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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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ON THE *road*

**Residents share their
experiences of driving
for a living**

By Jackie Wilson

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.

Shaney Witzenburg drives a school bus for Waukee Community Schools. The hours are ideal and match her own kids' schedules.
Photo by Jackie Wilson

FEATURE

Flexible schedule

Six years ago, Joelle Wakefield was “desperate” for a job. Listening to the radio, she heard an advertisement for a school bus driver. The largest vehicle she’d previously driven was a 12-passenger van. But, she was up for the job.

After an interview, she was hired. She completed a 16-hour training class, along with behind-the-wheel driving training and testing. She now drives for Johnston schools, which contracts with Student Transportation of America.

The schedule is ideal for her as a working mother.

“I like working split shifts because I can homeschool my kids between shifts,” she explains.

Before Wakefield begins her route, she runs a safety check of all systems. Once she’s on the route, students begin piling onto her bus. Kids can be a bit noisy, but she’s learned to tune it out.

“The noise doesn’t bother me as much. The most important rule is to

stay seated. That’s my No. 1 rule. If they’re not correctly seated, there’s a higher risk of injury,” she says.

She’s also concerned with kids’ behavior.

“I tend to be strict. I don’t tolerate unruly behavior. It puts us at risk. It’s my job to get kids home and to school safely.”

Wakefield says she has built relationships with students, who often need someone to talk to.

“It helps us to know if something is wrong at home. If I talk to kids about their issues, it helps them feel like there’s somebody on their side,” she says.

When on the road, bus drivers are visible to other drivers; however, not every driver follows the school bus rules.

“My biggest complaint is a lack of understanding from people about what the stop arm means. On a daily basis, we have someone drive past the stop arm. That’s the biggest risk anyone can



Joelle Wakefield of Waukee enjoys the flexible hours of driving a bus. Photo by Jackie Wilson



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FEATURE

take,” she says.

Wakefield has gotten skilled at reading license plates and turning in those numbers to the police department. In turn, the police can obtain video evidence of the violation. If convicted, there are mandatory fines, with the drivers losing their license.

“I don’t think people understand the severity of it. It’s not worth it to run a bus stop arm. Most times, it’s only 30 seconds out of your life. If you see a school stop arm, stop. We’re hauling the most precious cargo,” she says.

Wakefield says the school, parents and kids work best as a team.

“I’m lucky to have support, not only from the district, but the parents whose kids I drive for. The PTA is great at acknowledging the bus drivers,” she says.

She likes her driving job for the flexibility, skills and the ability to be home with her kids, ages 10 and 7.

“My kids think it’s neat that I can be home with them. When I work a split shift, it gives me a mental break. If I have a bad morning, I can come back refreshed. You can’t do that with a 9-to-5 job.”

Volunteer driver

When Dennis Koenigsberg arrives at Waukee Area Christian Services, he jumps out of his vehicle and into a van. From there, he and another driver or support volunteer begin their journey assisting the hungry in Dallas County.

The pair picks up donated food from Waukee and West Des Moines grocery and convenience stores, such as Hy-Vee, Fareway, Aldi, Costco,



Dennis Koenigsberg of Waukee drives a food pantry van. He volunteers to pick up donated food and other items. Photo submitted

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FEATURE

Kwik Star, Starbucks and Kum & Go.

Koenigsberg isn't sure exactly what's in the donation boxes. Some items are close to their expiration dates; others may be products that didn't sell.

"We're mystified as to why they donate certain items," he says. "But, just that they're donating in the first place is nice."

After they've loaded the van, other volunteers help unload and set up for the food pantry, located at Waukee Area Christian Services in the Westview Church in Waukee.

For 10 years, Koenigsberg drove for the food bank in Mason City where he lived. Two years ago, he and his wife moved to Waukee to be closer to their adult children. While he was attending the Waukee Community Church, he heard Food Pantry Director Melissa Stimple speak about volunteer needs and opportunities. Initially, he didn't think he was interested.

"I told her I used to drive for the food pantry for 10 years," he explains. "She assured me, 'We need somebody like you.'"

He says he feels driving to pick up and deliver donations is an overlooked aspect about serving others.

"Jesus talked about how we are supposed to feed the poor," he says. "It's an important reason why I do the driving."

Koenigsberg says he enjoys the variety in his day and meeting people at the stores.

"It's enjoyable. Everyone is really friendly, and it's going to a worthwhile cause," he says. He says his part in driving is minor compared to the companies who willingly donate goods and food.

"They give away thousands of dollars of food. I'm grateful for organizations that do it. It's a big deal, and I know the people really need and appreciate it," he says.

Students make her smile

Shaney Witzenburg began driving a school bus for Waukee Community Schools in 2010. As a mom, she wanted a schedule similar to that of her own three kids, which affords her more family time.

"It's nice. I can have summer breaks, enjoy my time with my kids, and make a little money," she explains.

Like Wakefield and other bus drivers, Witzenburg had to complete classroom, as well as behind-the-wheel, training.

"The hardest part of driving a school bus is dealing with narrow roads, parked cars on the street and dealing with stop arm violators who fly through your stop arm. It's extremely dangerous and has resulted in too many close calls," she says.

Witzenburg says the driving skills, coupled with having patience, are both important traits to being a good bus driver.

"Anyone can learn how to drive a commercial vehicle. Add children and noise to the equation, and it can be overwhelming in the beginning."

She understands "kids will be kids," but she enforces the rules. However, she tries not to single kids out. Instead, she addresses everyone with reminders, such as keeping hands to self, keeping feet out of the aisle and staying seated.

"I'm used to the noise. I listen for what's important. I have to pay attention to the kids getting on and off the bus, as well as the traffic," she says.

That's another reason she likes her job — getting to know the kids. She enjoys forming connections and the daily interactions with her students.

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FEATURE

"I always say good morning. I'm usually the first person the child sees in the day, so I hope I can impact their day positively," she says. "It's fun to watch the kids grow up and listen to the stories of what they did at school during the day. My students always manage to make me smile."

One of the toughest parts of her job is dealing with road construction, traffic and inclement weather conditions, says Witzenburg.

"Staying alert for the safety of our students is crucial," she explains.

She recommends other drivers be aware of their surroundings and follow the rules regarding stopped school buses. She advises parents to pick up their children in the parent pick-up and drop-off lanes and avoid the school bus lanes.

"Be vigilant and pay attention when the lights are flashing. Please stop."

With bus driver shortages occurring nationally, Waukees is no exception. She has a double elementary route both in the mornings and afternoons. She encourages others who are

looking for work to consider driving a bus.

"You can pick up additional hours or make it as part time as you want. There's lots of options to make more money."

Witzenburg says that bus drivers are a great group of people.

"They truly care about the safety and well-being of the students they transport," she says. "Bus drivers have many responsibilities, and we don't just drive the bus. We are also teachers, counselors, disciplinarians and a trusted friend for our students." ■



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DALLAS COUNTY Foundation announces 2022 grant awards

The Dallas County Foundation (DCF) has announced that \$101,323 has been awarded to 24 nonprofits in Dallas County. Each year, grants are awarded to improve the quality of life for those fortunate enough to call Dallas County “home.” In partnership with Grow Greene County Gaming Corporation (GGCGC), the Dallas County Foundation was awarded an additional \$53,709 for broad-based community improvement projects, making for a combined total of \$155,032 in betterment grants in 2022.

