

WAUKEE

MAY 2022

# Living

MAGAZINE

## Dealing with **ALLERGIES**

Residents share their  
coping strategies

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## WELCOME

### HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

Is it something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

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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# Dealing with **ALLERGIES**

**Residents share their  
coping strategies**

**By Jackie Wilson**

While many of us are enjoying warmer temperatures, refreshing breezes and spring outdoor activities, others are suffering. Coughing, sneezing, itchy eyes, runny nose, scratchy throat. Yep, it is allergy season, and the one in five of us allergic to pollen is battling the annual onslaught. Others must take care not to eat certain foods for fear of getting hives or rashes — or worse. While allergies are an inconvenience to many, they are life-threatening to others. More serious symptoms can include low blood pressure, problems breathing, and anaphylactic shock. For those suffering from allergies, the world is a bit more daunting, and they have to keep their eyes open for potential triggers.

Lizzy Salmon of Waukee is allergic to most dogs that shed, but not to Poppy, a standard poodle. Photo by Jackie Wilson



## FEATURE

### Building an allergen-free home

Lizzy Salmon has suffered from seasonal and environmental allergies since she was a young girl. She recently completed allergy testing and found out what she was allergic to. She knew cats bothered her, but the testing came back with allergies to trees, mold and dogs as well. She cringes at the No. 1 allergen that her body reacted to the most — cockroaches.

"I recently discovered that cockroaches are found at big box warehouses. So, places like Amazon warehouses have cockroach poop, which gets on the delivered packages," she says.

As she's gotten older, she has realized she's not growing out of her allergies so has begun allergy immunotherapy drops. The treatment is similar to allergy shots, but, instead of shots, drops are placed under the tongue to be absorbed.

Sublingual immunotherapy is a fairly new treatment. She takes the drops in the morning and can't eat or drink for 30 minutes. She avoids exercise for two hours and carries an EpiPen with her in case of an allergic reaction.

"It will take three to five years, and I need to follow through with it for that long for it to

be effective. It's a lot more convenient to do it from home rather than go to an allergist's office for shots," she explains.

She's noticed a slight improvement, yet struggles daily with allergies. It's difficult to be around family members and friends who have dogs, which can cause a reaction.

"Even if I've gotten in a car and the dog isn't there — but the dog hair itself causes a reaction," she says. "I once went in a casino where people smoked and came out with a sneezing fit. I had to go home, wash my hair and immediately throw my clothes into the washer."

Because surfaces can hold animal dander, fur and smoke, she and her fiancé are building a new home in Waukee, instead of moving into an existing home.

"We thought we'd build to get a fresh start and not have to worry about a possible allergic reaction to an already lived-in home."

She recalls, while in college, she'd react to various places where she lived and knew an animal had lived there.

"I once spent a night with a friend where a cat used to live. I woke up the next morning

and couldn't breathe."

As she is used to monitoring her exposure to allergens, she recently got a new puppy named Poppy. Poppy is a standard poodle, a breed known for shedding the least.

"So far, she doesn't make me sneeze," she says.

### Oral allergy syndrome

Blame it on Iowa.

That's the sentiment the Meeker family initially had when Matt Meeker's allergies worsened after he and his family moved from Chicago to Waukee in 2016.

Matt's mom, Rhonda, says Matt has suffered from allergies, which became worse when he ate fruit.

"When Matt used to complain about his mouth itching after he ate a banana, I laughed. As a little kid, I thought he was trying to get out of eating certain foods," she recalls.

Then she discovered that Matt had developed an oral allergy syndrome. It's a type of food allergy for people allergic to trees and grass. The fruit of certain trees cause an allergic reaction, such as an itchy mouth.

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## FEATURE

When Matt was tested, his whole back “lit up” — especially from his reaction to trees and grass.

“We don’t really want to say he got worse when we moved to Iowa,” Rhonda says. “But there is more land and trees and grass, as well as dust from farming. It’s a lot more than it was in Chicago.”

He began allergy shots and is committed to at least five years of shots to see improvement. For a 13-year-old boy, he’s gotten used to the needle pokes.

“After a while, the shots don’t hurt. It’s a normal part of the routine. I don’t mind it as much,” he says.

Matt takes care when going to friends’ homes. If they have pets, he might come home with a runny, itchy nose. At their home, the family doesn’t have carpet, and they keep the windows shut.

“If we sleep with the windows open, he wakes up congested,” she says. “We always run the AC.”

Since completing a year and a half of shots, Matt has noticed improvement.

“I’ve always loved apples and bananas, Now I can eat them with no more itchy mouth,” says Matt.

He particularly wants to stay healthy so he can play baseball. The family hopes to get a pet eventually, but Matt needs to be retested to see how effective the shots are. Rhonda says the Cornerstone Pediatric and Family Allergy office has been a good setting for him to get his shots.

“It’s not the most exciting thing to do, but Dr. Federly makes everything a lot better. We feel fortunate to have such a great doctor,” says Rhonda.



Matt Meeker, 13, of Waukee says his allergies worsened when he and his family moved to Iowa. He’s taking allergy shots so he can enjoy outdoor sports, such as baseball. Photo submitted

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## FEATURE

### Food allergies in school

If you attended school before the 1990s and didn't like the hot lunch, you could always make a peanut butter sandwich. But in 2022, things have changed.

Today, some schools ban peanuts and tree nut foods due to possible allergic reactions in students. West Des Moines Community Schools are considered "peanut-free" buildings and don't serve any peanut or tree nut products. Waukee schools are considered "peanut, tree nut aware."

Kaitlyn Scheuermann, dietician for the Waukee Community School District, says they don't govern what kids bring for their lunch.

"They can bring in a PBJ sandwich," she says. "Our severe peanut allergies kids with cold lunches can sit at a separate 'allergy-aware' table."

However, nuts aren't the only possible food allergy in school. Scheuermann says the school offers a variety of diet modifications for school lunches.

If parents want their children to eat school lunches, but they have a food allergy, they must fill out a diet-modification form, listing their allergies and signed by a doctor.

Scheuermann consults with the parents, students and the kitchen supervisor. The allergy menu tries to mirror the regular menu.

"We don't want kids to feel different and try to keep it as similar as possible. For example, when we serve regular chicken strips, we'll prepare the gluten-free chicken for them," she explains.

In all the Waukee schools, there's approximately 420 students with documented food allergies or diet needs. However, that doesn't include any of the students who bring their own lunch and might have allergies or those who are allergic to milk and simply don't drink it.

If kids are unsure of going through the lunch line, they can fill out an ID card and give it to the kitchen servers.

"It's often helpful for them, too, as they come through the line and might be hesitant to say something," she says.

