

Living Getting TOGETHER

Residents share how they build
community through gatherings

Meet Britni O'Leary
EDUCATION

Tuna romesco salad board
RECIPE

Wakefield's 2002 Chevy Suburban has been a life saver
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- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

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WELCOME

GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids. A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if you are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■



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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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Getting TOGETHER

Residents share how they build
community through gatherings

By Jackie Wilson

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life.

Allison and Eric Anders,
along with their kids,
Avery, 6, and Ellie, 4, enjoy
neighborhood parties.



Neighbors in the “old” part of Waukee enjoy a few beverages in their driveways — a tradition that started during the pandemic.

Award-winning driveway

In the midst of a nationwide pandemic, a group of neighbors — along with a gnome statue — banded together to provide a sense of community to their neighborhood.

Becky and Russ Goerend, with their three sons, Henry, Wesley and Calvin, moved to Waukee 13 years ago. The family resides in the “old” part of Waukee, near downtown.

When the pandemic hit, the Goerends say they struggled.

“We wanted to hang out. But, with COVID, we didn’t know how to socialize,” Becky says.

The neighbors around the block had a text message communication, and several agreed to the same COVID guidelines.

“We agreed to allow kids to play outside but to be cautious,” she says.

As parents watched their kids outside

playing, they wanted to be part of the activities as well. A few parents suggested a more formal hangout.

“We told our neighbors to come over to our driveway and have a beer while the kids played outside,” she recalls.

The families rotated different driveways. Before long, with the help of a “friend,” they began passing on the hosting duties for the next get-together.

“Someone had a gnome statue on their porch. We started making a joke that whoever had the gnome had to host or arrange the next driveway get-together,” she explains. “The kids and adults had fun placing the gnome around the homes.”

Drinking a few beers eventually turned into potlucks and pizza among the group. Their driveway drinking even won them an award.

Barn Town Brewing came out with a



The gnome in Russ and Becky Goerend’s Waukee neighborhood sits atop a cooler, which helped them win a Driveway Drinkers award from Barn Town Brewing.

contest, “Show us your driveway drinks,” to promote one of their new beers. The neighbors came together with a photo of beers, with the gnome atop a cooler. They submitted a brief story with the photo.

“We won the Barn Town Brewing Driveway Drinkers contest. We got a gift certificate. We tell folks we live in an award-winning neighborhood,” she laughs.

Becky says the neighborhood has been a lifesaver during the pandemic, and the clan continues to get together to play cards, drink in the driveway and more.

“COVID felt so alone. It was really great community to have these people the past few years. It’s not all about the drinking. They always say it takes a village to raise a family. It’s helped us so we don’t feel so alone,” says Becky.

Meanwhile, friends ask to borrow items or offer to fix bikes. Neighbors are around — for good and bad times.

“Having great neighbors promotes community. It helps you deal with frustrations in the world. It’s nice to have that community and bounce ideas off,” she says. “It’s a community who cares about each other. I really enjoy that.”



Neighborhood kids display what year of school they’ll be in for the school year.

FEATURE

Small-town feel in neighborhood

Growing up in a small town in Iowa, Allison and Eric Anders wanted that same upbringing for their young family. When the pair moved from Iowa City six years ago, they chose Waukee. After renting a townhome in the area, a new development popped up off S.E. Grant Woods.

"We really liked the location but didn't know how great the neighbors were until we moved in," she says.

The couple got to know their neighbors through play dates with their kids, Avery, 6, and Ellie, 4. Moms started a text chain with activity suggestions. When the pandemic hit, a new tradition started.

"We weren't comfortable going trick or treating at Halloween. So we did an outdoor celebration for some fun," says Allison.

The Halloween party continued again last year. Couples of all ages — even those without kids — dressed up and attended the gathering.

The kids hang out at any number of homes in the neighborhood. Each parent feels comfortable and trusts the group.

"Kids know the grownups are in charge. They listen to everyone, even if it's not their own mom. The older kids are so inclusive of the little kids. They make sure everyone participates and look out for each other," she says.

She likes that the neighborhood kids don't need formal play dates. They just show up, knocking on someone's door. Allison welcomes all the kids who come to hang out.

"You know where all the kids are based on all the bikes parked in front of the house. That's how I grew up, and that's the neighborhood with the same small-town feel."

Trust is important. When her husband was out of town and Allison was pregnant with her second child, she required a trip to the hospital. Her brother went next door to ask the neighbor for help.

"They watched over my youngest daughter. It never occurred to me that we wouldn't have someone to help out," she reflects.

Each school year, a family hosts a party for the kids, who commemorate the start of school in a photo with a number representing their upcoming grade in school.

"Kids know each other in school," she says. "It's good that they help each other out. Last year, they really helped out the new kindergarteners."



Kids from the Fox Creek neighborhood enjoy activities, such as meeting the local police officers.

The neighbors share or give away age-appropriate toys to kids. They'll ask to borrow things on the text chain, and, before long, an item is available. When a neighbor passed away, people brought food and watched over the home.

"I didn't think I could find that type of neighborhood here as in my small hometown. I lucked out in this wonderful neighborhood," says Allison.

