgrading your air conditioner is a decision that brings you instant comfort, significant savings, and a nod to environmental responsibility. Embrace the chill, embrace the efficiency, and embrace the wonders of modern air conditioners. Remember, life's too short to sweat away in discomfort, especially when the solutions are as cool as the breeze from a modern AC. Keep it chill, folks. ■

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

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## LIBRARY

By Sam Bedford

# 5 FREE things you get with a library card



Everyone knows a library card will get you all the books you can dream of, but there's so much more. Cardholders who take advantage of all the programs, resources and services available at the Library can save hundreds, if not thousands, of dollars each year. Stop by the Waukee Public Library during Library Card Sign-up Month to sign up for a card and start making the most of your local public library.

Here are five free things you can do with a library card:

- **Try new activities:** Cardholders of all ages can check out kits made to spark your curiosity and scientific minds. Whether it's a telescope, knitting supplies or a toy lab kit, you can find something for everyone to take home for up to three weeks at a time.
- **Use public computers:** Did you know that whether or not you have a library card, you can use the Library's computers? Simply enter your card number (or get a guest code) to use the computers for work, school or leisure. A printer and scanner are available, too.
- **Read e-books, e-audiobooks, digital magazines:** In addition to physical library books, cardholders get access to e-books, e-audiobooks, digital magazines, and movies through Libby, Infobase, Tumblebooks and other online library resources.
- **Get a Washington Post newspaper subscription:** You don't need to buy a subscription to read the Washington Post. You just need a library card. Enjoy unlimited digital access to washingtonpost.com with a renewable seven-day license.
- **Visit local attractions:** Through Central Iowa's Adventure Pass, Waukee cardholders can access free tickets to local attractions like the Blank Park Zoo, the Science Center, and more. The Waukee Public Library has your ticket to fantastic destinations nearby.

It's important to note that everyone is always welcome at the Waukee Public Library whether or not you have a library card. There are study spaces, worktables, programs, events and more waiting for anyone who walks through the doors.

Learn more about the Library and sign up for a card at [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact staff at [askme@waukee.org](mailto:askme@waukee.org) or 515-978-7944.



## Programs and events

Most events require advanced registration and can be viewed at [waukeepubliclibrary.org/calendar](http://waukeepubliclibrary.org/calendar).

- **Art Gallery Exhibit: "Mechanical Combines," Russ Nordman,** Sept. 3-29.

## Kids

- **Early Out CultureALL Journey,** Wednesday, Sept. 6, 2:30 p.m. Take a family-friendly global journey from the comfort of the Library with a CultureALL Ambassador representing Chile. Kids in grades K-5 will learn about the games of Chile, followed by a related activity. Registration required.

## Teens

- **Teen Snacks & Crafts,** Saturday, Sept. 9, 10 a.m. Get snacky and crafty or just hang out with friends. Coloring and craft supplies will be provided for tweens and teens to be creative. Snacks and a structured activity will be provided, but students will also have the option to color or craft what they wish from the available supplies. September's craft is making a clay worry stone. For students in grades 6-12. Registration required.

## Adults

- **Back to School Organization for Busy Parents and Caregivers,** Saturday, Sept. 16, 2 p.m. Let's talk about cutting down on the stress that comes with busy school mornings. In this talk by Jolene de Bruijn, owner of Nice & Neat Pro Organizing, you will learn about clearing up some of the common household bottlenecks that show up at this time of year. Discover ways to control the paper clutter and put a few simple organizing systems in place that allow for an easy walk to the bus. You'll come away with ideas, inspiration and ways to implement a plan to set it all up. Registration required.

## Multi-Age

- **Family & Friends Game Night,** Tuesday, Sept. 12, 4:45-7:45 p.m. Join the Library the second Tuesday of every month this fall for all-ages games. The Dealt Hand will bring an assortment of 200-plus card and board games for all levels of knowledge and experience. Children ages 5 and older are welcome. Drop in for a single game or stay and play for the entire three hours. Refreshments will be provided while they last. Registration requested. ■



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**SENIOR**

By Brooke Baker

## NEED for an adult day care

Growing up, we had a great sense of family. We were always around grandparents and the elderly. We would go to nursing homes monthly with my family to sing songs and to do Bible studies. As we grew up, this gave us the value and importance of caring for the elderly.