There's been debate about kids bringing in homemade treats for their classroom snacks. Waukee School's policy states that parents can order a treat from the school. All the treats are made by staff in a peanut/tree nut-free aware kitchen. There are two different snack lists when selecting snacks.

The school buildings may differ on their policies on outside treats. The buildings all request that the packaged items be made without nuts or snacks selected from a plant processed without nuts. A food allergy action plan is kept with the school nurse's office, along with EpiPens for any allergic reactions.

Scheuermann says schools are required to accommodate special diets, and she urges parents to read labels if bringing in outside food to share.

"We encourage parents to reach out if they have questions. We want to help everyone stay safe and participate in our food and nutrition programs," she says. ■



Kaitlyn Scheuermann, a dietician for the Waukee Community School District, says Waukee schools are peanut-free buildings and don't serve peanut products due to possible nut allergies in students. Photo submitted

## 5 most common allergies

From Northeast Allergy, [neaai.com/5-most-common-allergies](https://neaai.com/5-most-common-allergies)

**1. Pollen:** Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.

**2. Peanuts:** A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.

**3. Tree nuts:** Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.

**4. Shellfish:** Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail).

**5. Animal dander:** Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■





# WAUKEE WARRIORS

## 2022 SUMMER SCHEDULE

### BOYS BASEBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
May 26	5:00PM	Waukee Northwest	Waukee Baseball/Softball Complex
May 31	5:00PM	Urbandale	Waukee Baseball/Softball Complex
Jun 1	5:00PM	Ottumwa	Legion Field & Staggs Court
Jun 6	5:00PM	WDM Valley	Valley High School
Jun 8	5:00PM	Dowling Catholic	Waukee High School - Field House
Jun 10	5:00PM	Des Moines Roosevelt	Waukee Baseball/Softball Complex
Jun 13	5:00PM	Johnston	
Jun 15	5:00PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 16	3:30PM	Des Moines East	Des Moines East High School
Jun 18	TBD	Council Bluffs	TBA
Jun 20	5:00PM	Urbandale	Urbandale High School
Jun 22	5:00PM	WDM Valley	Waukee Baseball/Softball Complex
Jun 24	12:15PM	Gilbert	Saydel High School
Jun 24	2:30PM	Pleasant Valley	Saydel High School
Jun 27	5:00PM	Dowling Catholic	
Jun 29	5:00PM	Johnston	Waukee Baseball/Softball Complex
Jun 30	5:00PM	Marshalltown	Waukee Baseball/Softball Complex
Jul 5	5:00PM	Southeast Polk	Southeast Polk High School

### BOYS BASEBALL JV

DATE	TIME	OPPONENT	LOCATION
Jun 3	11:30PM	Waukee North-west	Waukee Baseball/Softball Complex
Jun 7	11:30AM	Southeast Polk	Waukee High School
Jun 14	11:30AM	Ankeny Centennial	Ankeny Centennial High School
Jun 17	11:30AM	Waukee Northwest	Waukee Northwest High School
Jun 21	11:30AM	Urbandale	Waukee Baseball/Softball Complex
Jun 28	11:30AM	Dowling Catholic	Waukee Baseball/Softball Complex
Jul 1	10:00AM	Ames	Waukee Baseball/Softball Complex

### GIRLS SOFTBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
May 26	7:00PM	Dallas Center-Grimes	Waukee Baseball/Softball Complex
May 31	5:00PM	Urbandale	Waukee Baseball/Softball Complex
Jun 6	5:00PM	WDM Valley	Valley High School
Jun 7	7:00PM	Ames	Waukee Baseball/Softball Complex
Jun 8	5:00PM	Dowling Catholic	Waukee Baseball/Softball Complex
Jun 13	5:00PM	Johnston	
Jun 15	5:00PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 16	5:00PM	Des Moines East	Des Moines East High School
Jun 20	5:00PM	Urbandale	Urbandale High School
Jun 22	5:00PM	WDM Valley	Waukee Baseball/Softball Complex
Jun 24	7:00PM	Winterset	Winterset High School
Jun 27	5:00PM	Dowling Catholic	
Jun 29	5:00PM	Johnston	Waukee Baseball/Softball Complex
Jun 30	5:00PM	Marshalltown	Waukee Baseball/Softball Complex
Jul 5	5:00PM	Southeast Polk	Southeast Polk High School

### GIRLS SOFTBALL JV

DATE	TIME	OPPONENT	LOCATION
May 26	5:30PM	Dallas Center-Grimes	Waukee Baseball/Softball Complex
Jun 6	3:00PM	WDM Valley	Valley High School
Jun 7	5:30PM	Ames	Waukee Baseball/Softball Complex
Jun 8	3:00PM	Dowling Catholic	Waukee Baseball/Softball Complex
Jun 13	3:00PM	Johnston	Johnston Middle School
Jun 15	3:00PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 16	3:00PM	Des Moines East	Des Moines East High School
Jun 20	3:00PM	Urbandale	Urbandale High School
Jun 22	3:00PM	WDM Valley	Waukee Baseball/Softball Complex
Jun 24	5:30PM	Winterset	Winterset High School
Jun 27	3:00PM	Dowling Catholic	Dowling Catholic High School
Jun 29	3:00PM	Johnston	Waukee Baseball/Softball Complex
Jun 30	3:00PM	Marshalltown	Waukee Baseball/Softball Complex
Jul 5	3:00PM	Southeast Polk	Southeast Polk High School

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# NORTHWEST WOLVES

## 2022 SUMMER SCHEDULE

### BOYS BASEBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
May 26	5:00PM	Waukee	Waukee Baseball/Softball Complex
May 27	5:00PM	Des Moines Roosevelt	Waukee Northwest High School
Jun 2	5:00PM	Fort Dodge	Dodger Stadium - Fort Dodge
Jun 6	5:00PM	Ankeny Centennial	Waukee Northwest High School
Jun 8	5:00PM	Mason City	Roosevelt Baseball Stadium
Jun 9	7:00PM	Dowling Catholic	Dowling Catholic High School
Jun 13	5:00PM	Marshalltown	Waukee Northwest High School
Jun 15	5:00PM	Ames	Ames High School Softball/Baseball & Tennis
Jun 16	5:00PM	Ankeny High School	Ankeny High School
Jun 18	8:00AM	Multiple Schools	Abraham Lincoln High School
Jun 22	5:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 24	12:15PM	Multiple Schools	TBD
Jun 27	5:00PM	Mason City	Waukee Northwest High School
Jun 29	5:00PM	Marshalltown	Marshalltown High School
Jun 30	5:00PM	Fort Dodge	Waukee Northwest High School
Jul 2	2:00PM	Multiple Schools	Waukee Northwest High School
Jul 5	5:00PM	Ames	Waukee Northwest High School
Jul 6	7:00PM	Dowling Catholic	Waukee Northwest High School