Location is everything

The kids living in a Fox Creek neighborhood are like one big family. Emily and Ty Cramp, along with their kids, Mason and Kaitlyn, moved to the area three years ago. They found numerous activities for the kids right in their backyard.

Overlooking their backyard is a big open field with all the other neighbors' homes around it.

"It's like one big endless sports field. You can spread out and play in any sporting activity," says Ty.

The neighbors put on an annual July Fourth party when COVID forced cancellation of events. For one July Fourth celebration, Ty shot off fireworks, and they set up a snow cone machine. They invited police officers to attend the celebration.

To get the word out, neighbors tucked flyers into folks' front doors. They blocked off the street, and neighbors smoked meat and grilled out.

"All of the potlucks, everyone brings different food," says Emily. "We have a lot to eat and drink."

Several neighbors host different events. One

neighbor has a basketball hoop, and another has hosted a New Year's eve party in their backyard. Other neighbors have a trampoline and offer movie nights and scavenger hunts during the summer. A blow-up slide for a birthday party is offered for all of the kids. Emily is ready for when kids stop by unannounced.

"We stock up on snacks. There's always kids in and out of the house," she explains.

Yet she's not expected to watch the neighbors kids.

"Everyone is good about watching their own kids," she says.

At the beginning of the pandemic, the neighborhood became quiet. People mostly stayed on their property. Occasionally, somebody would get outside. Before long, kids were racing bicycles and scooters outside.

"It was hard to keep them apart. Everyone said we're all in this together anyway, so we got creative. In the neighborhood, a favorite thing to do is park themselves on a driveway or a back deck. We began getting together to have a few drinks, while the kids were out playing," says Emily.

Mason, 9, has many friends.

"Mason and one of the neighborhood kids fight and bicker like they are cousins. Then they love each other the next minute. Our neighbors and I joke about it," she says.

Emily likes their location because Mason can walk to school. She enjoys the small-town feel and feels fortunate to live in a place she appreciates.

"We always say, we didn't buy the house — we bought the location. It's a great neighborhood," she says. ■

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SATURDAY, AUGUST 13TH

8 AM SWEET CORN 5K RUN/WALK • ADM DAC Building - 11th & Rapids

8 - 3:30 PM SEMI SWEET CORN CLASSIC TRUCK SHOW • Fairgrounds

8 - 4:30 PM WILLIAM WAGNER DISPLAY • Court St. & 9th - North Side Courthouse

9 - 5 PM FOOD, CRAFT, ART AND INFO VENDORS PRESENTED BY A KING'S THRONE • Downtown Square

9:30 AM PARADE • 18th & Main - 11th, and Prairie to 14th

11 AM *free* SWEET CORN • 10th between Main & Prairie (until corn is gone)

11 - 6 PM ADM SAND VOLLEYBALL TOURNAMENT • Evan's Park

11:30 - 4:30 PM BRICK IMERMAN, HILLYBILLY AIR SHOW, BRICK & BOB DUO • Raccoon Valley Bank Stage & Pavilion

11:30 - 2:00 PM ADEL FIRE DEPT. KIDS ACTIVITIES • ADM DAC Building - 11th & Rapids

11:30 - 1 PM SPARKLES HOOP DANCE • Courthouse Lawn

11:30 - 4 PM ST JOHN'S BAGS TOURNAMENT • ADM DAC Building

12 - 4 PM HARVEY'S GREENHOUSE FUN ZONE • 10th & Court St.

12 - 4 PM REDLINE WARRIORS CAR SHOW • 9th and Court

1 - 1:45 PM ADEL TUMBLING AND DANCE CLUB • Courthouse Lawn

1:45 - 2:45 PM LET'S DANCE • Courthouse Lawn



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RECIPE

MEDITERRANEAN-inspired dinner parties made easy

(Family Features) Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit GenovaSeafood.com. ■

Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna
Servings: 4-6

ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided
- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained,

- patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped

- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.
- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and



season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

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FACE the financial storm head on

The first half of 2022 has been a financial storm. Inflation hit a 40-year high, interest rates are rising, and the S&P 500 declined 20% through mid-June — the steepest start to any year since 1939. There are things you can do right now to help your retirement savings weather the storm.

Take your 401(k), for example. We often talk to the families and individuals we work with about rebalancing their 401(k). When the market is down, stocks are on sale. Depending on your retirement date and your other retirement savings, this may be the time to put more into the stock market and less in bonds. We are also talking about new contributions to 401(k)s or other employer-sponsored plans. Now may be a time to dedicate those new contributions to equities, allowing you to take more risk with a smaller part of your portfolio. Also, look at how many shares you own, not the value of those shares. If you can ride out this storm, the more shares you buy on sale, the more you can enjoy the sunny days when the market goes up again. Like any retirement decision, these moves must help you achieve your goals, and you must understand and feel comfortable with the risk you are taking.



You can make other strategic moves that don't have anything to do with the stock market. Developing a long-term tax plan is one of them. Having three buckets of money: taxable, non-taxable and tax-deferred allows you to draw income from these buckets in a way that can decrease your tax burden. A long-term tax plan could also include paying more taxes one year to pay fewer taxes later, as in the case of a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on that money again if it's a qualified withdrawal. Inside the Roth account, you can buy stocks, and if the market is down, you buy them at a lower rate. Then you can ride the market volatility back up and do so in a tax-free account.

