

WAUKEE

JUNE 2022

# Living

MAGAZINE

# art

## FOR ALL

Community art is transforming  
public spaces

**Meet Fran Beavers**

EDUCATION

**Page moonlights with Music Under the Stars**

NEIGHBOR

**Southwest steaks with creamy peppercorn sauce**

RECIPE

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# Educate Teens About Sun Safety

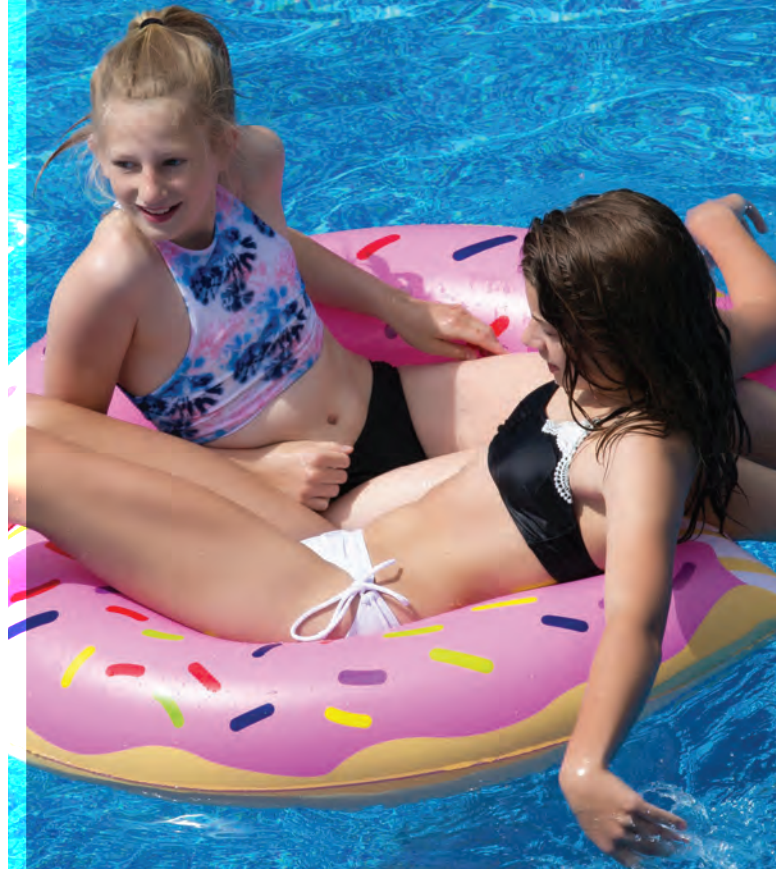
Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

## HERE ARE SOME THINGS TO KNOW:

1. Adolescent skin is far more vulnerable to UV rays than that of an adult
2. Using a tanning bed before the age of 35, increases the chances of developing melanoma skin cancer by 59 percent. Removing melanoma causes permanent scarring of the skin.
3. Tanning as a teen or young adult causes premature aging such as wrinkles, brown spots and moles.
4. Eye cancer and cataracts are more prevalent in people who tanned while young.
5. UV rays from tanning beds lead to immune system suppression opening the door for other illnesses and disease.
6. Certain medications, such as antibiotics used to treat acne and birth control pills, can increase your sun and tanning bed sensitivity.

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Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.



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WELCOME

## TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

Thanks for reading. ■



**SHANE GOODMAN**

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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](http://www.thedailyumbrella.com).



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# art

## FOR ALL

**Community art is transforming public spaces**

**By Jackie Wilson**

Outdoor art dates back centuries. The Colosseum in Rome and the Parthenon in Athens withstood the elements of time and attract millions of visitors a year. Structures in the United States, such as Mt. Rushmore, The Statue of Liberty and the Vietnam Memorial, are popular travel destinations.

On a smaller scale, local public art adds to the uniqueness of a community and helps attract visitors and retain residents. One example is the Pappajohn Sculpture Park in downtown Des Moines. At just 13 years old, the sculpture park has gained recognition and appreciation among art enthusiasts.



Jenn Hoffman, president of the Waukee Area Arts Council, purchases a new painting from the Waukee Arts Festival each year. "I like to support local artists instead of buying pictures at a retail store," she says. One of the pieces she purchased is by artist Laura Todd. Photo by Jackie Wilson

## FEATURE

Suburbs and towns also want to create memorable opportunities to discover unique art.

This year, the City of Waukee is examining putting public art in the community for 2022 and beyond. Waukee Area Arts Council President Jenn Hoffman says the City is holding meetings and gathering groups to discuss public art recommendations and ideas.

"The businesses have expressed an interest in putting art near their buildings," says Hoffman. "We (the City) are working at setting aside funds for public art installation in Waukee."

Arts in Waukee took root in 2004, when the Waukee Area Arts Council was formed. The group's main initiative was working with the Parks and Recreation department to put on local festivals, such as the Winterfest.

In 2015, as the City explored more opportunities for events related to art, the Arts Council put on its first Waukee Arts Festival in Centennial Park. At the festival, 23 artists displayed their work on a Sunday afternoon. Planners had arranged the festival in just three months, but it was deemed a success.



Kinship Brewing Company in Waukee features several mural-sized paintings inside, including one by Greg Mike. Photo by Jackie Wilson

In subsequent years, the Waukee Arts Festival has attracted nearly 100 artists a year with thousands of attendees for the now two-day event.

This year, the festival begins on a Friday evening, July 15. With live music, food trucks and a beverage garden, the popular festival continues all day on July 16.

On Saturday, a children's activity station helps kids create art. Artists include all types of mediums from mixed media works, paintings, wood, pottery, sculptures, metal, jewelry, photography and more.

Artists have praised the Waukee Arts Festival, which is billed as one of the Midwest's largest arts festivals. Hoffman says artists

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## FEATURE

like the fact that it isn't the Des Moines Arts Festival.

"Our biggest compliment is that Waukeee's festival is accessible. At the Des Moines Art Festival, most people can't afford the work," she explains. "Many times the artists are not local. A lot more people buy art at our festival, with a variety of price points."