### BOYS BASEBALL JV

DATE	TIME	OPPONENT	LOCATION
Jun 3	11:30PM	Waukee	Waukee Baseball/Softball Complex
Jun 9	5:00PM	Dowling Catholic	Dowling Catholic High School
Jun 10	11:30AM	Ankeny High School	Waukee Northwest High School
Jun 14	11:30AM	Dowling Catholic	Waukee Northwest High School
Jun 17	11:30AM	Waukee	Waukee Northwest High School
Jun 21	11:30AM	Ankeny High School	Ankeny High School
Jun 28	11:30AM	Johnston	Waukee Northwest High School
Jul 6	5:00PM	Dowling Catholic	Waukee Northwest High School

### GIRLS SOFTBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
May 27	5:00PM	Des Moines East	Waukee Northwest High School
Jun 2	5:00PM	Fort Dodge	Harlan Rogers Sports Complex
Jun 4	TBD	WDM Valley	
Jun 4	8:45AM	Multiple Schools	Greater Des Moines Softball Complex
Jun 6	5:00PM	Ankeny Centennial	Waukee Northwest High School
Jun 8	5:00PM	Mason City	Mason City High School (MCHS)
Jun 9	7:00PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Jun 13	5:00PM	Marshalltown	Waukee Northwest High School
Jun 15	5:00PM	Ames	Ames High School Softball/Baseball & Tennis
Jun 16	5:00PM	Ankeny High School	Ankeny High School
Jun 17	TBD	TBD	Jack North Tournament
Jun 18	TBD	TBD	Jack North Tournament
Jun 22	5:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 27	5:00PM	Mason City	Waukee Northwest High School
Jun 29	5:00PM	Marshalltown	Marshalltown
Jun 30	5:00PM	Fort Dodge	Waukee Northwest High School
Jul 1	TBD	Iowa City West	
Jul 2	TBD	Iowa City West	
Jul 5	5:00PM	Ames	Waukee Northwest High School

### GIRLS SOFTBALL JV

DATE	TIME	OPPONENT	LOCATION
May 27	3:00PM	Des Moines East	Waukee Northwest High School
Jun 2	3:00PM	Fort Dodge	Harlan Rogers Sports Complex
Jun 6	2:00PM	Ankeny Centennial	Waukee Northwest High School
Jun 8	2:00PM	Mason City	Mason City High School (MCHS)
Jun 13	2:00PM	Marshalltown	Waukee Northwest High School
Jun 15	3:00PM	Ames	Ames High School Softball/Baseball & Tennis
Jun 16	3:00PM	Ankeny High School	Ankeny High School
Jun 17	9:00AM	Multiple Schools	Valley High School
Jun 22	3:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 24	9:00AM	Multiple Schools	Waukee Northwest High School
Jun 27	2:00PM	Mason City	Waukee Northwest High School
Jun 29	2:00PM	Marshalltown	Marshalltown
Jun 30	3:00PM	Fort Dodge	Waukee Northwest High School
Jul 5	3:00PM	Ames	Waukee Northwest High School

**FOR ALL  
WOLVES'S  
SCHEDULES**



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## HVAC

By Kendel Richlen

# PREPARE your AC now for the heat

It doesn't feel like it some days, but the warmer weather is coming. The question is, when it does arrive, will your HVAC system be ready for the heat? After your system has been sitting idle for months, upkeep is needed beforehand to get it running efficiently. So, before flipping the switch on your AC, there are a few maintenance items you should add to your checklist which are easy to complete for any homeowner.



Through the fall and winter, the build-up of leaves, sticks, dirt and other debris is left behind and should be cleared out. The trees and shrubs will soon bloom, and it's important to allow for a minimum of 1-2 feet of clearance around your equipment. This clearance will maximize airflow and ensure that your system performs at its best.

Inspecting your indoor unit is just as important as the outdoor unit. Have you changed your filter recently? Some filters need to be replaced monthly, while others can go longer between replacements. It's important to check with the manufacturer and follow the suggestions. Replacing your filter can increase the efficiency of your system by as much as 5%, so this alone is a great reason to stay on top of it.

Registers play a key part in cooling your home. Make sure that furniture, rugs and curtains that were moved over the holidays aren't covering your vents. Blocking your registers can restrict airflow and lead to your home conditioning at an uneven temperature.

If you have a programmable thermostat, it's a great time to set up a new schedule as the weather changes. Programmable thermostats are great investments to consider if you don't already have one. They provide optimal comfort and save energy and money.

Now you're ready to test your AC unit. You can test your AC system by simply turning it on and running it for a few minutes to make sure cool air circulates throughout your home. Testing now will help you stay comfortable and hopefully prevent you from being stuck with no AC when you need it the most.

After completing all of the above steps without any issues, your system should be ready to combat the heat. If you experience any issues, get in touch with your local heating and cooling company now, as opposed to in the midst of the warm season. Bring on the heat. ■

Information provided by Kendel Richlen, Owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.





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## EVENTS IN THE AREA

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

Be sure to check for cancellations.



### Waukee Memorial Day Ceremony

May 30, 10-10:30 a.m.

Waukee Cemetery, 1055 Sixth St.

A Memorial Day Ceremony will be conducted by the Waukee Posts of the Veterans of Foreign Wars and American Legion honoring all of the veterans who gave their lives in the service of our country. The ceremony will include remarks by Waukee Mayor Courtney Clarke, the playing of "Taps" and a salute by a firing squad. Bring your family and lawn chairs and spend a few minutes with our Waukee veterans honoring their fallen comrades.

### Fish Waukee

Saturday, June 4 from 9-11 a.m.

Triumph Park, north of Hickman Road and east of N. 10th Street adjacent to Waukee Northwest High School

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



### 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, June 12, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11.

### Triumph Park ribbon cutting

Friday, June 3 at 5 p.m.

Triumph Park, 700 N.W. Douglas Parkway, Waukee

The City of Waukee, Waukee Betterment Foundation, project donors and other partners will gather to cut the ribbon for Triumph Park. Following the opening ceremony and ribbon cutting, local officials will throw out the first pitch for the inaugural game. The 66-acre Triumph Park features 12 softball/baseball fields, Greater Iowa Credit Union Miracle League Field, EPIC Inclusive Playground, 11-acre pond with accessible fishing pier and other park amenities. The opening ceremony is at 5 p.m. with the park ribbon cutting at 5:20 p.m. The All-Inclusive Playground ribbon cutting is at 5:25 p.m. The National Anthem is at 5:40 followed by elected officials throwing the first pitch.



### Annual Flea Market and Garage Sale

Saturday, June 4, 9:30 a.m. to 3:30 p.m.

