

Living

Trips

OF A

lifetime

Residents share stories of their
dreams-come-true vacations

Easter roast
RECIPE

Meet Casey Lewsader
EDUCATION

Rotary impacts community
NEIGHBOR SPOTLIGHT

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

VOTED THE
BEST LOCAL
PEDIATRIC CLINIC
10 TIMES!

*Providing family care at a
family-owned clinic.*



Waggoner Pediatrics of Central Iowa
Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org

Brian L. Waggoner, MD | Julie A. Waggoner, ARNP, CPNP

ONLY TRUST YOUR CHILDREN WITH THE BEST!



WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may be differ, I am happy to be along for the ride.

Thanks for reading. ■

SHANE GOODMAN
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



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

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

THIS ONE'S ON THE HOUSE!

Kick Off Your
Home Improvement
Project with a
Home Equity Loan
from Charter Bank.



Greg Grote
President
NMLS #541741



Ciara Halverson
AVP Market Manager
NMLS #2163496
Waukee



Chart Your Success With Us!

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

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

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

Member
FDIC

www.CharterBanker.com



Trips OF A *lifetime*

Residents share stories of their
dreams-come-true vacations

By Jackie Wilson

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

Jeff, Gayle, Brian and Lisa Farrell took a trip to Tuscany, Italy. Brothers Jeff and Brian biked, while Gayle and Lisa took Italian cooking classes.

Bike ride in Italy

When Jeff Farrell attended Iowa State University, his hobby — aside from academics — was bicycling. Jeff and his younger brother, Brian, also raced bikes on local teams, competing around the Midwest.

Whenever they raced, they'd run into a local bicyclist, Andy Hampsten, who was a Midwest-based competitive cyclist. He was sponsored by Michael's Cyclery, where Brian worked.

Andy went on to become a professional racer, and the Farrell brothers admired his success. As they followed Andy's career, he became a celebrity in the bike racing world, winning a bicycle race in Italy, the 1988 Giro d'Italia.

The brothers followed Andy's career as he moved to Italy, and, 20 years ago, both Jeff and Brian thought it would be cool to see Andy again.

"Brian and I said we should ride with Andy sometime," recalls Brian.

They discovered Andy was doing bicycle tours called Cinghiale in Italy, and they longed to go.

"We wanted to go but couldn't afford it," he recalls. "We kept talking about it, though."

When Jeff's 60th birthday arrived on Nov. 22, Jeff's wife, Gayle, presented him with a card. On the card was a guy on a bike, with Jeff's face, along with an Italian flag, glued to the card. As he inspected it, he was puzzled. Then, Gayle told him they were going to Italy with Brian and his wife to bike with his long-time hero, Andy.

"It was an awesome gift," he recalls.

The following September, the two couples planned the trip. Since the Farrells' wives weren't bicyclists, they arranged to take Italian cooking classes while the brothers biked.

About 25 bicyclists rode the rolling hills, including seasoned athletes and pro bikers. The hills were tough with hotter than normal temps.

Many professional bicycle teams go to that region to train the rolling, steep hills.

"I worried about being fit enough. But most people were close to our age, and we broke into groups. It was way hillier than



For more than 20 years, Jeff Farrell and his brother, Brian, dreamed of riding bikes in Italy with a famous bicyclist whom they knew.

Just When You Thought We Couldn't Get Any More Convenient

The Iowa Clinic South Waukee campus opening this month!

Conveniently located off I-80 and Grand Prairie Parkway with departments including:

- › Family Medicine, Internal Medicine and Pediatrics
- › Urgent Care
- › Waukee Surgery Center
- › Physical Therapy
- › And more



515.875.9000

iowaclinic.com

Need care now?

See us at our North Waukee clinic at 842 NE Alice's Road.

Iowa,” he admits. “It was challenging to try to walk after a day of riding.”

Jeff and Brian spent the week bonding, riding and talking with their bicycling hero.

“We saw so many beautiful little Italian towns where we’d stop to get an espresso or gelato.”

The rest of the trip was spent learning about Italian culture, sharing food and visiting small towns. On the last evening of the trip, the four Farrells gathered at dinner. Jeff thanked Brian for creating lifelong memories.

“We got choked up. We said, ‘Who would have thought 40 years ago, we’d be in Italy riding our bikes together?’ Since we were in our 40s, we’ve wanted to go,” he says. “I need to give credit to my wife and to Brian for putting the trip together.”

Making memories with his brother was a highlight of the trip.

“It was more than we expected. It was so much better riding the road with my brother. It made it special to be with my brother. Brian and I are tight because we cycle together,” he reflects. “It was truly a bucket list vacation.”

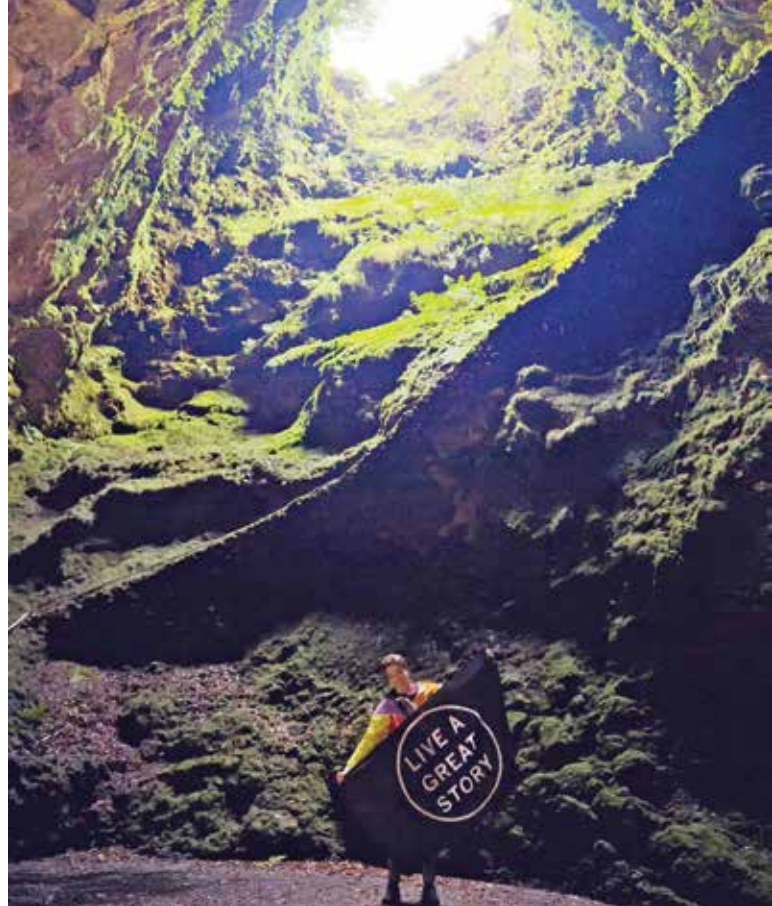
Solo travel to Antarctica

Adrianne Towe developed a passion for seeing the world at a young age. It’s no surprise she finally checked off a bucket list trip: to visit all seven continents.

Towe recently visited Antarctica on a solo travel expedition.

“It was the most incredible. The best trip I saved for the last,” she says.

One reason she wanted to visit Antarctica is a television documentary



Adrianne Towe of Waukee has visited all seven continents, including Antarctica, the most recent. As a solo traveler, she saves money on home and other expenses so she can travel.

A PLACE CALLED

Home

Edencrest
AT TIMBERLINE

INDEPENDENT + ASSISTED LIVING • CLOSER CARE • MEMORY CARE

TIMBERLINE 14001 DOUGLAS PARKWAY | URBANDALE
shelly.timm@edencrestliving.com

SHELLY TIMM

EDENCRESTLIVING.COM

FEATURE

she watched. The report showed global warming would significantly change the landscape of the continent.

Towe flew to Buenos Aires, Argentina, to begin her journey. Next, she took an expedition on an ice ship through the Drake Passage. It took two and a half days to reach Antarctica. She spent a total of 10 days in Antarctica and flew to the South Pole, where the sun never sets.

A highlight of the trip was being surrounded by orca whales and seeing them playing among hundreds of humpback whales.

"It was everywhere. They were feeding and bubbling in the water. It was incredible," she says.

They visited penguin colonies and kayaked between icebergs to see the animals. There were no docks, so people jumped off the boat onto land.

Towe was with a group of other travelers who hiked along the paths in the snow. The guides went first, using land survey tools.

"We were literally on uncharted territory. The guides put the fear of God in you — don't step off the path. It's 100% wild with no set hiking trails. They kept instructing us not to step off the trail or you could fall into an ice crevasse."