Since its inception in 2005, the DCF has awarded more than \$1,618,692 to more than 290 projects in Dallas County. These grant dollars have been used to enhance large and small community organizations throughout the county. The DCF mission is to continue funding projects and local initiatives that strengthen area communities now and well into the future.

2022 DCF GRANTS

- Adel Historical Preservation Commission, website, \$2,000.
- Main Street Adel Chamber of Commerce Inc., Pedal Plaza improvements, \$9,700.
- Dallas County Hospital Foundation, additional bladder scanner at DC Hospital,

\$7,000.

- Dallas County Master Gardeners, Dallas County Agricultural Extension District, \$12,955.81.
- Dallas County Fair Association, concrete pad for 4H and FFA animal stalls, \$10,000.
- Dallas County Conservation Board, RRVT to High Trestle Trail Connector Phase V, \$16,353.
- Dalla Terra Ranch Foundation, scaling production for beginning farmers, \$2,500.
- AHeinz57 Pet Rescue and Transport, Inc., Get the Complete Picture, \$14,759.
- De Soto Public Library, circulation desk computer, \$1,471.
- Dexter Community Foundation, Dexter Museum historical audio-visual presentation stations, \$3,705.
- Granger Public Library, children/ youth furniture for a new library in Granger, \$8,000.
- Perry Community Schools, art curriculum expansion, \$4,000.
- Minburn Area Fire Fighters Association, ventilation equipment, \$2,000.
- Perry Basketball Association Inc., Perry Basketball Association uniforms and basketballs, \$2,519.01.
- Perry Little League Inc., new uniform

project, \$2,800.

- Perry Chamber of Commerce, Perry digital message board upgrade, \$7,000.
- PRESBY Child Care Program, Inc., reorganization, \$3,184.59.
- Raccoon River Pet Rescue, outdoor kennel roof, \$6,388.38.
- Waukee Leadership Institute, Waukee Triangle improvements, \$3,000.
- West Central Valley Boosters, baseball/ softball scoreboards for WCV Schools, \$10,000.
- Raccoon Valley Youth Football, WCV youth football uniforms, \$6,700.
- Woodward-Granger Community School District Foundation, bank program inventory expansion, \$9,597.
- Woodward-Granger Community School District, Learning Center Library browsing bins and bookcases, \$4,400.
- Woodward Friends and Neighbors Day, picnic tables, \$5,000.

A complete listing of funded projects for 2022 can be viewed at www.dallascountyfoundation.org/2022-grant-recipients. The Dallas County Foundation is an affiliate of the Community Foundation of Greater Des Moines. For more information, visit www.dallascountyfoundation.org. ■

WAUKEE United Methodist Church breaks ground

Members of the Waukee United Methodist Church broke ground for their new ministry center at their new location, 2075 S.E. LA Grant Parkway, Waukee. The groundbreaking kicked off the beginning of a \$5 million project that includes space for a multipurpose room and sanctuary, meeting rooms, nursery, offices, kitchen and gathering space. The new ministry center will be available for community use, and the site offers space for the church's future expansion.

The groundbreaking took place 15 years after the congregation first purchased land on LA Grant Parkway. The congregation sold off a portion of that initial investment for development and has been raising money for the current venture. The church recently sold its previous church building at 650 Ashworth Drive, Waukee. That property is being developed for use by Burn Boot Camp, a fitness community passionate about helping families with their health and wellness.



Until the new ministry center is finished, the church is holding services at South Middle School on Sundays at 9:30 a.m., gathering children and youth at the Community Center

Wednesdays at 6 p.m., and hosting the church office in the former parsonage at 800 Locust St., Waukee.

To learn more, visit waukeechurch.life. ■

HOLMES MURPHY collects for Ukraine

Holmes Murphy, a Waukee-based company, has a particular personal tie to Ukraine and is showing its support for those who need it most on the other side of the world. The company held a special event to collect essentials and cash donations for Ukraine, particularly in Cherkasy, a city roughly the size of Des Moines along the shores of the Dnieper River in the central part of the country. Cherkasy is near the native home of Nataliya Boychenko Stone, a client executive – team lead in the Employee Benefits division of Holmes Murphy.

“This is what we do at Holmes Murphy. We care for our clients, and we care for each other,” said Stephani Manning, senior vice president of Innovative Captive Strategies, a Holmes Murphy subsidiary company. “We have all seen the devastation taking place in Ukraine, and it is deeply upsetting. When we see this happening to the home of someone we are close to and work with on a daily basis, it adds a whole other level.”

Manning, the leader of Holmes Murphy’s Women Optimizing Women (WOW) group,

facilitated the event after collaborating with Boychenko Stone to identify the community’s most immediate needs.

Holmes Murphy’s WOW group, which focuses on the unique potential of women at Holmes Murphy and within the insurance industry, asked employees to bring donated supplies to Holmes Murphy’s headquarters in Waukee and hosted a special opportunity for employees to package and assemble items to send to Ukraine.

Boychenko Stone, also an adjunct professor at Drake University, moved to Iowa for the first time when she was 14 years old as an exchange student and then officially in 2001 to attend Drake University. While she has always been an active member of the Des Moines business community, she has recently become an increasingly prominent figure for sharing resources on how Iowans can help with the unrest.

“It’s truly a beautiful country with beautiful people,” Boychenko Stone said. “It is, of course, heartbreaking to see these events unfold, but



Shannon McClain helped prepare donations to be sent to Ukraine.

there is truly so much we can do to support the Ukrainian people. I’m proud to be a part of the business community in Des Moines and a company that’s embraced many of these opportunities.” ■

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Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

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WAUKEE Area Christian Services begins offering clothing

For the past 16 years, Waukeee Area Christian Services (WACS) has been meeting food, medical and other needs in Dallas County. Thanks to a recent merger, the organization has begun meeting children's clothing needs, too.

When the leadership of Dallas County Closet decided to retire after several years of operation, WACS agreed to merge the closet into its operation at 1155 S.E. Boone Drive in Waukeee. Currently, the clothing closet only offers children and tween sizes 4-16.

Other food pantry wrap-around services offered by WACS include basic hygiene products, medical care, emergency financial assistance, the Dwelling Place stable housing program, case management, client assistance with outside services and seasonal bonus programs. WACS also shares facilities with the Women, Infants and Children (WIC) program.

On April 29, the community will come together to celebrate the merging of the two nonprofit organizations during WACS' 2022 Creating Connections Gala fundraiser. Founders and key leaders of the Dallas County Closet will be honored and recognition given to board members, donors and volunteers who made the organization a large success.

For more information, contact Melissa Stimpel at 515-987-5523 or melissa@waukeechristianservices.org. ■

CARTMILL joins Holmes Murphy as chief diversity officer

Espnola (Nola) Cartmill, Esq. has joined Holmes Murphy as the company's chief diversity officer (CDO). In this new role for the company, Cartmill will lead diversity, equity and inclusion (DE&I) strategies to ensure diverse hiring and promotion throughout the company, as well as facilitate diversity training programs for all employees at Holmes Murphy. Cartmill will



Espnola (Nola) Cartmill, Esq.

work closely with Holmes Murphy's existing DE&I committees, in addition to Holmes Murphy's Talent & Culture, Legal and ethOs (organizational engagement) teams in the DE&I space.

Cartmill's background includes a prominent law career rooted in a passion for DE&I, where she previously assisted employers in tackling both day-to-day employment law issues and litigation. Cartmill is familiar with — and has counseled employers on — various compliance issues, including various legal policies and legislation.