Some may say sit back and wait it out when a storm is brewing, but I disagree. Face the storm head-on by developing a plan for your retirement savings so you can take control of your money and your retirement vision. ■

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

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HVAC

By Scott Bontrager

AIR conditioning: myth versus fact

There are a lot of myths when it comes to your air conditioner, and knowing the truth can help save you money and keep it running at its best. Have you fallen for one of these common costly air conditioning myths?



MYTH: Your home will cool faster by turning the thermostat down.

FACT: Cooling your home will always be a matter of time. Even if you set the thermostat at the lowest setting, your AC unit will continue to run at the same pace.

MYTH: Bigger AC units work better.

FACT: An AC unit whose capacity is too big for the space will force its compressor to turn itself on and off in quick intervals, which wears it out, shortens its life, and uses a lot of electricity.

MYTH: Turning off the AC when you're not home will save energy.

FACT: This is only true for extended periods and mild weather. If you turn off the AC before going to work on a hot summer day and turn it back on when you get home, it has to work harder to cool your home.

MYTH: It's best to let your AC unit "kick the bucket" before replacing.

FACT: Buying a new AC unit can cost you money in the beginning, but its higher efficiency will save you more money than operating an old one.

MYTH: Thermostat location doesn't affect air quality or temperature.

FACT: A thermostat should always be placed away from heating or cooling sources, and in a central location where it can get an average reading of the temperature levels in your home.

MYTH: Fans keep a room cooler.

FACT: Fans move air in a room but do not affect the air temperature. However, it creates a wind-chill effect, so it may make you feel cooler.

MYTH: Close vents in unused rooms to save energy.

FACT: Closing vents in rooms you do not use throws off the air distribution throughout your home. It causes pressure to build up in your ducts, making your AC unit work harder.

MYTH: AC maintenance is a waste of time and money if you have a newer unit.

FACT: If you have a high-efficiency, modern air conditioner, don't you want to keep it performing that way for as long as possible?

These are just a few of the myths out there. If you find yourself questioning how to achieve comfort in your home, call your local HVAC professional. ■

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

MEET Britni O'Leary

Teaches responsibility with technology

Elementary classrooms have evolved over the years. Chalk boards gave way to overhead projectors then white boards. Students can now create videos in minutes, and information is at their fingertips. Each child has a device in their classroom. Technology fascinates and overwhelms at the same time. That's where Britni O'Leary comes in.

As technology director at Radiant Elementary School in Waukee, O'Leary is all about keeping kids and teachers connected with technology and helping them use it to its full potential.

A former fifth-grade teacher, O'Leary began diving deep into technology in the classroom.

"We partner with teachers to find ways to use technology authentically. Technology can assist in the classroom in positive ways," she says.

A misconception about classroom computers is that kids are playing games on them.

"A computer assists with various kids' learning styles. We want both teachers and kids to use it in a meaningful way to enhance their lives," O'Leary says.

She has taught typing, coding and digital citizenship, which is teaching kids to use technology responsibly through the internet and digital services. She teaches them to differentiate between good and bad digital citizenship, how technology connects with others, and how to secure devices and refrain from using it negatively, such as cyber bullying. Using technology wisely enhances their presentations.

"Students are great observers and learn quickly. They discover how they can use technology in their daily lives," O'Leary says. "It gives kids a more creative approach to learning. It shows they can have different tools in their tool belt throughout the rest of the school years — and in life."

O'Leary also supports teachers in using technology in the classroom. Teachers relied on O'Leary during the pandemic, which was a challenging time.

"I'm proud of all our teachers. They were not afraid to fail. It forced them in a good way to see what is best for students. I'm incredibly proud of our school that we could provide one-on-one devices for students," she says. "Kids are so resilient."

O'Leary says she learns from her students, and every day is different.

"The kids teach me things all the time. They have a great sense of humor," she says. "You'd be surprised at what you can learn from kids. I feel a sense of joy and feel so incredibly lucky to have the job I have." ■



Britni O'Leary teaches students how to use technology wisely and teachers how to make the best use of it for lessons.



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Battle of the 'Burbs 5K, 10K and Kids Fun Run

Saturday, Aug. 6

NCMIC, 14001 University Ave., Clive

Join in the Battle of the 'Burbs to walk, jog or run and raise money for your favorite suburb. It's all for a good cause. Prizes will be awarded to the top runners in each age category for men and women in the 5K and 10K. Bring the kids along for the Kids Fun Run. It features an obstacle course they're sure to enjoy. Additional activities for the kids will be available on that day, too. When you register, you'll be asked to choose a city — Clive, Johnston, Urbandale, Waukee or West Des Moines — or you can choose all of them. Organizers donate 100% of all registration fees to those communities. And the city with the most runners wins bragging rights and a travelling trophy. It's a unique way to celebrate our neighbors. Enjoy a fun-filled day on the MCMIC Insurance Company campus. Sign up today at <https://runsignup.com/Races> and enter Battle of the 'Burbs.



Warren County Fair

July 27 - Aug. 1

Warren County Fairgrounds

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit www.warrencofair.com.