The majority of the artists are from Iowa. It's a juried show, and artists are rated by the board. Awards are given, and winners get a cash prize and free booth space for the following year. Last year's winner was Carski Studios – Sarah and Mark Carson, who will be this year's featured artists. The husband-wife duo are from Des Moines. Read more about their artwork in the July issue of CITYVIEW.

The Waukeee Area Arts Council also provides scholarships to two high school Waukeee graduating seniors who are going to study the arts in college. The 2022 winners are Karissa Quass, who is majoring in art education, and Peyton Rippin, who is majoring in music education.

A student art tent, featuring works by



Jen Loeb's photography was featured in the Waukeee Public Library's Art Gallery. Photo by Jackie Wilson

Waukeee students, is sponsored by the Rotary Club of Waukeee.

Hoffman joined the board in 2014 and became president in 2020. With a degree in art education, serving on the board allows her to stay involved in art. She says she is excited for the City's plans to install art.

"Waukeee doesn't have a lot of public art — yet. We're working towards that and hoping to bring the community together and get involved in purchasing art for the city," she says.

Meanwhile, local businesses, the library and parks do display original art or murals for the public to enjoy.

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## FEATURE

### American Gothic outdoor sculpture

The familiar portrait of a stoic farmer with a pitchfork standing next to his daughter is a legendary painting. And now, a larger-than-life rendering of the pair is on display in front of the Waukee Public Library.

"American Gothic" is the famed painting by Iowa artist Grant Wood, who created it in 1930. The outdoor feature at the library is an American Gothic-inspired art piece called "Iowa – Past and Present – Living Fence."

The piece was created in 2003 by Des Moines area sculptor John Brommel. The artwork was originally sculpted for the William Krause Family. The Krauses donated the piece to the City of Waukee in 2015.

The iron sculpture includes the man and woman. The sides of the piece feature prairie grass plants on one side and cornstalks on the other to represent Iowa's landscape.



The American Gothic-inspired art piece, "Iowa – Past and Present – Living Fence," was created by sculptor John Brommel and sits in front of the Waukee Public Library. Photo by Jackie Wilson

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## FEATURE

### Waukee Public Library Art Gallery

Step inside the library and discover a collection of art in the gallery located in the Coal Mine Meeting Room. In June 2019, the library began displaying artwork in its community room.

The gallery displays collections from local and regional artists, as well as traveling exhibits. Most artists have been from the Des Moines metro area or central Iowa.

Alex Coggeshell, Waukee adult services librarian, curates the selections according to the exhibits and displays policy, along with approval by the library director. Coggeshell says there is a steady flow of visitors who view the art gallery.

"We've received a lot of positive feedback about how the gallery makes the space more inviting and how much our patrons enjoy viewing a new exhibit each month," she says.

The Waukee Art Gallery serves as a gathering place in the community and helps to inspire the free exchange of ideas. Coggeshell says, through hosting a variety of art exhibits, their goal is to create a historical, cultural and educational environment within the library.

"Art is known to improve the quality of life, elevate mood, and improve the ability to problem solve and open minds to new ideas," says Coggeshell. "We feel featuring local artists with a variety of art exhibits is a way to welcome residents and build community."



Visitors frequent the Alice Nizzi Park, paying homage to the legendary Alice's SpaghettiLand. Photo by Jackie Wilson

### Waukee trailhead art

After dark, head over to the Waukee trailhead of the Racoon River Valley Trail (RRVT) for a view of a colorful lighted art structure. Located just off Hickman Road, the illuminated trailhead includes a 350-foot-long LED lighted art structure perched above 13-foot-tall columns.

Designed to embrace the railroad and train imagery, it includes a pergola, with 32 columns, and 16 street-side bollards. The project was constructed with 29 tons of clay, 113 gallons of glaze and 5,816 hand-crafted ceramic tiles. It took 11 months to create, along with 550 labor hours to install.



The RRVT trailhead off Hickman Road is a lighted structure linked to the 89-mile trail. Photo by Jackie Wilson

The structure was originally planned as a gateway connecting the 89-mile RRVT. The gateway eventually morphed into a larger project called, "In the Shadow of the Rails," named after the railroad heritage linked to the trails. With art installations nearly complete, the iconic public art pieces will dot the trail along the entire RRVT corridor.

Once "Rails" is completed, it will become one of the largest public art projects in the U.S., due to the 89 trail miles and the 14 communities the trail connects.

The \$1.1 million public art installation was completed in March 2018 and funded by the City of Waukee, the Waukee Betterment Foundation, and corporate and public donors.

The art structure is designed by David Dahlquist with RDG Planning & Design, who is the same artist who designed the High Trestle Trail Bridge art features.

### SpaghettiLand park

Who says you can't play with — or on — your food? At the Alice Nizzi Park, a giant bowl of spaghetti noodles, dripping red sauce and sprinkled cheese beckons kids and adults to climb on the playground equipment.

The whimsical playground was constructed in 2020, honoring Alice Nizzi, a Waukee native who ran the famed Alice's SpaghettiLand restaurant. The park's design includes Nizzi's legacy and the rich history of Waukee's coal mining camps. It is located in Waukee at 715 Dellwood Drive.

It's a popular spot for taking pictures atop the creation. Listen closely and you might hear some kids singing, "On top of spaghetti, all covered with cheese, I lost my poor meatball when somebody sneezed." ■

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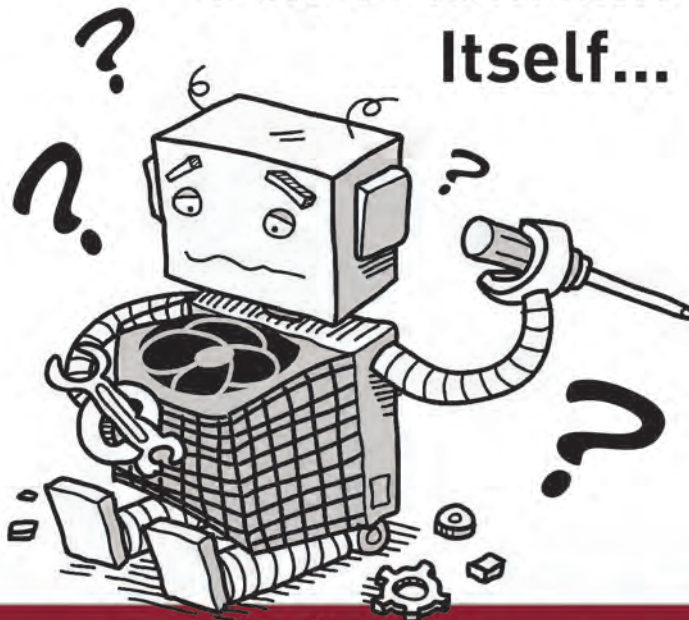
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## HVAC

By Sam Yeager

# HOW DO you use your HVAC system?

When your HVAC isn't working correctly, you'll know it. It's time to take a detailed look at the way you're using your equipment to determine the strength of its performance.