Waukee Christian Church, 29043 T Ave. (the corner on Hickman Road)

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

### Waukee Palooza

Saturday, June 11, 5-10 p.m.

Kinship Brewing Co., 255 N.W. Sunrise Drive, Waukee

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



### Library Art Gallery Exhibits

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

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

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

Professional and amateur artists, as well as art organizations, are encouraged to apply to exhibit in the gallery. Interested artists can submit an application online at <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-May from 12-4 p.m. The gallery will close intermittently for meetings. Call 515-978-7944 to confirm the gallery schedule.



## 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)



### CelebrAsian

May 27-28, 11 a.m. to 10 p.m.  
Western Gateway Park, 1000 Grand Ave., Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at [www.iowaasianalliance.com/celebrasian](http://www.iowaasianalliance.com/celebrasian).

### John Wayne Birthday Celebration

May 28-29

John Wayne Birthplace Museum, Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning western recording artist Carin Mari returns as the musical headliner. For a full schedule, or to purchase tickets visit the John Wayne Birthplace Museum website, [www.johnwaynebirthplace.museum](http://www.johnwaynebirthplace.museum).

### Airing of the Quilts

June 1-4

Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit [www.iowaquiltmuseum.org](http://www.iowaquiltmuseum.org).



### Leprechaun Open

Saturday, June 11, shotgun start at 8 a.m.

Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Entry fee is \$75 at registration and \$85 late registration.



### Music Under the Stars

June 12, 19, 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 12, vocalist Jackie Schmillen; June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase-Fundlay. For more information, visit [www.musicunderthestars.org](http://www.musicunderthestars.org).

### Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.  
Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)

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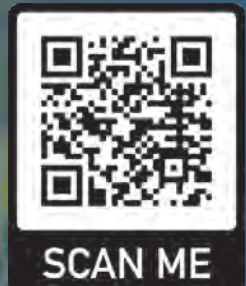


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# DON'T DRIVE investments till the wheels fall off

The first car I bought was a Chevy Cavalier to get to my first real job after college as a financial advisor. After putting 200,000 miles on it in just nine years, I had to decide if I wanted to invest more money into this car or update my vehicle. Whether it's your car, clothes or kitchen, we all have to update things when they no longer get the job done. The concept is the same with retirement.



Your retirement investments will become your retirement income, which may require an investment update. Don't wait until you need a new transmission. I recommend making an investment update five to 10 years before retirement so you can implement investment and tax-saving strategies.

I think of this update in three steps: organize, assess and align. People often talk about their "junk drawer" of investments. It's all the things you've accumulated over the last 30 or 40 years: 401(k)s, IRAs, life insurance, brokerage accounts and more. We can help people track down, organize and consolidate these accounts.

Next, we help you take an assessment of your investments. This

includes looking at how much you are paying in fees and understanding how much risk you are taking. In your 20s, 30s and 40s, you have time to recover from a market swing. If you are getting ready to retire, and the stock market goes down 30%, you probably don't want your portfolio to do the same thing. We can show you, in numbers, how a downturn in the market will impact your portfolio.

Aligning your investments with your retirement goals is the third step. If you aren't comfortable with the risk you are taking, we talk about what changes you can make to your portfolio. Then we show you how these investments will become your retirement income. Your written retirement plan includes where you will draw the money from and in what order. These decisions are connected with other factors like your tax plan, inflation, your Social Security benefit and Medicare.

You should feel good about an investment update, just like when I ditched the Cavalier and started making the 60-mile drive to work in a better vehicle. Updating your investments will give you confidence so you can cruise into retirement. ■

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

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## A SERIOUS CANDIDATE FOR SERIOUS TIMES

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

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

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.



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# CITY OF WAUKEE BULLETIN

# MAY 2022

## THINGS TO DO

- **Memorial Day**  
All City Buildings Closed/Trash Delayed  
Mon., May 30
- **Memorial Day Observance**  
Mon., May 30 at 10 a.m.  
*Waukee Cemetery*
- **Lunch and Learn**  
Fri., June 3 at 11 a.m.  
*Waukee Community Center*
- **Bingo**  
Fri., June 3 at 1 p.m.  
*Waukee Community Center*
- **Triumph Park Ribbon Cutting**  
Fri., June 3 at 5 p.m.  
*700 NW Douglas Pkwy.*
- **Movies in the Park – “Luca” (PG)**  
Friday, June 3 at 8:45 p.m.  
*Centennial Park*
- **City Council Meetings**  
June 6 & 20 at 5:30 p.m.  
*City Hall and Zoom*  
(See info at [Waukee.org](http://Waukee.org))
- **Celebration of Independence**  
July 3-4  
*Centennial Park*

## Gear Up for Summer Fun!

### Fox Creek Splash Pad

The splash pad at Fox Creek Park (522 NE Westgate Drive) is scheduled to open May 25, weather permitting. The daily hours are 10 a.m.

to 8 p.m. unless inclement weather is present. The Fox Creek Splash Pad is a recirculating splash pad which features multiple spray features, bubblers and fountains. Admission is free.

### Waukee Farmers Market

Presented by the Waukee Triangle Businesses, the Waukee Farmers Market is held in the Downtown Triangle every Wednesday evening from 4-7 p.m. during the summer. It kicks off June 1 and features local food vendors, fresh produce, handmade items and live music!

### Movies in the Park

Join Waukee Parks & Recreation and NCMIC for free screenings of Hollywood's biggest hits under the stars at Centennial Park! The series kicks off Friday, June 3 at dusk (approximately 8:45 p.m.) with “Luca” (PG). “Sing 2” (PG-13) will be shown July 3, and “Cruella” (PG-13) will be shown Aug. 12. Bring lawn chairs, blankets and snacks, and enjoy!

### Fish Waukee

The Rotary Club of Waukee is partnering with the Waukee Parks & Recreation Department for the 2nd annual Fish Waukee! Event on June 4. Utilizing the Fish Iowa! Curriculum, participating individuals will have the ability to learn key fishing skills such as baiting, casting, reeling, and fish and wildlife ethics. Participants will have the ability to rotate between stations learning the vital skills necessary for fishing and water conservation! The free event is open to kids of all ages and will be held at Triumph Park (700 NW Douglas Parkway). Bait will be provided to all participants, but everyone is encouraged to bring their own fishing equipment. Adult supervision is required at all times. Register today at [Waukee.org/registration](http://Waukee.org/registration).

Visit [Waukee.org/summertime](http://Waukee.org/summertime) to learn more about what's happening in Waukee this summer.



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### Library Goes Fine Free!

As of May 10, in an effort to make information and opportunities equally accessible to all, the Waukee Public Library will no longer charge late fines on books and most other materials.