"I am very proud of our accomplishments in the areas of diversity, equity and inclusion, all of which support Holmes Murphy's caring culture for which we are known," said Dan Keough, chairman & CEO of Holmes Murphy. "Nola's hiring is just one more way we're not only enhancing the work we do to create an environment where everyone feels valued, but also helping us sustain an environment where we can all reach our unique potential."

Cartmill grew up in Fort Madison, and attended college at the University of Iowa and Harvard Law School. Outside of work, Nola enjoys spending time with her family and friends and is an avid fan of the Iowa Hawkeyes and the Chicago Bears. ■

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CARE tips for spring emerging bulbs

Spring has sprung. Hopefully you have already seen a few bulbs emerge like the small but mighty crocus (pictured). They were the first to arrive in my garden beds last week. I have told my family that I have a personal goal to plant 100 bulbs in my yard every year. They questioned my sanity of course and said, "Dad, our yard cannot compete with the famed Pella, Iowa." Well, we will see about that. I started this personal goal during the pandemic as a way to have something to look forward to every year as I was suddenly having to do everything from home, both work and life. This was something to focus on as we faced many challenges during that period.

Now, on to some care and maintenance tips for those emerging bulbs.

First tip: Leave them alone for the most part as they are doing some hard work to break out of their underground winter holding. If you disturb them too much, this will cause the roots to break or the actual bulb to be damaged. A damaged or broken bulb will not produce the beautiful flower it spent all fall and winter preparing for.

Second tip: Remove the fading blooms to promote additional blooming, otherwise the bulb will spend time trying to produce seed instead of focusing on next year's blooms.

Third tip: It is best to leave the foliage until well after it has bloomed and turned brown or just don't cut it off at all.

Fourth tip: In general, in Iowa, if you have well-drained soil, only fertilize just as they start to bloom, otherwise it is best to fertilize when you plant them. In preparation for next year, as your bulb's blooms fade but the leaves are still green, you can consider dividing your bulbs. If you are looking forward to planting more bulbs next year, you may want to take some photos of your blooming bulbs and their locations, as this will give you an idea as to where you can plant new bulbs to ensure you don't damage already planted ones.

Remember, "Spring work is going on with joyful enthusiasm." — John Muir. ■

Information provided by David "Dusty" D. Rauschenberg, Dallas Center resident, Master Gardener, Master Conservationist, #thegoodpmgardener, dustyrauschenberg@gmail.com



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CoolSculpting™ Uses The CoolSculpting™ procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. The CoolSculpting™ procedure is not a treatment for weight loss.

CoolSculpting™ Important Safety Information The CoolSculpting™ procedure is not for everyone. You should not have the CoolSculpting™ procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, bruising, burning, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting™ may cause a visible enlargement in the treated area which may develop two to five months after treatment and requires surgical intervention for correction. **CoolTone™ Uses** The CoolTone™ device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomen. CoolTone™ is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs.

CoolTone™ Important Safety Information The CoolTone™ procedure is not for everyone. You should not have the CoolTone™ treatment in areas with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids. Tell your doctor if you have any medical conditions as CoolTone™ should not be used over a menstruating uterus, over areas of the skin that lack normal sensation, in patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy. CoolTone™ should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), active bleeding disorders, or seizure disorders. Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolTone™ treatments, therefore, it is recommended to not undergo treatment during this time of the month. CoolTone™ should not be used in the heart or head areas, areas of new bone growth, over the carotid sinus nerves, or over the neck or mouth. CoolTone™ should not be applied over swollen, infected, inflamed areas or skin eruptions. Caution should be used for patients with suspected or diagnosed heart problems. Common side effects may include, but may not be limited to, muscular pain, temporary muscle spasms, temporary joint or tendon pain, and redness at or near the treatment site. Ask your Healthcare Provider if CoolTone™ is right for you. Please see full Important Safety Information on coolsculpting.com.

COOLSCULPTING™, the Snowflake Design, and COOLTONE™ are trademarks of ZELTIQ Aesthetics, Inc., an Allergan affiliate. Allergan™ and its design are trademarks of Allergan, Inc. All other trademarks are the property of their respective owners. © 2020 Allergan. All rights reserved. CSC131431 12/19



EVENTS IN THE AREA

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

Be sure to check for cancellations.



Master Gardeners Plant Sale

Saturday, April 30, 9 a.m. to 2 p.m.
Dallas County Fairgrounds, Adel

The Dallas County Master Gardeners are hosting their annual plant sale. All proceeds will benefit the Dallas County Master Gardeners' demonstration garden. The sale will include perennials, annuals, vegetables, house plants, succulents, horticulture books, pre-potted arranged plants, plant containers, denim garden aprons and garden art.

Prescription Drug Take-Back Day

Saturday, April 30, from 10 a.m. to 2 p.m.
Waukee Public Safety Building at 1300 S.E. L.A. Grant Parkway

The DEA's National Prescription Drug Take-Back Day aims to provide a safe, convenient and responsible way of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Pills and patches are accepted. The service is free and anonymous. The DEA cannot accept liquids or needles. A Drug Drop-Box is also located in the lobby of the Waukee Public Safety Building year-round for drop-off Monday through Friday from 8 a.m. to 4 p.m.

The Police Department will also collect vape pens or other e-cigarette devices from individual consumers during the April 30 Drug Take-Back Day. However, the consumer is responsible for removing the batteries prior to drop-off. If the batteries cannot be removed, individual consumers can check with large electronic chain stores that may accept the vape pen or e-cigarette devices for proper disposal.



The Citywide Garage Sale

Saturday, April 30

Many residents will be holding their garage sales on this day. Those who enjoy garage sales will find many to choose from and a short jump, hop and skip between them.



Firefighters Association Pancake Breakfast

Saturday, May 14, 7-11 a.m.
Waukee Public Safety Building, 1300 S.E. L.A. Grant Parkway

Join the Firefighters Association for pancakes, fire truck tours, spraying fire hoses and more for the entire family.

Curbside Spring Cleanup

May 2-6

City/ASI garbage customers can place large items on the curb for disposal on their normally scheduled garbage collection days, Monday through Friday. Bulky items such as furniture, oversized electronics and other large items up to 5-feet in length should be on the curb no later than 7 a.m. Smaller items should be bagged or boxed.

Dane Country Trip

Register now for event on Thursday, May 12,
8:30 a.m. to 5:30 p.m.

The Waukee Parks & Recreation Department is offering a day trip through Dane country. Located in the heart of southwest Iowa's picturesque countryside, Elk Horn is home to the largest settlement of Danes in the U.S. Visit the Museum of Danish America to learn about Danish immigrants and their journey from Denmark to establish homes, schools and churches in America; tour the 60-foot Danish Windmill that was built in Denmark and shipped directly to Elk Horn; enjoy a Danish meal; and have time for shopping. The cost of \$85 covers tours, admissions, lunch, bus transportation and gratuities. Register online at waukee.activityreg.com/selectactivity_r2.wcs.

Annual Flea Market and Garage Sale

Saturday, June 4, 9:30 a.m. to 3:30 p.m.
Waukee Christian Church, 29043 T Ave.
(the corner on Hickman Road)

The Waukee Christian Church will hold its annual Flea Market/Garage Sale with more than 30 vendors and crafters and a food truck on hand. Local Waukee author Judy Constant Tyler will be signing copies of her latest book, "Judy's Letters to Fritz and Carl," at the event.



