

WAUKEE

OCTOBER 2022

INSIDE: HOW-TO GUIDE

Learn from local industry experts

Living

SPOOKY FUN

Residents share their
enthusiasm for Halloween

Halsruds return to Iowa

WHERE WE LIVE

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RECIPE

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Safe Halloween Tips



1. All costumes, wigs and accessories should be fire-resistant
2. Fasten reflective tape to costumes and bags, or give children glow sticks
3. When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
4. Remove all makeup before children go to bed to prevent skin and eye irritation
5. If your older children are going alone, plan and review a route acceptable to you
6. Agree on a specific time children should return home
7. Teach your children never to enter a stranger's home or car
8. Instruct children to travel only in familiar, well-lit areas and stick with their friends
9. Tell your children not to eat any treats until they return home and an adult has checked for opened packages
10. Children and adults should put electronic devices down, keep heads up and walk, don't run, across the street



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WELCOME

SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year — it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked, except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

Years later, Jolene and I hosted Halloween parties at our home. I relied multiple times on two costumes: Dracula and Michael Jackson. Other than some complicated face painting, the Dracula option was easy. All black clothes. A cape. A fancy medal. Some fangs. The Michael Jackson costume was simple, too, but the hair from the wig kept getting in my face. That took some getting used to, as I haven't had hair that long since 1983.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween — and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

Thanks for reading. ■



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SPOOKY FUN

Residents share their
enthusiasm for Halloween

By Jackie Wilson

October is a time for cooler weather, pumpkin-flavored foods and drinks, haunted houses, costume parties, trick-or-treat nights, candy and more. Lovers of sweets load up on bags of miniature-size candy bars weeks in advance of Halloween, inevitably succumbing to the “It won’t hurt to eat just one” temptation and soon finding themselves needing to restock their supply.

Halloween is big business. According to the National Retail Federation, in 2021, Americans spent approximately \$10.14 billion on

costumes, candy, decorations and more. Those innocent bite-size candy pieces add up to the tune of \$3 billion yearly spent on candy alone.

And Halloween fun isn’t just for the kids. Adults of all ages delight in dressing up in scary costumes, transforming themselves into any character they please. And don’t forget pets — they get in on the act, too.

For those who look forward to the scary side of the holiday with enthusiasm, there seems to be no limits to the creativity they show when they plan their spooky fun.

Tara Federly with Sam and Taylor display a teal pumpkin in their Waukee home to raise awareness of food allergies and to let kids know they can receive a non-allergen treat. Photo submitted

FEATURE

Painting pumpkins

Pumpkin spice? Apple cider? Haunted houses? Painting pumpkins? Madeline Aragon experiences it all. Fall is her favorite season, after all.

Aragon is a senior at Waukee Northwest High School. As a child, she went trick-or-treating and helped her family decorate for Halloween. This year, she began painting pumpkins and selling them.

Some pumpkins include a space theme, the “It” character Pennywise or a traditional fall scene, but she gravitates toward nontraditional designs. Painting pumpkins gives her an opportunity to use her artistic skills.

“I was tired of carving pumpkins every year,” she explains. “I started painting pumpkins for my family. Then I reached out to other folks. It’s something unique besides a carved pumpkin.”



Madeline Aragon paints pumpkins and sells them. Photo by Jackie Wilson

She’s taken her art skills elsewhere. She painted holiday-themed windows at Christmas time when she worked at Chick-fil-A, which included “crazy designs of peppermint milkshakes with the Chick-fil-A cows.”

The past few Halloweens, she took a cornhole box and painted it a Halloween theme. Trick-or-treaters who came to their house could throw the bags, and, if they made



Madeline Aragon made a game of cornhole so kids can get prizes during Halloween in their Waukee neighborhood. Photo by Jackie Wilson

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FEATURE

it in the hole, they won a prize.

"If the kids got the bag in the hole, they would get a big candy bar," she says. "It was really fun for the kids."

Each year, she creates a plan for their entire front yard to attract kids to their house. She dresses up to greet trick-or-treaters, including using an old prom dress to dress up as a princess.

"I just dress up for our visitors. It would be a little weird if I went trick or treating at this age," she laughs.

Aragon helps her mom dress up bags of candy to give away, while tucking her mom's real estate business card in the bunch.

Leading up to Halloween, she also visits pumpkin patches, apple orchards and haunted houses. As a young teen, she began going to the Slaughterhouse, a haunted house located in Des Moines.

"I've been to all of them. I love Slaughterhouse, as it's one of the most realistic ones out there. I love the theme around it," she says. "If I have to wait in line for the haunted house, they make it interesting and scary. The actors come along the line and scare you. They

have chain saws and smoke effects. It's really cool."

October is her birth month as well. So, as she's sipping her pumpkin spice latte in a cozy sweatshirt, painting pumpkins or getting terrified at haunted houses, it's a perfect time of the year.

"I'm in love with Halloween and fall," she says.

Teal pumpkins raise allergy awareness

People of all ages love to dress in Halloween costumes for Halloween parties or trick-or-treat night. Little kids, transformed into their favorite superhero, princess or monster character, are often the most enthused about heading out and gathering treats. After all, the holiday centers on loading up their pumpkin-shaped buckets with the most candy possible.

But, for some kids, trick-or-treat night is a bust. Children with food allergies often need to avoid the event all together, as some snacks may cross-contaminate others. Approximately one in 13 children have food allergies, and Halloween candy can often contain the top allergens

including peanuts, tree nuts, milk or egg.