Fast forward to 2018. My mom was beginning to show signs of memory loss. After a hospital scare, she was then diagnosed with dementia. Having lived in her home for 40-plus years, she refused to move. As a busy family raising our own children and the heavy burden on my father as her primary caretaker, we were running out of ways to adequately care for her.

As we prayed and searched for the right options, we discovered this thing called adult day care. We loved the idea of my mom having a safe place to socialize, have stimulating activities, exercise, meals, etc.

My mom has been attending adult day care for more than a year now, and I can't say enough amazing things about what it has done for my family. She has become less agitated, increased her mobility, gained healthy weight, socializes with friends, and so much more. This has given her a purpose while giving a brief reprieve for my dad.

If you are sitting in the same boat we were, please don't hesitate to reach out for help. Maybe it's time for you to consider adult day care for your loved one. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukee, 516-518-0977, [www.graceestatesadc.com](http://www.graceestatesadc.com).

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TEAM DENTIST FOR THE BUCCANEERS



**HEALTH**

By Dr. Jason Brown

## DENTAL care in children

A common question asked by many parents is, "When do I take my child to the dentist for their first checkup?" Most literature recommends children be seen between 6-12 months old or once their first tooth has erupted. This first visit is beneficial for both parents and child to evaluate teeth and gums for any early concerns and give educational aids to help in the process and success of good oral hygiene.



A lot of parents ask about "training toothpaste" (which typically does not contain fluoride) for their children — if they should be using this, and, if so, for how long? The American Academy of Pediatrics recommends fluoride toothpaste be used after the first tooth has erupted with a small smear amount on the toothbrush bristles until the age of 3, then a pea-sized amount of fluoride toothpaste from ages 3-6 years. The benefits of brushing twice a day with fluoridated toothpaste to reduce the risk of developing cavities outweigh the risks when used in proper amounts.

Pacifier use or thumb sucking is another topic parents often ask about. Children typically stop sucking their thumbs between the ages of 2-4 years or by eruption of the first couple of permanent teeth. The duration of time and how hard they suck their thumb or pacifier can create dental problems with tooth positioning or changes to the roof of the mouth.

Make sure you have your child's next dental visit scheduled to maintain healthy oral development. ■

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

## ALLERGY shots 101

Ragweed season is just around the corner. For some Iowans, constant congestion, sneezing, itching and fatigue are putting a damper on their day-to-day lives. Many have tried over-the-counter allergy medicines with no long-term success. Fortunately, one of the most effective treatments is available from your local allergist: allergy shots. Allergy shots work by regularly exposing your body to small amounts of allergens to develop immunity over time. Adults and children ages 5 and older can receive allergy shots for both indoor and outdoor allergies. For treatment to be most effective, a board-certified allergist will formulate a specific plan that involves receiving multiple allergy shots in a medical clinic over a period of time. Many will notice benefit within the first year of starting allergy shots and long-term benefit can be achieved by continuing allergy shots for three to five years. Studies show that 85% of people who suffer from allergies have improvement with allergy shots. Allergy shots can decrease nasal and eye symptoms, decrease dependence on allergy medicines and, for some, improve allergic asthma, eczema and mental health.

If you suffer from allergies, make an appointment with an allergist to learn more about this life-changing treatment option. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



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## ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children. In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), 515-528-8135.

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# GROUND breaking

Waukee Area Chamber of Commerce hosted a ground breaking for McDonalds July 27.



Waukee Area Chamber of Commerce hosted a ground breaking for McDonalds July 27.



Alison Haroutunian, Enrique Knoell, Becky Roush and Mike Ruch.



Brian Douglas and Toby Johnson



Jane Angstman, Rob Grove and Terry Snyder



Kelly Troxel and Megan Rush



Michael Bartos, Brian Douglas and Dave Roberts



Chief Chad McCluskey and Mike Henson



Brett Zahner and Jane Eppink



Dave Roberts, Brian Douglas and Mike Ruch



Rob Grove and Chris Crone





Michael Bartos at the Waukee Area Chamber of Commerce's Golf Outing June 15 at Beaver Creek Golf Course.