Miracle League

Register now online

Waukee's Triumph Park and its Greater Iowa Credit Union Miracle League Field will open in June. All kids ages 5-19 with special needs — whether physical, emotional, social or cognitive — wanting to play baseball/softball on a non-competitive, coed team are eligible to play in this league. This year's adjusted league dates are June 4-25. Games will be played on Saturdays. Registration for the 2022 Miracle League at Triumph Park season is open at www.waukee.org/registration under "Register for Activities" and then "Youth Sports." Miracle League teams play on a custom-designed, rubberized turf field which accommodates wheelchairs and other assistive devices while helping to prevent injuries. Each player will be partnered with a volunteer "buddy." Volunteer buddies and coaches are needed. Visit www.waukee.org/miracleleague to submit a volunteer application. Email Nathan Williams at nwilliams@waukee.org with any questions.

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Fish Waukee

Saturday, June 4 from 9-11 a.m.
Triumph Park, north of Hickman Road and east of N. 10th Street adjacent to Waukee Northwest High School

The Waukee Rotary Club's second annual Fish Waukee will be held in conjunction with the City of Waukee's grand opening of Triumph Park. The event

is free to attend and 100% of the funds raised go back into the event or roll into next year's event. A registration link will be provided in the near future on the City of Waukee activity website, select "Fish Waukee." The event is free, and bait will be provided. Participants should bring their own equipment. A limited supply may be available. Adult supervision is required at all times.



Register for spring and summer programs

The 2022 Waukee Parks & Recreation Spring/Summer Program Guide is now posted on the City's website. The department has a spring and summer filled with programs, activities, trips and festivals. Register online at waukee.activityreg.com/ClientPage_t2.wcs. View the program guide at bit.ly/3Isrbxt.

WACS Fundraising Gala

Friday, April 29, 5-7 p.m.

Westview Church and the WACS facilities, 1155 S.E. Boone Drive, Waukee
Waukee Area Christian Services' (WACS) annual Creating Connections fundraising gala returns to an in-person event. Gala Week begins online on Monday, April 25, and culminates with a live, in-person event on Friday, April 29. The online portion of the Gala will include daily communications on the work of WACS and the people served. The online content can be viewed at waukeechristianservices.org. The Waukee Chamber of Commerce will kick-off a program at 5:30 p.m. with a "ribbon tying" event to celebrate the merger of the Dallas County Closet with Waukee Area Christian Services and its new Clothing Closet. The 5:30 program will also include recognition of the Dallas County Closet, an update from the executive director of WACS and an open house of WACS' facilities. Tickets to the in-person Gala are \$25 each and can be obtained at waukeechristianservices.org/gala.

Waukee Palooza

Saturday, June 11, 5-10 p.m.
Kinship Brewing Co., 255 N.W. Sunrise Drive, Waukee

The Rotary Club of Waukee is hosting its fourth annual music festival in partnership with Kinship Brewing Co. The event is free to attend thanks to sponsors. The event features live music, beer and food. It will be kid and pet friendly. There will be a silent auction with items donated by sponsors and Rotarians and 50/50 raffles to raise funds for the good works of the Rotary Club of Waukee. Big Time Grain Company will again be headlining this event in the evening.



Family Fun Bowling

Various Sundays, noon to 2 p.m.
Warrior Lanes

Special family-friendly glow-in-the-dark bowling with concert lights and black lights are offered at an alcohol-free event with family-friendly music. Deadline for registration for each Sunday event is the Friday prior by 6 p.m. Cost is \$64.95 per lane, up to five bowlers, and includes a large one-topping pizza and pitcher of soda. Dates are Sundays, May 15, June 12, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11.

Safety City

Register now

Incoming Waukee Community School District kindergarten students can participate in the Waukee Police Department's annual Safety City program. Attendees will learn about safety from officers and volunteers during this week-long course. Online-only registration is available at www.waukee.org/registration under "Youth Camps & Activities." A miniature city will be used to teach students correct street crossing techniques along with vehicle safety by using tricycles as automobiles. Safety City will also include lessons on: bullying, pedestrian rules, street crossing, traffic lights, Waukee Safe House Program, window safety, poisons and drug abuse, bus rules, calling 911, fire safety, respect for authority, seatbelts and bike safety. The cost of the program is \$50 per student; participants receive a new bicycle helmet and a T-shirt. Students also get to ride a school bus and tour the Waukee Public Safety Building. Safety City is very popular, and sessions are limited to 40 participants. Early registration is encouraged. Citizens can call 515-978-7979 with questions.

2022 Safety City Sessions with openings remaining:

- Session 1: June 13-17, 1-3:30 p.m.
- Session 2: June 20-24, 1-3:30 p.m.
- Session 3: June 27-July 1, 1-3:30 p.m.

Library Art Gallery Exhibits

Waukee Public Library Art Gallery,
950 S. Warrior Lane, Waukee

• **"From Iowa to the 7 Summits: Adventures at Altitude":** This exhibit is from mountain climber and photographer Jen Loeb, on display May 1 to June 11, with the accompanying presentation "Seeking the 7 Summits: Iowa Climber Jen Loeb" on June 11, 1 p.m.

• **"Lost in the Weeds":** Works from illustrator Kelsey Wilson will be on display June 12-28, with an accompanying botanical drawing class scheduled for June 28, 5:30 p.m.

Professional and amateur artists, as well as art organizations, are encouraged to apply to exhibit in the gallery. Interested artists can submit an application online at waukeepubliclibrary.org/artgallery.

Gallery hours are year-round, Monday through Friday, 9 a.m. to 3 p.m.; Saturdays, 9 a.m. to 12 p.m.; and Sundays September to May from 12-4 p.m. The gallery will close intermittently for meetings. Call 515-978-7944 to confirm the gallery schedule.

HOW DO YOU stack up when it comes to retirement savings?

Comparing yourself to others can cause you to chase a dream that isn't yours. That's why one of our first conversations wasn't about what you have saved for retirement; it was about what you want to do in retirement. We talked about how you want to fill your time. Do you want to travel, buy a second home, or continue working? We started with your lifestyle plan; that helped us determine how much retirement income you would need to live the life you want in retirement.

As retirement planners, it's not our job to tell you how you "stack up." It's our job to help you take what you've saved and develop a customized plan to cover all the aspects of retirement. There are times when we've



had to have difficult conversations with people, such as when retirement savings won't support their retirement lifestyle. It's better to have those conversations five or ten years before retirement than when you are in retirement. Then we can talk about strategies that can make your resources last longer or boost your retirement savings.

There may be some averages out there regarding retirement savings numbers, but I know there is no average retirement. Each plan we've helped families and individuals put together looks different. The families and individuals we work with lead exciting and diverse lives, with goals as varied as their personalities. My favorite part of the job is getting to see you live out those retirement visions. ■

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

Retiring in today's world can be complex and complicated. Each week, CERTIFIED FINANCIAL PLANNER™ Loren Merkle and co-host Molly Nelson will tackle trending financial topics and apply them to your retirement.