### 1. Before summer, how do you prepare your system?

- a. Change the HVAC filter.
- b. Schedule my annual tune-up.
- c. Nothing.

### 2. Your AC isn't cooling your home before an important event. What do you do?

- a. Tell guests to dress cool and bring water.
- b. Schedule an emergency repair.
- c. Put some fans on and hope for the best.

### 3. Your HVAC system's performance has been declining. What's your plan when it's time for a replacement?

- a. Let a company choose for me because they are going to give me a "free" furnace, too.
- b. Do my research and choose the best system for my budget and lifestyle. I know a company isn't giving me a "free" furnace.
- c. Buy the best and most expensive system on the market.

### 4. What do you think you'll find on your next energy bill?

- a. More expensive than usual.
- b. Slightly more expensive but typical with the economy.
- c. Not sure, it changes every month.

### 5. What do you do when your HVAC starts to make noises?

- a. Attempt to fix it myself; I have lots of tools in my garage.
- b. Call an HVAC professional.
- c. Hope that it stops.

If you picked mostly Bs, great job. Your HVAC habits are right where they should be, and your equipment is probably well cared for. If you picked mostly As and Cs, you could make some changes to help your system run more efficiently. Find a quality maintenance plan to join and act now, before the summer heat hits. ■

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



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## RECIPE

# MORE Chef-Worthy Summer Classics

### (Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at [OmahaSteaks.com/Summer](http://OmahaSteaks.com/Summer). ■

## Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

### SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

### PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

### NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

### PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

### DIRECTIONS

• **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

• **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

• In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

• Remove fries from oven and toss with Parmesan herbs.

• **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.

• In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

• Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

• **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

• Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

• Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

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## EVENTS IN THE AREA

Be sure to check for cancellations.

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



### Levitt Amp Summer Concerts

Various dates

Earlham City Park

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. The final June concert is June 26, Radio Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.

### Ribbon Cutting and Open House

July 14, 4-6 p.m.

Dallas County Extension, 28061 Fairground Road, Adel

Celebrate and visit with Dallas County Extension staff about all the resources available through Extension.

### Ice Cream Social

Sunday, July 17, 4-5:30 p.m.

Independence Village, 1650 S.E. Holiday Crest Circle

The Waukee United Methodist Women will be hosting their annual Ice Cream Social with pie, cake, and, of course, ice cream, for a freewill donation for missions supported by the Waukee United Methodist Women. Come and enjoy good food, music and fellowship.



### 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, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11.



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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Exhibit and drawing class

June 28, 5:30 p.m.

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

Lost in the Weeds: Works from illustrator Kelsey Wilson will be on display through June 28, with an accompanying Botanical Drawing class scheduled for June 28 at 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 <https://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 through May from 12-4 p.m. The gallery will close intermittently for meetings. Call 515-978-7944 to confirm the gallery schedule.



### Summer Stir

Friday, June 24, 5-9 p.m.

Des Moines Court District

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 sample drinks) or at the event (\$30 for 10 sample drinks). More information is online at [summerstirs.com](http://summerstirs.com).

### Summer Concert Series

Second Tuesday each month through September, 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: July 12, NOLA Jazz Band with food by Weinie Wonderland; Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons Feat, 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](http://www.iowarboretum.org).



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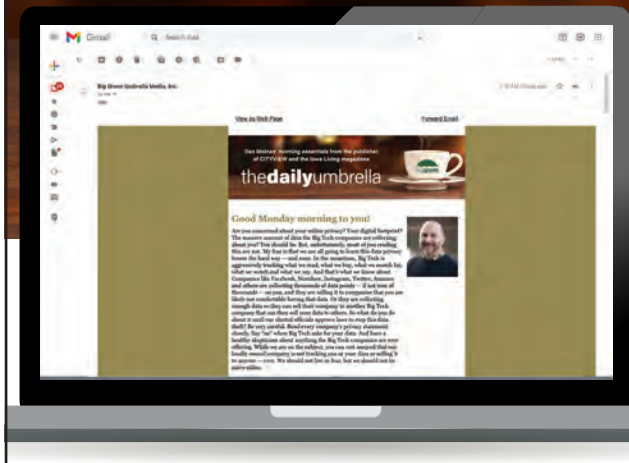
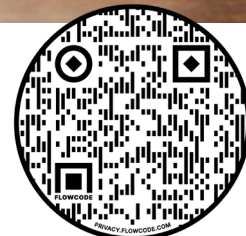
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### Music Under the Stars

June 26, July 3 and 10, 7-8:30 p.m.  
West Capitol Mall (rain location is  
Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit [www.musicunderthestars.org](http://www.musicunderthestars.org).



### Summer Stir

Friday, July 22, 5-9 p.m.  
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at [summerstirs.com](http://summerstirs.com).



### Farmers Market/ Music in the Junction

Thursdays, through September, 4-8:30 p.m.  
Historic Valley Junction, Fifth Street, West  
Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: June 30, Jimmy the Weasel; July 7, Bittersweet Nation; July 14, Toaster; July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.