Library materials will continue to have due dates and are expected to be returned, and Hotspots are excluded from this change due to the high expense of replacement and the cost of maintaining annual service contracts. Visit [Waukeepubliclibrary.org](http://Waukeepubliclibrary.org) for more information.



### Waukee Community Camera Program

The Waukee Police Department is seeking residents with outdoor security cameras to sign up for its Community Camera Program. Police will only contact registered camera owners if a criminal incident occurs within the vicinity of their property and if the officers think the footage would assist in the investigation. Visit [Waukee.org/police](http://Waukee.org/police) for more details.



### Triumph Park Grand Opening Event

The ribbon cutting for Waukee's new 66-acre Triumph Park is planned for June 3 at 5:00 p.m. Following the opening ceremony and ribbon cutting, local officials will throw out the first pitch for the inaugural game. Triumph Park, located at 700 NW Douglas Parkway, features 12 softball/baseball fields, Greater Iowa Credit Union Miracle League® Field, EPIC Inclusive Playground, 11-acre pond with accessible fishing pier and much more. Visit [Waukee.org](http://Waukee.org) for event details.



### Lawn Maintenance and Grass Clippings

Pursuant to City of Waukee ordinance, grass and weeds are not allowed to grow higher than 8 inches on developed properties and 10 inches on undeveloped properties. Please also avoid blowing or sweeping clippings into streets. When piled up, clippings can be hazardous to motorcyclists and bicyclists, and they can cause problems for aquatic life downstream by way of the storm sewer. Any lawn-related concerns can be submitted via [Waukee.org/reportaconcern](http://Waukee.org/reportaconcern) or by calling 515-978-9533.



### Summer Reading Challenge

The Waukee Public Library's Summer Reading Challenge is back for 2022 with a fun "Read Off the Path" theme! Children, teens and adults can read or listen to books and earn prizes from June 1-July 31. Register at [Waukeelibrary.beanstack.org](http://Waukeelibrary.beanstack.org) or pick up a paper reading log at the Library.

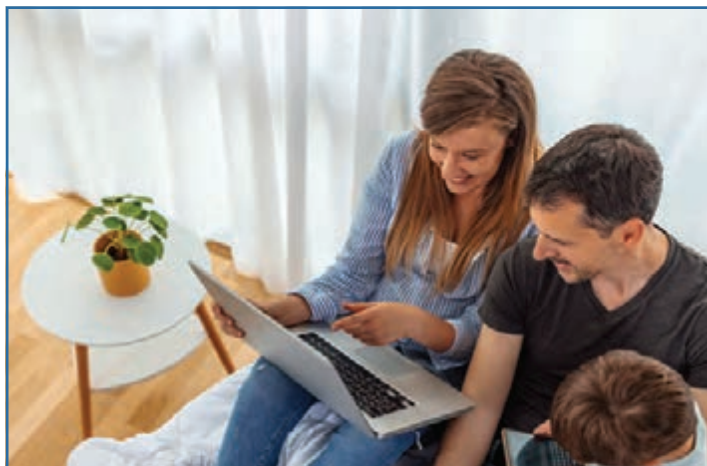


### Memorial Day Closures and Trash Delay Information

All City of Waukee buildings will be closed Monday, May 30 for Memorial Day. This includes the Waukee Public Library. There will be no City of Waukee/ASI garbage, recycling and yard waste collection on Memorial Day. These services will be delayed, running Tuesday through Saturday during the holiday week.







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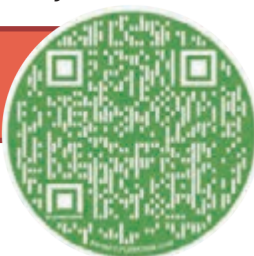
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## WELLNESS

By Lacie Navin

## DIFFERENCE in CBD product types

What is the difference between types of CBD, you may ask. The short answer is it's all the same extract. No matter if you prefer a gummy bear or a liquid to put into your coffee in the morning, they will all help. With that being said, there are certain formulations that can help certain ailments better than another. The biggest difference between method is speed. If we break this down to molecule size, water solubles (a liquid you put into another liquid) are tiny particles that are absorbed by the body quickly. Oils are a bit bigger than water and absorbed under the tongue, and edibles are the biggest and have to fully digest before they hit the bloodstream. The right "type" of CBD depends uniquely on you. If you're dealing with panic attacks, you would probably want something to kick in quickly, so a water soluble is recommended. If you maybe have some mood/mild pain issues throughout the day, an oil is very "steady Eddy" in the body and would be a good match. If you get to work, and the stress and pain may be heavy all day, an edible would probably be great to last you through the evening.

The takeaway is all variations of CBD products will help in similar ways (with a couple of nuances), and you're going to experience relief no matter what type you choose. ■

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



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# PACK the health of your teeth

Summer time is just around the corner. I can't believe how fast this year has gone by already. Our April showers have hit, the grass is green and growing faster than we can keep up with at the moment. Getting through spring and looking into the summer months also brings us to some vacation time that a lot of us have saved up time to enjoy. It's always nice to be prepared for your trip ahead of time. We stress about packing the right outfits and shoes, but what about the items we can't forget about to keep our teeth healthy on the road or at the beach?

Plan to arrange your routine checkup and cleaning prior to leaving for vacation. This allows the dentist to check for any concerns or potential cavities that may cause you unexpected tooth pain while you're out of town. The hygienist will be able to clean your teeth and manage any gum issues that you may be unaware of prior to departure. Pack an ADA-approved toothbrush and a travel-size fluoridated toothpaste. Having a dry toothbrush is usually not a problem when at home. This can be hard to do while it is stowed away in a suitcase. Place the toothbrush in a Ziplock bag so that it stays separate from the rest of your products to keep it dry and free of bacteria. If you forget your



toothbrush, hotels usually carry these or a nearby grocery/convenience store. Worst case scenario, you can always use a washcloth or clean finger with fluoride toothpaste as a last-ditch effort. Make sure to brush with bottled water. In some areas of the world, the water may contain bacteria your immune system isn't used to. Using bottled water can help reduce the risks of getting sick.

Chewing sugarless gum can help relieve that unpleasant ear pressure that develops on flights. It also helps balance the oral environment after a meal. Sugarless gum enhances the production of saliva that helps battle the acid that occurs in the mouth from the oral bacteria that is breaking down our food. It has been shown that chewing gum for 20-30 minutes after meals can help reduce cavities. Besides balancing the oral pH, freshening the breath is also a great benefit of chewing sugarless gum.

Make sure to have your dentist's emergency contact information while away. Most dental problems can be resolved with a conversation over the phone and may not require an office visit. If you are planning on leaving for vacation this summer or sometime in the near future, remember to pack the health of your teeth with you. ■

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

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## HEALTH

By Lance Andersen

# THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations." At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.