Few people live in Antarctica year-round because of the extreme weather conditions. Some scientists and researchers stay for about a month at a time.

Towe began solo travel early on. Her parents both had global careers, and she was exposed to travel as a child. She enjoyed experiencing different cultures. After college, she didn't wait for others to travel with her; she took off by herself.

As a solo traveler, she's smart about her surroundings.



While in Antarctica, Adrienne Towe visited the South Pole.




**OUR PRICE IS
COMMITTED
TO YOU.**

We're committed to you for life! We promise to never increase your monthly internet rate.

Mi-Fiber is a local internet provider using Fiber optic technology to bring the future of broadband right to your door.

**Make Mi-Fiber
Your Fiber.**



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

Technology to **power your life.** Support to **simplify it.**

mi·fiber®

QUESTIONS? Give us a call today! 515.850.0500

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

We're looking forward to being your local provider. 4464 114th St. • Urbandale, Iowa



Danielle Steinkamp of Waukee had the trip of a lifetime when she visited Ireland and other parts of Europe during a study abroad opportunity in college.

"A lot of people have cautioned me not to go to certain countries. I've never had an unsafe situation. I can read neighborhoods," she explains. "I've never allowed myself to not know where I'm sleeping at night."

One time, she found herself out of money when the ATM "literally ate" her debit card, and the community didn't accept credit cards. She was scared.

"Then a woman approached me and gave me the equivalent of \$100," she recalls. "There are so many stories of hospitality and kindness that I've been shown."

Friends inquire how she can afford to travel. She says she lives simply in her modest Waukee home. She doesn't have Netflix, shop much, or go out to eat often. She plays the "points game" with credit cards and often stays at people's homes from friends she's met on her travels.

She says travel is an incredible adventure, which helps her get outside herself.

"If we stay in the same environments all the time, a part of us goes numb. When we travel, it forces us to pay attention and forces a level of thought to engage in our daily lives," she reflects. "I'm most alive when I'm deeply present in the moment. That's what life and living are all about."

College trip of a lifetime

As a young college student at Central College, Danielle Steinkamp enjoyed Iowa college life yet pondered joining a study abroad program in Wales.

It sounded ideal to study among castles. And, as a bonus, her best friend was going. Yet, she had reservations.

"My dad was sick with cancer at the time, and I wasn't sure if I should leave him or my family, but I was encouraged to take this once-in-a-lifetime experience," she says. "I felt like I would never get this type of experience again if I didn't just go for it."

Since she'd never traveled out of the country, she felt nervous about



Danielle Steinkamp toured Rome while studying abroad..

the logistics and unsure of what to expect. She and her friends, a group of 22 students, went to the U.K. and stayed in dorms at Bangor University, where they enrolled in classes. Once she arrived, travel went smoothly.

"Central did such a good job preparing us, and everything just fell into place," she says.

On weekends, the group's instructor, Tecwyn, took them across Europe, so the students didn't have to make any arrangements. They traveled to Scotland, London, Aegina (Greek Island), Athens, Rome, Cinque Terre, Austria, Germany, Poland and Ireland. She said the castles and Snowdonia mountain were awe-inspiring, and traveling by train was a new adventure.

"I was surprised how easy it was to navigate across these cities, even if we didn't speak their native language," she recalls.

When she returned to the U.S. after spending four and a half months in Wales, it was a "huge culture shock." She says the experience taught her independence.

"I will forever be grateful that I took a leap of faith into the unknown," she reflects. "It forced me outside my comfort zone to go country to country, without a care in the world."

For her next bucket list trip, she'd like to return to Wales to visit her favorite spots.

"I miss it so much and cannot wait to bring my family to visit someday," she says. ■

Journey to wellness



Alissa and Chad Gardner are passionate about financial well-being—and have always found opportunities to involve their children in their business endeavors. With the help of Dupaco, they're teaching their kids how to be good stewards and manage money wisely.

"It's pretty cool when your kids hear something you've been teaching them for years, but it's not coming from your voice," Chad said. "It's like having someone else in your corner," Alissa said.

YOUR **MONEY** FOR
GOOD

**Dupaco**
CREDIT UNION



Federally Insured by NCUA.

dupaco.com/YourMoneyforGood

800-373-7600



What are you saving for?

A High-Yield Savings Account
can help get you there.

Balance to Obtain APY ¹	Introductory APY ²
\$0.00 to \$24,999.99	0.00%
\$25,000.00 - \$99,999.99	3.47%
\$100,000.00 - \$249,999.99	3.98%
\$250,000.00 - \$499,999.99	4.24%
\$500,000.00 - \$999,999.99	4.49%
\$1,000,000.00 - \$1,999,999.99	4.75%
\$2,000,000.00 and above	5.00%



Annual Percentage Yields (APYs) are effective as of 03/01/2024 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. Advertised introductory interest rates and APYs are subject to availability and may be discontinued at any time. 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.

MidWestOne.bank | 800.247.4418

Member FDIC

LIBRARY

By Sam Bedford

CELEBRATE National Library Week



The Waukee Public Library encourages all community members to visit the library during **National Library Week, April 7-13**, to explore all it has to offer.

The theme for National Library Week 2024, “Ready, Set, Library!” promotes the idea that, in our always-online world, libraries give us a green light to something truly special: a place to connect with others, learn new skills and focus on what matters most.

Libraries are welcoming spaces that bring communities together for entertainment, education and connection through book clubs, storytimes, art exhibits, crafting classes, lectures and more. The Waukee Library offers a wide array of programs, classes and resources, including STEAM kits, museum passes and activity packs.

And libraries play a critical role in the economic vitality of communities by providing internet and technology access, literacy skills and online resources for job seekers, small businesses and entrepreneurs, too. The Waukee Library is proud to be an accessible and inclusive place that promotes a sense of local connection through programs and services for all.

No matter where you find yourself on the roadmap through life’s journey — preparing for a new career, launching a business, or raising a family — the library provides an inclusive and supportive community where everyone belongs.

Get ready to explore, become inspired, and connect with the Waukee Public Library this National Library Week. Stop by for a visit to celebrate during National Library Week, April 7-13. Follow Waukee Public Library on Facebook and Instagram to join the online celebration. And remember, libraries are there for you, all the way to the finish line.

First sponsored in 1958, National Library Week is a national

LIBRARY

observance sponsored by the American Library Association and libraries of all types across the country each April.

To learn more about the Waukee Public Library and their services, visit waukeepubliclibrary.org.

Programs and events

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

• **Art Gallery Exhibit: "Nature's Vibrancy,"** by Anna Conway, through April 27.

• **From the Friends Foundation:** The Waukee Public Library Friends Foundation is raising money for an outreach van. This purchase will help the library meet more patrons out in the community. Visit wplff.fundraising.com to purchase seeds and plants to be delivered to your home; 50% of each sale goes toward purchasing the outreach van. Seeds begin shipping April 1, and the fundraiser ends May 1.

For kids

Baby Prom & Graduation, Saturday, April 27, 10 a.m. Celebrate your little one's milestones. Dress in your best and stop by for a baby-friendly dance party, plus a graduation celebration for our 1,000 Books Before Kindergarten participants. Registration not required.

For teens

Teen Self Defense, Sunday, April 21, 2 p.m.: Students in grades 6-12 and their parents or guardians can attend this free workshop, led by



Cobra Self Defense of Iowa, to learn the basics of important skills to keep teens safe in today's world. Registration required.

For Adults

Great Trees for Iowa Neighborhoods, Saturday, April 6, 2 p.m.: Join Melissa Burdick, executive director of The Brenton Arboretum, for a fun and interactive conversation about excellent tree choices for your yard. Registration required.

For all

Family & Friends Game Night, Tuesday, April 9, 4:45-7:45 p.m.: The Dealt Hand will bring an assortment of 200-plus card and board games for all levels of knowledge and experience. They'll help you select a game, set up and, most importantly, show you how to play. Bring yourself, friends, or the whole family. Children ages 5 and older are welcome. Drop in anytime during the event and enjoy refreshments while supplies last. Registration not required but encouraged. ■



Glen Oaks Country Club



The Glen Oaks Clubhouse is an architecturally stunning gem located in West Des Moines, Iowa. As a member of Glen Oaks Country Club, you will enjoy a wide array of amenities and services and establish friendships and business relationships that will last a lifetime! Whether you're a golfer, love to lounge by the pool, or just enjoy eating great food, Glen Oaks Country Club is the place for you!

We also offer to members and non-members a variety of space from outdoor gatherings on the Croquet Lawn overlooking the prestigious golf course, to large clubhouse social and corporate receptions, including private dressing rooms, exquisite outdoor verandas, and intimate dining rooms to make your event exceed your expectations.