Vintage & Made Fair

Saturday, Sept. 24, 9 a.m. to 4 p.m.
Dallas County Fairgrounds, Adel

Enjoy live music and local eats while browsing the vendors' handmade and vintage items. Admission is \$10, free for children 12 and younger. For information, visit www.vintagesandmadefair.com.

Rendezvous on Riverview

Friday, July 29 at 5:30 p.m.

Riverview Park, 710 Corning Ave.,
Des Moines

This concert series with free entertainment at the historic Riverview Park, which now includes Des Moines' first accessible playground, wraps up with a concert by Flying Solos with Brian Congdon. Food trucks at the event will be Ruby B's Kitchen & Catering, Dudley's Carnival and El Salvador del Mundo. More information is online at riverviewevents.org.



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Warrior Lanes

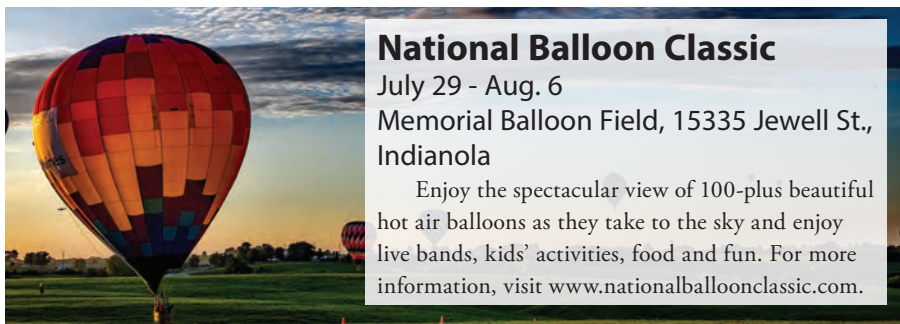
Special family-friendly glow-in-the-dark bowling with concert lights and black lights are offered at an alcohol-free event with family-friendly music. Deadline for registration for each Sunday event is the Friday prior by 6 p.m. Cost is \$64.95 per lane, up to five bowlers, and includes a large one-topping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

Nights in the Heights

Tuesday, Aug. 2, 7 p.m.

Colby Park, 6900 School St.
Windsor Heights

The Windsor Heights Foundation hosts its final concert in the Tuesday night concert series, with food trucks and free popcorn. Dick Danger Band will perform.



National Balloon Classic

July 29 - Aug. 6

Memorial Balloon Field, 15335 Jewell St.,
Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit www.nationalballoonclassic.com.

Iowa Cubs home games

Tuesday, Aug. 2 at 6:38 p.m.

Wednesday, Aug. 3 at 12:08 p.m.

Thursday, Aug. 4 at 6:38 p.m.

Principal Park, 1 Line Drive,
Des Moines

Iowa's minor league baseball team affiliated with the Chicago Cubs will take on the Toledo Mud Hens (Tigers). For more information, visit iowacubs.com.



Levitt Amp Summer Concerts

Various dates

Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. July concerts are: July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.

EVENTS IN THE AREA

Be sure to check for cancellations.



Golf tournaments support Special Olympics Iowa

Various dates and locations

August will feature three opportunities to have fun on the golf course while supporting Special Olympics Iowa athletes. The tournaments will kick off with the Jim Jordan Memorial Golf Classic on Aug. 10. The tournament will take place at the Otter Creek Golf Course, and the entry fee is \$85. The second tournament is the 12th Annual LETR Golf Tournament set to take place at Beaver Creek Golf Club in Grimes on Aug. 15. The tournament entry fee is \$100. The final tournament is the Rich Fellingham Memorial Golf Classic happening on Aug. 18 at Veenker Memorial Golf Course in Ames. The tournament entry fee is \$100. For more information on the upcoming tournaments, visit <https://www.soiowa.org/golf-tournaments>.



Dew Tour

July 29-30

Lauridsen Skatepark, 901 Second Ave., Des Moines

The annual professional skateboard competition and festival returns to Des Moines, home to the largest skatepark in the nation. The event is free and open to the public, featuring a sponsor village, public skate pump track, food and drink, meet and greet with pro athletes, and other activities. More information is online at dewtour.com.

Summer Concert Series

Aug. 9 and Sept. 13, 6-8 p.m.

The Iowa Arboretum & Gardens, 1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org or contact Event Specialist Amber Schmidt at amber@iowarboretum.org or 515-795-3216.



Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.

Sully's Irish Pub, 860 First St.

West Des Moines

Registration starts at 2 p.m. and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit www.friendlysonsiowa.com for more information.