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CITY OF WAUKEE BULLETIN

APRIL 2022

THINGS TO DO

- **WASP Senior Program**
Wednesday, April 27 at 9 a.m.
Waukee Community Center
- **Bingo**
Friday, May 6 at 1 p.m.
Waukee Community Center
- **Regular City Council Meetings**
May 2 & 16 at 5:30 p.m.
Waukee City Hall and Zoom
- **Citywide Garage Sale**
Saturday, April 30
- **Drug Take-Back Day**
Saturday, April 30 from
10 a.m. to 2 p.m.
Waukee Public Safety Building
- **Spring Clean-Up Week**
May 2-7
Visit Waukee.org/cleanup

THINGS TO KNOW

- **Library Art Gallery Reopened!**
Hours: Weekdays 9 a.m. to 3 p.m.
Saturdays: 9 a.m. to noon
Sundays: noon to 4 p.m.
Waukee Public Library

Outdoor Safety and Courtesy Reminders

Spring weather brings an increase in pedestrians and cyclists to Waukee trails, parks and streets. Here are some safety and courtesy tips to help keep everyone safe and happy!

Motorists:

- Slow down or stop at intersections, crosswalks and trail crossings; this includes roundabouts and signaled crossings.
- Always be aware of nearby bicyclists and pedestrians.
- Watch the speed limit signs and adjust accordingly near parks and schools.

Bicyclists and Pedestrians:

- If riding on streets, always ride with traffic and follow the rules of the road.
- Watch for items on the road or trail that might make you swerve or fall.
- Watch for turning traffic at every intersection.
- If walking or riding at night, always wear reflective gear.
- Wear a helmet at all times when cycling.
- Be sure to yell "on your left" when passing someone on the trail.

Pet Owners:

- Pick up all pet waste, and dispose of it in trash receptacles, as is required per City ordinance.
- Make sure your dogs and cats are licensed annually, as is required per City ordinance. See more pet licensing information on the next page.

Thanks for your cooperation!



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Warrior Lane Improvements Continue

Construction is now underway on Phase 2A of the Warrior Lane Improvements Project, widening the road to the south, by the Waukee Public Library and Waukee Middle School. Stage 1 of this project phase will include work between the two middle school driveways. Access to the school and the Library will be maintained on Warrior Lane from the south while school is still in session. This project will be completed before the start of the next school year.



Drug Take-Back Day Set for April 30

The National Prescription Drug Take-Back Day aims to provide a safe, convenient and responsible way for citizens to dispose of potentially dangerous expired, unused and unwanted prescription drugs. On Saturday, April 30 from 10 a.m. to 2 p.m., the Waukee Police Department will accept pills and patches for disposal at the Public Safety Building (1300 SE L.A. Grant Parkway).



National Safe Digging Month

April is National Safe Digging Month. This observance serves as a reminder to all people who excavate or dig to dial Iowa One Call at 8-1-1 or visit iowaonecall.com, at least 48 hours before digging, to have the approximate location of utility lines marked. Planting trees, installing a fence, etc.? Dial 8-1-1 beforehand so you can avoid knocking out utility service, injuring yourself or those around you, or facing fines.

Spring Clean-Up Week Reminders

The 2022 curbside pick-up of large items for City of Waukee/ASI garbage customers will be held on usual trash days May 2-6 (M-F). Put bulky waste like furniture and other similar items (up to five feet in length) on the curb before 7 a.m. Household hazardous waste can be dropped off at Vince Meyer Learning Center (445 5th Street) on Saturday, May 7 from 8 a.m. to 12 p.m. During that same time, crews at the 1205 6th Street drop-off site will accept appliances and tires. Visit Waukee.org/cleanup for details.

Open Burning and Fire Pit Reminders

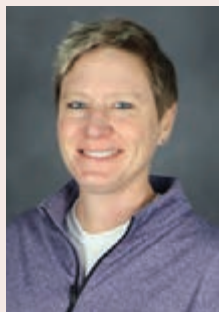
Open burning is prohibited in Waukee; however, organic fires in areas zoned agricultural are allowed if not within 1,000 feet of land zoned other than A-1. Outdoor fireplaces and BBQ grills using untreated wood are also permitted. It is NOT permitted to burn rubbish/refuse which includes yard waste,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



License Pets for National Pet Month

April is National Pet Month! What better way to celebrate than to ensure your Waukee pets are licensed? Just visit petdata.com to start the process. The cost is \$15 per altered pet or \$25 per non-altered pet. A proof of rabies vaccination is required. Licensing your pet may improve the chances of having your animal returned to you should they become lost or run away, and it helps the City of Waukee ensure that pets are vaccinated.

MEET THE STAFF



HOLLY HOLMES, *Horticulture Technician*

Holly Holmes joined the City of Waukee team as its first-ever Horticulture Technician. As more Waukee parks and facilities sprouted up in recent years, the need for a full-time caretaker followed suit. Holly spends her days maintaining parks and City building landscapes for health and beautification. She has a marketing degree from the University of Iowa, but decided to

follow her real passion eight years ago and has worked as a field worker and manager for several landscape companies. Holly and her wife Stephanie enjoy spending time with their daughters, granddaughter and pets. She also enjoys hiking, biking, taking walks, and watching movies and football.

FINDING the right CBD fit

By now, we've all at least seen the term "CBD" or know someone who uses it. What exactly it is, and how do you know if it can help you? The simple answer is, it can help everyone. As a mammal, you produce your own CBD (called phytocannabinoids) and have an entire bodily system that conducts and places it in the right place for you. Being the anti-inflammatory superpower it is, it helps every part of the body. CBD creates balance in the brain and other regulatory systems (digestive, nervous, muscular, etc.). Think of taking a daily supplementation as getting your imbalances in check, pain relief and the mood boost we all seek. The strength and frequency depend highly on each situation. Professionals can help you find the perfect fit. From a gummy bear, a liquid for your coffee, to the tried and true oil under the tongue, there is a method for everyone to get on track to be the best you.

Beware of online CBD marketing. CBD is still an unregulated industry and, just as time has taught us, if it seems too good to be true, it probably is. Make sure any product you buy in this industry comes with third-party testing, labs, and can be accessed at any time. Consult your local CBD store workers with any questions about any product regulations. ■

Information provided by Lacie Navin, Your CBD Store, 264 Hickman Road, Waukee, 515-669-5438.



MEET Jessica Young

Supporting students, families and staff

Jessica Young is the counselor at Woodland Hills Elementary School in Waukee.

Define "counselor."

"To a certain extent, we are all counselors. Each of us listens, provides support, gives advice and cares for those around us. As a school counselor, I have the privilege of working with students, families and staff every day and being there to help and support in all sorts of ways."

What gives you the greatest joy as a counselor?

"One of my absolute favorite things is building relationships with students and helping them see all the amazing good that is inside each of them. Watching kids light up with pride and know they are loved at school are some of my reasons why."

You have a time machine that can go backward or forward, but you have to pick just one. Which do you choose, and where do you go?

"I would go back to when my grandparents were raising my parents. One set of my grandparents were farmers, and my other set worked internationally and traveled often. All four of my grandparents had a huge impact on my life. They were incredibly hard working, tough, kind, amazing people. I have so many memories of them growing up. I would love to experience them at the age I am now."

What would people be surprised to learn about you?

"My husband and I love to tour haunted locations and stay in haunted hotels. I will always turn on a paranormal show or thriller movie before any other genre, even if I am home alone."

Name one thing you've learned this week.

"To savor and appreciate all of our moments because they are not guaranteed. Something I was already aware of, but reminded of quickly after the tragic tornado over the weekend."

What is the greatest misconception about counselors?

"I think a lot of people believe counselors are always super calm and have things figured out all the time. I can tell you, at least for myself, that is not the case. We are human and struggle and get frustrated and need support as well. We are also not analyzing everything people say or do."