**BECOME A
GLEN OAKS MEMBER!**



IOWA'S PREMIER CLUB

Stop wondering what's behind the gates: Become a member or host your next event.

You don't have to be a member to host an event!

AMENITIES

- Indoors or Outdoors Weddings
- Various Rental Spaces
- 300 Guest Capacity
- Professional & Talented Staff
- Exquisite Culinary Options
- Picturesque Photo Locations
- And More!

SCHEDULE A TOUR TODAY!

Joy White, Director of Membership
515-528-1905 or jwhite@glenoaksgcc.com

Sheryl Bennett, Director of Catering
515-850-1980 or sbennett@glenoaksgcc.com

1401 Glen Oaks Drive, West Des Moines ♦ (515) 221-9000 ♦ membership@glenoaksgcc.com

THE \$12 million disappointment

Live comfortably, protect your nest egg, AND grow your investments. Is that too much to expect in retirement? It's what retirees want, but how do you get there? If you're like most folks, navigating the retirement planning maze can feel daunting. Here's the good news. You're not alone. The key isn't necessarily a complex strategy; it's about having a clear understanding of the numbers and what they mean.

We recently met with a couple, age 55; their financial advisor told them that the \$1 million they saved for retirement would grow to \$12 million by age 100. You might think the couple would celebrate, sit back, and get ready to enjoy retirement, but they didn't. They came to us and said something just didn't look right.



So, we took that \$1 million retirement savings and put together two comprehensive retirement plans. One showed them with \$1.7 million at age 100 (using a 6% rate of return), and the other showed them running out of money at age 88 (using a 4% rate of return).

So why are the projections so different? We need a clearer understanding of the numbers. The \$12 million projection did not include spending, taxes, or inflation. The advisor focused on one thing: investments. Plus, the projected rate of return was 8%.

We start our planning process by asking the couple about their lifestyle, what they want to do in retirement, and figuring out how much money it will take to pay for those things. Then, we work on an investment plan that doesn't solely rely on the stock market; we call this building a recession-resistant portfolio. We also like to use conservative stock market rates of return assumptions, like 4-6%, then, if the

market is great, you are ahead, but if the market is down, the plan still works.

Though our comprehensive plan showed them with more than \$10 million less at age 100 (even running out of money in one scenario), they felt better about the numbers. Why? We laid out a clear plan that includes how they are going to fund their retirement lifestyle, invest for growth, take steps to reduce their retirement tax bill, pay for health care, and leave a legacy with whatever is left when they are gone.

Now, they are heading into retirement with a clear understanding of how they could live comfortably, protect their nest egg, AND grow their investments. ■

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

Retire on \$100,000 a year without touching your nest egg?



LEARN HOW

Merkle
RETIREMENT PLANNING

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

PLANNING for medical crises

Effective estate planning involves not only directing the distribution of your wealth after death, but also making decisions about your care while alive. Medical technology can extend life, but many clients prefer to focus on the quality of that life. Decisions about the dying process are personal and should be made individually before the opportunity is lost.

When people do not plan for medical crises, family members have to make important health decisions without guidance. If you became ill and are unable to make medical treatment decisions for yourself, or if you became incompetent to participate in those decisions, the burden falls to your family and loved ones. It is for them that you should complete advance



directive documents.

An advance directive expresses your health care choices in writing and nominates someone to carry them out. Without a written advance directive, you have no control over the decisions or choices your agent makes. If you do not have an advance directive and become incompetent, a court may appoint a guardian to make your healthcare decisions for yourself. Guardianships can be a very costly process and can be avoided with proper planning.

A Durable Health Care Power of Attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. The document is "durable" because it is still effective even if you become incapacitated or incompetent.

A Living Will is a document that expresses in writing your directions for your medical care if you are unable to express your wishes yourself. It can direct your physician to

withhold or withdraw certain life-sustaining procedures if you are in a terminal condition. However, it can be much more comprehensive, including what you want to happen in various situations.

Advance directives allow you to maintain individual control over your life by directing healthcare decisions made for you in the future.

Advance directives allow you to anticipate medical emergencies and participate in your future care. These documents make health care decisions in advance and create peace of mind for you and your family. The most effective estate planning is accomplished before you need it. Consult with an experienced attorney who can help you create these essential documents. ■

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

WHERE TO BEGIN?

WE SPECIALIZE IN YOU.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 37 YEARS



EXPERIENCED ATTORNEYS
— SINCE 1987 —

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

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL
BARNETT LAW FIRM
ESTABLISHED IN 1987

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

ROTARY Club impacts community

Club raises thousands with Waukee Palooza.

The Rotary Club of Waukee's members are a giving bunch, lending their support and funds to various Waukee community projects, as well as other charitable endeavors in the Des Moines metro.

Rotary International formed more than 100 years ago with the goal to irradiate polio. As polio numbers decreased, Rotary refocused efforts to become a humanitarian, community-focused club.

The Rotary Club of Waukee consists of about 80 members, along with a board of directors.

Last year's big Rotary Club fundraiser was the Waukee Palooza event, which raised \$26,000 to combat human trafficking.

Nate Hardisty, past president of the club, joined in 2016. One of his coworkers suggested he become involved and spoke highly of the group.

"I thought it was important, because they do good things for the community. They are all about uniting for a common purpose," Hardisty says.

Members meet once a week. Guest speakers frequently attend the events and are arranged by club members. Speakers are from nonprofits



Nate Hardisty, past president of the Rotary Club, accepts a Neighbor Spotlight certificate on behalf of the club from Scott Victor of Edward Jones.

or businesses, which provides a way to connect with others.

Recently, the Rotary Club organized a culturally-appropriate food drive. Students at a local high school pointed out that many families use food pantries.

"However, some families require ethnic foods, which are not always donated. These families have a list of requested foods. The Rotary's food drive brought awareness, with donations to the Waukee Area Christian Services Food Pantry."

In addition, the Rotary spent \$15,000 on plants, benches and installation of a butterfly garden just off the Heart of Warrior Trail in Waukee.

"It was one person's idea. The plants are small, but it will grow. It's a cool thing for the public to get involved," he says.

The board members identify which charities to focus on, getting guidance from members and their personal stories. They host a breakfast meeting on Thursday mornings. It's open to the public, and anyone can attend.

This year, their biggest fundraiser, Waukee Palooza, returns on June 8. It will be held behind the Hy-Vee in Waukee on the empty field west of the building.

Nate encourages others to get involved, whether it's attending a meeting, volunteering at an event or donating funds.

"We're all about bettering the community," he says. "I live in Waukee. It's a good opportunity to give back to the community you live in."

For more information about the Rotary Club of Waukee, visit www.waukeerotary.org. ■

Edward Jones

> edwardjones.com | Member SIPC



You and your employees should enjoy retirement.

On your corner, in your corner. Come say hello.



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

MKT-5894M-A-A1 AECSPAD 21258665

Do you know a neighbor who deserves recognition?

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

HOTH named Young Professional of the Year

YP group promotes philanthropy.

Skyler Hoth was recently named Waukee's Young Professional of the Year during the Waukee Chamber of Commerce's annual banquet on Feb. 22.

The honor recognizes a young professional in Waukee who demonstrates leadership, philanthropy and promotes young professionals in their varied careers.

Hoth has been on the Waukee YP board for years. Part of the board's mission is philanthropy. Last year, he helped with a fundraiser, Bowling for Blank, which benefits Blank Children's Hospital. He sold sponsorships, raising \$5,000 for the charity.

Hoth is adept at fundraising as that's what he does for his job. He currently works for the Principal Charity Classic. In his role, he works on ticketing and corporate sponsorships leading up to the tournament. The Principal Charity Classic is the only PGA tournament event in Iowa and started in 2007. Since then, \$54 million has been raised for children's charities in Iowa, assisting Blank, MercyOne, United Way and Variety. Last year, the Principal Charity Classic raised \$8 million.

"It's cool to see that and how it impacts the kids we give it to," he says.

Hoth, an Iowa native, grew up in New Hampton and graduated from Upper Iowa University with a sports marketing degree. He worked with the Iowa Wolves and started a community night fundraiser at a Wolves game.

"I was trying to figure out what was important in my career. I knew that, going forward, I wanted to be involved in a career that benefitted others," he recalls.

He initially joined the Waukee YP as a way to network and meet new people. Then he discovered that Waukee YP is community-focused and gives back to the community.

"We all come together for a common goal. It helps a younger generation become skilled and gives back to the Waukee area for a thriving community."

The YP of the Year is selected by YP members.

"It was an honor to be recognized by my peers," he says. "It was incredible. I wasn't expecting it."