Parents can sift through items and read labels, but not all bite-size portions have labeling on them, and labels can only be found on the outer package. For some, candy can be life-threatening. No matter how careful you are, accidents can happen.

But kids with food allergies want to get in on the fun, too.

That's when a mother from Tennessee created the Teal Pumpkin Project. Her child suffered from food allergies, and she began to paint a pumpkin teal color to let children in her neighborhood know she had small toys or non-edibles that would be safe for children with food allergies. The color teal has been used to raise awareness of food allergies for many years. In 2014, The Food Allergy Research & Education (FARE) made this a national initiative, and the movement has continued to grow since then.

All over the country, families have participated in the Teal Pumpkin Project. One of the Waukee families participating are the Federlys. Tara Federly is an allergist with Cornerstone Pediatrics and Family Allergy in



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FEATURE

West Des Moines.

Federly says awareness of allergies is in the forefront for families dealing with food allergies. Halloween time is no exception.

“Older children with food allergies can learn what candy is safe and what candy to avoid. However, younger children often need their parents’ help to sort out their candy to be sure it is safe for them to eat. Unfortunately, much of the candy given out at Halloween contains the common allergens and must be avoided.”

Some families may choose to have their child avoid trick-or-treating due to concerns about a serious reaction.

“Unfortunately, many children with food allergies have limits on their social activities —not only at Halloween, but attending playdates, birthday parties, field trips or eating out at restaurants.”

Federly says displaying a teal pumpkin helps families feel safe.

“The Teal Pumpkin Project is not only important to provide children with food allergies a safe alternative to candy, but also to raise awareness of food allergies in our communities,” she explains. “As childhood food allergies are on the rise, it is important for all of us to increase our awareness and provide support for children with food allergies and their families.”

Want to participate in the Teal Pumpkin Project? You can locate free resources, including printable posters, at www.foodallergy.org/resources/free-teal-pumpkin-project-resources.



Christian and Lexi Kasel, along with their pup, Leo, attend Halloween parties together.

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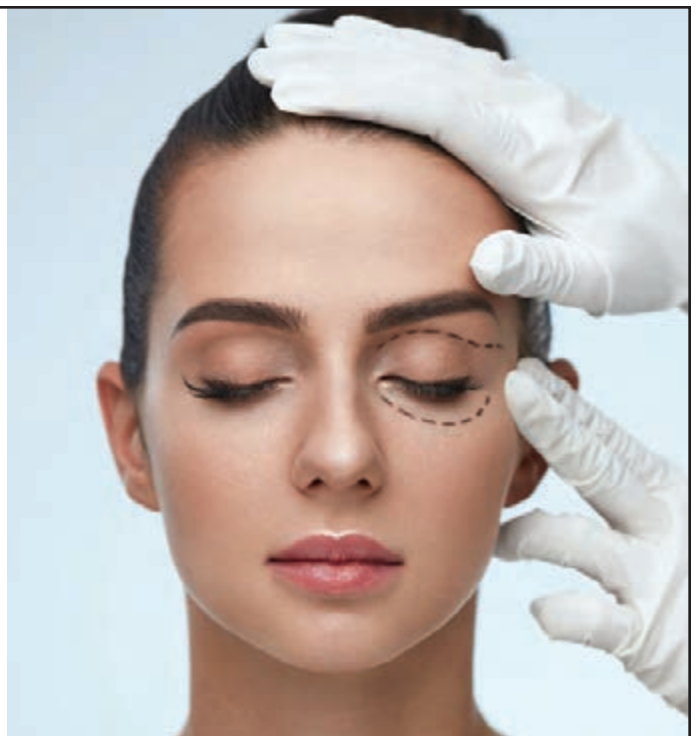
Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
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FEATURE

Corgi costumes

Lexi Kasel and her husband, Christian, enjoyed trick-or-treating when they were growing up. When the Waukee couple got their first dog, Leo, a corgi, they wanted to get in on the Halloween fun with him.

The two are members of the Des Moines Corgi Club, which hosts costume meetups for the corgis and their owners. This year, Leo will dress as a hot dog, while Lexi and Christian dress up as ketchup and mustard.

"I think it makes Halloween more fun," Lexi says. "It's just so cute to see all the dogs dressed up."

Additionally, Leo will be able to play with all his other corgi friends during the event.

"He loves playing with the other dogs," she says. "We love the corgi club."

During the month of October, she and Christian will continue their tradition of watching all the Harry Potter movies. It's a good month to watch movies, make hot chocolate or drink apple cider.

Another childhood tradition that Christian continues as an adult is watching Michael Jackson's "Thriller" video. His extended family, cousins and siblings head over to their grandparents' house, and they all dress up in costumes and watch it.

"We love October. It's a really fun month," Lexi says. ■



Leo, a corgi owned by Lexi and Christian Kasel, gets in on the Halloween fun, dressing as a hotdog. Photo submitted

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LIBRARY

By Sam Bedford

READ a latte this winter with the library

What better way to avoid the frigid temps of winter than with a warm drink and a good book?

The Waukee Public Library will be kicking off this year's Winter Challenge for all ages on Tuesday, Nov. 15. You can register online or at the Library to complete as many activities as you can by Jan. 31.

Complete five activities for a bingo, and your name will be entered into the grand prize drawing. Keep going and finish all 25 activities to collect a special Winter Bingo Black Out stainless steel tumbler while supplies last. Your name will also be entered a second time into the grand prize drawing.

All ages are invited to participate in the Winter Challenge. There will be a grand prize for each reading group: children, teen and adult.