### Prostate Cancer Awareness golf outing

Wednesday, July 6  
Briarwood Club of Ankeny,  
3405 N.E. Trilein Drive, Ankeny

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising golf outing. Funds raised stay in the area to provide support and awareness to men and their family affected by prostate cancer. For more information, including partnership opportunities, visit [www.prostatecancerawarenessofcentraliowa.com](http://www.prostatecancerawarenessofcentraliowa.com).

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**July 17**  
Outdoors Night  
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**Holiday Fireworks July 2&3**



**SATURDAY JULY 16TH**  
GATES 5PM

## THE SOCIAL Security decision: marriage, divorce and death

For many of the individuals and families we work with, Social Security makes up 20-30% of their retirement income. You could have up to 81 options for electing this important benefit if you are married.

When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50%) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a former spouse is eligible for a benefit but has not yet applied for it, the ex may still apply



for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100% of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5% of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income. ■

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

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## OUT & ABOUT

# SCHOLARSHIP Winners

The Waukee Chamber of Commerce honored its 2022 Commerce Scholarship winners on May 26 at The Palms Theaters & IMAX. Kayla O'Donnell and Abigail Presley were awarded scholarships.



Kayla O' Donnell, with her parents, accepts her scholarship.



Abigail Presley, with her parents, accepts her scholarship.

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# CITY OF WAUKEE BULLETIN

# JUNE 2022

## THINGS TO DO

- **Celebration of Independence**

July 3-4

*Centennial Park*

- **Movies in the Park – “Sing 2”**

Sunday, July 3 at 8:45 p.m.

*Centennial Park*

- **City Council Meetings**

July 5 and 18 at 5:30 p.m.

*City Hall and Zoom (See info at Waukee.org)*

- **Independence Day - All City Buildings Closed**

Monday, July 4

- **Waukee Farmers Market**

Wednesdays, 4-7 p.m.

*Downtown Triangle*

- **Waukee Arts Festival**

July 15-16

*Centennial Park*

## Celebration of Independence

Waukee's Celebration of Independence will take place July 3-4 and will feature inflatables, vendors, a parade, live music, skydivers, tournaments, the fireworks show and more. The parade is scheduled for Monday, July 4 at 10:30

a.m. following a northbound course on SE L.A. Grant Parkway. It's free to participate in the parade, but advanced registration is required. Presale armbands for inflatables can be purchased in advance online at [waukee.org/registration](http://waukee.org/registration) through June 30 for \$10 and will be valid July 4 ONLY.

### Full schedule of events (at Centennial Park unless otherwise noted):

#### Sunday, July 3

- Adult Coed Sand Volleyball Tournament, 9 a.m.
- Food and Beverage Vendors, 4-10 p.m.
- Family Entertainment, 5:30-8:30 p.m.
- Quad City Magician, 7:30 p.m.
- Movies in the Park: “Sing 2”, 8:45 p.m.

#### Monday, July 4

- Waukee Boy Scouts Troop 178 “Waukee Freedom 5K”, 7:45 a.m. at Lutheran Church of Hope Waukee
- Rotary Pancake Breakfast, 8 a.m.
- Parade, 10:30 a.m.
- FREE Ice Cream Social, noon-1 p.m.
- Food and Beverage Vendors, Noon-10 p.m.
- Inflatables, 1-8 p.m.
- Adult Bags Tournament, 1 p.m.
- Live music: Mint and Birdchild, 5-10 p.m.
- Des Moines Skydivers, 8 p.m.
- Fireworks, 9:30 p.m.

Visit [www.Waukee.org/july](http://www.Waukee.org/july) for more information, to purchase inflatables armbands, to register as parade entry or to sign up for a tournament.



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## Movies in the Park Set for July 3

As part of Waukee's Celebration of Independence, come out to Centennial Park on Sunday, July 3 at dusk (approx. 8:45 p.m.) to enjoy another one of Hollywood's biggest hits under the stars. Waukee Parks & Recreation and the Park Board will present "Sing 2" (PG-13). Bring your lawn chairs, blankets and refreshments to Centennial Park, and watch this film for free thanks to NCMIC!



## Fireworks Use Permitted July 3 & 4

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



## Independence Day Closures

All City of Waukee buildings will be closed Monday, July 4 in observance of Independence Day. This includes the Waukee Public Library. There will be no City of Waukee/ASI garbage, recycling and yard waste collection on Independence Day. These services will be delayed, running Tuesday through Saturday during the holiday week.



## U.S. Census Numbers Show Significant Growth

New data released by the U.S. Census Bureau estimates Waukee's population at 26,495 residents as of July 1, 2021. This increase equates to an 8.7 percent population increase over the course of 12 months, which is the highest percentage of growth by any city in the State of Iowa larger than 10,000 people within that same period. The City projects that the Waukee population could reach 40,000 residents by 2030.

## "Lost in the Weeds" at the Waukee Public Library

The Waukee Public Library's newest Art Gallery exhibit runs June 12-28. Entitled "Lost in the Weeds", the exhibit features artist Kelsey Wilson's watercolor works of invasive but beautiful plant species. As part of the exhibit, Wilson will be teaching a "Botanical Drawing" class at the Library on Tuesday, June 28 at 5:30 p.m. Visit [waukeepubliclibrary.org/events](http://waukeepubliclibrary.org/events) to learn more and register for the class.



## Irrigation/Watering Schedule Information

Please be good stewards of water usage by following Des Moines Water Works' odd-even watering schedule based on your address. Addresses ending in odd numbers: water on Tuesdays, Thursdays and Saturdays. Addresses ending in even numbers: water on Sundays, Wednesdays and Fridays. Also, please avoid watering on Mondays and during the hottest hours of the day - between 10 a.m. and 5 p.m.

## Battle of the 'Burbs

The rematch is on! Run the Battle of the 'Burbs 5K or 10K on 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 [ncmic.com/battle](http://ncmic.com/battle) to register.



# MEET Fran Beavers

Enjoys seeing students on “amazing journey of childhood.”

Fran Beavers is an instructional coach at Maple Grove Elementary School in Waukee.