Currently about 120 members belong to Waukee YP. They meet monthly, hosting two big events a year. They also offer coffee gatherings, bar crawl, social mixers and other events. He suggests other young residents become involved.

"It's a tremendous opportunity to get involved. I've learned so much. It's helped me a ton in my career. We support Waukee small businesses. There's no downside to joining," he says.

For more information, visit, www.waukeechamber.com/chamber-committees/waukee-young-professionals/. ■



Skyler Hoth receives Waukee's Young Professional of the Year award during the Waukee Chamber of Commerce's annual banquet.

WE SPECIALIZE IN:

- Installation and service of lawn irrigation
- Landscape lighting
- Drainage
- Free estimates



SPRINKLER SERVICE INC. 1821 SE Miehle Dr., Ste. A, Grimes
View projects on our website
WWW.TANDTSPRINKLER.COM **515-986-1172**

STOP IN TODAY

Spring Savings
are in **BLOOM** at **Waukee Hardware**

Waukee Hardware & Rent-it Center 515-987-4574 • 380 S. 6th Street
Locally owned and operated by Geoff and Anne Warmouth

waukee.doitbest.com **FREE** ship to store!

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

NEED NEU BLINDS?

**CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES**

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

Neu Blinds

CALL OR TEXT TODAY
515-250-5543

GRABER. | DELIGHT IN EVERY DETAIL

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many products to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

TEACHERS' SUBTITLES. Another Frankenstein. More Spider-Verse. And laugh-out-loud moments.

If you have not been to the movies lately, you've missed some good films. Some of these will still be in theaters, but others might be close to streaming. Keep this article handy to remind you to look for them.



"The Teachers' Lounge"

I knew nothing about this movie going in and have praised it ever since that day. It is nominated for Best International Film (formerly known as Best Foreign Film). It is in German with subtitles. By the way, contrary to public opinion, no one has ever been injured by a subtitle. The movie is about a teacher in a German school who discovers a co-worker is responsible for thefts in

the teachers' lounge. When she confronts her, you know what hits the fan. And, of course, the person denies the accusation, and it becomes a "she said/she said" battle with the accuser being the one who is persecuted. It is a powerful film and a powerful statement on the world we live in. One of the best films I saw last year. **Grade: A**



"Lisa Frankenstein"

I drove across Des Moines from the south-side Fleur Cinema to Waukee and The Palms Theatres to see the second movie of the day, a modern twist on the Frankenstein story. My expectations were low, but the film managed to surprise me. It was entertaining and, at times, charming. A high school girl hanging out with

a guy who literally pulled himself from his grave during a lightning storm is a unique story, but Diablo Cody, who wrote the great movie "Juno" back in 2007, shows that she still has the chops to write a funny and clever film. **Grade: C+**



"The Zone of Interest"

"The Teachers' Lounge" was intense and powerful, but this look at the people living in an opulent home next to the notorious Auschwitz prison camp ranks close. It's an oddly made film, giving us scene after scene of their everyday life with little formal storytelling. It is a story that is difficult to believe. The screams and gunshots were

DEDICATED TO YOUR SUCCESS

Get the Retirement Planning Peace of Mind You Deserve

Iron Point Retirement Solutions was founded with the goal of walking individuals and families through each step in every stage of life when it comes to financial and insurance goals.



Matt Richman, RICP®, CFP®, NSSA®
Your Retirement & Wealth Strategist, Founder



FREE NO OBLIGATION CONSULTATION

Life Insurance • Annuities • Retirement Planning
Tax Planning • Risk Management • Estate Planning
Life Transitions • Cash Flow & Income Management

515-782-1175 | Waukee, IA | Veteran Owned



WE'RE HIRING TEACHERS!

Empowering children to achieve independence and lifelong flourishing.

- ✓ Launch your skillset to the next level with Montessori training
- ✓ Collaborate and network
- ✓ Empower a child's independence with a prepared environment

See our job openings! 



 **guidepost montessori**

605 E Hickman Rd, Waukee
(515) 207-5462
guidepostmontessori.com

Guidepost Montessori at Waukee is a premier Montessori school offering education for infants to kindergarten students.

Interested in enrolling your child? Visit our website!

LOCAL FILM REVIEWS

completely ignored as if they didn't happen. Tough to sit through, but a fascinating tale. **Grade: A-**



"Madame Web"

Dakota Johnson from the "Shades of Grey" films joins the Marvel Universe as a fringe character in the Spider-Verse in an effort from the Sony company to continue to milk the Spider-Man deal they signed years ago with Marvel Comics. The film has been universally trashed, and Johnson has been excoriated. My grown son and I went to this with low expectations, and we both enjoyed it. Not sure what people were expecting. **Grade: C+**

"Bob Marley: One Love"

My knowledge of Bob Marley is limited. I know a couple of his songs, but the depth of his political activism and his dogged artistic



drive were surprising to me. The movie is well made, but I really could have used subtitles as the accents, though accurate, were difficult to understand. It is a good movie that I will rewatch at home with subtitles and will probably appreciate it even more. **Grade: B+**



"Drive-My-Car"

Director/writer Joel Coen (of the Coen brothers) gives us a raunchy and profane story of two women on a road-trip in a car with a unique present in the trunk. The movie and the language never hold back, which produces a mixture of shock and "laugh-out-loud"

moments. One of the craziest movies I've seen in a while, and it is sure to offend many. **Grade: C**



"Dune: Part 2"

One of the movies I was most looking forward to this year. Director Denis Villeneuve and a tremendous returning cast deliver a super-long (2:45) sequel that, in my opinion, brings up more questions than answers. I loved the first film, but this sequel was long and confusing. Word to the wise — if you are going to see this film, do yourself a favor and drive to Waukee and see it in the IMAX theatre. Visually stunning! **Grade: B- ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

PAWS

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

GET ZAPPAR
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

ACCEPTING NEW CLIENTS

LUKE'S
LAWN & LANDSCAPING

Call Luke to discuss all of your lawn and landscape needs

515-201-0468
30672 Old Portland Rd, Adel

www.lukeslawnandlandscaping.com

Your Table is **Waiting!**

Check out our menu!

Don't overpay at a quality steakhouse, come to John and Nick's for high quality, premium steaks with affordable prices!

JOHN & NICK'S
STEAK & PRIME RIB

John & Nick

15970 Hickman Rd, Clive
(515)987-1151
john-and-nicks.com



Waukee
THE KEY TO GOOD LIVING

SPRING CLEAN-UP & HAZARDOUS WASTE DISPOSAL

As you clean out your closets, storage rooms or garage, plan for Spring Clean-Up events in Waukee. Find more details on these events at Waukee.org/SpringCleanUp.

Give unwanted items a new life

For items in good condition, consider donating to a local organization or putting it up for free on a community swap group on Facebook.

Have a lot of items? Host a garage/yard sale for **Citywide Garage Sale Day on Saturday, April 27**. This is not a City of Waukee-sponsored event, but it is a designated day for residents to join many others in hosting garage sales at their Waukee homes. There is no facilitated flyer or website to track garage sales; however, some residents promote their sales on Facebook Marketplace.



PUT IT OUT FOR CURBSIDE SPRING CLEAN-UP **April 29-May 3, 2024**

During the free, curbside portion of Spring Clean-Up Week, City garbage customers can place large items on the curb for disposal on their normally scheduled garbage collection day, Monday through Friday. Put bulky items, such as furniture, oversized electronics and other large items up to five feet in length, on the curb no later than 7 a.m. on your garbage pick-up day. Smaller items should be bagged or boxed.

The following items will not be accepted at the curb:

- Appliances
- Hazardous materials
- Broken-up concrete/asphalt or demolition materials
- Loose shingles and lumber
- Anything longer than five feet
- Paint
- Propane tanks
- Tires
- Yard waste (collected only on Mondays, April-November)
- Items too heavy for a two-person team to reasonably lift

Curbside pick-up **does not apply to those living in neighborhood associations and apartment complexes with private trash collection**. Talk to your property manager or HOA board about your trash collection service provider.

SAFELY DISPOSE OF HAZARDOUS WASTE, APPLIANCES, TIRES OR ELECTRONICS

Saturday, May 4, 8 a.m. to noon

Hazardous waste, appliances and tires will not be collected from curbs, but you can take them to the designated drop-off site for free disposal.

Household Hazardous Waste

If you have items, such as acid, rechargeable batteries, oil, antifreeze, lawn fertilizer, pesticides, pool chemicals, oil-based paints or aerosols, dispose of them for FREE at the Vince Meyer Learning Center parking lot at 445 5th Street on Saturday, May 4, 2024 between 8 a.m. and 12 p.m. (noon). Latex paint will not be accepted; however, dried latex paint can be placed in regular trash bins year-round.