Promotions

Aug 6

Pop it Giveaway

Aug 7

Demonios

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Aug 10

Country Night

Outdoors Dan Radio Show | DNR

Aug 12

Cubbie's Birthday

Iowa One Call

Aug 13

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Outdoors Dan Radio Show | DNR

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Aug. 2-7

LOUISVILLE BATS
Aug. 9-14

SCAN TO BUY TICKETS

Demonios

CITY OF WAUKEE BULLETIN

JULY 2022

THINGS TO DO

- **City Council Meetings**
Aug. 1 and 15 at 5:30 p.m.
City Hall and Zoom (See info at Waukee.org)
- **Public Safety Day**
Tue., Aug. 2, 5-8 p.m.
Waukee Public Safety Building
- **Bingo**
Fri., Aug. 5 at 1 p.m.
Community Center
- **Movies in the Park – “Cruella”**
Fri., Aug. 12 at 8:45 p.m.
Centennial Park
- **“Cop on Top” Special Olympics Iowa Fundraiser**
Fri., Aug. 19, 5-11 a.m.
*Dunkin’ Donuts
8950 University Ave., WDM*
- **Waukee Farmers Market**
Wednesdays, 4-7 p.m.
Downtown Triangle

Waukee Police Department Crisis Intervention Team Now Operating

The Waukee Police Department's Crisis Intervention Team (CIT) pilot program began July 1. The program was created in partnership with Heart of Iowa Community Services and will also be implemented by the Dallas County Sheriff's Office and all Westcom Communication agencies.

With increasing numbers of people experiencing mental health struggles, mental health-related calls for service to law enforcement agencies, like the Waukee Police and Fire Departments, are also increasing in frequency. The CIT program provides training and resources to better equip first responders to address mental health calls and situations.

The program includes the staffing of one certified officer and one crisis intervention specialist fully dedicated to mental health calls for service. Officer Chris Kickbush was recently named as Waukee's CIT officer. Waukee's CIT team has gone through an extensive 40-hour training focused on crisis intervention and de-escalation which was facilitated by SolutionPoint+, a nationally recognized law enforcement and veteran-owned consulting and training company based in San Antonio, TX. All participating agencies, including Waukee, will soon send all sworn officers through the training program.

For more information on the CIT program, contact the Waukee Police Department at 515-978-7979.



Waukee Again Named as a SafeWise Safest City in Iowa

National home security and safety company SafeWise recently released its 20 safest cities in Iowa report for 2022, and Waukee has been ranked #7! In 2019, Waukee made the SafeWise list at #13.

To identify the 20 cities with the best safety records, SafeWise reviewed 2020 FBI crime report statistics (the most recent complete report available at the time of ranking) and population data. They also calculated the number of violent crime incidents per 1,000 people in each city. Sioux Center was ranked first on the list for 2022. Visit safewise.com/state-of-safety/ia/ to view the full report. And to learn more about keeping safe in Waukee, explore tools, resources and outreach opportunities at waukee.org/821/Tools-and-Resources.



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City Employee Years of Service Recognized

On Jul. 19 at an all-staff event, City employees were recognized for their years of service. Those employees receiving certificates of appreciation from Mayor Courtney Clarke and City Administrator Brad Deets were:

- **5 years:** Levi Abramowitz, Joe Carroll, Alex Coggeshell, Toni Coughlin, Kathryn Guess, Scott Kinney, Rudy Koester, Son Le, Ryan Osborn, Nick Porter, Blake Smith
- **10 years:** Randy Baker, Bill Froehlich, Brian Grove, Eric Hentges, Brian Murra, Josh Seddon
- **15 years:** Rachel Bruns, Mackenzie Ferrara, Justin Frederick, Jeremy Long, Tomme Tysdal
- **20 years:** Brett Kaszinski
- **25 years:** Clint Stephens
- **30 years:** Clint Robinson

Thank you to all City employees for their service to the community throughout the year!

Learn and Play at Public Safety Day

The Waukee Police and Fire Departments will host the annual Public Safety Day on Tuesday, Aug. 2 from 5-8 p.m. Guests are invited to the Waukee Public Safety Building, 1300 SE L.A. Grant Pkwy., for an array of public safety activities such as an obstacle course, firetruck rides, police demonstrations, food and more. This is a great way to meet Waukee's police officers and firefighters and have lots of fun!



Movies in the Park Set for Aug. 12

Enjoy another one of Hollywood's biggest hits under the stars on Friday, Aug. 12 at dusk (approx. 8:45 p.m.). Waukee Parks & Recreation and the Park Board will present "Cruella" (PG-13). Bring your lawn chairs, blankets and refreshments to Centennial Park, and watch this film for free thanks to NCMIC!



Be Water Wise in Waukee

Please remember to always use the Odd/Even Address system when scheduling your lawn watering. Using this system, residential and commercial properties with addresses ending in even numbers (such as 5018) water on Sundays, Wednesdays and Fridays; addresses ending in odd numbers (such as 5019) water on Tuesdays, Thursdays and Saturdays. Please also avoid watering between the hours of 10 a.m. and 5 p.m. Together, we can help conserve water in the region.



Ways to Pay Your Utility Bill

The City has several utility bill payment options to suit your needs. Payments can be made in-person at City Hall during office hours or dropped in the exterior drive-in dropbox in front of City Hall 24/7. They can be mailed (check or money order) or paid online with a credit card. And, perhaps the most popular method is via automatic payments. Visit Waukee.org/billpay or call 515-978-5502 to set up payment changes.



Battle of the 'Burbs

There's still time to register for the NCMIC Battle of the 'Burbs 5K or 10K scheduled for Saturday, Aug. 6. Choose the 'burb you will represent while running (Waukee, obviously). When you select Waukee, NCMIC passes along 100 percent of the registration fees to the Waukee Betterment Foundation. And, the community with the most runners wins bragging rights! Visit ncmicgroup.com/summerbreeze to register.