Visit waukeepubliclibrary.org/winter to learn more, check out the prizes and register.

Upcoming holiday closures:

- Friday, Nov. 11
- Thursday, Nov. 24
- Friday, Dec. 23
- Sunday, Dec. 25
- Wednesday, Nov. 23 (closing at 5 p.m.)
- Friday, Nov. 25
- Saturday, Dec. 24
- Monday, Dec. 26

UPCOMING EVENTS

The majority of events will require advanced registration and can also be viewed at waukeepubliclibrary.org/calendar.

• **Introvert Book Club**, all month long. Each month there's a new book selection, but there's never a meeting. November's book is "Fire Keeper's Daughter" by Angeline Boulley.

• **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 to learn more and register.

• **Teen Short Story Writing Competition**, Nov. 1-27. Young writers in grades 6-12 are invited to submit unique stories up to 1,000 words in any theme or genre. The Library's Teen Advisory Board will pick a winner who will be awarded a \$25 gift card to Half Price Books.

• **Come Write In: NaNoWriMo Drop-in Writing Sessions**, Tuesdays, Nov. 1, 8, 22, 29, 6-7:45 p.m. National Novel Writing Month (NaNoWriMo) is a fun, fast-paced approach to creative writing for anyone who has ever thought about writing a novel, and the Library is here to help. Bring your preferred writing tools and work on your novel surrounded by other local writers as well as all of the Library's resources. Refreshments will be provided and all attendees will receive an exclusive NaNoWriMo eraser and typewriter sticker.

• **On Exhibit: "Scandinavia in Bright Colors,"** Nov. 2-29. Cindy Gordon's exhibition showcases watercolor paintings created in bright colors of the trip she took to Denmark, Norway and Sweden as well as traditional watercolors of her trip to Alaska. Visit the Art Gallery during open hours to view.

• **Toddler Time**, Tuesdays at 10 and 11 a.m., Wednesdays at 10 a.m. Enjoy 20-25 minutes of short stories, songs and lots of movement, followed

LIBRARY

by playtime to build early literacy skills. Recommended for 18-month to 3-year-olds and their caregivers. Monthly registration is required.

- **Preschool Storytime**, Tuesdays at 10 and 11 a.m., Wednesdays at 10 a.m. Enjoy 25-30 minutes of stories, songs and rhymes, then stay to make a craft that goes along with the stories. Recommended for children ages 3.5 to 5 years old and their caregivers. Monthly registration is required.

- **Bricks & Beads**, Wednesday, Nov. 2 and 30, 2 p.m. Get creative with the Library's Lego collection or make a Perler bead design. Recommended for students in grades K-12. Registration is required.

- **Afternoon Book Club**, Thursday, Nov. 3, 2:30 p.m. Come to the Coal Mine Meeting Room at the Library for a discussion of October's book, "Redhead by the Side of the Road" by Anne Tyler.

- **Snacks & Facts: Growing Up Country & Memoir Writing**, Friday, Nov. 4, 11 a.m. Stop by the Waukee Community Center, enjoy some snacks, and hear from Carol Bodenstainer as she discusses her book and shares tips and tricks for organizing your memories and thoughts to start writing your own memoir. Stick around afterward for Waukee Parks & Recreation's bingo at 1 p.m.

- **Elementary Food & Games**, Friday, Nov. 4, 4 p.m. Kick off the weekend with a healthy snack and fun games at the Library. For students in grades K-5 and their caregivers. Registration is required.

- **Stories & Stretches**, Saturday, Nov. 5, 10 a.m. 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.

- **American Indian Values for the 21st Century (Online)**, Saturday, Nov. 5, 1 p.m. Wynema Morris, professor at the Nebraska Indian Community College and member of the Omaha Tribe of Nebraska, provides an in-depth analysis of the worldview of American Indian people and how it compares to Euro-Americans. Registration is required for this online presentation.

- **Arm-Knitting Workshop**, Sunday, Nov. 6, 1:30 p.m. Knit a fast and easy cowl or infinity scarf with chunky yarn, and use your arms as knitting needles. Amy Sawyer from Heartland Fiber Co. will teach you how to cast on, knit and bind off. No previous knitting experience is necessary. Cost for supplies is \$10 per person. Registration is required.

- **Babytime**, Mondays, 10 a.m. 15-20 minutes of songs, rhymes and stories followed by playtime for infants ages 0-17 months and their caregivers. Monthly registration is required.

- **Teen Advisory Board**, Mondays, 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 help plan teen programs, sign up for library volunteer opportunities, build leadership skills, and suggest teen books to be purchased by the Library. Email Keri at kweston-stoll@waukee.org to register or if you have questions.

- **Pajama Storytime**, Mondays, 6:15 p.m. Young children, ages 0-5, and their caregivers are invited to put on their PJs and stop in the Library for 25 minutes of interactive bedtime songs, stories and fun. Monthly registration is required.

- **Teen DIY Neon Sign**, Monday, Nov. 7, 6:30 p.m. Learn basic facts about electricity by making your own neon sign with LED wire. For students in grades 6-12. Registration is required.

- **Movie Matinee**, Thursday, Nov. 10, 10 a.m. Join us the second Thursday of every month to watch a movie on the Library's big screen. All movies are free with refreshments available. November's movie will be "Where the Crawdads Sing." ■

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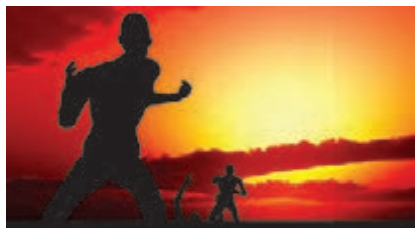
EVENTS IN THE AREA

Be sure to check for cancellations.