I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read "Full Catastrophe Living," by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

Information provided by Lance Andersen, Intern, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.



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## HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

# NO MORE neuropathy pain

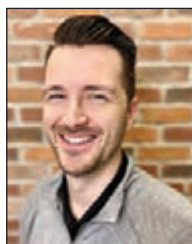
Living with neuropathy can be an everyday challenge. The activities that someone normally takes for granted, such as going for a walk in the park, playing with the grandkids, or just walking to the other side of the room, can be painful for someone with neuropathy. Many sufferers have been told to just live with it and are prescribed drugs that just mask the pain. There are better, more effective options.

Today's treatments use electric cell signaling that produces electric cell signals and sends them throughout the nervous system. This accelerates the body's ability to repair damaged nerves naturally. The treatment is painless, non-invasive, and FDA cleared. Patients see significant pain relief and improvement in their range of motion and mobility improving their quality of their lives without the need for daily pain medication, painful injections, or costly surgical treatments.

Jane had been using a walker to get around. Her evaluation showed 70% loss of feeling in her hands and more than 80% loss in one of her feet. After 90 days, her hands were at 0% loss, and her feet were at 9% loss. Now, she can exercise and work in her garden.

Don't live life in pain. Get an evaluation by a qualified neuropathy specialist to identify and treat this life-stealing condition. There's no reason to suffer and even more reasons to get back to living your life. ■

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



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**DR. JOSIAH FITZSIMMONS,  
DC, BCN**

Board Certified Doctor in Neuropathy by the  
American College of Physical Medicine





## WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



### Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be

below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
  - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
  - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
  - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
  - Alcohol: Drink no more than one glass of wine or beer per day.
  - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

### BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, [MercyOne.org/desmoinesneuro](http://MercyOne.org/desmoinesneuro)

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**Know the signs of a stroke.**



# BIKES, bacon and beverages

## BaCooN ride along RRVT

The three Bs — bacon, bicycling and beverages — make a return in 2022 with the annual BaCooN ride on June 18.

The city of Waukeez, along with other towns along the Raccoon River Valley Trail (RRVT), is gearing up to host the eighth annual BaCooN ride. The trek starts and ends in Waukeez. BaCooN is a combination of eating bacon and biking 71 miles on the RRVT. It's hosted by the Blue Ribbon Bacon Festival and Iowa Bicycle Coalition. Co-hosts include the City of Waukeez, the RRVT Association and various communities along the way.

In 2021, registration was down to about 1,800 participants. In previous years, about 2,800 registered riders biked the 71-mile trail.

Along the RRVT, tasty bacon treats and beverages await riders. Registered riders receive a Pork Pass, which allows them to munch on bacon-flavored treats along the way. Food items include breakfast tacos, corndogs, bacon donuts, bacon samples and more. Towns along the route also provide entertainment, food and drink specials.

Mark Wyatt, director of The Iowa Bicycle Coalition, says they are helping to organize ride logistics and promote bicycle safety. They also serve as advocates for bicycle safety in the state of Iowa.

"We work on bicycle safety issues with state government and the DOT as well as bicycle education in schools," Wyatt says.

Since the pandemic, bicycling has grown in popularity. Wyatt encourages new bicyclists to try the RRVT or the BaCooN ride.

"You can ride alone, but it's a lot more fun with friends," he says.

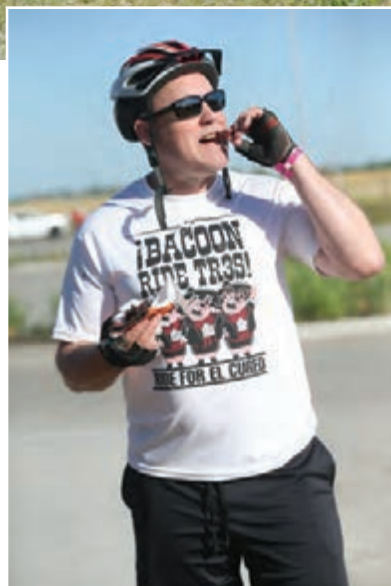
In previous years, the ride started at Centennial Park. This year is a new starting point, and riders don't need to cross Hickman Road. Bikers can park their vehicles at Waukeez Northwest High School and bike over to Kinship Brewing Company for the first bacon stop.

### BaCooN Ride 8

Saturday, June 18

Starting point: Kinship Brewing Company,  
255 N.W. Sunrise Drive, Waukeez

To register or learn more about the  
BaCooN ride, visit [www.baconride.com](http://www.baconride.com).



The BaCooN Ride returns. While biking the RRVT, participants can enjoy bacon, bacon and more bacon — as well as plenty of fun. Photos by Maharry Photography

Kinship Brewing Company is the site for the packet pick up before the ride on Friday evening. Both riders and non-riders are welcome to join in on the festivities, drink specials and live music.

Zach Dobeck, founder of Kinship Brewing Company, is excited to be part of the ride. "It's a great opportunity to meet new people and connect with the biking community. We'll see everyone and have a beer waiting for you," he says. ■



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## REAL ESTATE By Jamie Thompson

### DO ALLERGIES have anything to do with buying or selling?

More than you think

When selling your home, it's important to be cognizant of any smells that could turn off potential buyers as they are walking through. If possible, don't cook any meals before showings. Do your best to not have any strong scents — sorry, no Airwicks or Febreze. This appears as if you're trying to cover up a smell. Also, if you have pets, it may be a good idea to have the carpets professionally cleaned and remove any pet toys, litter boxes, crates, etc. during showings.



If you have allergies and are planning on buying a new home, it's important you are aware of whether or not the home you're viewing or falling in love with could affect your allergies. Depending on your allergy, or the strength of it, here are a few things you can do to help lower your risk of triggering it. Have your air ducts and vents cleaned, have a deep clean done on the entire house, have carpets professionally cleaned or replaced, and add a fresh coat of paint.

Doing your due diligence now as a seller, or buyer, will save you lots of money down the road. ■

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

### ARE Medicare Advantage plans in hot water?

Recently, there have been news articles stating Medicare Advantage plans were not paying providers for services. The Department of Health and Human Services Inspector General conducted an audit of 250 prior authorization denials and determined many of the prior authorizations should have been approved. America's Health Insurance Plans (AHIP), the national association whose members provide health care coverage, services and solutions to hundreds of millions of Americans every day, discredited the report due to the sample size. The sample size was far too narrow and does not mention the extremely high approval ratings for most of the nation's 29 million Medicare recipients who are covered by Medicare Advantage plans. Personally, all my clients who are on Medicare Advantage plans have had little or no problems. If my clients did have issues or problems, I would stop writing Medicare Advantage Plans. As a Medicare insurance agent, it is absolutely not worth having your clients receiving denials for the care they need. In Dallas County, most of the Medicare Advantage plans are rated by Medicare at 4 stars or above. UnitedHealthcare has two Medicare Advantage plans that have been awarded 5 stars for 2022. ■



Information provided by Jon Kelderman, Kelderman Insurance, American Republic, 665 S.E. Madrone Lane, Waukee, 515-554-7087. Source: Medicare Advantage plans at times deny seniors access to medical care, federal watchdog finds (msn.com)

# AN AFFINITY for nature

Everyone in the Albert family now pitches in to save monarchs.