4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.



Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen

levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com

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WELLNESS

By Lacie Navin

CBD and stress

Most of us live hectic lives — kids, work, hobbies, endless traffic, you name it. It's overwhelming. Many people look for something to help navigate through this chaos and curb the accompanying negativity and stress.

At the store, I regularly see customers who want help with what I'll call, "matters of the mind." I consider those anxiety, depression, stress, insomnia, PTSD, and a host of other things.

When we take a cannabis product, our endocannabinoid system takes over and regulates where the cannabis is most needed to enact homeostasis (or balance) in the body. Similar to how your digestive system knows what to do with our food and our muscular system knows to function when we stand and walk, we can trust our endocannabinoid system to place these cannabinoids at the most impactful area in your body. These parts interact with your CB1 and CB2 receptors in the brain that control serotonin, dopamine and melatonin.

There are many studies about CBD and stress relief and the connection to overall wellness and relaxation. Some types of ingestion are quicker and some are slower. A daily oil or gummy is recommended to start your day. Something like a liquid or a hard candy will handle more momentary stress.

Remember, not all CBD is created equal. With numerous subpar products flooding the shelves, be sure to purchase a reputable brand that has a quality extra and lab reports. ■

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



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HEALTH

By Elijah Evans

PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■



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

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DEALING with 'dental fear'

Has fear ever kept you from doing something like going on a rollercoaster or getting on an airplane? Fear or anxiety is a major reason why some people avoid the dentist, even if they have a painful tooth. Dental anxiety can stem from a variety of different origins. One might be a bad experience as a child at the dentist, or listening to a bad experience from someone else can cause increased anxiety within the listener, as well. Managing this anxiety is key to being able to move forward with routine visits to the dentist and being able to take the best care of your oral health.



There are ways to manage fear, or more specifically, dental anxiety. Speaking with your dentist about the fears you have regarding your teeth or dental treatment is a great way to start. An open, honest conversation can often lead to solutions the dentist can offer to help. Some people fear pain or injection of the dental anesthetic needle. Some feel helpless sitting back in a dental chair without being able to see what is going on inside their mouth. Others may feel embarrassed about the condition of their teeth or how long it may have been since their last dental exam/cleaning. Having an open discussion with your dentist helps many patients come to terms with their anxiety, and it is important for your dentist to understand those fears to better manage your care.

Some dental offices are equipped with nitrous oxide sedation to help with anxiety. "Laughing gas" has been used in many pediatric as well as general dentistry offices to help calm patients. Using this can dull the sensitivity to pain and only takes a few minutes to get the effects and minutes for it to wear off so someone can return to work after the procedure. Some patients are able to talk to their primary care provider about what medications can be offered to help with their anxiety, as well. These can sometimes be prescribed for patients with profound anxiety over dental treatment.

There are many accommodations that a dental office can provide outside of nitrous oxide or prescription medications such as a soft warm blanket, neck pillows, soft music or headphones, a TV show, paraffin hand treatment, and an understanding, calm, soothing staff. Ask plenty of questions to understand the procedure, whether it's a cleaning or more in-depth dental work. Knowledge of what's to come or what is happening is important to help put your mind at ease while visiting the dentist. Dental fear should be something your provider is made aware of so steps can be taken to lessen the symptoms. Dental fear is very real. Talk to your dentist today about how they can help you manage dental fear to be able to obtain the best oral care possible. ■

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



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GEARING up

Wakefield's 2002 Chevy Suburban has been a life saver.

The beige 2002 Chevy Suburban owned by Matthew Wakefield of Waukee for a little more than 10 years sits silent in his driveway as the world turns around it. That's what vehicles do when they are missing third and fourth gears.



Matthew Wakefield has owned his 2002 Chevy Suburban since 2012.

Back in January, the Wakefields had another one of their vehicles in the shop for repairs. Not a

problem. The family had two other vehicles, so Wakefield took to the road with the Suburban. A little way down Hickman Road, the transmission began to "slip." Wakefield pulled over, and, to his horror, saw that transmission fluid was leaking.

"It was pretty bad," he remembers. "I was able to get it back, but it had blown a transmission cooler line."

Wakefield was able to install a new line, but the transmission shift solenoid — a module that controls the flow of transmission fluid — had gone bad, too.

So, here it sits, first and second gear intact. It's drivable but not able to break 25 mph or so, he says.

In the "good old days" — or when it had more than two gears functioning, the Suburban was the family's go-to vehicle.

Wakefield's sister and her husband had a child who was experiencing some medical issues, so the Wakefields, who lived in Waterloo at the time, would help drive the child back and forth to Iowa City to the hospital. The need for a steady, reliable vehicle was more than just a convenience — it was a necessity.

The Suburban came on to their radar at a local dealership, and Wakefield took advantage of the salesman's generous price offer.

The Suburban was exactly what they needed. Right time, right place.

"She loves the highway," Wakefield says. "She loves to get out and run. Back then it was getting pretty good gas mileage for its size and was a smooth ride."