Jamie and Justin Thompson at the Waukee Area Chamber of Commerce's Golf Outing June 15 at Beaver Creek Golf Course.



Juli Accola and Dave Massey at the Waukee Area Chamber of Commerce's Golf Outing June 15 at Beaver Creek Golf Course.



Adrianne Towe at the Waukee Area Chamber of Commerce's Golf Outing June 15 at Beaver Creek Golf Course.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Blue Agave, 9500 S.E. University Ave., Suite 2108, on June 22.



Chris Crone and family at the Waukee Area Chamber of Commerce ribbon cutting for Blue Agave on June 22.



Amber Rhoades and Brett Zahner at the Waukee Area Chamber of Commerce ribbon cutting for Blue Agave on June 22.

# HELP WANTED

## ELECTRIC SUPERINTENDENT

The City of Panora is accepting applications for this full-time position. The Superintendent oversees the overall operations of the City's electric system and is responsible for maintaining the electrical infrastructure, which includes, a substation that provides power to a 5KV distribution system that is 40% underground. The system load peaks at just over 4 MW. The City also has 3 stand-by generators with a generating capacity of 4.5 MW.

The Electric Superintendent is responsible for construction, maintenance, and design of the distribution system, including substation operations and maintenance. Electricity is purchased in bulk from the Guthrie REC through CIPCO. The Superintendent is responsible for managing all electric employees and reporting to the State.

The City is seeking applicants with the following qualifications:

- High School diploma or GED with a minimum of ten years of experience in electric power engineering, construction or maintenance, or an equivalent combination education and experience
- Possession of a valid class B CDL with air brake endorsement within 60 days of hire.
- Experience with budgeting and supervision
- Sound written and verbal communication skills
- Analytical with ability to interpret financial and/or engineering data
- Troubleshooting skills
- Residency requirement to be located within 5 miles of Panora within 6 months of start date.

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**Send or email letter of interest and resume to: City Administrator: [lisa@cityofpanora.com](mailto:lisa@cityofpanora.com) or PO Box 98, Panora IA 50216**

## GENERAL LABORER

The City of Panora, IA is looking for general laborer to assist in the operations, maintenance, and repair of the electrical distribution system. Essential functions include operating a variety of contractor's equipment and trucks utilized in maintenance of electric distribution, no hot line work is required. This is a full-time position who will work in all aspects of the Electric Utility helping to upgrade the system through various projects for the city and customers. This position reports directly to the Electrical Superintendent. Applicant must have or be able to obtain a valid CDL. Opportunity to obtain additional certifications in the electric field is available.

**Applications and job description may be picked up at City Hall or [www.cityofpanora.com](http://www.cityofpanora.com). Position open until filled. EOE.** Questions may be directed to Doug Long at (641) 757-0200.



# CITY OF PANORA

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## OUT & ABOUT

# RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for Papa Johns, 597 S.E. Alice's Road, Waukee, June 22.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Papa Johns, 597 S.E. Alice's Road, Waukee, June 22.



Matt Donaldson and Amber Rhoades



Kyra Stephens and David Kinkennon



Matt Peitzman, Nailea Valdivia and Missy Miller

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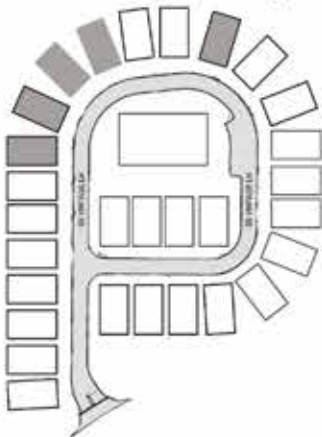
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# IT'S HOT AT



## HOT PRICES



**CLOSE OUT**  
on floor models  
*PICK UP AND SAVE!*

## HOT GRILLS



## IT'S HOT OUT THERE!



Window Air Conditioners  
5,000-28,000 BTU

Portable Air Conditioners  
SOME WITH HEAT!

## HOT PRICES

Upright Freezers  
6 CU FT - 20 CU FT  
Chest Freezers  
5 CU FT - 25 CU FT



REFRIGERATOR  
OR FREEZER



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



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*Always a good time to shop local!*