Beggars' Night - Waukee

Sunday, Oct. 30, 6-8 p.m.

Each year, the kids in the Waukee community put on their costumes and go door-to-door on Beggars' Night. This trick-or-treating event takes place citywide from 6-8 p.m.



5K Boos & Brews

Saturday, Oct. 29 at noon
Fox Brewing, 103 S. 11th St.,
West Des Moines

Run, walk or jog the course and receive a free local craft brew at the finish line. Enjoy other event festivities, games, giveaways and free swag. More information is available at breweryrunningseries.com/iowa; register at eventbrite.com.

"Cinderella"

Class Act Productions announced its upcoming mainstage performances of "Getting to Know... Rodgers and Hammerstein's Cinderella." Mainstage performances at CAP are live theatre for families of all ages. Performances of Cinderella are Nov. 4-20, Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. Tickets are \$10 for youth ages 3-18 and \$16 for adults. Tickets are available via captheatre.org.

Cinderella marks the 50th mainstage production at CAP Theatre and the first time this classic story will be performed on the CAP stage since the theatre's first production in 2006. "Cinderella" kicks off the first of three mainstage shows at CAP during its 2022-2023 season, followed by "Singin' in the Rain" in February 2023 and "Matilda" in June 2023.

Family Halloween

Through Oct. 29
Living History Farms,
11121 Hickman Road,
Urbandale

Experience historic trick-or-treating, pumpkin bowling, storytelling and horse-drawn wagon rides at this annual tradition.

Dates and times are: Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at lhf.org.



Sip & Shop

Thursdays, Oct. 27 and Nov. 3,
5-7 p.m.

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EVENTS IN THE AREA

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Saturday, Oct. 29 from 1-3 p.m.
5452 N.E. 22nd St., Des Moines

Celebrate Howl-o-ween with the Animal Rescue League. Dress your dog in a costume and earn them treats through tricks. Human trick or treaters are also welcome. Tickets are \$15 for one dog and two humans; additional attendees (canine or otherwise) are \$5. Also available for your pup are mini pumpkin pies and bark-uterie cups. Find more information at arl-iowa.org/events.



Elks Pancake Breakfast Buffet

Nov. 13, 8-11:30 a.m.
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The event is held the second Sunday of each month. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.

Breakfast with Santa and Mrs. Clause

Dec. 11, 8-11:30 a.m.
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Clause, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs,

bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The event is held the second Sunday of each month. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



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WHERE WE LIVE

By Jackie Wilson

IOWA to Arizona and back

Halsruds attracted to Glynn Village

Growing up in Iowa, Brittany Halsrud enjoyed family but wanted a change. The change? Living in Arizona for 12 years. She and her husband, Erik, had a daughter, Brielle, and Erik's sons lived in Johnston. It made sense for the trio to make the trek back to Iowa.

They lived in an Airbnb, which was a "bad rental."

"Our Realtor took pity on us and found us a townhome to rent in Glynn Village," she says.

The Halsruds quickly discovered what living in Glynn Village, a Waukee development, was like. They liked it so much, they purchased a home there.

Their first requirement was to have a pool.

"We had an in-ground pool in Arizona. We wanted to make sure we had that," she says.

Although Arizona has palm trees, their new home includes prairie grasses in their backyard.

"Everyone has beautiful decks," she says. "The view of the prairie reminds me of Oslo, Norway."

Her Waukee neighbors are different from her Arizona neighbors, she says.

"In Arizona, people had 10-foot privacy fences, so you never talked to your neighbors or answered your door," she recalls.

When she moved into her Waukee neighborhood, neighbors came to greet her with a plate of cookies.

"They gave us their phone numbers and names in case we needed anything."

Since the Halsruds moved in, neighbors have put on a Fourth of July party, and Brittany has connected with neighbors at the pool. Last winter, their neighbors cleared snow off their driveway as they had just moved in.

"It's neat to see that. It's definitely suburbia — there's a lot unspoken that neighbors do for each other. It means so much," Brittany says.

When returning to Iowa, the Halsruds chose Waukee due to the school district. Brittany is a teacher and understands quality education.

"I want Brielle to have a strong reading and writing background," she says.

She says a small-town atmosphere is just what her family needs.

"My family is in Iowa. That's the environment I want for my daughter," she says. "I'm going to give her a storybook childhood."

Glynn Village has a Facebook group page for announcing get-togethers and other member news. It's different from her last neighborhood.

"At our Arizona group page, they tend to post complaints only."

Brittany says she feels calm and relaxed living in Waukee.

"This place gives you hope. There's a lot of small comforts living here among a crazy world." ■



The Halsruds — Erik, Taylor, Brielle, Kaden and Brittany — enjoy their neighborhood and the pool that was a "must" for Brittany.



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GARAGE

By Darren Tromblay

IT DOESN'T cut grass

McGraw turns laps on his riding mower.

The riding lawnmower Justin McGraw stores in his Waukeke garage isn't your average run-of-the-mill grass muncher. Truth be told, it doesn't even mow.

Instead of cutting grass, it kicks some rear end. On a race track, that is.

Every few weeks, McGraw's Frankensteined piece of handiwork turns laps in the riding lawnmower division at a local racetrack in what can only be described as a ton of fun.

And it's all due to McGraw, who fashioned his racing machine, top to bottom, in roughly two weeks.

