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MARCH 2022

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Residents share
their experiences of
quitting smoking.

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WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.



I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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



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COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Jackie Wilson

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

Doug McHone of Waukee says, since he quit smoking, he has more time to devote to hobbies, such as beekeeping. Photo by Jackie Wilson

FEATURE

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

New identity

Doug McHone's decision to quit smoking came after he developed a chronic cough, and his doctor recommended a chest X-ray.

"I'm only 38," he says he thought to himself. "Smoking is affecting my health. I guess I'm done — this will be my last cigarette."

Yet it wasn't an ideal time to quit smoking. He was going through a divorce, and he often turned to smoking to relieve anxiety and pressure. At the same time, he wasn't spending as much time with his smoking circle.

"I'd been disconnected from my primary smoking network. It was an opportunity to quit," he says.

McHone began smoking at age 18 and initially didn't like it. But eventually he was up to smoking a pack a day. He calculated he spent an excessive amount of time smoking his life away.

"There's 20 cigarettes in a pack, 16 hours of awake smoking time, 8 hours of sleep. So I'd be smoking every half hour and each cigarette took seven minutes to smoke," he says. "I didn't see 'Titanic' in the movie theater because it meant I'd go three hours without a smoke break."

He tried several times to quit; a program with the American Lung Association worked for four months. Then he attended a wedding where friends were stepping outside for a smoke break. He asked himself, "What's the harm in just one?" He then proceeded to pick up a pack on the way home.

He explains that smoking isn't just a nicotine addiction.

"You have a built-in social network. When you quit, you lose that social aspect, and people question why you're not smoking."

When he did finally quit 10 years ago, it was due to his state of mind.

"I defined myself as a non-smoker. I also define myself as a husband and a Christian," he explains. "I made the decision I'm no longer a smoker."

Since quitting, he says his sense of smell is better, and it's easier to breathe. He noticed his clothing and other items smelled of smoke, so he gradually replaced them with new items.



Wayne Wurth of Waukee quit smoking with the help of a hypnotist. Photo by Jackie Wilson

Other changes in his life include meeting his wife.

"If I had shown up on a first date reeking of smoke, I couldn't have had a second date with her," he reflects.

He gives encouragement to other smokers who want to quit.

"If you've tried, and it didn't work, welcome to the party. You'll figure it out. Don't hate yourself if you didn't make it the first time. It took years before I succeeded," he says.

McHone suggests connecting with an accountability partner and someone who cares.

"They can look you in the eye and give you an honest answer — not the 'Iowa nice' answer," he says.

His new identity does not include being a smoker — a fact he relishes.

"It gave me confidence with the new me. It's not who I am any more," he says. "I'm a non-smoker."

Hypnotist cure

Wayne Wurth never dreamed of spending \$50 to quit smoking. In 1989, \$50 was a big investment to pay a hypnotist to help him quit his 23-year habit. But it worked.

Wurth says he began smoking to "get out of work." He was serving in the Vietnam War at age 17. The other servicemen took smoke breaks, but he didn't. The officer told him if he wasn't going to be smoking, then he was expected to pick up cigarette butts.

"It seemed like the smokers didn't have to work on their break," he says. "So, the next day — to get out of the duties of non-smokers — I became a smoker."

He began smoking cigarettes and, after returning from the service, began smoking a pipe.

Over the years, he thought about quitting — first for Lent. Then, his young kids began insisting he quit.



After Wayne Breckenridge of Waukee quit smoking, he went on to run 18 marathons — something he never dreamed of doing when he was smoking. Photo by Jackie Wilson

“One time, my kids took my pipe and tobacco and hid it,” he says. “I knew my habit was getting out of hand. The kids started ganging up on me.”

Another time, his child, who was in kindergarten, drew a shape with black spots on a white piece of paper. He inquired about the unusual image.

“‘Dad, it’s a picture of your lungs.’ You listen to your 7-year-old when they tell you something.”

He contemplated travel to California, but smoking on airplanes was banned.

“If I couldn’t smoke for that long, it’d drive me insane.”

One of the final straws was when he put a lit pipe in the pocket of a newly purchased jacket.

“I burned a hole in my new jacket,” he admits. “It was a nuisance.”

He heard about a hypnotist in Sioux City who had helped others quit smoking. Yet, it was expensive.

“I never gave anyone \$50. This ain’t gonna work,” he says. “It’s a bunch of malarky.”

But, one afternoon, he and 50 other smokers sat in an auditorium for two hours, listening to a smooth-talking hypnotist.

“He kept comparing it to your subliminal mind — that it was a habit you couldn’t live without,” he recalls.

After that session, he stopped smoking completely. The date was Jan. 14, 1989.

“I remember it like it was yesterday,” he says.

Wurth was given a cassette tape to listen

TIPS FOR QUITTING

From quitassist.com

- Get support and encouragement from others. Research shows those who do are more successful. Tell friends and family you are quitting and enlist their help. Get expert help from a doctor, health professional, or free counseling and advice from 1-800-QUIT-NOW.
- Learn new skills and behaviors. Plan ways to distract yourself when you feel an urge to smoke. Keep your hands busy. Look for activities that don’t involve smoking.
- Get medication and use it correctly if needed. For some people, they can greatly help your chances of quitting for good. Talk to your doctor about this option.
- Be prepared for relapse or difficult situations. Find new ways to handle stress. If you do slip up, don’t beat yourself up — learn from it. Monitor your triggers and avoid them. Take care of yourself to manage your weight and mood. Keep reminding yourself of all the benefits of quitting. ■

to for 30 days after the session. The hypnotist compared quitting to a seashell on the beach and the water flowing over the shell.

“You could hear the water hitting the seashells on the tape, cleansing your body. It worked. I never smoked since then,” he says.

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he says.

He recalls being at a job interview and the employer asked him to detail the most difficult thing he's ever done.

"It's not work-related," he says, "But, stopping smoking. It was a major accomplishment."

Made a deal

Wayne Breckenridge admits his older brother was a bad influence on him — and the reason he started smoking at a young age.

He was about 12 years old when he tried his first cigarette. Both his parents smoked.

"Everybody smoked. It was the 1950s. It was a fashionable thing to do," he recalls.

Although underage, he found it easy to obtain cigarettes, as the boys "snatched" from their parents. By the time he was 14, he smoked regularly.

"My dad bought it by the case. He was in the Navy when they provided cigarettes for

them," he says.

In high school, he cut back because he was an athlete. Even though he played football, he continued to smoke, because it was the "cool thing to do."

After a year of college, Breckenridge joined the Army. He recalls being in Ethiopia where cigarettes were cheap.

"I paid \$1.06 for a carton of cigarettes at the commissary. There wasn't any tax."

After that, he was employed by the Army and stationed in Germany. His wife at the time also smoked. The pair made a deal. Once she got back from vacation, she'd stop smoking. Then, after he returned from overseas, he'd quit smoking as well.

With seven packs of Winston cigarettes left in his carton, he didn't want to waste them.

"I smoked the last seven packs, which helped me get my attitude right. I knew it was the last time I'd ever smoke," he says.

Then he quit. He doesn't recall having

cravings but remembers the deal he made, as he kept his word.

"It was mind over matter. I didn't want to break my promise to my wife," he explains.

Since quitting in 1985, he has begun running. He retired from the Army in 1988, and his cousin talked him into running a 15K in Jacksonville, Florida.

"My cousin and I started running. If I hadn't stopped smoking, it would have been difficult to do."