## Define “instructional coach.”

“This is a tricky one to define because I definitely feel like my role is a little bit of everything. Ultimately, my focus is on how to support students at my school and in Waukee. Instead of doing this as a lead teacher, I get to be a little bit behind the scenes, cheering teachers on as they learn and grow. I feel like my job is to be a resource to teachers and lead them to the right resources. This might look like preparing and leading professional development meetings during early outs. This is almost always done in collaboration with other coaches and teachers to dig into curriculum and instruction. One of my all-time favorite things to explore with teachers is just the love we all have for the amazing journey of childhood. These kids are amazing, and they will absolutely teach us more than we can imagine if we pay close attention.”

## What gives you the greatest joy as an instructional coach?

“One of my favorite things to do in my role is getting to co-teach units and lessons. I am so lucky to work with the most amazing educators, and I feel so lucky to get to share what I get to see and do with others. This year, I had the opportunity to co-teach a really fun unit in fourth grade on fictional writing, where the students created picture books that they shared with their first-grade buddies. I love the opportunity to collaborate with amazing teachers and create engaging, fun and meaningful learning experiences for students.”

## 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 think I would go backward. Not that I would do anything drastically different, but I think it would be fun to experience growing up again with the perspective of what I know now. I had amazing parents and teachers growing up, and I pull from those experiences a lot in parenting and teaching.”

## What would people be surprised to learn about you?

“I didn’t grow up wanting to be a teacher. As a kid growing up, I thought that I needed to have really good handwriting to be a teacher, and mine was never particularly neat (it still isn’t). I spent a couple of years in college wondering what I might want to do, and I reflected back on some of my happiest memories — and some really important teachers who helped shape who I was — and I realized how much of an incredible difference amazing teachers can make on their students’ lives.”

## Name one thing you’ve learned this week.

“My oldest daughter is very interested in animals, and she recently told me that a bat called the Mexican free-tailed bat can fly up to 100 mph, making it the fastest mammal on Earth.”

## You are chosen to be the first speaker at the next commencement ceremony. What is the first sentence that comes out of your mouth?

“I think I would steal a quote from one of my favorite musicians, Alicia Keys. ‘Everything you want to be, you already are. You’re simply on the path to discovering it.’ “

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

“My ideal vacation spot is one where, once I am there, I do not have to get in a car the rest of the time I am visiting. I need to have water nearby, and, if possible, maybe some mountains as well. I love to jump in a kayak or paddleboard on a perfectly clear, smooth body of water. I love to hike and see beautiful natural spots. To be honest, I don’t know if I have found my most perfect vacation spot yet. Maybe I will someday, and, in the meantime, I’ll have a lot of fun exploring interesting places along the way.”

## Who is your favorite historical figure and why?

“Eleanor Roosevelt has always intrigued and inspired me. She was such a strong and hard-working woman who changed the role of the first lady. She championed human rights and



Fran Beavers (left) is an instructional coach at Maple Grove Elementary School in Waukee.

believed that everyone should be treated with respect and fairness. She didn’t only speak up for others, her actions spoke as loud as her words. She worked as a Red Cross nurse during World War I. She traveled the country during the Great Depression, learning about and reporting back on how people were doing and what they needed. She also stood up for so many, including arranging for Marian Anderson to sing at the Lincoln Memorial when she was told she couldn’t sing at Constitution Hall in Washington, D.C. because it was for white-only performers. I think she is an inspiration for many still today.”

## What’s one thing that will always be funny to you?

“I love the show ‘Friends.’ I can watch the same episodes over and over, and I find myself laughing out loud each time.”

## You own a store that sells just one item. What would that be, and what would you call the store?

“Sandwiches. Definitely sandwiches. I could eat a sandwich for just about every meal. I love playing with different combinations of ingredients and cooking methods to make different types of yummy sandwiches. I think I would steal the name from my favorite deli growing up and call it ‘Back Alley Deli.’ ” ■

## A DIFFERENT page

Waukee instructor moonlights with Music Under the Stars.



Waukee music instructor and professional saxophone player Wayne Page has been a member of Music Under the Stars for five years.

Seventy-five years is a long time for any community group to remain in existence, but Des Moines can boast at least one.

Music Under the Stars is one of the longest-running summer band concert series in Iowa. The concerts are held on Sundays through July 10 at the Iowa Capitol grounds from 7-8:30 p.m. The ensemble features the Metro Concert Band and Jazz Big Band. Many of the members are Des Moines Symphony musicians as well as some of the Midwest's finest professionals.

One of those persons is Wayne Page, the instrumental music teacher at Prairieview School in Waukee, who has been a member of Music Under the Stars for five years now. Page has been a band director in the public schools for the past 36 years, including his current stint with the Waukee school system. Page was initially hired to perform with Music Under the Stars after joining the Des Moines Musicians Union, he says.

For Page, who also has been a professional saxophonist since 1982, it's all for the love of music.

"It's one more great opportunity to perform music with my good friends and colleagues," he says.

"The concerts capture the tradition and nostalgia relating back to military and marching bands, such as the United State Marine Band led by John Philip Sousa and the circus bands represented by Karl King," says Page's bandmate, Ben Holthaus.

King, an "adopted" Iowan, was with Barnum & Bailey's circus band and Buffalo Bill's Wild West Show. In 1920, King settled in Fort Dodge and conducted its town band for 50 years. King helped get the 1921 Iowa Band Law passed which allowed towns to levy a tax for band concerts. This paved the way for Iowa cities to develop and fund community music, arts, market and holiday programming.

The group features enough talent that it needs just a short rehearsal on the day of the show prior to the performance. Page encourages everyone to stop out, take a listen, and soak it all in.

"I'm looking forward to some good weather, too," he says. ■

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# FACTORS contributing to bad breath

Have you ever been self-conscious about having bad breath? Someone may have offered you a piece of gum, and you may have thought they were insinuating you have bad breath. Whatever the case may be, there are many factors that can cause halitosis, or bad breath. The good news is the majority of these factors have a way of being fixed, so you can get back to having fresh breath.