McGraw grew up around racing, but not the expensive stuff. If it couldn't be made, it couldn't be raced. And he has five daughters. Enough said.

"Yeah, this is the way to keep things cheap," he says. "I need to."

Altogether, he says, there's probably \$1,000 wrapped up in his mower, a mere pittance compared to the dollar amounts pumped into their auto racing brethren.

McGraw got into the sport when he and his wife, Heather, went to a mower race a few years ago in Carlisle. Five minutes into it, she said "yes" — to his request to be a part of it. Not only does McGraw compete, his daughter, Chryslin Jacobs, 15, races, too. Has been for five years now.

McGraw races a general prepared chassis in which the frame rails are 4 inches off the ground, the seat is now lower than 13 inches and the engine is stock. Tempted as they may be, it's nearly impossible for racers to pull a "fast one" on officials — aka, cheat.

"The engine can turn no more than 3,650 RPM, so before and after every race, the top four in the feature are checked for RPM," he says.

McGraw has been racing for nearly eight years now, and this is his second "mower." Racing in an automobile is one thing, but this? Next level, according to him.

"Everyone thinks it's a situation where the decks of a lawnmower have been kicked out from under them, and they're going seven miles per hour," McGraw says. "But it's not. It's a pure adrenaline rush. When I raced with the United States Lawn Mower Racing Association, our average speed was roughly 25-28 miles per hour around the track."

McGraw has competed in races with up to 20 other mowers at a time. Hectic. And physical.

"It's just like NASCAR," he says. "A little rubbin'. A little racin'. I've seen guys flip them and break bones."

Loving racing as much as he does, McGraw's favorite memories of racing mowers don't even involve him being on the track.

"Anytime my daughter wins, watching everybody cheer her on is the best," he says. "It's a dad pride moment." ■



Justin McGraw has been racing riding lawnmowers for eight years competitively.

RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off." They're perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame. ■

Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Location. Location. Location.

Tom and Joni wanted to live close to it all and when they decided to make a change, the townhomes at Deerfield were exactly what they were looking for. "We felt that the location was very convenient as it is close to medical clinics and shopping."

After moving to Deerfield, it was determined Tom needed a higher level of care, and Deerfield's private duty home care stepped in for more than two years. "They were reliable and never missed a shift." Tom has now moved to the health center, and Joni is especially thankful for the 24/7 security. "I feel safe, which is very important to me."

From no-maintenance independent living options to assisted living and long-term care, Deerfield offers the reassurance that this can always be your home. Tom receives the care he needs and Joni enjoys activities and social life at Deerfield. "I love interacting with my fellow residents because they are so interesting."

Join Deerfield's vibrant community of neighbors and friends. Call us today at 515.305.2421.



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UPCOMING EVENTS

- **Beggars' Night (Trick or Treating)**
Sun. Oct. 30 from 6-8 p.m.
- **General Election**
Tues., Nov. 8, 7 a.m. to 8 p.m.
See sos.iowa.gov for polling places
- **City Council Meetings**
Nov. 7 & 21 at 5:30 p.m.
City Hall and Zoom
(See info at Waukee.org)
- **Bingo**
Fri., Nov. 4 at 1 p.m.
Community Center
- **Veterans Day – City Buildings Closed**
Friday., Nov. 11
Does not impact trash collection
- **Thanksgiving – City Buildings Closed**
Nov. 24 & 25
No trash collection on Nov. 24

Applications Open to Serve on the City Boards and Commissions

The City of Waukeee utilizes several important boards, commissions and committees made up of Waukeee residents. These volunteer groups help to shape public policy and assist in various advisory capacities, allowing the City to benefit from the knowledge of a wide range

of community representatives. Some boards and commissions are quasi-judicial, which means the State Code of Iowa has designated some legislative authority to them. Waukeee residents who are interested in serving can learn more and apply at Waukee.org/BoardsAndCommissions by Sunday, Nov. 20.

- **Board of Adjustment:** Considers appeals for variances to official zoning ordinances of the City of Waukeee and has the authority to grant special exceptions or variances

- **Board of Appeals:** Reviews appeals for variances from the Waukeee building code to determine the suitability of alternative building materials and types of construction

- **Park Board:** Advises the City of Waukeee on master planning, maintenance and improvements for parks, trails, green spaces and recreation facilities as well as volunteers at City-hosted events and festivals

- **Planning & Zoning Commission:** Evaluates rezoning, preliminary and final plats, site plans, comprehensive plans and certain ordinance changes for recommendation of approval or denial to City Council

Applications for the Library Board of Trustees will be reviewed next spring. As 2023 applications are currently under review, additional applications for the Public Art Advisory Commission will be reviewed next fall.



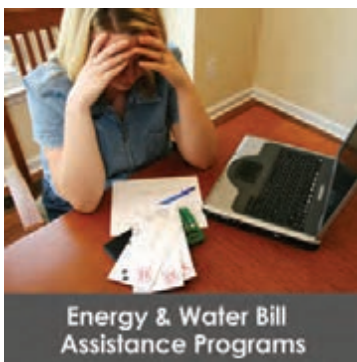
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THE KEY TO GOOD LIVING



LIHEAP and LIHWAP Assist Low-Income Residents

The Low-Income Home Energy Assistance Program (LIHEAP) helps qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter season. The Low-Income Household Water Assistance Program (LIHWAP) assists eligible low-income or disabled individuals or families in paying past-due charges, fees and taxes for drinking and wastewater charges.