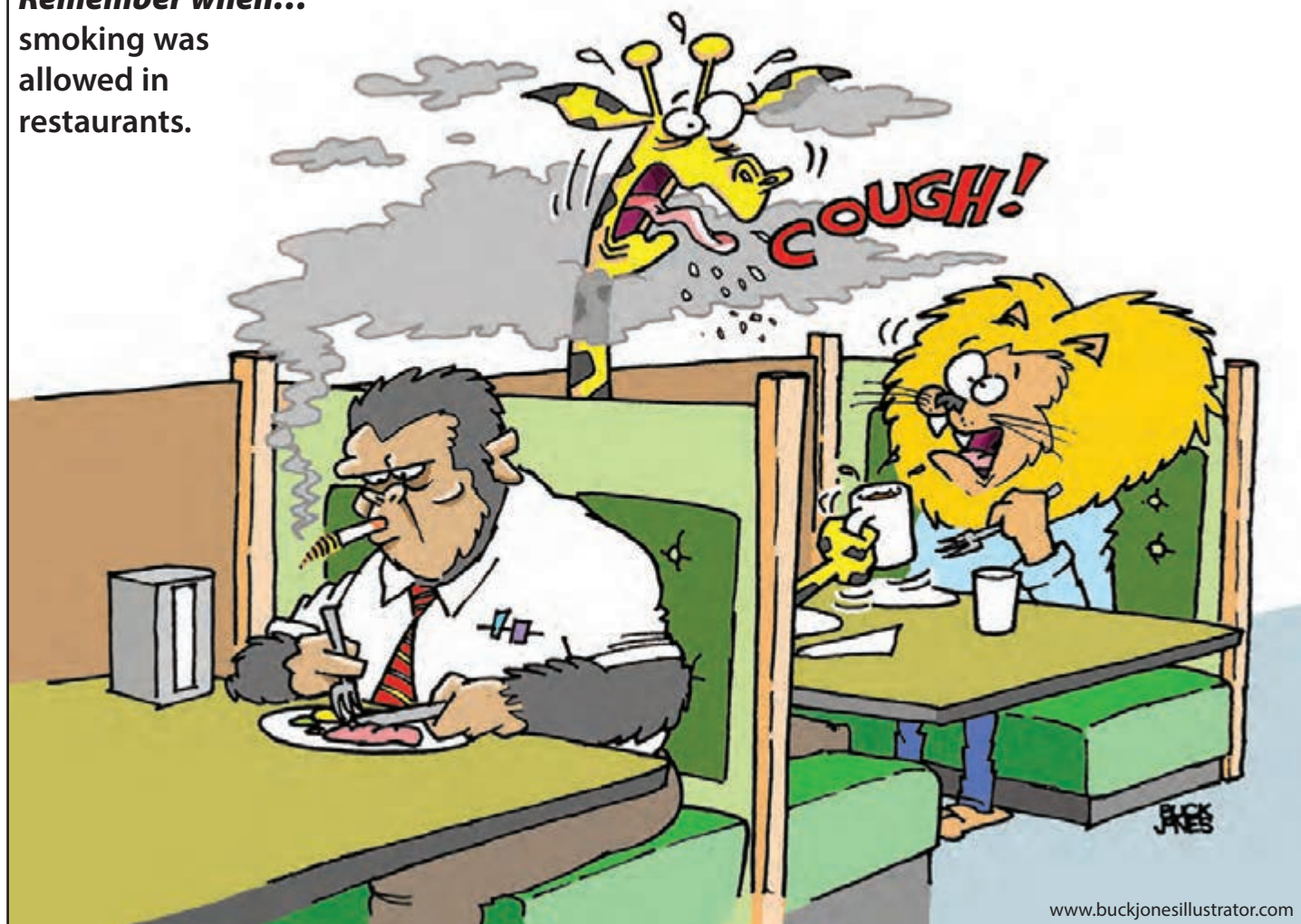
Since then, he has run 18 marathons, joined a running club and strengthened his lungs.

With all the research about the negative health effects from smoking, he says he is happy to have quit.

"I'm so thankful I stopped when I did, not only for monetary reasons, but health-wise," he says. "You can't convince anyone to stop. You have to be ready. I never went back." ■

Remember when...

smoking was allowed in restaurants.



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SMITH and Kleinwolverink named 2021 Firefighters of the Year

The Waukee Fire Department awarded Firefighter/EMTs Blake Smith and Cole Kleinwolverink with its 2021 Firefighter of the Year honors. To receive this award, individuals need to go above and beyond their daily requirements of the job.

Blake Smith joined the Waukee Fire Department as a part-time employee in August 2017. He has served as a full-time firefighter/EMT since October 2020. Last year, Smith was on the department's Hose Committee, planned multiple trainings, was a quiet leader at training sessions. He is currently in paramedic school. Blake is a team player who is well deserving of this honor.

Known as "K-wink" around the fire station, Kleinwolverink has continually pushed himself and the organization to be better since he started as a paid-on-call employee in 2019. He was promoted to a full-time firefighter/EMT in July 2020. In 2021, he served on



Firefighter/EMT Blake Smith receives the Firefighter of the Year award.



Firefighter/EMT Cole Kleinwolverink receives the Firefighter of the Year award.

the department's Ambulance Committee, attended multiple outside training opportunities and spent countless hours researching and planning training sessions for colleagues.

Two members of the Waukee Fire

Department also marked service milestones: Lt. Dan Wood was recognized for 20 years of service and Chandler Thayer for five years. Ben Bruening, Josh Hutton, Chief Clint Robinson, Chet Shaffer and Blake Smith also received Lifesaving Awards. ■

DEETS appointed city administrator

On March 7, the Waukee City Council approved the appointment of Brad Deets as Waukee's new city administrator, effective April 1. Deets, the City's current assistant city administrator, will follow in the footsteps of outgoing City Administrator Tim Moerman, who will retire March 31.

"Excellent City staff and leadership are foundational to Waukee's success," said Waukee Mayor Courtney Clarke. "As the City Council and I assessed how best to fill the city administrator role, experience, vision, community development expertise and regional partnerships were primary considerations. We are fortunate Brad Deets embodies these characteristics and skills and also has been pivotal in helping to lead the City through a high-growth period. We are thrilled he accepted this role, and we are eager to see continued progress under his leadership."

Deets joined the City of Waukee as community development

director in 2006. Since then, he led comprehensive community planning, advanced economic development efforts, supported residential growth and much more.

"Waukee is a fantastic community with great potential," Deets said. "I have been fortunate to be a part of this team in different capacities for a number of years. I look forward to the new challenges that this position brings as we move forward in making Waukee a premiere community for our citizens, business community and visitors."

Deets holds a bachelor's degree in community and regional planning and a master's of business administration, both from Iowa State University. He is a member of the International City/County Management Association and the American Institute of Planners (AICP). He is also involved in metro-wide collaborative efforts with the Des Moines Area Metropolitan Planning Organization and the Greater Des Moines Partnership Board. ■

THE IOWA Clinic to bring multi-specialty medical center to Kettlestone

On Feb. 22, The Iowa Clinic closed on 7.6 acres of land in the premier, mixed-use Kettlestone Development located on the northwest corner of Tallgrass Lane and Grand Prairie Parkway. The Clinic will break ground on a new multi-specialty medical center, the largest of its kind in Waukee, and is tentatively set to open its doors in mid-2024.

"The Iowa Clinic is uniquely positioned to bring our model of multi-specialty coordinated care to a larger location in Waukee — serving the needs of growing families," said The Iowa Clinic CEO Ben Vallier. "Conveniently located near Interstate 80, we hope to improve the lives of area residents and neighboring suburbs with quality medical providers across our 40-plus specialties."

"The Kettlestone Development was a vision set forth in Waukee several years ago. The City invested in planning, design and infrastructure that set the stage for today's rise in economic development interest in the area," said Waukee Mayor Courtney Clarke. "We are excited with this announcement as The Iowa Clinic is a perfect addition to Kettlestone. We look forward to the organization offering expanded healthcare services to the ever-expanding Waukee community." ■



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2022 SPRING SCHEDULE

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BOYS TRACK VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Mar 8, 2022	2:30PM	Dickinson Relays	Uni	Apr 11, 2022	4:30PM	Multiple Schools	Fort Dodge High School
Mar 11, 2022	3:30PM	IATC Indoor Chmp	Iowa State University	Apr 12, 2022	4:30PM	Multiple Schools	Urbandale HS
Mar 22, 2022	2:30PM	Wartburg College	Wartburg College	Apr 16, 2022	8:30AM	Drake University	Drake Stadium
Mar 24, 2022	4:00PM	Multiple Schools	Waukee Northwest	Apr 19, 2022	4:30PM	Multiple Schools	Ankeny Middle School
Mar 28, 2022	4:30PM	Multiple Schools	Urbandale High School	Apr 21, 2022	4:00PM	Ankeny Centennial	Waukee High School
Mar 31, 2022	4:00PM	Multiple Schools	Waukee High School		4:00PM	Multiple Schools	Waukee High School
Apr 7, 2022	4:30PM	Multiple Schools	Indianola Stadium	Apr 26, 2022	4:30PM	Multiple Schools	Northview Middle School
Apr 11, 2022	4:30PM	Multiple Schools	Valley HS - Tiger Track	May 5, 2022	4:30PM	Multiple Schools	Valley High School