Lack of proper oral hygiene is one of the main factors leading to bad breath. Brushing twice a day and flossing regularly keeps teeth clean of food particles and bacteria, which, if left, can lead to sulfur production, causing bad odor. Certain medical conditions like Gastroesophageal Reflux Disease (GERD) can cause acid to develop in the mouth, leading to a foul odor. Medications can cause dry mouth, which can lead to odor and also increase the risk of bacteria staying present in the mouth, which can lead to cavities. Keeping hydrated is another important way to not only be healthy but also prevent odor production in the mouth. Especially during these hot summer months, drinking plenty of water is the best way to keep the



body and mouth healthy.

Smoking or using chewing tobacco can lead to bad breath. The nicotine in the products can also stain teeth and leave a film on the surface of the tongue, trapping foul odor. Tongue brushing is an important way to remove bacteria in the deeper grooves of the tongue. For people using mouth appliances, which may include dentures, orthodontic retainers, sleep apnea appliance, or custom whitening trays, routine cleaning of the appliance is essential to remove bacteria which can cause bad breath.

Sometimes, adjusting your diet, which may include ingredients like garlic and onions, can help reduce bad breath. Brushing teeth after meals and chewing sugarless gum can help with this.

Always remember to replace your toothbrush every couple of months or after periods of time in which you have been sick. As always, maintain regular dental checkups and remember if it has been more than six months since your last cleaning or checkup, go see your dentist today. ■

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



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## WELLNESS

By Lacie Navin

### WHAT is the deal with THC?

For many years, the term “THC” (short for tetrahydrocannabinol) has been vilified and misunderstood. THC is a natural occurring part of hemp and marijuana and has many beneficial effects. It’s not only for recreational activity; it has medicinal benefits ranging from aiding sleep and pain management, to relieving depression.

Is THC legal in Iowa? Yes and no. Federally, anything exceeding 0.03% THC is illegal to purchase or possess without a prescription. This also applies in the State of Iowa. Some states have now made marijuana, with its naturally high-occurring THC content, fully legal. Iowa does have legal prescription marijuana options that must be prescribed by a doctor.

The hemp side of cannabis, with its lower, naturally occurring THC levels, is much easier to purchase and provides many of the same benefits. There are other products out there (mostly synthetically made) designed to mimic THC’s benefits, namely Delta 8 and HHC products. These are highly illegal in Iowa. The Department of Inspections and Appeal website lists all illegal forms of cannabis in Iowa and any consumer can check and report illegal sales.

We want to make sure everyone is being compliant and selling legal products with full lab reports and certificates of analysis to go along with them. THC is such a beneficial cannabinoid for many ailments, and we don’t need vast amounts to get the relief we’re seeking. ■

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



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## HEALTH

By Shelly Stewart-Sandusky

### WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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# WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

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## NEWS BRIEFS

### NEXT stage of Warrior Lane improvements underway

Construction is underway on Stage 2A of the Warrior Lane Improvements Phase 2 Project. Stage 2A expands the first phase to include the Waukee Middle School west parking lot. The parking lot will be closed until early August. People visiting Waukee Middle School will need to park in either the east lot or the stadium parking lot during this stage of construction. Warrior Lane remains closed to traffic between the two school entrances. The overall project is scheduled to be fully open to traffic by the end of October 2022.

### WHS senior awarded Bank Iowa scholarship

Caroline Fleming, a senior at Waukee High School; Alyssa Miner, a senior at Johnston High School; and Elizabeth White, a senior at Valley High School, have been selected from Bank Iowa's Des Moines region as recipients of the Spirit of Chandy Scholarship. The winners will each receive a \$500 scholarship.

### LEITH joins Holmes Murphy

Quinton "Quin" Leith has joined Holmes Murphy as the company's chief strategic investment officer. In this new role, Leith will be responsible for evaluating existing relationships while reviewing the company's geographical footprint to determine underserved locations where Holmes Murphy may expand their business and best serve clients through new offerings. Leith has more than a decade of experience in investments and mergers and acquisitions (M&As) within the insurance industry. Leith previously served as vice president at Flexpoint Ford, a private equity investment firm, where he was primarily responsible for sourcing opportunities, evaluating, and executing investments and M&As, and working with portfolio companies to grow and create value. He also worked as an analyst for Macquarie Capital, a major global financial services group.

Leith grew up in Creston and is a graduate of Cornell University with a degree in applied economics and management. When Quin isn't working, he enjoys spending time with his wife and three children. ■

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## REAL ESTATE

By Jamie Thompson

### CHANGING real estate market

Is the real estate market shifting? In my opinion, yes. Is the real estate market crashing? In my opinion, no. If you're speeding in a car at 100 mph, see a cop and slow to 80 mph, you're still going fast. Just not as fast.

#### Here is what we are seeing:

- More homes coming on the market.
- Rising interest rates.
- Homes taking longer to sell.
- A predicted recession.

#### What does this mean for you?

As a seller:

- Pricing your home right is so important as we shift.
- Make sure your home is in the best showing condition possible.
- Expect that you may not receive multiple offers, or a price over list.

As a buyer:

- You may not have to go over asking. (Depends on house and price.)
- You may not be up against a ton of other offers.
- You still must be prepared and put your best offer forward.

Did you know that in four out of the last six recessions, home values increased? While our local market does show it's shifting, it's still a great time to buy or sell real estate. It all depends on your real estate goals in the next six to 36 months. ■

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

### COMMON Medicare misconceptions

As an agent who speaks to current and future Medicare recipients out in the field, I hear many misconceptions about Medicare.

#### 4. Medicare covers nursing home expense.

The real story: Medicare only covers a relatively short time of skilled nursing. Medicaid will cover nursing home expenses after all assets are drawn down.

**3. Medicare covers dental.** The real story: Medicare does not cover eyeglasses, dental or hearing.

**2. Medicare Advantage will cost much more than a supplement, and I cannot see the health care providers I want to see.** The real story: Medicare Advantage plans limit out-of-pocket expenditures with a max out-of-pocket feature that can be less than total premiums for a supplement, dental and drug plan. Most local Medicare Advantage plans are accepted at all our area hospital networks.

**1. My Medicare supplement is the best because I am insured by XYZ insurance company.** The real story: Medicare regulates supplement letter plans. A plan G is a plan G and is required to cover the same things no matter which carrier holds the policy. Your best bet is to go with the lowest price company that has a sound financial rating. Currently, the lowest priced plan G in Dallas County has an "A" AM Best rating.