Wakefield, 35, is no stranger to health issues. Both of his parents are legally blind. His mother lost her sight from retinal blastoma (cancer of the retina), which is hereditary. Wakefield had it when he was a youngster, as did his brother and sister. His dad lost his vision following a couple of "freak accidents," Wakefield says.

Wakefield, himself, had tumors in both eyes as a baby. Radiation treatment took care of the tumors, and his sight was saved. The nephew they were driving to Iowa City? Same thing, and same outcome.

The Suburban, although silent right now, has been a part of this journey, too. It did its job and has an important chapter in both he and his nephew's lives. Wakefield has no plans of getting rid of it anytime soon — 222,000 miles on the engine or not.

"I'm doing well, he's doing well, and the Suburban will be, too, after I get it fixed here," Wakefield says. "We're all doing fine." ■

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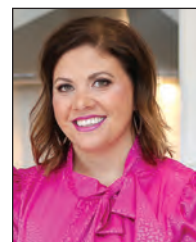
  

REAL ESTATE

By Jamie Thompson

MAKE updates now and enjoy them

"We wish we would have done this sooner." We hear this all the time from sellers who make small updates and upgrades to their home to get it market ready to sell. We even fell victim to this on our last move. We had waited seven years to swap out light fixtures, and boy do we wish we would have done it sooner so we could have enjoyed it. It looked so good with just one simple change.



Here are 10 simple updates you can do now that will make a big impact on the look of your home.

1. Paint your front door. (Add a little color.)
2. Give your interior a paint refresh.
3. Replace light fixtures.
4. Add hardware to your cabinets.
5. Switch out old outlet covers and switch plates.
6. Swap out bathroom and kitchen faucets.
7. Change knobs and hinges on doors.
8. Paint cabinets. (Bathroom or kitchen.)
9. Upgrade exterior landscaping.
10. Remove popcorn ceilings.

Don't be that person who doesn't get to enjoy changes to your home until you are on your way out. Take your time and start now; you won't regret it. ■

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

LIKE to travel?

Do you have coverage if something happens?

I almost always get asked about travel coverage when my clients sign up for a Medicare plan. Coverage depends on whether you are signing up for an Advantage Plan or a Medicare Supplement and if you are traveling in the U.S. or internationally.



Both supplements and advantage plans will cover emergency care in the United States. Any physician in the United States who accepts Medicare will also accept Medicare supplements for non-emergency care. Most large national carriers like United Healthcare will have networks that expand beyond your local network, especially if you are traveling to a large metropolitan area, so non-emergency care can have the same copays as your local in-network providers.

Foreign travel gets more complicated but is still covered in some form by most plans. For instance, letter supplement plans F, G and N all cover 80% in foreign countries. Many Medicare Advantage carriers have some international coverage as well. For example, United Healthcare covers 100% for ER or urgent care visits outside the U.S. Review with your local agent or carrier to confirm all coverages on your plan.

To be safe, for foreign travel, buy a Travel Health Insurance plan. If you are a snowbird, you will want to check your networks in your winter locale on your Medicare Advantage plan before you sign up. ■

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

LAND for 2 — houses, that is

Findlays find perfect acreage to build homes for themselves and daughter.

Nestled behind a wall of trees in northern Waukee is the house where Jennifer and Nathan Findlay live. The couple enjoys living in the country where they have a sense of privacy — and the drive is a beautiful plus.

The couple made the move from Grimes to Waukee to build a home specially designed for the two of them. Their kids had already graduated from Dallas Center-Grimes schools, so they didn't feel a need to stay put. Plus, the availability of land brought them south.

"The difference between Dallas Center-Grimes school district and Waukee is just which side of (Highway 44 one is on)," Nathan explains. "Kind of our old stomping grounds."

A year and a half ago, the Findlays bought 20 acres of land intent on building two houses — one for themselves and the other for their daughter. They lived in the first house until May 2022, when their second house was finished. Two months ago, the Findlays moved into the second house and their daughter into

the first. The houses are within a mile of each other and share a driveway.

The new house marks a first in the couple's life: They are now pool owners. In March, the Findlays began working with Graystone Companies to install an in-ground pool. Nathan would recommend working with Troy to anyone.

"We're first-time pool owners. This is new to us, so we're learning as we go," Jennifer laughs.

Owning a pool includes a few extra chores per day. Tasks include cleaning it and managing chemicals. It has become an added part of Findlay's daily routine.

Next to the pool sits Nathan's shop, which will become the hunting dogs' house, along with storing the Ranger, mowers, pool equipment, and anything else that comes with living on an acreage.

The porch, overhang, pool, and shop make for a great backyard experience.



Jennifer and Nathan Findlay have turned their backyard into an ideal entertainment spot.



"We really enjoy having family and friends over. Honestly, the backyard is for entertaining. It's pretty rare we go a weekend without something going on," Nathan says. ■



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Whether it is an aging parent or a child with a disability, these informal arrangements are common. However, sometimes a more formal legal solution is necessary. If the person's mental capacity is in question, or if a bank or nursing home requires legal paperwork, the family must seek out an expert in the field.

There are two major options for a family facing personal care or financial challenges. The first is a durable financial power of attorney, which is a written document that gives an agent broad power to act. The power of attorney must be executed when the person is competent. If the disabled person never planned for incapacity, or if the incapacity came about very quickly (through a stroke, for



example), a court order appointing a guardian or conservator is needed.