The following items will not be accepted at the drop-off site:

- Ammunition/explosives
- Asbestos
- Dry cement mix
- Fire extinguishers
- Joint compound
- Latex paint
- Medications
- Propane tanks
- Radioactive materials

Appliances and Tires

On May 4, appliances and tires can be dropped at the former Waukee Public Works Building at 1205 6th Street (near the water tower). Appliances must be cleared of food, household hazardous waste and garbage prior to drop-off. Accepted items include washers, dryers, dishwashers, refrigerators, furnaces, water heaters, stoves, etc. Up to five car tires may be dropped off free of charge. The drop-off fee for each additional car tire will cost \$1, and semi-truck and tractor tire drop-offs will cost \$5 a piece. Rims will not be accepted.

For more information about Waukee's Spring Clean-Up events, visit Waukee.org/SpringCleanUp. For specific garbage-related questions, call Ankeny Sanitation (ASI) at 515-964-5229. Happy spring cleaning!

NEW for 2024 – Electronics Recycling

This year, the City is giving you the opportunity to keep your electronics waste out of the landfill. Our partner will recycle laptops, TVs, keyboards, speakers, printers, routers, phones, e-readers and more. Most items are accepted free of charge, with some exceptions for items like CRTs and TVs. View the list at Waukee.org/SpringCleanUp. All data-containing devices will have data cleared. Alternatively, electronics are accepted in the weekly garbage collections or on the curb during Spring Clean-Up Week.

Medications

To donate medication for use by lowans in need of assistance, call the Iowa Prescription Drug Corporation at 1-866-282-5817. You can safely dispose of unneeded medications in the drug drop box at the Waukee Public Safety building (1300 SE L.A. Grant Parkway), Monday-Friday from 8 a.m. to 4 p.m.



ANKENY SANITATION INC.
515-964-5229

City of Waukee Bulletin

MARCH 2024

Find more information on City services, programs and events at Waukee.org

Follow City of Waukee on



[cityofwaukeeiowa](https://www.facebook.com/cityofwaukeeiowa)



[CityofWaukee](https://www.instagram.com/CityofWaukee)



[city-of-waukee](https://www.linkedin.com/company/city-of-waukee)



[City of Waukee](https://www.nextdoor.com/CityofWaukee)



[TheCityofWaukee](https://www.youtube.com/TheCityofWaukee)

Waukee.org



Waukee City Hall
230 W. Hickman Rd.
515-978-7900

Make Sure You Get Counted

Did you know that cities get state and federal funding based on the number of residents? Help your community get the funding we need for roads, schools and more by responding to the Special Census this spring. Watch for a letter in the mail from the U.S. Census Bureau in April with directions on how to complete your census form online. Find census job openings and more details on the Waukee census at Waukee.org/SpecialCensus.



Recreation Program Scholarship

We want everyone to be able to enjoy our recreation programs. If you need assistance to cover part of program costs for your kids, our Play It Forward program may be able to help. Kids who qualify for free or reduced lunch at school can receive 50% off the cost of up to two Waukee Parks & Recreation programs for the calendar year. Find more information at Waukee.org/PlayItForward.



Easter Egg Hunt

Kids ages 0-10 can hop over and fill their baskets full of candy at Waukee Parks & Recreation's annual Easter Egg Hunt on Saturday, March 30! It starts at 10 a.m. sharp at Centennial Park, rain or shine. Enjoy thousands of eggs and pieces of candy at this popular event. Watch for the special golden prize eggs. Note that some candy may contain nuts. Registration is not required. Find more information at Waukee.org/EasterEggHunt.



Pothole Repairs

With warmer temperatures come potholes. Street patching crews will be out repairing potholes as needed and as weather permits. They will start with the largest potholes on main roads and then work their way from arterial streets to collector streets and then to residential neighborhoods. To report a pothole location, visit Waukee.org/ReportaConcern. Thank you for your patience as crews work through needed street repairs.



Yard Waste Collection

Weekly curbside yard waste collection will run on Mondays from April 1 through the end of November for City garbage customers. Put grass clippings, leaves, brush and garden waste in biodegradable bags, reusable containers or bundles. Do not bag yard waste in plastic bags. Place them on the curb by 7 a.m. each Monday for pick-up. Find more information about what is accepted at Waukee.org/YardWaste.



Senior Day Trip: National WWI Museum & Memorial

Visit America's official WWI Museum, home to the most comprehensive collection of WWI objects in the world, and climb Liberty Memorial Tower for great views of Kansas City. Register by April 12 for the May 15 trip at Waukee.org/Registration.



Dates to Know

Bingo

Friday, April 5 at 1 p.m.
Waukee Community Center

Regular City Council Meetings

April 1 & 15 at 5:30 p.m.
Waukee City Hall and Zoom

Waukee Area Seniors & Police

Wednesday, April 24 at 9 a.m.
Waukee Community Center

Be sure to check for cancelations.

I Am Uniquely Her: Harnessing Your Power

April 4, 10:30 a.m. to 3 p.m. with social hour to follow
Simpson Barn, 6169 Northglenn Drive, Johnston

Join the Grimes, Johnston and Waukeee Chambers of Commerce for a unique event focused on career development, leadership, networking and personal growth. The event includes lunch, a self-defense course, vision boards, the opportunity for new headshots (\$15), and inspiring women leaders who will help you harness your power. Featuring special appearances by Iowa Secretary of State Paul D. Pate, Jackie Schmillen, Rachel Eslick with Mae We All, and Katie McDonald Photography. Don't forget to bring your business cards for networking and a special drawing to win a self-defense keychain set. Cost is \$35 for chamber members and \$45 for non-members. For more information and registration link, visit <https://business.grimesiowa.com/events/details/i-am-uniquely-her-1871?calendarMonth=2024-04-01>.

Fun Day Trips for Seniors

Waukeee Parks and Recreation has fun day trips planned for seniors to get together to explore and have some fun.

The National WWI Museum and Memorial Day Trip, May 15 or July 10: The Liberty Memorial Association (LMA) formed shortly after World War I to create a lasting monument to the men and women who had served in the war. In 1919, The LMA and citizens of Kansas City raised more than \$2.5 million in just 10 days. This is equivalent to more than \$40 million today. Visit America's official WWI Museum and Memorial, home to the most comprehensive collection of WWI objects in the world. The Liberty Memorial Tower has a 217-foot-high, open-air observation deck where you can view Kansas City from up high. You have the option to climb the tower or just enjoy the rest of the museum. To reach the top of the tower, guests ride an elevator and climb 45 steps. The registration fee includes transportation via charter bus, a tour of the museum and lunch.

- May 15 (\$109) leaving from the Urbandale Senior Center. Register by April 12.

- July 10 (\$114) leaving from Waukeee Community Center. Register by June 7.

Save your spot today at Waukeee.org/Registration.

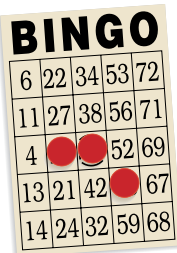
Canned Food Sculpture Contest

Waukeee Area Christian Services is holding its 2024 Canned Food Sculpture Contest. Show off your creativity and feed local families. To register, scan the QR code.

Collect or purchase food used in the sculpture.

Food must be shelf-stable, dried, or canned/boxed.

Original labels must remain intact. Use as many food items as you like. At least half of the sculpture must be food. Framing and shelving material for support and safety of the sculpture can be used. This year's theme is "Food." Design your sculpture in the shape of food or a food-related item. Display your sculpture April 1-18. Attend the party April 25, 5-7 p.m. Sculptures must be completed and photo submitted by Thursday, April 18. All food goes to the local food pantry. Voting takes place the week of April 22, and the winner is announced April 25.



Bingo

Sundays 3-6 p.m.
Kenny's Garage,
605 Ashworth Drive,
Waukeee

Enjoy Bingo Sunday evenings at Kenny's Garage.



Citywide Garage Sale

Saturday, April 27, 7 a.m. to 5 p.m.

The Citywide Garage Sale is not sponsored by the city but is a designated day for residents to join many others in hosting garage sales at their Waukeee homes if they choose to do so. There is no facilitated flyer or website to track garage sales; however, Facebook Marketplace is often used to promote them.



Jazz at Caspe Terrace: Michael Jefry Stevens and Christian Howes

Sunday, May 5, 2 p.m.
Caspé Terrace, 33158 Ute Ave., Waukeee

Over the past 40 years, pianist/composer Michael Jefry Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his extreme virtuosity and beautiful creativity on numerous recordings since the early 2000s. As evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspe Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged.