Check with your health care insurance provider for more information. ■

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



# VINSON chooses Waukee for retirement

Appreciates the “military-friendly” community

Army Sgt. First Class Matthew Vinson has moved often and seen many places during his career. He has been deployed to Iraq and Afghanistan. He has also lived in Kentucky, Tennessee, Georgia, South Carolina, Kansas and Arizona. However, he calls Waukee “home.”

Vinson was born and raised in Iowa. He grew up in Keokuk and graduated from Keokuk High School in 2000. He moved to Cedar Rapids in 2001. After 9/11, he joined the army. In 2003, Vinson was shipped off to basic training — the first of many assignments. He completed four combat rotations with the 101st Airborne Division. Infantryman by trade, he traveled extensively in the Middle East before returning to the states.

Vinson wanted to come back home to Iowa to retire. He moved into his new Waukee home in December 2020. What especially drew him to the area was the school system — not only the academics, but the sports as well.

“When I started the research of the places to live... I knew the Waukee area was where I wanted to be,” Vinson shares.

Vinson says that Waukee is one of the most military-friendly places he has been. He accredits that to the people. Almost anywhere he goes, people will thank Vinson for his service, but Waukee’s citizens also show their appreciation through kind acts. People will often offer to buy Vinson’s coffee, meals and more.

Vinson will officially retire from the Army in April 2023. Until then, he is working at the U.S. Army Recruiting Station in West Des Moines.

“There’s two ways to become a recruiter: you’re either a volunteer or you’re voluntold,” Vinson laughs. In reality, he says his role has been a blessing in disguise.

Vinson’s recruiting job has given him access to many valuable connections within the community. In order to be successful as a recruiter, he needs to network and connect. He says Waukee has been such a welcoming place that he has been able to build relationships with



After being deployed to numerous locations and stationed in many others, Matthew Vinson is nearing retirement from the Army and has decided to start growing roots with the purchase of a home in Waukee.

community leaders such as Mayor Courtney Clarke, Police Chief John Quinn, Sergeant Mackenzie Sposeto, Waukee Northwest teacher Chad Vollmecke among others. These community partners have built avenues not only for him, but with the Army, too.

Additionally, Vinson works with an organization called Operation Impact 22. Through the program, he takes local disabled veterans out to hunt and fish in the areas around Waukee, Adel, Guthrie Center, Winterset, Van Meter, Panora and Carlisle.

“It’s probably the most fulfilling thing I’ve done besides deployment,” he says. “Being around the world more than a few times, I’ve missed the culture of being back home. I haven’t found anybody or people anywhere across this nation that even hold a candle to Waukee citizens.” ■

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## EDUCATION

By Darren Tromblay

# MEET Megan Hafer

Enjoying the humor of young children

Megan Hafer is an instructional coach at Woodland Hills Elementary School.

**Define “instructional coach.”**

“An instructional coach is an individual who supports teachers and students. They work with teachers who are new to the profession or who have been in the profession for many years to implement new instructional strategies to impact student learning.”

**What gives you the greatest joy as an instructional coach?**

“The greatest joy as an instructional coach is watching teachers and students successfully reach their goals. When a student or teacher takes a risk to try something new and has a positive experience, I find this to be extremely rewarding.”

**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 think I would choose to go forward. I always like to be prepared for what is coming, so it would be nice to know what to expect in the future so I can know what to be ready for.”

**What would people be surprised to learn about you?**

“While I generally try to present myself as calm, cool and collected, I am actually quite a competitive person. I am very driven to achieve at the highest level, although I try to keep my competitiveness in check most of the time.”

**Name one thing you’ve learned this week.**

“I am traveling to Greece this summer, so I am working on learning Greek. I’ve learned a few new words and phrases this week.”

**You are chosen to be the first speaker at the next commencement ceremony. What is the first sentence that comes out of your mouth?**

“That is a tough question to answer. I believe in crafting a message that is meaningful to the individuals I am speaking to. I would want my message to the graduates to be advice that is unique and connected to them as individuals. Without knowing my audience, I can’t give a specific quote, but I would want to share a piece of advice or knowledge that would help propel them into their next chapter of life.”

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

“I would pick the beach. I love to sit back and relax with a good book, and the beach is the perfect place to do that.”

**Who is your favorite historical figure and why?**

“Princess Diana. She was an amazing philanthropist and refused to be subdued by societal standards. I admire her grit and courage.”

**What’s one thing that will always be funny to you?**

“The humor of young children. They are so often uninhibited and unafraid to be silly. I relish the opportunity to get to soak up the joy that surrounds them whenever I have the opportunity to interact with them.”

**You own a store that sells just one item. What would that be, and what would you call the store?**

“I have a major sweet tooth, so I would have a candy store. I would call it ‘The Sweetheart’ and have all the proceeds go towards kindness campaigns.” ■



Megan Hafer is an instructional coach at Woodland Hills Elementary School.

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# INTERNATIONAL Blues Challenge

Buckmiller experiences “amazing moment” in career

Tom Buckmiller of Waukee recently sang and played his guitar on the legendary Beale Street in Memphis, home of famed blues greats such as BB King.

Buckmiller and Brian Schwager make up the duo of Buckmiller/Schwager band that won the Iowa Blues Challenge in September 2021 and represented Iowa at the International Blues Challenge in May 2022, making it to the semi-final rounds.

Seventy-five blues musicians from around the country played at 20 Memphis venues for round one. In the second round, they played at different venues. The top vote-getters from the venues made it to the semifinals, which included Buckmiller. He says the competition was rigorous.

“It was tight. You can only play 25 minutes, and you’re penalized if you go over. We had the set timed and practiced getting it right,” he said.

Various blues judges based points on song choice (originals and covers), audience interaction and musical abilities. Buckmiller says the pair practiced easily together.

“I thought we played as best as we could.”

It was essential to represent Iowa; however, the experience of playing among talented musicians was the highlight.