Kate Albert grew up surrounded by nature. In fact, her mother received the Conservation Woman of the Year award for Iowa in 2018. So, when Kate and her family moved into their Waukee home, she could not wait to get started on her landscaping.

About 10 years ago, she began with nothing. It took about three years for Kate to really start tearing up the sod. As a stay-at-home mom with three kids, she did as much planting as she could in her free time. But her planting eventually grew and spread to cover her entire landscaping.

Kate has a passion for monarch butterflies, too. In 2017, her family saw the first butterfly appear in her garden. She knew their population was on the decline, so she was determined to help. That was the first year she raised a monarch outside, and, in 2018, she began raising them inside. Through Facebook, she joined monarch butterfly “support groups.” These groups helped educate her about monarchs and how to raise them. She also learned about monarch waystations and challenged herself to create one.

“A waystation is a space that provides monarchs food, shelter and a place for them to lay their eggs... helping future generations,” Kate shares.

In order to reach this goal, Kate had to meet the guidelines provided by MonarchWatch.org. She planted a variety of milkweed and native plants that are food and shelter for the butterflies. In 2019, she completed her goal to have a registered waystation.

She begins seeing monarchs and their eggs in the milkweed around June or July. Kate brings them inside and raises them through all four stages of a Monarch’s life — egg, caterpillar, chrysalis and adult butterfly. The family brings in the eggs, cleans them, lines a Tupperware container with a paper towel then waits a couple days before moving them to the next Tupperware.

“They just eat and poop, and they eat a lot,” she says of the caterpillars.



Kate Albert turned her love of plants and nature into a landscape that now qualifies as a Monarch Butterfly Waystation.

Fewer than 10% of caterpillar eggs will survive in the wild. However, the Alberts hatch almost 100% of their eggs. The family has doubled their number of monarchs every year.

“She went from 25, to 50 or 60, to 80, to last year was 160,” Kate’s husband, Curt, approximates.

The most exciting part of the Alberts’ monarch journey is the family and community involvement. As the Albert children get older, they become more and more involved.

“It was her to start for sure; now we’re all involved,” Curt explains.

“And the neighbor kids are involved,” Kate adds.

The neighbors started to take notice of Kate’s garden. She explains that neighbors would walk by to look at her garden, and she would tell them they had butterflies, too. The kids have been able to make friends with surrounding neighbors as they want to help



Kate and Curt Albert, as well as their children and neighborhood children, pitch in to bring Monarch eggs safely into the house where almost 100% of them hatch. Releasing them when they are ready is a highlight for all involved.

with catch and release.

“The big thing is release day around here,” Curt adds.

The kids and their friends will come to the Albert house to hold and release the butterflies as they begin their new life.

Kate hopes to inspire another family in Waukee to begin supporting the monarch population like she did. ■



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## LIBRARY

By Sam Bedford

## 'READ off the Path' with the Library

Summer is almost here, and we're getting ready for the Summer Challenge at the Waukee Public Library. This year's challenge theme is "Read off the Path" and will run from June 1 until July 30. Everyone is invited to participate.

Watch the Library's website and follow our social media accounts to get up-to-date information about upcoming events including performances, weekly activities, and pick-up times for craft packs and prizes.

Warrior Lane construction will continue through the summer months. During construction, the Library is only accessible from the south on Warrior Lane.

### Summer Challenge FAQs

#### When does registration begin?

May 1, but reading for the Summer Challenge doesn't start until June 1.

**How do I register?** You can register online at [waukeelibrary.beanstack.org](http://waukeelibrary.beanstack.org), through the Beanstack app, or pick up a reading log at the Library.

**Who can participate?** All ages!

**Do I need a library card to join?** Library cards are not required. Everyone is encouraged to participate. If you would like to get a library card, you can sign up in person or online at [waukeepubliclibrary.org/getacard](http://waukeepubliclibrary.org/getacard).

**How do I earn prizes?** Read! Magazines, audiobooks and eBooks count, too.

To find out more about the Library's Summer Challenge, go to [waukeepubliclibrary.org/summer](http://waukeepubliclibrary.org/summer). For more library information, contact us at [askme@waukee.org](mailto:askme@waukee.org) or 515-978-7944.

### Upcoming events

The majority of events will require advanced registration. Visit [waukeepubliclibrary.org/calendar](http://waukeepubliclibrary.org/calendar) for more information and to register.

### June

• **Introvert Book Club**, all month long. 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. The book is "In the Dream House" by Carmen Maria Machado.

• **IowaWORKS Online Services**. Des Moines IowaWORKS American Job Center is offering free, virtual employment workshops throughout the week. These workshops will help you develop a career plan, interview and negotiate, conduct a job search, create a great resume and more. Visit [iowaworks.gov](http://iowaworks.gov) to learn more and register.

• **Afternoon Book Club**, Thursday, June 2, 2:30 p.m. Come to the Coal Mine Meeting Room at the Library for a discussion of "This Is How It Always Is" by Laurie Frankel.

• **Zoo to You**, Friday, June 3, 9:30 and 11 a.m. An educator from Blank Park Zoo will bring some live animals to help children explore the universe of the animal kingdom. Recommended for children kindergarten and older and their caregivers. Registration is required.

• **Lunch and Learn: Tai Chi for Arthritis and Fall Prevention**, Friday, June 3, 11 a.m. Join the Library at the Waukee Community Center for a beginner-friendly Tai Chi class.

• **Stories and Stretches**, Saturday, June 4, 10 a.m. Ready, set, stretch. Wake up relaxed with fun stories and yoga-inspired stretches for families. Children and caregivers should arrive prepared to move in comfortable clothes — don't forget your yoga mat or towel. Registration is required.

• **Ceramic Gnome Paint-Along (Online)**, Saturday, June 4, 1 p.m. In this online class, Dina

## LIBRARY

from Five Monkeys Inc. will teach you to paint a gnome figurine from start to finish. Supplies and medium-sized gnome included in the free kit. Registration is required for this adult event.

• **Babytime**, Monday, June 6, 13, 20, 27 at 9:15 and 10 a.m., 15-20 minutes of songs, rhymes and stories for infants ages 0-17 months and their caregivers. Registration is required.