Assistance is based on several factors, such as total household income, household size or currently experiencing a water crisis. The household's gross income must be at or below 200% of the Federal Poverty Level to be eligible for these programs. Visit Waukee.org/utilityassist or call New Opportunities at 515-465-5185 to learn more about these programs. Para más información o para aplicar por favor contacto 515-465-5185.



Final Day for Yard Waste Collection is Nov. 28

The last day for curbside yard waste collection will be Monday, Nov. 28. Sticks, brush and branches must be cut into four-foot lengths and bundled (with string or twine) with a 40-pound maximum weight per bundle. If the sticks will fit into a small reusable container, they do not need to be bundled. Please do not use your ASI garbage or recycling containers for yard waste.



New Permit Application System

The City of Waukee has a new permit application system that offers a more efficient application experience. The new system improves back-end processes for staff and streamlines the application process for users, which is expected to reduce turnaround times for permits, inspection reports and certificates. Learn more about permits for home improvements, food trucks and more at Waukee.org/BuildingPermits.

Never Miss a Utility Payment

Setting up automatic payments for your monthly utility bill means you'll never miss a payment deadline! To sign up, go to Waukee.org and click Pay Utility Bill on the left-side menu. Under Utility Bill Payment, click "Link to page." Under Automatic Payments, print the form. Call Waukee Utilities at 515-978-5502 for help with setting up email billing or automatic payments.

Thanksgiving Baskets & Operation Wish List

The Waukee Police Department is gearing up for its holiday giving. In November, the department will stock and deliver Thanksgiving boxes to 20+ Waukee families. In December, their Operation Wish List will supply families in need with gifts and food. Help make the holidays brighter for neighbors in need by donating. Cash or check donations can be mailed or delivered to: Waukee Police Department, 1300 SE L.A. Grant Parkway, Waukee, IA 50263.



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SPECIAL ADVERTISING SECTION



HOW-TO

GUIDE

HOW TO CHOOSE AN AUTO BODY REPAIR SHOP

From dents and scrapes to fender-benders and more intense damage resulting from an accident or weather-related incidents, you may have a need for an auto body repair shop.

Not surprisingly, shops specializing in this service can vary in quality, reliability and cost. It's not unusual for auto body repair estimates to differ by hundreds if not thousands of dollars. To get the best work at the fairest price requires an investment in time and asking the right questions.

Your insurance company more than likely has a list of "preferred shops" that they will encourage or demand that you obtain an estimate from. You are not required by Iowa law to utilize your insurance company's "shop." You choose where the work is done. Whatever shop you choose will need to be able to work off of the preferred shop's estimate. Many times, once a repair is started, there are additional costs. No fear, the body shop

will deal with the insurance company to be paid for those additional charges.

Your insurance company may indicate that, if you have repairs completed at a shop that is not "preferred" then they cannot ensure that a warranty will be given. This is a conversation that you need to have with your shop. Most reputable shops will have a written warranty they can provide.

Start your search by asking your friends, family and colleagues. Most of us have worked with an auto body shop at one time in our lives, and it's easier to ask those close to us for referrals for who they have used before.

Check out reviews. Many auto body shops will promote testimonials from prior customers on their websites. Reading valuable reviews and testimonials from people who've used their service before can help with the process of choosing an auto body shop.

Look for local shops. When you take

your vehicle to a local body shop, you're much more likely to be met by friendly faces, better service, use of top-quality parts, high standards and honest prices. They can maintain low overhead costs and provide friendly customer service.

Create a list of shops, contact them on the phone and ask some questions.

How long have they been in business? Do they provide free estimates? What is their turnaround time? Do they offer warranties? Do they work directly with insurance companies? What are their specialties? How soon can you bring your vehicle in for an inspection?

Consider prices. Are they comparable to other body shops? While you want to find a great deal, cheaper is not always better. Low prices may be tempting, but they could mean sub-par work, used parts and paint that is incorrectly applied.

Finding the right auto body shop will make the experience much more pleasant, and you will be happy with the repairs. ■

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HOW TO CHOOSE THE BEST 55+ COMMUNITY

55+ communities have come a long way since the days of a quiet home on the golf course or beach. Today, people 55+ are more active than ever and want to continue to enjoy their passions years into their retirement. Modern 55+ communities have become lifestyle communities, not solely about golf and tennis.

Besides considering whether you need living assistance or ready medical care, here are a few things to consider.

Community activities and parking: Any prospective 55+ community should have easy access to a variety of activities such as golf, tennis, swimming, walking, arts and crafts, board games, dancing and organized activities. Taking part in social events can provide opportunities to make new friends. Research what kinds of social events are organized. Also, find out if the community has ample opportunities for residents to travel to theaters, museums or shopping

malls together.

Parking is another important factor when choosing a 55+ community. Most people enjoy having family and friends visit, so parking is a necessity. When parking is tight, visitors will be less likely to come. Do not overlook its importance.

Medical care facilities: 55+ communities should be easily accessible to emergency personnel. Know the location of the closest hospitals, doctors, ambulance services and other personnel. You may wish to restrict your search to communities located near your preferred physician or other service providers.

Pet policies: Pet policies are another feature to consider. If you have a pet you don't want to leave behind, find out if you are able to bring it with you.

Churches, libraries and schools: Consider how close the community is to schools, sports facilities, and other sites

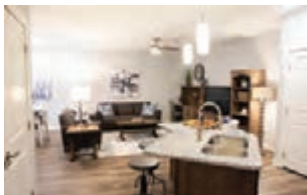
that produce a large amount of traffic and noise. Many people prefer to live in less congested, quiet areas during their later years.