GIRLS TRACK VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Mar 7, 2022	2:00PM	Dickinson Relays	UNI	Apr 14, 2022	4:00PM	Multiple Schools	Waukee Northwest
Mar 10, 2022	3:30PM	IATC Indoor Chmp	Iowa State University	Apr 19, 2022	4:00PM	Multiple Schools	Ames High School
Mar 15, 2022	2:30PM	Wartburg College	Wartburg College	Apr 21, 2022	4:30PM	Multiple Schools	Fort Dodge
Mar 29, 2022	4:00PM	Multiple Schools	Waukee Stadium		4:30PM	Multiple Schools	Iowa City High School
Apr 5, 2022	4:00PM	Multiple Schools	Waukee Stadium	Apr 25, 2022	4:30PM	Multiple Schools	Marshalltown High School
Apr 9, 2022	11:00AM	Multiple Schools	Valley HS - Tiger Track	May 5, 2022	4:30PM	Multiple Schools	Urbandale High School
Apr 12, 2022	4:30PM	Johnston	Johnston High School				

BOYS SOCCER VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Apr 1, 2022	7:30PM	Des Moines Lincoln	Waukee High School	Apr 29, 2022	7:30PM	WDM Valley	Waukee High School
Apr 7, 2022	7:30PM	Urbandale	Urbandale High School	May 3, 2022	7:30PM	Dowling Catholic	Dowling Catholic HS
Apr 12, 2022	7:30PM	Marshalltown	Marshalltown High School	May 6, 2022	7:30PM	Fort Dodge	Dodger Stadium
Apr 16, 2022	10:00AM	Multiple Schools	Cedar Valley Complex	May 10, 2022	7:30PM	Johnston	Waukee High School
Apr 19, 2022	7:30PM	Des Moines Hoover	Hoover High School	May 13, 2022	7:30PM	Southeast Polk	Southeast Polk HSI
Apr 22, 2022	7:30PM	Des Moines East	Waukee High School	May 17, 2022	7:30PM	Des Moines North	Waukee High School
Apr 25, 2022	7:30PM	Waukee Northwest	Waukee Northwest HS				

GIRLS SOCCER VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Mar 28, 2022	4:45PM	Des Moines Lincoln	James Cownie Complex	Apr 26, 2022	7:30PM	Urbandale	Waukee Stadium
Apr 1, 2022	6:00PM	Multiple Schools	Ankeny Centennial HS	Apr 29, 2022	7:30PM	WDM Valley	Valley Stadium
Apr 4, 2022	7:30PM	Marshalltown	Waukee Stadium	May 3, 2022	7:30PM	Dowling Catholic	Waukee Stadium
Apr 5, 2022	4:45PM	Rosevelt	James Cownie Soccer Park	May 6, 2022	7:30PM	Fort Dodge	Waukee Stadium
Apr 15, 2022	6:00PM	Muscataine	Waukee Stadium	May 10, 2022	7:00PM	Johnston	Johnston High School
Apr 22, 2022	7:30PM	Des Moines East	Des Moines East HS	May 13, 2022	7:30PM	Southeast Polk	Waukee Stadium

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NORTHWEST WOLVES

2022 SPRING SCHEDULE

BOYS TRACK VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Mar 8, 2022	2:00PM	Dickinson Relays	UNI	Apr 16, 2022	8:30AM	Drake University	Drake Stadium
Mar 10, 2022	TBD	IATC Indoor Chmp	ISU	Apr 18, 2022	TBD	Multiple Schools	Waukee Northwest
Mar 15, 2022	2:30PM	Wartburg College	Wartburg College	Apr 19, 2022	5:00PM	Ankeny High School	Ankeny High School
Mar 24, 2022	4:00PM	Multiple Schools	Waukee Northwest	Apr 21, 2022	4:00PM	Multiple Schools	Waukee High School
Mar 29, 2022	4:00PM	Multiple Schools	Waukee Northwest	Apr 25, 2022	4:30PM	Valley	Valley Stadium
Apr 1, 2022	TBD	Emporia State Relays	Emporia, KS	Apr 28-30, 2022	8:00AM	Drake Relays	Drake Stadium
Apr 7, 2022	4:00PM	Indianola	Indianola High School	May 3, 2022	4:30PM	Multiple Schools	Dodger Stadium
Apr 11, 2022	4:30PM	Fort Dodge	Fort Dodge High School				

GIRLS TRACK VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
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Mar 15, 2022	2:30PM	Multiple Schools	Wartburg College	Apr 19, 2022	4:00PM	Multiple Schools	Ames High School
Mar 19, 2022	11:00AM	Multiple Schools	Central College	Apr 21, 2022	4:30PM	Indianola	
Mar 29, 2022	4:00PM	Multiple Schools	Waukee Stadium		4:30PM	Multiple Schools	Dodger Stadium
Apr 1, 2022	TBD	Emporia State Relays	Emporia, KS	Apr 26, 2022	4:30PM	Multiple Schools	A-D-M, Adel
Apr 5, 2022	4:00PM	Multiple Schools	Waukee Northwest	Apr 28-30, 2022	8:00AM	Drake Relays	Drake Stadium
Apr 9, 2022	11:00AM	Multiple Schools	Valley High School	May 3, 2022	4:30PM	Multiple Schools	Waukee Northwest
Apr 12, 2022	4:30PM	Multiple Schools	Johnston High School				

BOYS SOCCER VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Apr 5, 2022	7:30PM	WDM Valley	Valley Stadium	Apr 28, 2022	7:00PM	Mason City	Mason City High School
Apr 8, 2022	4:45PM	Roosevelt	James Cownie Complex	Apr 30, 2022	9:00AM	Multiple Schools	Iowa City High School
Apr 12, 2022	7:00PM	Southeast Polk		May 3, 2022	7:30PM	Ames	
Apr 15, 2022	7:30PM	Urbandale	Urbandale High School	May 6, 2022	7:00PM	Dowling Catholic	
Apr 16, 2022	10:00AM	Multiple Schools	Cedar Valley Complex	May 10, 2022	7:00PM	Ankeny High School	Ankeny High School
Apr 19, 2022	7:00PM	Fort Dodge		May 13, 2022	7:00PM	Ankeny Centennial	Ankeny Centennial HS
Apr 22, 2022	7:30PM	Marshalltown	Marshalltown High School	May 17, 2022	7:00PM	Johnston	
Apr 25, 2022	7:30PM	Waukee	Waukee Northwest HS				

GIRLS SOCCER VARSITY

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
Apr 1, 2022	6:00PM	Multiple Schools	Ankeny Centennial HS	May 3, 2022	7:30PM	Ames	Ames High School
Apr 7, 2022	6:30PM	Muscatine	Waukee Northwest	May 6, 2022	7:30PM	Dowling Catholic	Dowling Catholic HS
Apr 11, 2022	7:30PM	Mason City	Waukee Northwest	May 10, 2022	7:00PM	Ankeny High School	
Apr 15, 2022	7:30PM	Urbandale	Waukee Northwest	May 13, 2022	7:30PM	Ankeny Centennial	Waukee Northwest
Apr 19, 2022	7:00PM	Fort Dodge	Fort Dodge High School	May 17, 2022	7:30PM	Johnston	Johnston High School
Apr 22, 2022	7:30PM	Marshalltown	Waukee Northwest	May 20, 2022	7:30PM	Southeast Polk	SE Polk High School
Apr 28-30, 2022	TBD	Burlington	Burlington Regional Rec Plex				

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DROPPING in

Waukee skateboarder has her image on the side of 50,000 Jones Soda bottles.

Mila Bagon is what you'd call a "natural" on the skateboard.

The tiny 9-year-old from Waukee has been "on the board" for just two years now, but already she is making some big waves.

Mila is currently ranked 3,276 in the world among girls ages 12 and younger and is quickly moving her way up the rankings and gaining some popularity along the way, thanks to her talents — and Jones Soda Company.

Recently, Mila and her father, Mark Bagon, were at a Skate DSM clinic at the nation's largest venue of its kind, Lauridsen Skatepark in Des Moines. One of the sponsors there that day was Jones Soda. When Mark and Mila got home, they logged onto the company's web page to see what it was all about. While doing so, they learned of a photo competition in which the winner would have their photo on a run of Jones Soda bottles.