If you could pick one vacation spot to go to for the rest of your life, what would that be and why?

"My husband and I love to roadtrip, so this is tough. We drove to Nashville for our honeymoon and absolutely loved it. So, I would have to say Nashville. It has so many things to offer for adults, but heading to the zoo, shopping, going to a baseball or hockey game, and hiking are also fun for our entire family."

Who is your favorite historical figure and why?

"Not a historical figure, but I would have to say my Grandpa Bill. He was the kindest, sweetest, most gentle soul. Incredibly hard working and the most generous heart. He passed away in 2015, and I miss him so much. I can still picture his sweet smile and kind eyes. He was just the best. I strive to impact others the way he impacted my sisters and I." ■



As a counselor, Jessica Young says she most enjoys building relationships.

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KEEPING teeth and gums healthy

Most people try to do what is best for their overall health on a day-to-day basis. Physical fitness and exercise are great ways to keep the body healthy. These activities build muscle as well as keep our heart and lungs working well. What role do our teeth and gums play in our health? What types of things can we do to maintain proper health and strengthen our teeth and gums?



Our diet plays a major role in keeping our teeth cleansed from most acids or sugars. Staying away from foods high in sugar is very important. This can range from cutting out excess candy, donuts, sugared soda, or added sugar to coffee or tea. Foods high in acid can eat away at our healthy enamel and can also be irritating to the gums. This includes most citrus fruits like lemons, oranges, limes, grapefruit, pineapple and tomatoes. Parents sometimes ask what candy is most likely to cause tooth decay. Typically, these are the candies that have the combination of high acidity, high concentration of sugar, and the ones that are chewy and stick the most to the teeth. Examples are caramel and caramel-filled treats, fruit and chocolate chews, and hard, chewy candies. Parents are encouraged to help limit their children's consumption of these during candy-filled holidays or events and increase oral hygiene after consumption of these treats.

Excellence in oral hygiene is one of the most important aspects

to keeping a healthy mouth. Most people see their dentist two to four times per year for professional cleanings. Brushing with fluoride toothpaste twice a day and flossing once a day is an ideal regimen to keep harmful, cavity-causing bacteria out of the mouth and reduce the chances for tooth breakdown from acid. A fluoride rinse can also help rid the mouth of debris and harmful bacteria.

Eliminating harmful habits such as nail biting, ice chewing, chewing/smoking/vaping, and chewing on pens and other hard objects can help reduce incidence of tooth fracture or gum disease. Certain nail polish products can be placed on nails or even placing a Band-Aid on the "favorite thumb" can aid in prevention of nail biting. Chewing sugarless gum or other softer sugarless foods can be a good substitute for ice chewing. There are multiple tobacco cessation products available such as gum, mints or patches to aid in stopping the use of tobacco products. Being more aware of the habit of chewing pens or other utensils can help reduce cracking or fracturing of the tooth structure.

Practicing proper oral hygiene and avoiding harmful habits is crucial in maintaining good oral health and can be taught from an early age. It is important to not only maintain good overall health with healthy diet and exercise but also focusing on how well we take care of our teeth and gums. After all, our mouth is the gateway to the rest of the body. ■

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

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HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

IS IT neuropathy?

More than 20 million people in the United States suffer with neuropathy. If you do, then you know the devastation it can cause to your everyday life. Many people either don't know that they have neuropathy or, if they do, they don't know it can be successfully treated. If left untreated, neuropathy can get worse.

Neuropathy is a result of nerve damage and can cause numbness, prickly or tingling feeling, pain, burning, electric shock-like pain, loss of coordination or balance, muscle weakness, and sensitivity to touch. Because neuropathy affects people differently, your neuropathy symptoms may not be the same as someone else's. Typically, older Americans have neuropathy, but even younger people can suffer because of traumatic injuries, surgery, chemotherapy and other causes.

How do you know if you have neuropathy? That's part of the problem. Since neuropathy presents itself with different symptoms, getting an accurate diagnosis can be difficult. Your physician has limited evaluation techniques to get to the root cause. Depending on your symptoms and how much information you give your physician, leaving out certain details can lead to a misdiagnosis or no diagnosis. Many physicians resort to prescribing medications that just mask the symptoms and never fix the problem.

If you experience any of the symptoms, it's time to find out if it is neuropathy. There's no reason to suffer and even more reasons to get back to living your life. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 5525 Mills Civic Parkway #120, West Des Moines.



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HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the "spring ahead" time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

Information provided by Monica Meier, PhD(ABD), tLMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an urgent care is a great way to get

walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, MercyOne.org/desmoines



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BOUND for the Iowa Shrine Bowl game

Waukee football players selected

Two high school senior football players from Waukee have been selected to play in the Iowa Shrine Bowl all-star football game. Brennen Matthews from Waukee High School and Luke Schumacher from Waukee Northwest will play at the UNI Dome in Cedar Falls on July 23. Both will play on the North team.

The Iowa Shrine Bowl recognizes outstanding senior athletes from 92 different Iowa high schools, divided into the North and South teams, and includes a cheerleading team. In addition to football skills, players are chosen for what they do off the field and outside of the classroom to assist in the community.

Luke Schumacher, 18, was the football team captain last year and played as a defensive lineman for the Waukee Northwest Wolves. He was awarded first team all-district and third team all-state for the 2021 season.

Schumacher is active in his church, Living Faith, and participates in volunteer efforts as needed. He's raising money for kids at the Shriner's hospitals and says it's a good reason for him to help out.

"I've been blessed to live in Waukee and be part of a great family and school who support me," he says. "It's a unique opportunity that not everyone gets to do. It's an opportunity to raise awareness as well."

Brennen Matthews played offensive line for the Waukee Warriors. In 2021, he was named first team all-conference and second team all-state.

Outside of school, Matthews volunteers with his church in a variety of service activities. Currently, he's volunteering as an intern at Can Play, a non-profit that offers recreational facilities for all abilities. He says he's been fortunate to have a supportive family.

"I like to help out and better those around me," he says. "I've been given a lot and want to support those who don't have the same opportunities as I do."

The Iowa Shrine Bowl celebrates 50 years of honoring athletes and has raised \$3 million for the Shriner's Children, which helps pay for children's medical care. For more information about the Iowa Shrine Bowl, visit iowashrinebowl.org. ■



Brennen Matthews



Luke Schumacher

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REAL ESTATE

By Jamie Thompson

WAYS to use your home equity

Spring has sprung in the real estate market, and it doesn't appear to be slowing down anytime soon. Rising prices aren't just beneficial if you're looking to sell this spring, it means that equity is most likely growing for your home as well.

Home equity = Current Market Value – Outstanding Liens (most commonly your mortgage balance).

If you aren't looking to sell, why does this matter? Well, it can give you leverage and can help you build long-term wealth.

Here are some ways you could use your home equity.

1. Buying your next home. The more equity you have, the more money you can put down on your next home, which typically is a move-up home. It could allow you to buy a bigger home or put more money down to lower your monthly payment.

2. A HELOC loan. This loan functions similarly to a credit card. You could use this for home improvements or repairs or to pay off debt.