Also, think about where the nearest libraries and churches are located, as well as public transportation. Ask whether the community provides its own transportation.

Community: Current residents will give you a feel for their level of satisfaction with the community. Talk to them about their experiences and seek candid reviews of the amenities and staff. After all, it is important you feel confident that you have selected a 55+ community that fits your personal needs and lifestyles.

By taking the time to research multiple communities, you will undoubtedly find a warm, welcoming community. You will be able to build lasting friendships and gain the support you need to have fun during your retirement. ■

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HOW TO CHOOSE AN INTERNET SERVICE PROVIDER

We're a digitally connected society, so internet service is vital to everyday life. But choosing the right provider can be confusing. Wading through the prices, packages, bandwidth and installation, it can be tough to find the right speed and plan.

While some communities have little choice in providers, others have many. Either way, it's good to know the basics before you buy. Making the wrong choice can mean the difference between satisfaction and frustration.

Whether you are moving into a new home or dissatisfied with your current service, keep in mind these factors when choosing an internet service provider.

Price: Cost is an important consideration when selecting a provider. Most companies charge in monthly increments, so decide what price range best fits your budget. Faster service will

cost more money, so compare prices from several different providers to get the best deal.

Type of connection: Types of connections play an important role in selecting an internet service provider. Broadband connections are the most popular and allow you to receive high-speed service by using a modem, mobile phone or a coaxial cable. Fiber is a newer, faster, more reliable product with speed capabilities up to 1G. Others used less frequently are satellite connections, DSL (which uses a landline phone) and dial-up, which is slow by today's standards but may be the only option in some rural areas.

Purpose of connection: Make a list of what you need to accomplish on the internet.

If you want to stream movies, study online or telecommute, you will need the fastest connection possible. However, if

you simply want access to email or basic websites, you might be able to settle for a slower, cheaper service.

Specials: Many internet providers offer specials or bundles to new customers. Look for a package that suits you. If you have cable, satellite TV or cell phone service, you might be able to get a special discount if you purchase your internet service from the same company.

Customer service: Read reviews of each company. Find out how long each company keeps their customers on hold, how many outages they have, timeliness of repairs, and policies on defective equipment.

Once you have conducted the proper research, you will have a better idea of which company will meet your needs.

If possible, sign up for a provider on a trial basis. If you are unsatisfied with the service, connection or products, you can cancel it without paying a penalty. ■

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HOW TO CHOOSE A CHILDREN'S FITNESS CENTER

Younger children love to be outdoors and physically active. But, as they grow older, other activities replace those and sometimes act as deterrents to their physical wellbeing. School, socializing, phones, TV and video games all conspire to eat up a child's day and upset the balance.

Providing that balance is key to kids growing up happy, healthy and well-adjusted. And parents should provide that encouragement, because developing a healthy active lifestyle early on can lead to a lifetime of good health.

Unfortunately, parents are busier than ever before, so they may need a little help encouraging activity. Finding a good fitness center that works with children is a smart option. When the kids attend regular fitness sessions with peers, they'll find opportunities for exercise ranging from tumbling, gymnastics and cheerleading to parkour and pre-school fitness.

A good health center will also help your

child explore a variety of equipment and exercise regimens, learning how to take care of their bodies in safe and comfortable environments and under the watchful eye of trainers experienced in working with children. Support and camaraderie from coaches and peers at the health center can also be a big plus. Learning how important it is to be active, to manage nutrition and the best ways to be physically and mentally fit will help your child grow into a successful adult.

Here are some criteria to consider if you think your child could benefit from attending a fitness center.

Coaches and trainers: Coaches and trainers will be a child's mentors. And fitness center staff will ultimately affect how enthusiastic your child is about working out. Make spontaneous visits to fitness centers you are considering to observe staff and available activities at different times of day. Centers will prefer appointments, but any that do not allow unplanned visits should not

be considered. Family should be allowed to visit, watch sessions and get a general idea of the center's operations.

Environment: Here are some questions you should ask yourself when you visit a center: Is the fitness center's equipment age-appropriate? While there may be private and group training, what is the ratio of staff to child? Is the fitness center generalized or do they lean toward specific categories of training? Does equipment look well cared for? Are areas clean and maintained? Are mats and padding frayed or flat and unsafe? Are bathrooms clean and well lit? Only parental vigilance can ensure a child walks into a safe and healthy fitness environment.

Other factors include variety of classes and programs, class sizes, location, costs, and if the fitness center has associations with local schools. But don't ignore your instincts. You know your child and, whether it's through referral or research, only you can find the best fit. ■

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HOW TO CHOOSE A JEWELER

Jewelry becomes part of everyone's life sooner or later — a wedding band, a watch, earrings or an accent piece — so you'll want to find a skilled artisan who sells or creates beautiful pieces with their own hands. They repair, clean and adjust items with ease.

Whether you're seeking to purchase new jewelry, repair or clean existing pieces, you want to work with a good jeweler. How do you pick the best jeweler in your area?

Finding someone with excellent skills is the first thing to consider. Quality jewelers offer reasonable pricing and fantastic customer service. Do not make the mistake of basing your decision on cost alone. They may also offer other products from off-site manufacturers. In general, they are an excellent resource.

They also attend periodic classes to keep current on regulations within the industry. Jewelers maintain their

knowledge and understanding of the precious metal and gemstone markets.

Technical expertise isn't the only aspect to consider. Customers who receive superior service are likely to return for future purchases. You'll want to work with someone who sees more than dollar signs behind each customer.