There were thousands of entrants, Mark says. But what the heck? Why not give it a shot? So with an iPhone in hand, the two went back to the park another day, captured some images, and sent them in. Soon, Mila's image was among hundreds on the company's page.

"It was kind of neat just to see her picture there among those," he says.

A couple of months passed until, one day, a letter arrived from Jones Soda stating that her photo had been chosen as the winner.

The photo is of Mila doing a drop-in at a very steep portion of the course. For Mila, the drop-ins are no big deal. Getting her picture on the front of a nationally-known soda company's bottle, is.

"It was so exciting," Mila says of learning she had been selected. "I just couldn't wait to see it."

Jones Soda Company, which is known for its unique labels, placed one of Mila's images on more than 50,000 soda bottles that are now in stores nationwide.

Two years ago, Mila's sister had a skateboard in her trunk, and it caught the eye of Mila. She asked her big sister if she could take it out and ride it.



Mila Bagon holds a bottle of Jones Soda with her picture on it.

"She looked like a typical 7-year-old skateboarding for the first time," Mark says.

But after a trip to the park a few months later, Mark began noticing that she had taken to it quickly. Her rate of progression hasn't slowed since. Next on the agenda is to compete in some more events this season, as well as a

trip to Denver, Colorado, for some lessons from a professional rider.

Her goals are lofty. She wants to be in the X Games and the Olympics, Mark says. But she's up for it.

"It will take a lot of hard work," Mila says. "But that's what I want to do." ■



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EVENTS IN THE AREA

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

Be sure to check for cancellations.

Senior visit with police returns in March

After a long hiatus, the Waukeet Police Department's WASP (Waukeet Area Seniors & Police) program will resume on Wednesday, March 30 at 9 a.m. Officers encourage seniors to stop by the Community Center for coffee and breakfast. The program will continue to take place on the last Wednesday of every month at 9 a.m. This program is designed to help reduce criminal victimization of the elderly. Call the PD at 515-978-7979 with any questions. This is a free program.



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, April 10, May 15, June 12, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11.



'Amongst the Stars' April 2, 5-7 p.m. Metro Ice Sport Facility, 5100 N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.

Enter the Easter Coloring Contest

The annual Waukeet Parks & Rec Easter Coloring Contest is now for all ages. Help Waukeet Parks & Recreation spread Easter cheer around the Downtown Triangle by participating. Go to <https://www.waukeet.org/DocumentCenter/View/200> to download the 2022 coloring pages and entry form. Entry forms must be returned with coloring pages. Deadline is April 6. Entries can be placed in the drop box by the front door of the Waukeet Public Works Building or mailed to Waukeet Parks & Recreation Department, Attn: Melissa Stotz, 805 University Ave., Waukeet, IA 50263.



Winners will receive an egg'cellent Easter basket filled with goodies. Entries will be displayed at Waukeet Hardware Store: ages 4 and younger; Charter Bank: ages 5-7; Heartland Cooperative: ages 8-10; and Old Station Craft Meats: ages 11 years and older.

Wild Lights Festival April 1-May 30, nightly Wednesday-Sunday plus Memorial Day, 7:30-10 p.m. Blank Park Zoo

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature more than 40 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. This year's festival features Asian mythical creatures, prehistoric dinosaurs and endangered animals, in partnership with Tianyu Arts & Culture. Cost if ordered in advance is \$24.95 per person or \$19.95 for Zoo members (ages one and younger are free). Purchase tickets at www.blankparkzoo.com/wildlights. Capacity is limited.

Safety City registration open

Incoming Waukeet Community School District kindergarten students can participate in the Waukeet Police Department's annual Safety City program. Attendees will learn about safety from officers and volunteers during this week-long course. Online-only registration is available at www.waukeet.org/registration under "Youth Camps & Activities."

A miniature city will be used to teach students correct street-crossing techniques along with vehicle safety by using tricycles as automobiles. Safety City will also include lessons on: bullying, pedestrian rules, street crossing, traffic lights, Waukeet Safe House Program, window safety, poisons and drug abuse, bus rules, calling 911, fire safety, respect for authority, seatbelts and bike safety.

The cost of the program is \$50 per student; participants receive a new bicycle helmet and a T-shirt. Students also get to ride a school bus and tour the Waukeet Public Safety Building.

2022 Safety City Sessions

Session 1: June 13-17, 9-11:30 a.m. OR 1-3:30 p.m.

Session 2: June 20-24, 9-11:30 a.m. OR 1-3:30 p.m.

Session 3: June 27-July 1, 9-11:30 a.m. OR 1-3:30 p.m.

Safety City is very popular, and sessions are limited to 40 participants. Early registration is encouraged. Citizens can call 515-978-7979 with questions.

Register for spring and summer programs

The 2022 Waukeet Parks & Recreation Spring/Summer Program Guide is now posted on the City's website. The department has a spring and summer filled with programs, activities, trips and festivals. Highlights include:

- Waukeet's popular festivals/events such as the April 16 Easter Egg Hunt, a two-day Independence Day Celebration July 3-4, Movies in the Park featuring: "Luca," "Sing 2" and "Cruella"

- Youth sports such as Mini Sluggers T-Ball, Parent/Child Blastball and Introduction to Soccer are offered, as are youth camps, including All-Star Sports, Art in the Park, Explore the Outdoors and Super Snackers, and youth art programs such as cooking, dance, martial arts, tumbling and yoga activities.

- Adult sports and activities including coed softball, sand volleyball, pickleball and bags, and other adult events include meal prep parties, bingo and Lunch & Learn opportunities with the Waukeet Public Library

- A bus trip to the Iowa State Fair for Older Iowans Day is also planned.

Register online at https://waukeet.activityreg.com/ClientPage_r2.wcs. View the program guide at <https://bit.ly/3Isrbxt>.

EVENTS IN THE AREA

Be sure to check for cancellations.

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

Register for Des Moines Art Center camps

Camps run June 6-Aug. 12
Des Moines Art Center, 5700
Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit <https://desmoinesartcenter.org/classes/find/?class-category=summer-camps&age-group=&class-type=#class-list>

'Black Women of Distinction' exhibit

Now through April 30
Artisan Gallery 218, 218 Fifth St.,
Valley Junction

The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.



Concerts at Wells Fargo Arena

730 Third St. in Des Moines
www.iowaeventscenter.com

- Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.
- Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.

An Evening with Author Dan Hunter

Monday, March 28, 6:30 p.m.

Artisan Gallery 218, 218 Fifth St., Valley Junction

Beaverdale Books and Artisan Gallery co-host Iowa native Dan Hunter, who will share his new book, "Pandemic Panacea." It's a collection of cartoons juxtaposing old magazine photos with crisp new captions and the down-home humor Hunter is known for.



Celebrate Olmsted 200 Week and Meet the Author: Justin Martin

Tuesday, March 29, 7 p.m.

Waveland Golf Course Lodge

Celebrating Parks for All People, presented by Des Moines Founders Garden Club, honors the legacy of Frederick Law Olmsted on the 200th anniversary of his birth. Meet Justin Martin, author of "Genius of Place, The Life of Frederick Law Olmsted." Best remembered for his landscape architecture, from New York's Central Park to Boston's Emerald Necklace to Stanford University's campus, Olmsted was also an influential journalist, early voice for the environment, and abolitionist credited with helping dissuade England from joining the South in the Civil War.



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STOCK market volatility

Choose opportunity over fear.

We've already experienced some big stock market swings this year. In early January, the S&P hit a record high. By the end of the month, there was a 10% drop from recent highs and then a sharp turn back up again.

The same month, the Dow Jones was down more than 1,000 points in one day. CNN's "Fear and Greed Index" fell solidly into "fear mode." Many predict the volatility will remain, pointing to inflation, the pandemic, interest rates and geopolitical concerns as part of the cause.

If retirement is 20 or 30 years away, this volatility is just a blip in your retirement savings journey. It can be a good thing if you regularly contribute to your retirement accounts



and enjoy buying in at the low points of those market swings. For those of you who are five to 10 years away from retirement, this could make you sweat if you don't have market volatility built into your retirement plan.

Since the fourth quarter of 2021, we've been talking with the individuals and families that we work with about the possibility of market volatility. I view stock market volatility as an opportunity more than anything. A customized retirement plan should have some special "plays" (to steal a sports reference) that you can run when market volatility hits. One example is dollar-cost averaging. This is taking money from safer investments in your portfolio and buying into the market at a lower rate. Another "play" could be the Roth conversion. This involves transferring funds from a traditional IRA or 401(k) into a Roth account. You will pay income tax on the amount rolled over in the year you make the conversion, but you

never pay taxes on the money again, allowing you to ride the market volatility back up and do so in a tax-free account.