3. A Home Equity Loan or Cash Out Refinance. You could capitalize on your equity to buy an investment property.

Regardless of what option you choose, make sure that it works best for you. We always recommend talking to your financial advisor or trusted mortgage professional to see what fits your goals. ■

Information provided by Jamie Thompson with Jamie Thompson Real Estate at RE/MAX Precision. Call or text: 515-210-1021



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INSURANCE

By Jon Kelderman

MONEY saving ideas when inflation hits

Nobody gets hurt more by inflation than people on a fixed income. Although there is not much we can do to save on fuel and groceries, folks do have options when it comes to our Medicare plans. I often see people on Medicare Supplements that are overpriced. The good news is that Medicare requires Letter Supplement plans to cover the same exact things no matter the plan carrier or price. In other words, A plan F is a Plan F independent of the insurance company that writes it. Whether it's an Aetna, Humana or a Medico plan, Medicare requires they cover the same things based on their plan letter — and the plan is accepted by any physician who accepts Medicare. There is one caveat: Certain health conditions can make it very hard to switch to a less expensive supplement plan because plans can deny new applications based on pre-existing conditions. The good news is that you have an additional 5 Star election period for certain Medicare Advantage plans in Dallas County. Medicare Advantage plans have a zero premium and can save folks a considerable amount of money. I would ask a licensed professional to go over the different options with you to see if savings are available. ■

Information provided by Jon Kelderman, Kelderman Insurance, American Republic, 665 S.E. Madrone Lane, Waukee, 515-554-7087.



HISTORY lives on in the J.H. Carter House

Gipples host far-flung Carter descendants.



Carter descendants met at their ancestor's home at the invitation of the current residents, Ben and Ashley Gipple.

"He who makes a visit to the town of Wauke, Iowa and has the pleasure of a drive through its streets, is sure to have pointed out the handsome and commodious residence of John Henry Carter, one of the most enterprising and influential men of the place," states the Memorial and Biographical Record of Iowa, Vol. 2.

Carter's luxurious house, built in 1900, still stands today. In fact, it is home for a young Wauke family.

Ben and Ashley Gipple, along with their two kids, moved into their "not-so-new" home in September. As most young families do, they wanted a bigger home for their growing family. They landed at the J.H. Carter house in old Wauke after talking to the previous owners, whom they knew from church.

Previous to moving in, the Gipples had no idea about the house's history. One day, after settling into their new house, descendants of J.H. Carter reached out to Ben about the house.

Craig and Matt Carter, great-grandson and great-great-grandson, respectively, were venturing on a months-long process digging into their family history. They found the excerpt from the Memorial and Biographical Record of Iowa in an online news story and wanted to know more about their family and their connection to Wauke. Upon learning about the J.H. Carter family and business, they wanted to visit the house.

"Palace on the hills," is how Matt Carter describes the Wauke house.

In the end, the Gipple family agreed to host a gathering of the Carters. From all over the country, the Carter family returned to Wauke in October. But this was not a reunion. It was actually the first time meeting each other for some of these descendants. Distant



The Gipple family's historic home is just off the Triangle in Wauke.

Carter cousins were able to walk inside the house together for the first time. One side of the family actually grew up in the house and recalled memories of living there.

"Dream come true," Craig Carter says of being able to actually be in the house.

Located on Ashworth Drive, the house sits less than 500 feet from Wauke's downtown triangle. Next door to the Gipple residence is another house built by J.H. Carter. That house was built for his son; today it is home to a different family. J.H. Carter's successful hardware store was located at the current Heartland Co-Op site. One of the weird quirks of the house is a diamond-shaped window on the second story that provided a view directly at the hardware store. Today, the view is blocked by Kenny's Garage.

The house has a wrap-around porch that would have connected its current entrance and what used to be a second entrance on the left. That second door would have been the entrance to the parlor area. The Gipples have plans to



John Henry Carter built his family's grand home in 1900.

convert that space into a homeschool for their kids. Heading upstairs, there is a curved wall between the hallway and the entrance of the primary bedroom. The family recalled a spiral staircase when they were growing up, which may explain the curved wall. Upstairs, there is also a room too small to be a bedroom, so the Gipples believe it was once used as a maid's room. ■

FRIENDS FOUNDATION spring book sale and more

The Waukee Public Library Friends Foundation will be holding its spring book sale on Saturday, May 21 from 8:30 a.m. to 3 p.m. If you want to get first dibs at the book sale, become a Friends Foundation member and shop the members-only sale Friday, May 20 from 6-7:30 p.m. Not a member? You can join before you shop.

So, if you love books and are looking for great deals, head to the Library to stock up on all kinds of used books, magazines, movies and more.

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

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

UPCOMING EVENTS

The majority of events will require advanced registration. Visit waukeepubliclibrary.org/calendar for more information and to register.

• **Introvert Book Club**, all month long: Each month there's a new book selection, but there's never a meeting. May's book is "They Called Us Enemy" by George Takei.

• **IowaWORKS Online Services**: Des Moines IowaWORKS American Job Center is offering free, virtual employment workshops on various dates. These workshops will help you develop a career plan, interview and negotiate, conduct a job search, create a great resume and more. Visit iowaworks.gov to learn more and register.

• **Robert D. Ray and the Southeast Asian Refugees of Iowa**, Sunday, May 1, 1 p.m.: Discover how Gov. Robert D. Ray wielded more influence over refugee resettlement and relief than any other governor and the controversy surrounding resettlement in Iowa in this talk by Dr. Matthew Walsh. Sign-up is encouraged.

• **New Art Gallery Exhibit**, Sunday, May 1: The exhibit, "From Iowa to the 7 Summits: Adventures at Altitude" opens in the Library's Art Gallery. Photographer Jen Loeb will be giving a talk at the Library on Saturday, June 11 at 1 p.m. about her experiences and motivations. This exhibit will be up until June 11.

• **Babytime**, Monday, May 2 and 9, 10 a.m.: 15-20 minutes of songs, rhymes and stories for infants ages 0-17 months and their caregivers. Registration is required.

• **Teen Advisory Board**, Monday, May 2 and 9, 3:30 p.m.: Students in grades 7-12 are invited to participate. TAB meets weekly to plan teen programs, sign up for Library volunteer opportunities, build leadership skills, and suggest teen books to be purchased by the Library. Email kweston-stoll@waukee.org to register or for more information.

• **Mini Preschool Storytime**, Tuesdays, May 3 and 10, 10 a.m., and Wednesdays, May 4 and 11, 10 a.m.: 15 minutes of stories, songs and rhymes, with a craft to take home to make. Recommended for children ages 3.5-5 years old and their caregivers. Wednesday programs are a repeat of Tuesday programs. Registration is required.

• **Mini Toddler Time**, Tuesdays, May 3 and 10, 10 and 11 a.m., and Wednesdays, May 4 and 11, 10 a.m.: 15 minutes of short stories, songs and lots of movement, with a craft to take home and make. Recommended for toddlers ages 18 months to 3 years and their caregivers. Wednesday programs are a repeat of Tuesday programs. 11 a.m. programs are a repeat of 10 a.m. programs. Registration is required.

• **Afternoon Book Club**, Thursday, May 5, 2:30 p.m.: Come to the Coal Mine Meeting Room at the Library for a discussion of April's book, "The Henna Artist" by Alka Joshi.

• **Lunch and Learn: Greeting Card Making**, Friday, May 6, 11 a.m.: Bring your own lunch, and we'll provide the dessert to enjoy while we hear from a speaker at the Waukee Community Center. This month, we'll be making handmade greeting cards with instruction by crafter Joyce Petro. Supplies will be provided.