Tuesday Night Trivia

Tuesdays, 7-9 p.m.
Central Standard Burgers, 1222 S.E. University Ave., Waukeee

Come one come all and test out your thinking skills while having a great time. Trivia night is every Tuesday, with featured themed trivia nights once a month. Hosted by Think and Drink Entertainment.

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Bowling events

Various Sundays, noon to 1:30 p.m.
Warrior Lanes, 190 S.E. Lauren St., Waukee

Various parties are planned with registration required two days prior. Themes are: April 14, Spring Fling; May 12, A-May-Zing; June 16, Summer Kick-Off; July 14, Celebrate America; Aug. 18, Back To School Luau; Sept. 15, Festive Fall Fun; Oct. 20, Halloween; Nov. 17, Turkey Time; Dec. 15, Ugly Sweater Holiday. On Tuesday, Dec. 31, 11 am. To 1 p.m. is the Countydown to Noon Year's Eve Party. For more information and registration, visit warriorlanes.com

Central Iowa Wind Ensemble presents

'Lollipops & Posies'

Sunday, May 5, 3 p.m.

Franklin Events Center, 4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

SAVE THE DATE! *Gary's RIDE* 
BEAT BRAIN CANCER
get on your bikes and ride!
MAY 18, 2024 *10:00 A.M.

Gary's Ride: Beat Brain Cancer

Saturday, May 18, 10 a.m.

Waukee Raccoon River Valley Trailhead, Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org.

Reclaim Your Outdoor Space with RETRACTABLE SHADES

- ✓ Complimentary Design Consultation
- ✓ Custom American Made Window Coverings
- ✓ Custom Outdoor Retractable Screens
- ✓ Professional Installation

TOP RATED BRANDS. COMPETITIVE PRICES.



Take back outdoor living today!

Interior & Exterior Window Treatments – We Do It All!

(515) 207-4232

Mike@DSMBlinds.com
Locally owned and operated

YES!

We install and repair water heaters.

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

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



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

EVENTS IN THE AREA

Be sure to check for cancellations.

53rd Annual Juried Student Exhibition

Through April 14

Anderson Gallery, 1310 25th St., Des Moines
andersongallery.wp.drake.edu

A showcase of the students of the Drake Art & Design program, this competitive juried exhibition highlights student work in a variety of media.



Elks Spring Style Show Fundraiser

Saturday, April 6 from 10 a.m. to 2:30 p.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.



You Can Grow Orchids

Saturday, April 13, 10 a.m. to 3 p.m.
Canoyer Garden Center, 3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.

Events at The Brenton Arboretum

Various dates

The Brenton Arboretum, 25141 260th St., Dallas Center

For more information or to register, visit www.TheBrentonArboretum.org/events.

TheBrentonArboretum.org/events.

- April 4 and April 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels. ■



CALL NOW!
515-482-0153



"Our Organic Program!"



Scan to get
a quote now!

or go to qrco.de/aplusquote

FREE 1st LAWN APPLICATION
Call for details!
New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.

**We
come to
YOU!**

\$7 OFF mobile
mower
service

**SHARP-
LUBE**
We Go Where You Mow

Push Mower - Regular Price \$99.95

Tune Up • Oil Change • Blades Sharpened • All brands • No trip charges.
Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24

DALLAS County Conservation events

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

Partial Solar Eclipse Viewing, Monday, April 8, 12:30-3 p.m., Hanging Rock Park, 416 Redfield St., Redfield. Would you like to see a total solar eclipse but don't have the time to travel to Indiana? DCCB will be gathering for a viewing party at the astronomical clock near the Hanging Rock restrooms. The phenomenon begins at 12:43 p.m. and ends at 3:17 p.m., with 2 p.m. as close to totality as we get in Iowa with the sun being 80% obscured. Participants are free to come and go. A limited number of viewing glasses will be available. Registration required.

Weird Artifacts, Sunday, April 14, 1:30-2:30 p.m. Forest Park Museum, 14581 K Ave., Perry. Join the museum curator for a look at some odd artifacts in the Forest Park collection. This is a great chance to view and discuss some of the strangest items in the museum. Registration is not required.

Spring Hike, Saturday, April 20, 10-11 a.m. Kuehn Conservation Area, 32828 Houston Trail, Earlham. Come enjoy spring time with a hike around Kuehn Conservation Area to see what nature is up to with the shift in seasons. Trek down the forest trails to the lower prairie. Dress for the weather. Registration required.

Earth Day Trash Clean-Up, Monday, April 22, 10:30 a.m. to noon. North Raccoon River Wildlife Area - Snyder Tract, Lexington Lane, Minburn. Join others for an Earth Day classic: a public lands trash clean-up. Come

to learn more about the interesting Snyder Tract property and help make a difference for the land, water and wildlife in Dallas County by removing trash and junk of all sizes. Work gloves, pants and closed-toed shoes are recommended. Registration not required.

Voas Volunteer Day: Garlic Mustard Removal, Saturday, April 27, 9-11:30 a.m. Voas Nature Area, 19286 Lexington Road, Minburn. With the successful removal of the shrubby understory at the Voas oak savanna, we have created a disturbance that is ideal for the growth of invasive garlic mustard. The good news is that we have been able to control it wherever we pull it. If you have considered other outdoor volunteer days, but thought the work might be too difficult, garlic mustard is an easy pull. Children welcome and encouraged. Registration not required. ■

Don't be the only one
MISSING THE TARGET.

ADVERTISE WITH MARTHA!

Our readers are your potential new customers!

CONTACT ME TODAY!

MARTHA MUNRO
martha@iowalivingmagazines.com
515-953-4822 ext. 314

IOWA
Living
MAGAZINES

MEET Casey Lewsader

Creating memorable movement opportunities

Casey Lewsader relocated with her husband to Iowa in 2015 before beginning her career with the Waukee Community School District in 2017. She is originally from the Chicago area and has been teaching K-8 physical education and health for the past 11 years. This year she is at Sugar Creek Elementary School, where she teaches P.E. to K-5 students.

One reason Lewsader likes working with the Waukee district is because of its supportive and collaborative environment.

"The sense of community and camaraderie among the staff is truly uplifting, and it fosters a positive atmosphere for both teaching and learning. I value my supportive administration that sees the importance of high-quality physical education instruction as well as continuous professional development. The collective dedication to ensuring every student's personal and academic growth and wellbeing is something that I truly value," Lewsader says.

The school's P.E. curriculum is designed to offer a diverse range of skills and activities that promote lifelong movement, she says. In addition, she tries to tap into her students' joys and curiosities in order to create memorable movement opportunities they can connect to and relate to. Some unique activities Lewsader's students have participated in include razor scooters, longboard skateboards and rollerblading, blacklight bowling, a student-created mini golf course, and a Ninja Warrior obstacle course.

"I love the creativity that comes with designing engaging and inclusive activities that meet the diverse needs and abilities of our students," Lewsader says. "It's incredibly rewarding to see students develop their physical, social and emotional skills through meaningful movement experiences. The joy of witnessing young movers embrace their love of movement and physical activity is what I enjoy most about teaching elementary P.E."

As a P.E. educator, it can be a challenge to provide unique and meaningful experiences to her students. As she progresses in her career, Lewsader says she leans more on her students to provide information on how to incorporate their interests into their activities. For example, she recently consulted a group of third-grade students on all things Minecraft so she could create an authentic Minecraft-inspired throwing game.

"There are so many aspects of teaching elementary P.E. that I find fulfilling and exciting. One of the best parts is being able to witness the enthusiasm and energy that K-5 students bring to physical education. Their natural curiosity and eagerness to learn make each class an opportunity for exploration and growth," Lewsader says.

When not teaching, Lewsader enjoys being outdoors looking for adventure. Whether that includes an active day on her bike with her husband, hiking with friends, getting dirty in the garden, or playing with some of her family's many animals around the house, Lewsader is in constant pursuit of joyful movement. ■



Casey Lewsader teaches physical education and health and says, "It's incredibly rewarding to see students develop their physical, social and emotional skills through meaningful movement experiences."

ADVANTAGES of walking

As we age, keeping up with regular walks and staying fit becomes more important than ever, and here's why. Walking isn't just about getting from point A to point B; it's a powerful tool for boosting our overall health and wellbeing. When we lace up our shoes and hit the pavement, we're not just doing our hearts a favor, we're also strengthening our bones, which can help prevent those dreaded fractures and osteoporosis down the road.

But it's not just our bodies that benefit from a stroll around the block. Walking has this incredible knack for lifting our spirits, too. It's like a natural mood booster, easing stress and anxiety while giving us a lovely dose of those feel-good endorphins. Regular walking has been linked to sharper cognitive function and a lower risk of memory issues as we age.