You want a retirement plan constructed in a way that you don't have to worry about the market or the headlines. A customized retirement plan will help you avoid making emotional decisions with your retirement savings. The plan will help you understand how much risk you are taking with your money and how your portfolio will be impacted when the market swings. Then you can stay out of "fear mode" and focus more on getting to retirement or enjoying retirement. That's a lot more fun than staying glued to the TV or news websites when market volatility hits. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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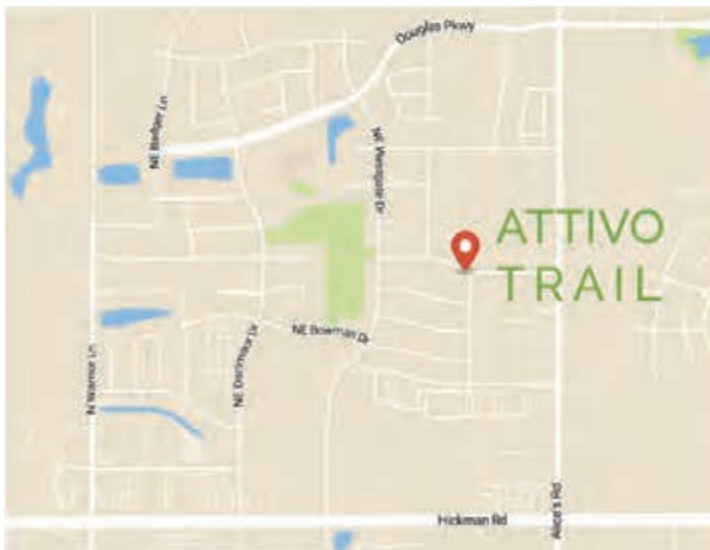
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Waukeee
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SPRING CLEAN-UP & HAZARDOUS WASTE DISPOSAL TIPS

Spring Clean-Up events are coming up soon for City of Waukeee/ASI garbage customers. Here are some helpful tips to ensure residents make the most of the opportunities provided.



CURBSIDE SPRING CLEAN-UP WEEK

May 2-6, 2022

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

The following items will not be accepted at the curb:

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

If you live in an apartment, condo or townhome with private trash collection, you may not be a part of the Spring Clean-Up events. Please contact your association or management to find out.

HAZARDOUS WASTE, APPLIANCE AND TIRE DROP-OFF SITES

Saturday, May 7, 8 a.m. to noon

The City designates drop-off sites in the community for hazardous waste, appliance and tire disposal, as these items will not be collected from curbs.

Household Hazardous Waste

Hazardous waste can be taken for free to Vince Meyer Learning Center at 445 5th Street. This includes items such as acid, rechargeable batteries, oil, antifreeze, lawn fertilizer, pesticides, pool chemicals, and oil-based paints or aerosols. Latex paint will not be accepted on this day. Cans of dried out latex paint can be placed in garbage bins with the regular trash; non-dried cans of latex paint can be taken to the Metro Waste Authority in Grimes for a fee. Sharps must be contained in detergent bottles or sharps containers (not milk jugs or soda pop bottles). Lids to sharps containers must be taped.

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

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



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

The Citywide Garage Sale is scheduled for Saturday, April 30.

Appliances and Tires

Appliance and tire disposal will be available at the former Waukee Public Works Building at 1205 6th Street. Appliances must be cleared of food, hazardous waste and garbage prior to drop-off. Up to five car tires may be dropped off free of charge. The drop-off fee for each additional car tire will be \$1, and semi-truck and tractor tire drop-offs will cost \$5 apiece. Rims will not be accepted.

Electronics

Electronics are accepted in the weekly garbage collections or on the curb during Spring Clean-Up Week; there is no designated drop-off site for these items.

Medications

To safely dispose of expired or unwanted medications, access the Drug Dropbox located at the Waukee Public Safety Building, 1300 SE L.A. Grant Parkway. Lobby hours are Monday through Friday, 8 a.m. to 4 p.m. The Waukee Police Department also administers Drug Take-Back Days once in the spring and once in the fall. The next one will be held Saturday, April 30 from 10 a.m. to 2 p.m. at the Waukee Public Safety Building. To donate medication for use by lowans in need of assistance, call the Iowa Prescription Drug Corporation at 1-866-282-5817.



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CITY OF WAUKEE BULLETIN

MARCH 2022

THINGS TO DO

- **WASP Senior Program**
Wednesday, March 30 at 9 a.m.
Waukee Community Center
- **Bingo**
Friday, April 1 at 1 p.m.
Waukee Community Center
- **Regular City Council Meetings**
April 4 & 18 at 5:30 p.m.
Waukee City Hall and Zoom
- **Movie Matinee: "King Richard"**
Thursday, April 14 at 10 a.m.
Waukee Public Library
- **Waukee Easter Egg Hunt**
Saturday, April 16 at 10 a.m.
Centennial Park
- **Citywide Garage Sale**
Saturday, April 30

THINGS TO KNOW

- **Curbside Yard Waste Collection Resumes**
Monday, April 4
- **Easter Coloring Contest Entries Due**
Wednesday, April 6
Visit [Waukee.org/eastercoloringcontest](https://www.waukee.org/eastercoloringcontest)

Waukee City Council Approves FY 2023 Budget

On March 21, the Waukee City Council approved the Fiscal Year 2023 budget as well as the five-year Capital Improvement Plan (CIP). The City's property tax rate was lowered from \$13.30 to \$13.10 per \$1,000 of taxable valuation. The budget is comprised of basic operating expenditures totaling \$21.5 million, business/proprietary expenses of \$43.3 million, debt service expenditures of \$8.3 million and capital improvement expenditures of \$19 million, with all totaling \$106.7 million.

Highlights of the CIP include Warrior Lane Improvements Phase 2A, NW Douglas Extensions and Traffic Signals, the NW Meredith Drive Overlay, a Public Works Site Expansion, ASR Well and Elevated Water Storage Tank, Stratford Crossing Park and the Civic Campus Land Purchase.

The City Council approved increases to the water, sewer and stormwater rates. The solid waste rate will decrease. The changes will net a 1.4 percent monthly billing increase for the average Waukee household. Visit [Waukee.org/finance](https://www.waukee.org/finance) for more details.



Yard Waste Collection Begins April 4

Weekly curbside yard waste collection will begin Monday, April 4 and will continue through November. Yard waste is vegetation including grass clippings, leaves, brush and garden waste. Place items on the curb by 7 a.m. each Monday in biodegradable bags, reusable containers or bundles.



Easter Egg Hunt Scheduled for April 16

Kids ages 0-10, hop over and fill your baskets full of candy at Waukee's annual Easter Egg Hunt on Saturday, April 16! It will start at 10 a.m. at Centennial Park, rain or shine. Enjoy thousands of eggs and pieces of candy at this popular event. Watch for the special golden prize eggs. Registration is not required.



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MEET Alyson Bechtum

Marie Curie is her “Chemistry Hero.”

Alyson Bechtum teaches Chemistry 1 and AP Chemistry. She is also the National Honor Society advisor at Waukee Northwest High School.

What is your No. 1 challenge as a chemistry instructor?

“My greatest challenge as a chemistry instructor is time. I love to spark students’ understanding of chemistry but would love more time with them to allow them to take their foundational knowledge to the next level. We do labs and experiments more frequently towards the end of our chemistry course, so students have a better understanding of what is occurring on the atomic level. We seem to always run out of time before reaching the labs and experiments, so I would love the opportunity to dive into those areas further.”

At what point in your life did it dawn on you that teaching was the route you wanted to take, and why?

“I was a junior at Iowa State University majoring in chemistry when I realized that I wanted to pursue a career in education. I was able to experience chemistry instruction as a senior at ISU while serving as a teaching assistant for general chemistry courses. I fell in love with helping students understand chemistry concepts and problem-solving with students as they worked through multi-step problems. I love a good challenging puzzle and working with/helping others, so I found teaching chemistry allowed me to do both.”

Who are your “chemistry heroes,” and why?

“Mr. Eric Dralle, my high school chemistry teacher in Osage. He cared about his students and truly set us up for success at the collegiate level in terms of chemistry and problem solving.