• **YA Roundtable Book Club**, Monday, June 6, 6:30 p.m. Gather around to share what you've been reading and get recommendations for new books to read from other teens and the Library's Youth Services staff. For youth entering 6-12 grade this fall. Registration is required.

• **Preschool Storytime**, Tuesdays, June 7, 14, 21 and 28, and Wednesdays, June 8, 15, 22, and 29 at 9:15, 10 and 11 a.m., 25-30 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. Registration is required.

• **Toddler Time**, Tuesdays, June 7, 14, 21 and 28 at 9:15, 10 and 11 a.m., and Wednesdays, June 8, 15, 22, and 29 at 9:15 and 10 a.m., 20-25 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. Registration is required.

• **Drop-in Craft: Doily Hoop Wall Art**, Tuesday, June 7 at 4-6 p.m. Register to drop into the Library and make a dreamcatcher-inspired piece of wall art. This is an adult event; registration is required. Supplies will be provided.

• **Explorer Camp: Campsite Fun**, Wednesday, June 8 at 2 p.m. Explore a variety of STEAM activities based on campsite fun. For youth entering grades K-5 in the fall. Registration is required.

• **Movie Matinee**, Thursday, June 9 at 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.

• **Circus Variety Show**, Friday, June 10 at 9:30 and 11 a.m. Prepare to be amazed at this one-woman circus variety show. Expert performer Martika Daniels will bring the feel of the circus to the Library with silk fans, juggling, glow-in-the-dark hula hoop tricks and more. Registration is required.

• **Critter Crafts**, Friday, June 10 at 4 p.m. Calling all creative, animal-loving crafters. Use simple materials to create a variety of animal-themed art projects. For youth entering grades K-5 this fall. Registration is required.

• **Seeking the 7 Summits: Iowa Climber Jen Loeb**, Saturday, June 11 at 1 p.m. Jen

will talk about her experiences and motivations for completing her grueling but fulfilling missions of climbing all seven continents' tallest summits. Her photographs from the climbs are on display in the Library's Art Gallery through June 11.

• **New Art Gallery Exhibit**, Sunday, June 12. The watercolor botanical exhibit, "Lost in the Weeds" opens in the Library's Art Gallery. Artist Kelsey Wilson will be teaching a Botanical Drawing class at the Library on Tuesday, June 28 at 5:30 p.m. This exhibit will be up until June 28.

• **Games and Ghost Stories**, Monday, June 13 at 6:30 p.m. Prepare to be scared. The lights will be low and flashlights available while everyone gathers around campfire style to hear and share ghost stories. After the stories, everyone can have fun playing One Night Werewolf. For students entering 6-12 grade in the fall. Registration is required. ■

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# WHAT is probate?

Probate is the process of court-supervised administration of an estate. If you have a will, upon your death, your executor will present it to the court. It's a common misconception that merely possessing the will vests someone with the authority to act. In order for a will to be effective, it must be admitted to probate. If you die without a will, the court still has control over the assets of your estate.

Probate is necessary where there are assets which cannot be transferred. For example, real estate titled in the decedent's name cannot be sold without passing through probate. Investments with no beneficiary designation generally require probate to transfer them to heirs.

Banks and financial institutions may



require "Letters of Appointment" or "Letters Testamentary." This is an official document, issued by the clerk of court empowering the executor to act on behalf of the estate.

Court supervision of probate ensures that your executor or the court-appointed administrator handles your estate legally and according to your wishes. To ensure that the will or the rules of inheritance are followed, the personal representative must report the assets, debts and disbursements of the estate to the court. The personal representative also files tax returns on behalf of the decedent and the estate.

Iowa law requires that notice of probate be published in a local newspaper. The notice must be published for two consecutive weeks. Then, the estate must remain open for four months before it can be closed. During this time, the personal representative will sell real estate, liquidate assets, pay creditors and make disbursements to beneficiaries. Other factors

may require a longer probate period, but generally, the probate of an estate lasts around six months.

Attorney's fees and court costs cannot be paid until the estate closes. In Iowa, attorney's fees are statutorily-controlled and are approximately 2% of the gross value of the estate. The personal representative is also entitled to fees in the same amount. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps.

Probating an estate is fairly straightforward. Court-supervised administration of an estate is neither lengthy nor overly expensive and has the benefit of ensuring that all the assets of the estate have been disposed of properly and legally. ■

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).

## WHERE TO BEGIN?

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## RECIPE

# A DELIGHTFUL picnic starts with a stellar sandwich

*(Family Features)* Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit [readsalads.com](http://readsalads.com) and [auntnellies.com](http://auntnellies.com). ■

## Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

### DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



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## OUT & ABOUT

# GROUND Breaking

The Chamber hosted a groundbreaking ceremony for Farmers State Bank on April 14.



The Chamber hosted a groundbreaking ceremony for Farmers State Bank on April 14.



Lisa Hayek, Kelli Even and Tina Hogan



Jim Host and Jared Dobesh



Todd Mattix and Braxton Lewis



Grant Taylor and Kerry McGuire



Amy Ganoe and Colleen Strohmaier



Tom Florian and Michael Bartos



Tim Breitbach and Tony Garcia



Rod Duroe and Dustin Thorson



Bill Futrell, Wes Becker and Paul Hayek



# LEADERSHIP Graduation

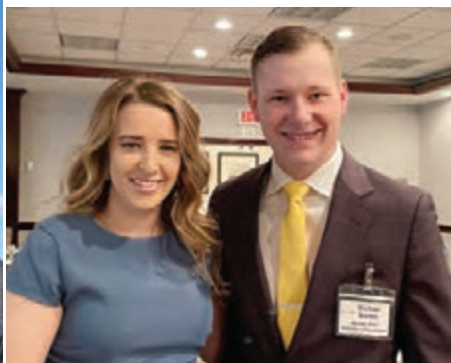
Graduation for the Waukee Leadership Class of 2022 and Alumni Dinner was held April 19 at the Sheraton in West Des Moines.



Don Frazer, Chris Crone and Juan Garcia



Kristin Weidenfeld, Rick Snyder and  
Grazia Aiello



Megan and Michael Bartos



Dr. Ethan Huisman and Dr. Heidi Bell



Rob Denson, Don Frazer and Kenan Judge



Angela Kruse, Dr. Adam Kruse and Teresa Squier



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Brad Deets and Travis Gaule



# CLASSIFIEDS

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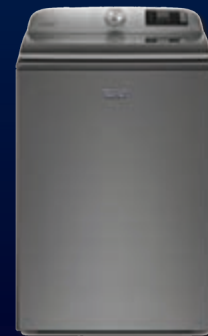
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