Walking is a fantastic way to connect with others. Whether it's catching up with a friend or joining a walking group, it's a chance to chat, laugh and share stories while taking care of our health. Oh, and did I mention it can help us sleep better, too? A good walk can set the stage for a restful night's sleep, leaving us feeling refreshed and ready to tackle whatever the day brings.

So, as we journey through life, let's keep putting one foot in front of the other. Because, when it comes to staying healthy and happy as we age, a regular walk might just be our best companion yet. ■

Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, www.attivotrail.com.



RSVP TODAY!

JOIN US ON NATIONAL WALKING DAY!

APRIL 3RD, 2024 | 3:00 - 5:30 PM

Take a stroll with us through our beautiful, 55+ active living community! Explore all Attivo Trail has to offer from our courtyard and spacious units to the pool and theatre room. Come enjoy the day at Attivo!

📍 835 NE Boston Pkwy, Waukee, IA 50263

✉ Email: info@attivotrail.com

📞 Phone: 515-215-8712

🌐 Website: www.AttivoWaukee.com

**SPRING INTO A
BEAUTIFUL
SMILE
WITH
TIMBERLINE
FAMILY DENTAL!**

**Quality dental care you
need using the latest
state-of-the-art equipment
to ensure the best results.**

First visit was fantastic! Extremely professional and experienced staff, one of the best dental experiences I've had! Highly recommend Timberline Dental, very welcoming environment.

Michael ★★★★★

**TIMBERLINE
FAMILY DENTAL**

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

TEAM DENTIST FOR THE
DES MOINES BUCCANERS

General & Family
Dentistry

Dental Implants
& Constructive/
Reconstructive
Procedures

Cosmetic

Preventative

Invisalign & Other
High-results Teeth
Alignment Tools

HEALTH By Dr. Jason Brown

DENTAL care during pregnancy

"My gums bleed when I brush, and some of my teeth hurt for no reason." This is a frequent comment made by some pregnant women. Not knowing what to expect or the reason some dental issues can arise during pregnancy is common. Hormone changes occur, and certain characteristics of pregnancy can cause dental-related problems.



One of the main issues that women deal with is gingivitis due to the heightened response to some bacteria in the mouth, leading to bleeding when brushing or flossing. Some pregnant women have extreme nausea and even vomiting during pregnancy, which can lead to acid buildup in the mouth, causing erosion of enamel and more susceptibility to decay or sensitivity. It is recommended to refrain from brushing your teeth immediately after vomiting due to the stomach acid that is present in the mouth following getting sick. Rinsing with water and baking soda helps to control the stomach acid in the mouth to avoid exposing the enamel to more acid. Certain diet changes like snacking with sugared foods can also increase the risk of cavities.

Seeing the dentist regularly is important, especially during pregnancy. Dental X-rays and use of local anesthetics including epinephrine are safe during pregnancy; however, use of nitrous oxide sedation should be avoided. Whether it's a dental emergency, a routine cleaning, or having a filling done, it is safe to do during pregnancy. ■

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

SS Therapy and Consulting

Adolescent STEPPS
Starting April 2
3-5 pm

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

Free Therapy
Offered with Interns
Immediate Availability

Therapy for All Ages
Most Insurances Accepted

**Neurofeedback
Brain Maps
and Training Available**

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

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

TELEHEALTH APPOINTMENTS AVAILABLE

**4725 Merle Hay Rd. Ste 205, Des Moines, IA
www.sstherapyandconsulting.com**

HEALTH By Elijah Evans

EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging "I was mad" isn't likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: "I felt disrespected because I had previously explained why I didn't want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn't trust them to respect my feelings going forward." Lisa Feldman Barrett explains this phenomenon in her book "How Emotions Are Made," and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



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

PLAN AHEAD

By Kathy Dunbar

IT TRULY starts with a simple conversation

Addressing one's own final arrangements can seem like an overwhelming task. There are many important decisions that need to be considered. It sometimes just seems to be easier to think about it another day. However, by doing this, it remains on your "to-do" list.

What people do not always realize is that the advanced planning process starts with a simple conversation.

An advanced planning counselor will guide you through all of the options available and help you with planning the final arrangements that are right for you.

We find that most of the people we meet with find the process to be surprisingly pleasant and are relieved to have it done.

As one client wrote after meeting with one of our staff members, "It was a joyful experience. I can honestly say that it was fun to think about how I would like to be remembered. I want my loved ones to have a chance to say good-bye and then live on with happy memories of our times together."

It doesn't cost anything to start the conversation, and you may find yourself happy that you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westtown Parkway, 3601 Westtown Parkway, West Des Moines, IA 50266, 515-697-3681



Plan Ahead for PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

Contact Hamilton's to start your plan.



HAMILTON'S
FUNERAL & AFTER LIFE SERVICES

Funerals
Cremation
Advanced Planning
Academy of Grief & Loss
Pet Services
Memorial Gift Shop



515-243-5221
6 Area Locations

HamiltonsFuneralHome.com

WELLNESS

By Kristen Shelton and Amanda Kramme

WHAT IS hyperbaric oxygen therapy?

This treatment involves breathing and delivery of pure oxygen at high levels in a pressurized environment safely. With the increase in a little pressure, along with an increase in oxygen, hyperbaric oxygen therapy (HBOT) becomes a firehose of oxygen to all cells. Every day, we breathe in 21% oxygen from our environment, whereas, with mild hyperbaric therapy, 95% oxygen is delivered to cells and tissues that oxygen cannot normally reach.

We also know that oxygen is the basic building block of healing. Hyperbaric oxygen stimulates angiogenesis, the formation of new blood vessels, which can improve tissue oxygenation in areas with reduced blood flow. The increased pressure enhances the oxygenation of damaged tissues, promoting healing, while also reducing the risk of infection.

Benefits of hyperbaric oxygen therapy include tissue regeneration, reduced inflammation, improved energy levels and tissue function, improved and enhanced immune functioning, and protection of the body.

Today, HBOT is used for an array of medical conditions such as wounds, radiation injury, tissue repair, crush injuries, concussions, exercise performance and recovery, brain function, surgery recovery, tweaked muscles, sprains, PTSD, migraines, neuropathy, Alzheimer's, autism and more. ■



Information provided by Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F Clive. Call or book your HBOT treatment today, Livin-Vivid.com, 515-415-1550.

BOOST YOUR WELLBEING

Make Hyperbaric Oxygen Therapy your solution to good health!

vivid

WELLNESS • AESTHETICS • LIFESTYLE

BUY A PACKAGE OF 10 RECEIVE 2 SESSIONS FREE

BUY A PACKAGE OF 20 RECEIVE 4 SESSIONS FREE

Not valid with any other offers // This offer only good thru March 31, 24

LEARN MORE

BOOK NOW



www.livin-vivid.com

(515) 415-1550

A BACKYARD getaway

Patio with firepit creates a relaxing place to visit.

Often, it is easy to get caught up in the hustle and bustle of everyday life. It is essential to have an escape — a peaceful, comfortable, serene and relaxing place. A place to bond. A place to share stories. A place to celebrate life's most mundane and momentous occasions. Waukee's Bruce and Angela Archer decided to put their version of this place in their backyard almost two summers ago.

Recently married, blending a family of 10 adult children between the two of them, the couple wanted to create a space suitable for everyone to enjoy. Opting to remove the eyesore of an overgrown raised garden, they decided to replace it with a firepit. The idea began as a simple fire ring with some folding chairs. However, the scope and magnitude of the project quickly increased.

"The goal all along was 'I can do this myself,' because I've done stuff like this before," says Bruce.

It took a driveway full of materials and a not-so-successful attempt at excavating to realize he had to bail. But then came the next challenge: finding a team available and willing to do the work. In a country still feeling the effects of the pandemic, the couple noticed they were not the only ones with the same idea.

"Nobody was going to Disneyland; everybody was investing in their backyard," says Bruce. "It was an absolute fluke that we were able to get the guy that we did."

The Archers hired Escape Landscaping to do the job. Using the couple's initial design, they worked closely with the team to finalize every detail. The most important aspects of the project included an open firepit with enough room to seat eight. They also wanted permanent architectural aspects which came in the form of a bench and two plant pillars. It only took the crew about a week to create the firepit of the Archers' dreams.

"It's just a nice, peaceful atmosphere," says Angela. "It's different than being in the house and everything being chaotic."

"There's just something about an open fire that just takes you places," Bruce adds.

Since the installation, the family has made the most of their firepit.



Bruce and Angela Archer created a backyard getaway where they can relax around a fire with friends and family.