A guardianship and a conservatorship are separate legal entities that are established by court order. They are court-authorized relationships whereby one person assumes responsibility for the care, property and finances of another. A guardianship or conservatorship is appropriate when a person's decision-making capacity is so impaired that the person is unable to care for their own personal safety or personal needs.

A conservator is responsible for managing the protected person's finances. The conservator takes control of the protected person's assets and uses them on behalf of the protected person. The conservator must pay bills and balance the individual's checkbook. The conservator may have to sell a house or liquidate a major asset to pay for long-term care.

A guardian is responsible for the protected person's needs other than financial matters.

The guardian makes decisions about medical treatment, educational or vocational services, and personal care. The guardian can also determine where the individual will live.

Although the judicial system is involved, the entire proceeding is more collaborative than adversarial. Generally, it is a fairly straightforward process to demonstrate incapacity and appoint a guardian or conservator. However, guardianships and conservatorships completely take away or severely limit the protected person's decision-making authority. They are also more time-consuming and costly than alternative methods because the court requires annual reporting and prior approval for expenditures. Because of this, guardianships and conservatorships should be used as a last resort. ■

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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Important Safety Information
This procedure is not for everyone. You should not be treated with CoolSculpting® Elite 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 lessen as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, 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 happen in 1 to 10 out of 10,000 CoolSculpting® Elite treatments (between 0.01% to 0.1%). One such rare side effect is a visible enlargement in the treated area, which may develop 2 to 5 months after treatment, will not resolve on its own, and may require surgical intervention for correction.
Please see full Important Safety Information for CoolSculpting® Elite on CoolSculpting.com.
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LIBRARY

By Sam Bedford

DO MORE with the library

The Waukee Public Library's Summer Challenge wraps up on July 30, but you can still win with August's Bonus Bingo. Stop by to pick up a bingo sheet and complete a bingo (any style) to choose a



prize from the Library treasure chest. Participants of all ages can mark off boxes by completing various activities — some even fit into the “Read off the Path” summer challenge theme.

Bingo activities include:

- Play an outdoor game
- Learn three new nature facts
- Go on the Storywalk on the Heart of the Warrior Trail
- Make a s'more
- Watch a movie or TV show about nature
- And more

Remember to take the Library (and Bonus Bingo) on your final summer vacations this August. You'll have access to eBooks, audiobooks, DIY craft videos, language learning, and more wherever you are.

• **Download ebooks and audiobooks** – Waukee resident card holders have access to our entire Libby eBook and audiobook collection. The Libby app is the easiest way to get started with digital books and audiobooks. It's available for Android, iOS and Windows 10.

• **Download magazines** – Download your favorite magazines from a variety of publishers, and read them anytime, anywhere. Download the Flipster app today.

• **Online learning** – LinkedIn Learning has more than 12,000 courses, ranging from computer programming to project management including instruction on various computer software, programming languages, and business topics. The video courses are taught by industry experts and are designed for any skill level.

• **Learn a new language** – Pronunciator offers more than 80 languages, including ESL. Courses are available for English speakers or for native speakers of 50 other languages. Learn on a desktop or access Pronunciator from your mobile device.

• **Explore history** – Check out Heritage Quest at home. It's a genealogy resource that contains census data, family records, local histories and documentary collections. Then explore Iowa history and genealogy through the Historical Newspaper Archive from 1800-2018. This includes obituaries, birth announcements, sports articles, and more.

Visit waukeepubliclibrary.org/online-library to find even more great options through our Online Library.

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

OUT & ABOUT

RIBBON Cutting

The Waukee Area Chamber of Commerce held a ribbon cutting for Waukee Ice Cream Shoppe on June 23.



The Waukee Area Chamber of Commerce held a ribbon cutting for Waukee Ice Cream Shoppe on June 23.



Joe Lockard-Nobile and Chris Crone



Rob Grove and Kelly Troxel



Jay and Cheri Nugent



Sam Long



Don Frazer and Jennifer Brown



Colin Burczek, Kyle McCann, Shannon McCann, Alex Schaffer and Patrick Lovan



Boaz family: Norm, Grant, Hannah, Nanette, Evan, Leona, Olivia, Josh and Henry



Donna, Jerry and Bert Schillinger

OUT & ABOUT

GOLF Outing

The Waukee Chamber's golf outing was held June 16 at Beaver Creek Golf Course.



Brett Braafhart and Michael Bartos



Rob Grove, Nate Stewart and Chris Crone



Jesse James and Chris Juhl



Norm Boaz, Terry Snyder and Rick Kyser



Patrick Lovan and Alex Schaffer



Amy Ganoe and Dakota Brockmann



Jim McIntire and Emily Pettitt



Tate Pumphrey, Tom Powell, Doyle Miller and Travis Black



Rose Kendall, Josh Bailey and Olivia Foley



Juli Jenkins, Ashley Rottinghaus, Melanie Suljic and Matt Nuetzman



Trent Fugere, AJ Fink and Norm Boaz



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- Personalized Homes
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- Surrounded by Walking Trails & Bike Trails



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