“Professor Cristina Bonaccorsi, my first chemistry professor at Iowa State University. Her passion for chemistry and her calm, positive demeanor really helped me thrive in the course and started to get me thinking about chemistry education.

“Marie Curie (1867-1934) is my ‘chemistry’ HERO. Marie Curie had to overcome many obstacles to advance chemistry in the field of radioactivity. Marie dedicated her life to advancing radioactive particles that pioneered work in X-rays, discovered two elements (Polonium and Radon), won two Nobel Prizes in different fields (physics and chemistry), oh, and married her lab partner, Pierre!”

What would people be surprised to learn about you?

“Although I was able to earn academic success during my time in high school and college, standardized tests (i.e. ACT) were always a hurdle that I struggled clearing.

“I am currently 139,696 in line for the opportunity to purchase Green Bay Packers season tickets! Go, Pack, Go!”

What do you recall about your first day of having your own class?

“It was in Gardner, Kansas at Gardner-Edgerton High School (USD 231), and I recall being so excited to meet my students, but so nervous I would forget to do a task, such as attendance. I was one of three chemistry teachers and felt a great deal of responsibility to keep pace with my co-workers, so I constantly set timers to move the lesson along.”

What is the greatest misconception about chemistry instructors?

“The greatest misconception about chemistry instructors is that we are static in our teaching. I have the privilege of working alongside some pretty amazing educators that are always seeking to improve and try something new to support student understanding. We teach science, and science is always growing/changing, and we learn something new every day. Our goal is to support students in learning the fundamentals of chemistry but using up-to-date examples/stories/connections.” ■



Alyson Bechtum says her biggest challenge as a chemistry teacher is lack of time to do the experiments she would like to include.



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WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

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THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

REACTIVATE your life

Has neuropathy pain slowed you down? Are you not enjoying life and the activities you used to do because it just hurts to move? Have you given up and resigned yourself to helplessness? Are you worrying yourself sick and always in a bad mood? If any of these scenarios sound familiar, it's time to get your life back.



Neuropathy pain is caused by damage to nerves in the feet, legs and hands. There are many conditions that can cause neuropathy, such as diabetes, chemotherapy and traumatic injury, just to name a few. Many people don't even know they have neuropathy; they just know they experience pain daily.

There is a solution — a neuropathy program that can improve your quality of life. It all starts with several neurological tests to determine the cause and severity of the nerve damage. The treatment program uses state-of-the-art, low-level cell signal technology that produces electric cell signals and sends them throughout the nervous system. These signals accelerate the body's ability to repair the nerve damage. The treatment is painless and FDA cleared. There are no drugs, injections or surgeries. Much of the treatment program can even be conducted in your own home.

Are you ready to reactivate your life? Free lunch and dinner seminars are being conducted in the Des Moines area. Call and get scheduled for an educational seminar near you. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 5525 Mills Civic Parkway #120, West Des Moines, IA 50266.

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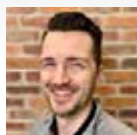
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IMPROVING sleep for those with sleep apnea

Do you ever wake up and still feel really tired? Sometimes, this can be due to having to wake up in the middle of the night to go to the bathroom, putting kids back to bed, or increased stress. However, another issue causing this could be sleep apnea. There are three types of sleep apnea: obstructive, central and complex sleep apnea. Obstructive is the most common form of sleep apnea and is caused by a person's throat muscles relaxing, which then closes off the airway and interrupts breathing during sleep. In children, this can be caused by enlarged tonsils. Central sleep apnea occurs when the brain doesn't send proper signals to the airway and thus causes the person to start and stop breathing multiple times during sleep. Complex sleep apnea is a rare type of apnea, which is a combination of both obstructive and central sleep apnea.

Individuals of any age can be affected by sleep apnea. There are certain factors that put people at higher risk for sleep apnea. Excessive weight, people with larger necks and/or tongues, family history of apnea, smoking and specific medical conditions can increase a person's overall risk of having sleep apnea. Patients can be screened in the dental office or family practice clinic for these certain characteristics. Some offices may have sleep questionnaires that determine someone's level of fatigue as well. This can lead to the recommendation of having a sleep study done by a sleep specialist. Sleep studies can be done at home or as an inpatient at the clinic, depending on the patient's individual provider recommendation.



An AHI (apnea-hypopnea index) score is recorded after these tests are complete.

Apnea is when an individual stops breathing for a minimum of 10 seconds and hypopnea is when the airway is partially blocked or constricted to cause shallow breathing during sleep. The AHI is the number of apnea and hypopnea episodes within one hour and takes the average of those numbers in the duration of sleep. Any AHI number below five is considered normal, which means a normal person may stop breathing for at least ten seconds five times within an hour or has one episode of hypopnea (shallow breathing) per hour, on average, during sleep.

After the sleep study is complete, the sleep physician may prescribe a mouth appliance, or a CPAP, if it's been determined the individual has advanced apnea with a high AHI score. Mandibular advancement appliances have been used in the dental field to help those with mild to moderate sleep apnea. They are custom made to fit both the upper and lower arches to keep the lower arch advanced forward just enough to help stop snoring and open up the airway for a better night's sleep. Talk to your doctor or dentist today if you or someone you know suffers from lack of sleep or low energy due to sleep apnea and learn how an appliance may help improve quality of sleep. ■

Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukee, IA 50263. Information gathered from Sleep Apnea 1998-2022 Mayo Foundation for Medical Education and Research and ResMed.com.

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TEAM DENTIST FOR THE
DES MOINES BUCCANEERS

GIRLS on the Run benefits local youth

Organization boosts girls' confidence.

According to Christa VanderLeest, director of Girls on the Run of Central Iowa, the program “envisions a world where all girls can know and activate their limitless potential and be free to boldly pursue their dreams.”

The eight-week program runs from March 28 to May 21 and inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates movement. The program culminates in a celebratory 5K run at the Des Moines Capitol Complex that's also open to the public.

Each team of Girls on the Run consists of eight to 20 girls and is led by volunteer coaches.

Girls on the Run is open to third through eighth graders and has two seasons, one in the spring and one in the fall.

At the celebratory 5K, participants are paired with a buddy over the age of 16 whom they get to run with.

Waukee resident Michelle Thompson, who is a coach and site liaison for Girls on the Run, says she got involved in the organization when her oldest daughter, Lexi, was in kindergarten. Thompson attended a PTO meeting at the school and knew she wanted to find a way to get involved — even with her busy schedule.

“The school principal, Mrs. Tierney, mentioned a desire to host a Girls on the Run team at Maple Grove Elementary, which requires volunteers to coordinate and coach,” Thompson says. “After researching the program, I decided this seemed like a great fit and committed to launching Girls on the Run the following fall of 2017.”

“My initial interest stemmed from my personal enjoyment of running, and I further realized this is so much more than a running program,” she says. “Each practice has a theme, comprising a lesson with physical activity and running. My reason for getting involved was to ensure that my daughters would have the opportunity to participate in Girls on the Run when they reach third grade.”

Each team of Girls on the Run implements a community impact project. Past projects of the Waukee group have benefitted the Waukee fire and police departments, small businesses, teachers, Animal Rescue League, Blank Children's Hospital and the military.

For Thompson, the best part about working with Girls on the Run is “everything.”

“I love getting to know the girls and watching them get to know one another,” she says. “I have enjoyed bonding with other volunteer coaches who share my desire to promote wellness while having fun. I have learned so much from these women and appreciate each unique perspective.”

Ultimately, VanderLeest says that Girls on the Run is for so much more than running.

“Participants are encouraged to always move forward and do their best, whether that is by running, jogging, walking, skipping, rolling or dancing,” she explains. “We want them to enjoy movement.”



Michelle Thompson and her daughter, Lexi, took a selfie during their 5K run at Raccoon River Park last spring.



The Maple Grove Elementary Fall 2021 Girls on the Run team just before the celebratory 5K at Principal Park.

“The curriculum of Girls on the Run is the heart of the program,” VanderLeest adds. “Lessons that are covered embrace each girl's unique self and share how to build healthy relationships and how to give back to the community. Girls on the Run would not be possible without the hundreds of volunteer coaches who dedicate their time and energy to building girls up in their communities.”