• **Stories and Stretches**, Saturday, May 7, 10 a.m.: Ready, set, stretch. Wake up relaxed with fun stories and yoga-inspired stretches for families. Children and caregivers should arrive prepared to move in comfortable clothes; don't forget your yoga mat or towel. Registration is required.

• **Library Closed**, Sunday, May 8, for Mother's Day.

• **Take and Make: Air Plant Terrarium**, May 9-16: In this simple and easy take-and-make, you'll set up a small glass hanging



air plant terrarium. Air plant and terrarium supplies included with written instructions. Registration is required for this adult take-and-make craft.

• **Summer Volunteer Training**: Monday, May 9, 5:30 p.m.; Tuesday, May 10, 4 p.m.; Thursday, May 12, 4 p.m. Students entering 7-12 grade are invited to volunteer with the Library during June and July. Those who attend a training session will have first choice of signing up for times to volunteer. Registration is required.

• **Movie Matinee**, Thursday, May 12, 10 a.m.: Join us the second Thursday of each month to watch a movie on the Library's big screen. We'll be showing everything from major blockbusters to classics. No registration is required.

• **Iowa's Lost History from the Titanic**, Saturday, May 14, 1 p.m.: Join Darcy Maulsby on a remarkable journey as she brings haunting, poignant and sometimes shocking tales from the "ship of dreams" back to life once more and learn how they tie back to Iowa.

• **Books on Tap**, Tuesday, May 17, 6 p.m.: Meet at Mickey's Irish Pub to enjoy food, drinks and a discussion of "Crying in H Mart" by Michelle Zauner.

• **Within the Silence: Japanese-American Internment During WWII (online)**, Saturday, May 21, 1 p.m.: Experience the impact of Executive Order 9066, which imprisoned thousands of innocent Japanese-Americans during World War II, through the eyes of one young incarcerated citizen in this dynamic online performance. Registration is required.

• **Library Closed**, Sunday and Monday, May 29-30, for the Memorial Day holiday. ■

HVAC: Repair or replace?

Do you have an HVAC system that is more than ten years old? If so, you may be debating whether or not you need to replace or repair it. While there are many variables to this question, the most common variable is simply the age of your system. If you have an outdated HVAC, replacing it usually makes the most sense, but there are instances when repairing it may be a better option. Let's find out which route is best for you.



With routine maintenance, your system can last 15 to 20 years, but having an old system can come at a cost. Having an outdated system is similar to outdated electronic devices. They might work perfectly fine, but they have outlived their economic life. Does your system constantly need repairs to keep up? Are your energy bills increasing every month? If so, it would probably be cheaper to replace.

On the other hand, if service calls are rare, and, overall, your system is performing well, it's likely that replacement isn't necessary in the near future.

Does your system release odors, make strange noises or compromise your safety? If the answer is yes, it's time for a new system. Examples of hazardous repairs could be cracks or holes in your HVAC system that can lead to a carbon monoxide leak.

Most air conditioners that are older than 10 years use R-22 Freon refrigerant, which is now illegal to produce. Because of this, it's very expensive to add, and the cost increases every year by hundreds of dollars. Additionally, if you continue to need refrigerant, that signals a leak, as a properly running AC system maintains the same amount of refrigerant.

A good guide to follow: If your unit is more than 10 years old, you're experiencing more frequent problems, or the quotes you've received for repairs are high, purchasing a new unit may be the better choice. If your system is less than 10 years old, is well-maintained, and has not experienced a major failure, then it might be better to have the unit repaired.

Choosing to repair or replace your system is a big decision. When deciding whether to repair or replace, no two situations are alike, but I hope these tips aid in making your decision less complicated and confusing. If you have more questions, contact your HVAC trusted professional today. ■

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

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MEDICAID special-needs trust

Parents with a child with special needs face extraordinary challenges. In addition to the unique issues associated with raising a child with disabilities, traditional estate planning techniques fly out the window. One concern is how to include the child in your will or trust. Children with special needs often receive Supplemental Security Income (SSI) and Medicaid (Title XIX), which limit the amount of money the recipient can receive.

Previously, parents had two estate planning choices. First, they could include a disabled child in the will or trust. If the value inherited exceeded the applicable resource limit, the child would be ineligible for SSI and Medicaid. Alternatively, the parents could exclude the



child from their estate plan entirely. This option denied the child protection against unforeseen events, such as program cutbacks or insolvency. It also is emotionally difficult for a parent to disinherit a child.

There is now a third option. Changes to Medicaid allow for the creation of a third-party special-needs trust. A special-needs trust is a discretionary spendthrift trust designed to preserve government benefits for a disabled beneficiary.

If properly drafted, the trust holds assets for the benefit of the disabled child, but that money won't be counted as a resource. Because the money never belongs to the child, it won't interfere with benefits. Parents, relatives or friends can contribute to a third-party special-needs trust.

Distributions from the trust are intended to supplement public benefits, not replace them. It allows the parents' assets to continue to be used

to enhance the child's quality of life. The trust can cover "extra" needs, such as personal care, therapy or travel.

If the child personally comes into money from inheritance or insurance, that money can be placed in a self-funded special-needs trust. The child continues on Medicaid or SSI, and the money in the trust can be used for uncovered expenses related to the disability. When the beneficiary dies, the government takes any money left in the trust. That is why no one should leave money directly to a child with special needs.

It is critical that the trust be drawn by a lawyer who understands the disability rules. The special-needs trust allows parents to provide for their children without endangering the child's SSI or Medicaid benefits. ■

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

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RECIPE

SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste



Photo courtesy of Getty Images

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.

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OUT & ABOUT



The Waukee Chamber held a ribbon cutting for Nail Bar in Waukee on March 3.



Thi Nguyen and Jennifer Fales at the Waukee Chamber ribbon cutting for Nail Bar in Waukee on March 3.



Tammy Le and Angie Vu at the Waukee Chamber ribbon cutting for Nail Bar in Waukee on March 3.



Teresa Speck and Jill Rich at the Waukee Chamber ribbon cutting for Nail Bar in Waukee on March 3.



Michael Bartos and Travis Gaule at the Waukee Chamber ribbon cutting for Nail Bar in Waukee on March 3.



Waukee Chamber held a ribbon cutting at SafeSplash + SwimLabs, 1175 S.E. University Ave., Waukee on March 5.



Maddie Koenig and Kennedy Reed at the Waukee Chamber ribbon cutting at SafeSplash + SwimLabs on March 5.



Jessica and Peter Koenig at the Waukee Chamber ribbon cutting at SafeSplash + SwimLabs on March 5.



Terry Snyder and Abbey Christensen at the Waukee Chamber ribbon cutting at SafeSplash + SwimLabs on March 5.



Paul and Pam Martin at the Waukee Chamber ribbon cutting at SafeSplash + SwimLabs on March 5.

GROUND Breaking

The Waukee Chamber of Commerce held a groundbreaking for Waukee United Methodist Church on March 24.



Waukee Chamber held a groundbreaking for Waukee United Methodist Church on March 24.



Pastor John Louk, Chris Crone and Rick Kyser



Michael and Amy Schrodt



Pat and Alan McGee and Mike Gross



John Augspurger and Bill Poland



Courtney Levin, Dennis and Kelly Soughan



Brian Balmer, Dylan Balmer, Josh Straw, Dennis Soughan and Rick Kyser



Joy Louk and Cyndi Craigmile



Char Peichley, Berta Swain and Ann Ruble



Waukee Chamber held a groundbreaking for Waukee United Methodist Church on March 24.

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