“Beale Street is home of the blues — it’s the epicenter. For us to play the blues three nights in a row was a thrill with all the rich history and tradition. It was fun to be part of the vibe,” he says.

A buddy from Colorado and a group of fans from Iowa, including his Waukee neighbors, met up in Memphis.

“It was fun having all our friends and our posse there. It was such a good experience to understand the history of the blues,” he reflects. “It was an amazing moment in our career.”

When Buckmiller/Schwager won the Iowa Blues Challenge, they were awarded a prize package with eight hours of studio time, in which they recorded an album, “To Memphis and Back.” Buckmiller appreciates the support from the Central Iowa Blues Society.



Tom Buckmiller and Brian Schwager won the Iowa Blues Challenge, which led them to compete in the International Blues Challenge in Memphis.

“Our ultimate goal is to keep getting better and engaging the crowd with both blues and non-blues music.”

— Tom Buckmiller

“They supported and helped us with a fundraiser. All of their support was amazing. There was a little pressure to perform. They told us we ‘gotta kick some ass’ in Memphis. We took it seriously.”

Buckmiller also plays in another band, “Jimmy The Weasel,” and he’ll continue playing local festivals and music venues.

“Our ultimate goal is to keep getting better and engaging the crowd with both blues and non-blues music.” ■

# AVOID these estate-planning mistakes

When it comes to making an estate plan, many people are not as diligent as they should be. Because estate plans decide where your assets will be transferred at your death, it is important to have your affairs in order. Here are some common mistakes to avoid when creating your estate plan:



**Not having an estate plan.** The most common estate planning mistake is not having a plan at all. While nobody likes to think about it, death is unavoidable and inevitable. Setting out your plan is one of the most important things a person can do. By planning, you are ensuring that your personal and financial affairs will be handled properly. Those left to handle your personal

and financial affairs after you're gone will also thank you.

**Doing your estate plan yourself.** I know what you're thinking — attorneys are expensive. And you're right. Estate plans can be very complicated documents. While you could write your own will or use a generic template, that is very risky. These poorly-drafted documents could potentially be very expensive for you or your heirs. Further, homemade documents may not be enforceable at all, meaning your assets would pass according to the intestacy statutes and not how you directed. Play it safe and find an attorney you trust to advise you what planning opportunities are available to you.

**Not planning for disability.** A proper, well-drafted estate plan will not only specify what happens to your assets when you die, but also for what happens in the event that you become incapacitated. It is important

to have both general and financial power of attorney documents in your estate plan. These documents appoint someone you trust to act on your behalf in the event that you cannot act for yourself.

**Failing to update your plan.** Once you have gotten an estate plan in place, it is important to keep it up to date. Estate laws are always changing. Further, any life event could greatly affect your estate plan. It is important to review your estate plan frequently to ensure your assets are transferring in the way you wish.

To ensure that you're not making these and other common estate planning mistakes, talk to your attorney. ■

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

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# YARD art — no water needed!

Have you ever thought about including art to your yard's landscape? There are many benefits. For example, unless it is a water feature, yard art requires no water and is low maintenance. Some pieces allow a gardener to enhance the yard's appearance with low or no upfront cost of purchase and/or installation.

Most of the time, when we think of focal points for our yard, we think of large trees or a single large planting of a specific plant. Instead, change your living plant focus to some of your favorite objects and then transition the objects into pieces of art that you create or purchase.

As you are thinking about where to place your new yard art, look for areas in your yard that you want to emphasize or pathways where the art will lead your eye to a point of interest. For example, if you have a pathway in your yard that is currently blank at the end, like a boring cedar fence, why not use the fence as a backdrop and place a piece of art in the center to provide interest or a focal point.

Using artwork in your yard can provide accents to a theme you already have going such as a dry creek bed. Use items you might find out in nature, such as drift wood, but take it up a notch and have the driftwood carved into an animal. My family had a pheasant sculpture commissioned from a local artist and placed it in a landscaped berm in my backyard. This goes nicely as a focal point and is a good representation of my love for the outdoors and upland bird hunting. If you like a more eclectic or whimsical feel to your yard there are some great metal items that can be repurposed. I made a yellow flower from an old piece of metal a friend



A pheasant sculpture that Dusty Rauschenberg's family had commissioned from a local artist is in a landscaped berm in their backyard.

gave me from a stove. She thought that I could create something out of it. I gave the stove piece a fresh coat of bright yellow paint and mounted it to a garden stake, and, instantly, I had a flower that didn't need watering. Items found on junk days that are free curbside or yard sales are some of the best places to find items to repurpose. And, just think, you are preventing those items from going into a landfill.

Be creative and, with the addition of some art work for your yard, you will make your yard stand apart from all the others. ■

*Information provided by David "Dusty" D. Rauschenberg, Dallas Center resident, master gardener, master conservationist, #thegoodpimgardener, dustyrauschenberg@gmail.com*



This yellow flower was made from an old piece of metal from a stove.

OUT & ABOUT

# RIBBON Cutting

Waukee Chamber held a ribbon cutting for Nick Hageman - State Farm, 475 S.E. Alice's Road, Waukee, on May 19.



Waukee Chamber held a ribbon cutting for Nick Hageman - State Farm, 475 S.E. Alice's Road, Waukee, on May 19.



Terry Snyder and Nick Hageman



Reagan and Cody Raisch



Chris Crone and Rob Grove



Joe Lockard-Nobile and Brett Braafhart



Willow and Tony Fitzmaurice



Jerry Crone, Chris Crone, Nick Hageman and Tom Lawrence



Michelle Platts and Hannah Ralfs



Dave Dufek, Michelle Dufek, Nick Hageman and Kelly Hageman



Chris Juhl and Rob Grove

## OUT & ABOUT

# CHAMBER Luncheon

The Waukee Chamber of Commerce May Business Luncheon, with speaker Courtney De Ronde, was held May 26 at the Palms Theatres 7 IMAX.



Rob Grove and Mike Bartos



Amy and Abby Presley



Katelyn and DJ Soultz



Amy Dewby and Nick Reuter



Don Frazer and Gina Campos



Debra Crivaro and Jason Berger



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Speaker Courtney De Ronde

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