Registration for Girls on the Run is based on a first-come, first-served basis and can be done online at gotrcentraliowa.org/register-now. ■

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By Jamie Thompson

MAKE your house shine

The peak of home-selling season is almost here, and the spring market has always been the hottest time to list your home. The weather is turning, so people are wanting to get out and about, families are thinking ahead for the next school year and, outside, everything is blooming and beautiful.

Whether you've been thinking of selling this spring or just want to get your home in its best shape, here are a few tips to make it shine.

Exterior — Take a walk around the exterior to make sure there's no winter damage. Check siding, roof, windows and the driveway for cracks. It's also a great idea to test your sump pump to make sure it's working and extend your downspouts for those future rains. Also, clean up your old landscaping to make sure the curb appeal is at its best.

Front entry — This is the first thing people see. Power wash your entry, paint your front door and style with a cute doormat and pot of flowers.

Interior — Declutter, change batteries in smoke detectors, make sure your lightbulbs match, give your walls a fresh coat of paint and touch up any caulking around countertops and bathtubs.

Not only can doing these things get you more money in your pocket when you go to sell, but it also keeps your house in great condition so that, when you do decide to sell, you aren't having to take care of maintenance that has been deferred for years. ■



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

HEALTH plan comparison

People will assume "you can't beat my employer plan, or my Federal Government health plan." The truth is, it depends, but in my experience, it typically ends up Medicare with a supplement or Advantage plan is a better value.

• **Federal Plan - Rural Carrier Benefit Plan-High 38' Employer Plan (Fed Gov).** Part B Premium \$0, Plan Premium \$283, Deductible \$350, Max Out Pocket \$5,000, Primary Doc \$20, Spec Doc \$35, Inpatient Surgery \$0, Total if Healthy \$3,396, Total if Max Out Sick \$8,742.

• **Private Plan Sup - Medico Plan G with Medicare.** Part B Premium \$170.10**, Plan Premium \$104, Deductible \$233, Max Out Pocket \$0, Primary Doc \$0, Spec Doc \$0, Inpatient Surgery \$0, Total if Healthy \$3,288, Total if Max Out Sick \$3,521.

• **Private Plan MA - United Health 5 Gold Star Plan 2 with Medicare+.** Part B Premium \$170.10**, Plan Premium \$0 Deductible \$0 Max Out Pocket \$3700, Primary Doc \$0, Spec Doc \$35, Inpatient Surgery \$325 (6-night hospital) Total if Healthy \$2,040, Total if Max Out Sick \$5,740.

The important takeaway is, have your insurance professional sit down and model out the different scenarios for your individual situation. ■



Information provided by Jon Kelderman, Kelderman Insurance, American Republic, 665 S.E. Madrone Lane, Waukee, Iowa 50263, 515-554-7087. *Numbers are from the www.opm.gov/healthcare-insurance website. Rural Carrier Benefit Plan High (38). **Part B Premium can be higher based on income.

JAZZ at Caspe Terrace

Hidden gem offers intimate jazz music.

A small venue in Waukee is known among world-class jazz musicians performing concerts to sold-out crowds.

Caspe Terrace, located at 33158 Ute Ave., is a community center of the Jewish Federation of Greater Des Moines. The Bucksbaum Theater, located in the lower level, is where all the jazzy magic happens, thanks to Abe Goldstien and his wife, Jackie Garnett.

About 20 years ago, Abe and Jackie attended a movie in the Bucksbaum Theater and thought the small venue would be ideal for jazz concerts. A few years later, he began booking jazz musicians a few times a year, bringing in artists from all over the world to play in Waukee. It's not for their own profit; rather, it's for the pure love of jazz music.

"We don't want to make money on it. We give the musicians accommodations — some musicians are shocked by it," he says.

When booking musicians, Abe insists on a few requirements. The musician plays his and Jackie's favorite song, "East of the Sun, West of the Moon."

"If they don't play it, the deal is off," says Abe. "We haven't had anyone refuse to play it."

Musicians also need to arrive early before the gig and stick around after the concert for a reception so they can meet the audience. He prefers musicians who are entertaining and engaging with the audience.

"Some music I like is abstract for mainstream jazz listeners," he says.

Caspe Terrace is an ideal, intimate setting for a concert.

"The acoustics are phenomenal. Jazz in large centers isn't appealing because it's too formal. As they get up on stage, it's like they're performing in your living room," explains Abe.

When Abe and Jackie travel to New York to various concerts, they scope out prospective musicians. If they hear a song or a musician that impresses him, Abe invites them to Iowa.

"Most are very receptive. We've made a lot of friends and have repeat favorite musicians," he says.

The Sunday concerts attract people from around the Midwest, Denver and more. Attendees realize they can enjoy their favorite musicians at a closer, less expensive venue instead of heading to New York.

Concerts are generally sold out.

"It's like a hidden gem. Anyone who plays jazz knows about Waukee, Iowa," he says.

Tickets run about \$30. For more information about upcoming concerts or to sign up for an email notification, email abegold1951@gmail.com. ■



Abe Goldstien and Jackie Garnett with jazz musician Sheila Jordan after a recent jazz concert at Caspe Terrace.

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SPRING into the Library this April

The Waukee Public Library has a variety of new and returning in-person programming for all ages. There are also online programs to enjoy from the comfort of your home.

Additionally, the Library's Art Gallery is reopening on April 2. The gallery will host the first exhibit of 2022 — a selection of pieces from "90 Heroes: Masked Portraits" by artist Julie Houghton. Houghton's drawings were completed in early 2021 and depict people in our community wearing face masks to help stop the spread of COVID-19. "90 Heroes: Masked Portraits" will be on display April 2-26.

Stop by the Library or visit the website to see a full list of upcoming programs and events. Find out more by going to waukeepubliclibrary.org or by contacting the Library at askme@waukeee.org or 515-978-7944.

FEATURED PROGRAMS

• **Mini Preschool Storytime**, Tuesdays, April 5, 12, 19 and 26, 10 a.m.; Wednesdays, April 6, 13, 20 and 27, 10 a.m. Enjoy 15 minutes of stories, songs and rhymes, with a craft to take home to make. Recommended for children ages 3.5-5 years old and their caregivers. Wednesday programs are a repeat of Tuesday programs. Registration is required.

• **Mini Toddler Time**, Tuesdays, April 5, 12, 19 and 26, 10 a.m. and 11 a.m.; Wednesdays, April 6, 13, 20 and 27, 10 a.m. Enjoy 15 minutes of short stories, songs and lots of movement, with a craft to take home and make. Recommended for toddlers ages 18 months to 3 years and their caregivers. Wednesday programs are a repeat of Tuesday programs, and 11 a.m. programs are a repeat of 10 a.m. programs. Registration is required.

• **Teen Egg Hunt**, Friday, April 8, 6:30 p.m. Don't forget your flashlight for this indoor, in-the-dark egg hunt. Students in grades 6-12 are invited to enjoy cookies and trivia before the hunt. Registration is required.

• **Teen Self Defense**, Sunday, April 10, 2 p.m. Students in grades 6-12 and their parents can attend this free workshop to learn the basics of important skills to keep teens safe in today's world. Instructors from Cobra Self Defense of Iowa will present information and training on a variety of topics. Registration is required.

• **Stormwater Management**, Tuesday, April 12, 6 p.m. Curious about the Library's new parking lot and how its stormwater

management system works? Join the City of Waukee Stormwater Department as they share the design and purpose of the Library's new system.

• **1,000 Miles up the Nile (online)**, Saturday, April 23, 1 p.m. Are you a closet Egyptologist? Lover of ancient history? Just missing the joys of travel? Join Egyptologist Laura Ranieri Roy on a journey up the Nile. In this online travel talk, you'll go on a wonderful, visual exploration up the Nile River, visiting the famous historic sites. Registration required.

EVENTS

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

• **Introvert Book Club**, all month long. Introverts, it's time to unite. Separately. In your own homes. If you want to join a book club but aren't sure you're up for the time commitment or people-ing, this is the book club for you. Each month there's a new book selection, but there's never a meeting. April's book is "A Woman is No Man" by Etaf Rum.

• **Learn About Songkran**, Saturday, April 2, 10 a.m. Learn about Songkran, the Thai New Year Water Festival from a CultureALL ambassador. This program is for children in grades K-5 and their caregivers. Registration is required.

• **Babytime**, Monday, April 4, 11, 18, 25, 10 a.m. Join for 15-20 minutes of songs, rhymes and stories for infants ages 0-17 months and their caregivers. Registration is required.