Their list of gatherings includes two gender reveal parties, a fantastic Fourth of July fireworks display and nights full of outdoor games like badminton and cornhole.

For the couple, the firepit was worth every penny. They would build it again in a heartbeat and would recommend it to any other family looking to elevate their outdoor entertainment.

"When you're out there for a little bit, and the fire is on and it's dusk... you completely forget you're in the middle of town," says Bruce.

"And you really forget when you've had a few beers," Angela jokes. ■



Spring FLOORING SPECTACULAR SALE

NOW THRU 4/17/24




MOHAWK


UNLEASH THE DIFFERENCE

Locally Owned

Archer
Home Center

KURT MOYER

MICAH MOYER

618 GREENE STREET, ADEL • 515.993.4241 • WWW.ARCHERHOMECENTER.COM

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.

Choose Your Incentive:
What works best for you?*

Receive \$2,500 to use toward:



Rightsizing,
sorting and
packing

or

Moving expenses
(We help you
find a mover)

or

Rent

or

New furnishings
for your
new home



*Must take financial possession by 4/15/2024. Contact us for details.



Chris Ruzicka, Director of Sales

(515) 644-8740 | Chris.Ruzicka@CassiaLife.org

MeadowviewClive.com

3300 Berkshire Parkway, Clive, Iowa 50325

managed by **CASSIA**



Learn more



We create professional websites that Grow Your Business

Finally... a fast, easy, and affordable way to get your small business online.



Professionally Designed

We customize your website to match the look and feel of your brand



Easy to Update

Manage your site with ease and add coupons, photos, video and more.



Search Engine Optimized

Attract more local customers on search engines like Google, Yahoo, and Bing



Responsive

Customers use desktops, laptops, tablets, and mobile devices. We create your website to format for any screen.



Secure

All our websites come with an SSL certificate. That means website communications and customer transactions are secure.



Site Analytics

Gain insight by measuring site visitors and their behavior, so you can make smart business decisions



Ready to get started?

Contact us today for a free demo.

www.biggreenwebdesign.com • 515-953-4822 x301

CHAMBER Dinner

The 25th Anniversary of the Waukeew Area Chamber of Commerce Dinner was held Feb. 22 at Vibrant Music Hall.



Toby Johnson and Dawn Rath



Chief Chad McClusky and Brett Braafhart



Rhett Oselette and Jeff Rogers



Kristin Wiedenfeld



Chris and Jerry Crone



Jordan Oja and Haley Adamson



Bannen and Aly Davis



Brad Deets, Jennifer Brown and Ben Sinclair



Cindy and Rob Grove



Steve and Erma Morain



Claire and Mike Enos

OUT & ABOUT



Jessica and Josh Mitchell



Scott and Samantha Hillier



Josh Carlson and Danielle White



Bryner Gibson and Kelly Troxel



Jeannene Marean and Ciara Halverson



Chris Juhl and Jane Angstman



Terry Snyder and Lindsay Baessler



Glenda Kohout and Heather Behrens



Brittney England and Weston Riesselman



Will Brown, Maggie Wunschel, Lynn Ricke and Cyle Taylor



Megan and Michael Bartos



Levi Fink and Jessica Taylor-Fink

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

FOR SALE

MANUFACTURED HOMES, (2024, Vinyl/ Shingled. 2Br start at \$39,999). (16x80) (3Br- 2Ba.) \$74,999. (28X64) (4Br-2Ba) \$84,999. Delivered Factory-Direct, E. Of I-35, North of I-80, to Minnesota Border. 319-239-1920. (mcn)

WANT TO BUY

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

AUTOMOBILES

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

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

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

DIRECTV Sports Pack. 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-434-0020 (mcn)

HI-SPEED INTERNET, ANYWHERE! Shop With A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. CALL NOW 1-877-449-1844. (mcn)

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 877-683-5440. (mcn)

FINANCIAL

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

HEALTH & MEDICAL

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a

discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

DIAGNOSED WITH LUNG CANCER and 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7, 1-866-533-1701. (mcn)

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

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

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

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP: A small amount of water can lead to major damage to your home. Our trusted professionals dry out the wet area and do repairs to protect your family and your home's value! If you have water in your home that needs to be dried, call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

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

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

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

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

Safe Step. North America's #1 Walk-In Tub.

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

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

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

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

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24. Call 1-855-963-1988. (mcn)

WANT TO BUY

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

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

HEALTH & FITNESS

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

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

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

HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your

family and your home's value! Call 24/7: 1-888-872-2809 (ACP)

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

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

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

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

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

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-479-1516 (ACP)

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

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

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

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends soon. Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Alaska, Europe, Hawaii + dozens of other popular trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. Call 1-877-626-1958 M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only. (ACP)

Home Break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢ a day! Call 855-401-1151 (ACP)

Hy-Vee WAUKEE Food

Hy-Vee Catering offers specialty buffets and party trays to satisfy the crowd, no matter how big or small the guest list. Customize your spread with additional items from Hy-Vee, such as drinks, desserts and snack foods.

DIY Brunch Bar

Create a delicious brunch buffet starting with a catered yogurt, fruit and granola bar from Hy-Vee. Then, pick up your grad's favorite cereals to serve alongside the catered meal, and offer drinks such as coffee, tea and milk.



Asian Bar



Taco Bar



Sweet Endings

In addition to customized desserts, the Hy-Vee bakery has a variety of other sweets to help fill out your spread. Choose grab-and-go items, or place a special order online at Hy-Vee.com/shop



Scan the QR Code to order and browse all of Hy-Vee Catering's offerings, including party trays, catering bars and more.

Stop by your Waukeee Hy-Vee and check out the wide variety of services Hy-Vee has to offer to help make your graduation party unforgettable!

Waukeee Hy-Vee | 1005 Hickman Road | 515-216-2760

TRUCK LOAD SALE

SALE PRICES GOOD MARCH 1-31, 2024 OR UNTIL SOLD OUT



Close out Serta beds starting at

\$399 QUEEN SET

12 MONTH 0% FINANCING AVAILABLE

5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR



\$1,299

Amana Refrigerator

- 25 cu ft
- Side by Side
- Ice & Water Dispenser

ASI2575GRS



\$1,699

Whirlpool Bottom-Freezer Refrigerator

- 22 cu ft
- Factory-Installed Ice Maker

WRB322DMBM



\$999

EACH

*Price for Pair only

Maytag Washer

- 4.7 CU FT.
- Deep Wash option

MVW6230RHW

Maytag Electric Dryer

- 7.4 cu ft
- Hamper door

MED6230RHW



Maytag Washer

- 3.5 cu ft
- Power Wash Cycle
- Commercial Grade

MVWP586GW



\$1,049

EACH

*Price for Pair only

Maytag Dryer

- 7.4 cu ft
- Commercial Grade
- Wrinkle Control

MEDP586KW



\$2,599

Whirlpool French Door Refrigerator

- 27 cu. ft.
- Fingerprint Resistant Stainless Steel

WRF757SDHZ

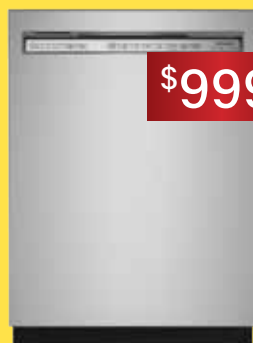


\$999

Maytag 33" wide top freezer refrigerator

- 21 cu ft
- Powercold feature
- Fingerprint resistant

MRT311FFZF

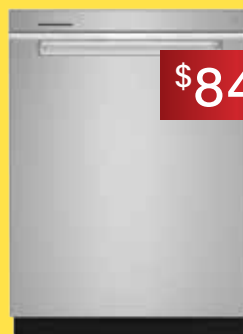


\$999

Kitchenaid Dishwasher

- 3 Racks
- 39 DBA
- Pro Wash Cycle

KDFE204KPS



\$849

Whirlpool Dishwasher

- Stainless steel tub
- 3 racks
- 47DBA

WDTA50SAKZ



\$799

Whirlpool Dishwasher

- Stainless Steel Tub
- 3 Racks
- Fingerprint Resistant Stainless Steel

WDT750SAKZ

Whirlpool Washer

- 4.7-4.8 cu ft
- 2 in 1 Removable Agitator
- Built-In Water Faucet
- Presoak Option

WTW5057LW

Whirlpool Dryer

- 7.0 cu ft
- Moisture sensing
- Steam & wrinkle shield

WED5050LW



\$749

EACH

*Price for Pair only



916 Main Street, Adel

Mon-Fri 8-5, Saturday 8-2

515-993-4287

www.adelwintersettv.com

224 Highway 92, Winterset

Mon-Fri 9-5, Saturday 9-2

515-462-2939