• **Teen Advisory Board**, Monday, April 4, 11, 18 and 25, 3:30 p.m. Students in grades 7-12 are invited to participate on the Library's Teen Advisory Board (TAB). TAB meets weekly to plan teen programs, sign up for Library volunteer opportunities, build leadership skills, and suggest teen books to be purchased by the Library. Email kweston-stoll@waukeee.org to register or for more info.

• **Afternoon Book Club**, Thursday, April 7, 2:30 p.m. Come to the Coal Mine Meeting Room at the Library for a discussion of April's book, "The Personal Librarian" by Marie Benedict.

• **Easy as Pie**, Saturday, April 9, 1:30 p.m. Learn the basics of making a delicious pie from Lana Shope — Iowa State Fair and American Pie Council award-winning baker, and owner



of Pies and Pastries by Lana. She'll teach you all the tips and tricks to a flakey crust and a tasty filling. Registration required for this in-person, adult-only event.

• **Take and Make: Rolled Felt Flowers**, Monday, April 11, all day. Celebrate spring by making some rolled felt flowers. In this simple and easy take-and-make craft, you'll cut patterns out of colorful felt then roll them into dainty flowers. You'll have the option to turn them into magnets, hair-ties, push pins or wearable brooches. Registration is required for this adult craft.

• **Bricks and Beads**, Wednesday, April 13, 2 p.m. Calling all crafty engineers. Register to drop in any time during this event to get creative with the Library's Lego collection or to make a Perler bead design. Registration is required.

• **Movie Matinee**, Thursday, April 14, 10 a.m. Join us the second Thursday of every month to watch a movie on the Library's big screen. We'll be showing everything from major blockbusters to classics. No registration is required.

• **0-5 Playtime**, Friday, April 15 and 29, 10 a.m. Children ages 0-5 years and their caregivers are invited to stop in the front program rooms and play with a variety of the library's toys to build social and early literacy skills. Registration is required.

• **Library Closed for Easter**, Sunday, April 17.

• **Books on Tap**, Tuesday, April 19, 6 p.m. Meet at Mickey's Irish Pub to enjoy food, drinks and a discussion of T.J. Klune's book "The House in the Cerulean Sea."

• **Elementary Early Out**, Wednesday, April 27, 2:30 p.m. Youth in grades K-5 are invited to bring their creativity and scientific minds to the Library to explore a variety of Star Wars themed STEAM hands-on activities. Registration is required. ■

PREPARE your AC for spring

Spring is almost here, and warmer weather is on the way. But, before we can celebrate, follow our HVAC spring checklist below to ensure your system operates safely and efficiently all season long.

Throughout the fall and winter, leaves, sticks, dirt and other debris inevitably build up around your HVAC unit. Make sure to clean any build-up around your system, leaving 1-2 feet of clearance. Cleaning around your AC unit will maximize airflow and ensure that your system performs at its best.

While the spring weather has you in deep cleaning mode, don't forget about your air vents. Be sure that each vent is open so air can circulate evenly throughout your home. You should also make sure that furniture, rugs and curtains aren't blocking your vents. To clean your vents, remove the grills and soak them in warm water and soap. While the grills are off, vacuum any particles, dust or pet hair accumulated during the winter. To finish, dry off the grills, replace them, and — ta-da! Your vents are as good as new.

If you have a programmable thermostat, it's a great idea to set up a new schedule as the weather changes. Programmable thermostats provide optimal comfort and save energy and money, so, if you don't have one, don't delay installation any longer.

It's time to change your filters. It's recommended to change your filters every 30-90 days, depending on use or the kind of filter you have. Replacing your filters is the easiest way to prevent damaged equipment and maintain energy efficiency. Make a note to check, clean, or replace your filters at the beginning of each season.

Your AC has been sitting dormant for months; you need to make sure it's ready to take on the warmer weather ahead. If it's warm enough to test your system, it is always a good idea to make sure that it works before you really need it every day. You can test your AC system by turning it on and running it for a few minutes to make sure cool air circulates throughout your home.

If you notice anything unusual about your HVAC system or feel like your AC is not working as well as last year, contact a professional. Hopefully, this spring cleaning checklist prepares you for the warm weather ahead. ■

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



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LEGALITIES of renting your property

Do you want to use your current house as a rental property? Perhaps you want to earn passive income or you want to postpone selling your house after moving into your new home. Renting can be a great option, but only if you arm yourself with information and know the risks and obligations before letting tenants move in.



You have to determine whether your property can be used as a rental. If you have a mortgage, your lender may prohibit renting your home. Additionally, some homeowners' associations restrict or don't allow renting.

Most rentals require a rental certificate. The city or suburb in which your house is

located will determine what is required. The city housing code may require an inspection and the payment of fees. You may need to make repairs. After you receive your certificate, you must renew it from time to time to ensure that your house is safe and habitable. If a rental certificate is required, but you don't obtain one, your rental is unlawful, and you cannot legally collect rent.

You must ensure you have the proper documents in place. You should never rent to any tenant without a written lease. The lease spells out important terms, like the names of the tenants, the amount of rent, the required security deposit and the length of the lease. The lease also includes provisions determined by Iowa law, like how much the late fee is and how the tenancy can be terminated.

If your lease contains provisions that are

prohibited by Iowa law, you run the risk of significant financial liability. The entire lease may be invalid, or the tenant may have strong legal arguments against you. Leases from other states — or the ones you find on the Internet — often do not comply with Iowa law.

Not everyone can be a landlord. Becoming a landlord and turning your house into a home for rent can be a daunting process at the start. But, with the help of a knowledgeable attorney who can help you navigate the process from start to finish, you will find that renting your house is a great way to build income off one of your most reliable investments, now and for years to come. ■

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

THE DECISION TO RENT OUT YOUR HOME

There are many factors you need to consider when deciding if renting your home is right for you.



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RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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HAPPY Hour

Estates of Waukee - A Vintage
Cooperative Community
Happy Hour Event was held
at Vizzy Pay on March 3.



Nic Goodue, Ben Jarm and Joe Paletta



Shawnae Lambert



Mary Halling



Anna Ernst



Cody Pasa



Ray Bisbee



Tiffany Rumelhart and Ronda Dix



Zach Daly and Jillian Stallman



Jason Ledden



Isaiah Thomas, Ben Jarm and AJ Anderson



Erika Hansen, Tiffany Rumelhart, Ronda Dix and Tracey Nygren

OUT & ABOUT



Terry Snyder, Don Frazer and Gina Campos at the ribbon cutting for Your CBD Store on Feb. 17.



The Waukee Area Chamber of Commerce held a ribbon cutting at Your CBD Store, 264 Hickman Road, on Feb. 17.



Don Frazer and Skyler Hoth at the ribbon cutting for Your CBD Store on Feb. 17.



Travis Gaule and Jim Miller at the ribbon cutting for Your CBD Store on Feb. 17.



Brett Braafhart and Chris Crone at the ribbon cutting for Your CBD Store on Feb. 17.



Lacie Navin and Mayor Courtney Clarke at the ribbon cutting for Your CBD Store on Feb. 17.



Chris Crone, Steve Rogers, Rob Grove and Jesse James at the ribbon cutting for Your CBD Store on Feb. 17.



Kelly Fisher and Brad Irwin at the ribbon cutting for Your CBD Store on Feb. 17.



Anne Warmouth, Waukee Hardware, was presented a Residents' Choice certificate.



Micheal Bartos, Waukee Chamber, was presented a Residents' Choice certificate.



Dr. Logan Davis, Dynamic Chiropractic and Wellness, was presented a Residents' Choice certificate.

CLASSIFIEDS

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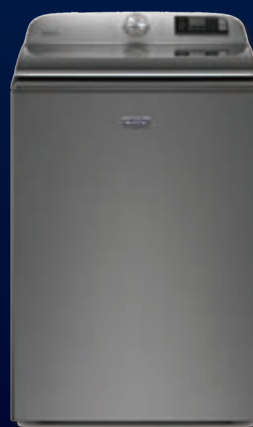
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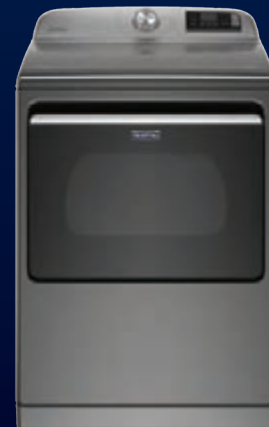


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