People often regard their jewelry as a kind of financial or sentimental investment for family members. A professional understands the emotional bonds symbolized by a piece of jewelry and treats it accordingly. Many jewelers are sensitive to the needs of each customer.

A discount store may offer an unbelievable price on a piece of jewelry; however, if it seems too good to be true, it probably is. Inexpensive prices are often an indicator of lower quality gemstones and metal components with lower purity. When the item breaks, it might be

impossible to take it back for a repair or replacement because the seller has moved on. Some dealers focus solely on profit.

Doing business with a jeweler you know and trust will make a big difference when it is time to make a significant investment in a ring, necklace or watch. He or she will make every effort to get you the best possible price without sacrificing quality.

Anyone can sell jewelry. Malls across America are filled with jewelry stores. But a dedicated professional jeweler doesn't just sell precious metals or gemstones. He or she brings a keen eye for the beautiful and stunning quality of each piece.

It is true that price is important, but it shouldn't be your top consideration. You will get better value for your money when you do business with a jeweler you can trust — now and 20 years from today. High-quality workmanship starts with the jewelry and ends with your satisfaction. ■



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MYSTERIOUS noises

Have you been experiencing cold spots, self-closing doors, or weird noises in your home? With Halloween right around the corner, these weird noises can allow our imagination to get the best of us. But fear not, the HVAC Ghostbusters are here.

We have all watched horror films of cold spots indicating that a ghost or spirit is present. Before concluding that you have unwanted company, check the air filter in your HVAC. Built-up dirt and debris in the air filter will result in limited airflow, creating cold spots around your home. If the filter is clean, check to see if any vents in your home are closed. Closing vents around your house can also limit airflow and potentially lead to other problems with your system. Lastly, if your system is not the right size for your home, this can be the source of cold spots. Seek professional advice to determine whether you have the right system for your home.

There is nothing scarier than a door suddenly closing on its own. Before this sends you running out of your house, look for drafts around doors and windows. Drafts around these areas will have no problem slamming doors shut or open without human help. Unwanted drafts can be a sign that your system has a pressure imbalance. No worries, this is a problem that your HVAC technician can solve without difficulty.

Have eerie noises been sending shivers down your spine? You may be experiencing loud banging or wailing noises coming from the direction of your HVAC. A noisy system can be due to a lack of maintenance or a sign that a repair is needed. Routine annual maintenance is the key to keeping the creepy noises away.

While we are on the topic of maintenance, the most frightening systems are the ones that don't receive annual upkeep. Don't allow your system to turn into a monster. If your system is not on a maintenance program, it's not too late to start. Maintenance programs include many benefits, such as catching repairs early, keeping your warranty valid, and ensuring that your system is running at its highest efficiency.

Hopefully, these tips help you solve the Halloween mysteries around your home. Save the scares for fun holiday activities by making it a point to give your heating and cooling system the necessary care and maintenance needed to function efficiently. ■

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



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HEALTH

By Dr. Jason Brown

IMPORTANCE of mouth guards in student sports

It is estimated that 20-25 million boys and girls in the elementary and adolescent years engage in competitive sports (Nationwidechildrens.org). According to the American Dental Association, 10-20% of all sport-related injuries involve the face/mouth region, with the most common orofacial injury being teeth trauma.

The ADA recommends that custom mouth guards be worn for both practices and games for most contact sports including but not limited to: ice hockey, football, lacrosse, basketball, martial arts, rugby, skateboarding, and even sports you may not think about wearing one such as weightlifting, gymnastics, shot putting and skydiving. Mouth guards can be made at the dental office to fit your teeth specifically for ideal comfort and a sleeker design. Other guards out there are stock (ready-made) guards or the "boil-and-bite" guards that still provide good protection.

In any contact sport, a player can potentially be hit in the mouth. With any significant mouth trauma, the player should then be seen by a dentist as soon as possible for necessary care. A player is 60 times more likely to experience tooth injury when not wearing a mouth guard according to the National Youth Sports Foundation for Safety. ■

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 Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.



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WELLNESS

By Lacie Navin

DIFFERENCES between Delta-8 and Delta-9

Delta-8 has been newly legalized in Iowa and is a hot item in the cannabis market.

Delta-9 THC is the product we've known, heard of, or maybe experienced. Molecularly speaking, Delta-8 is an isomer to Delta-9, or they have the same formula but a different arrangement of atoms. Delta-8 THC's double bonds are on the eighth carbon atom, while Delta-9 THC's double bonds are on the ninth.

The double-bond placement determines how it interacts with CB1 receptors in the body's central nervous system. To simplify, it means, although similar, they interact with the body differently than one another.

Let's generalize: Delta-9 products tend to be a bit more intense in the mind, more euphoric, and help with depressive and sleeping issues. Delta-8 is less intense in the mind, it doesn't create anxieties or paranoias but is said to have an uplifting euphoria overall.

Remember, both cannabinoids (Delta-8 and 9) are beneficial, so you can't go wrong. As always, look for labs, QR codes and compliance with licenses when buying any cannabis product, but especially these newer Delta-8 products. ■

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



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REAL ESTATE

By Jamie Thompson

PREPARE now for selling your home in the winter

Are you thinking of selling your home during the holiday season or in the upcoming winter months?

Take exterior photos/video now: Don't wait until your house is decorated to the nines for a holiday or there is snow on the ground. Take advantage of the beautiful foliage and green grass to help showcase your home at its best.

Seasonal décor: Don't go overboard with seasonal or holiday décor when listing your home. For starters, homes are taking a little longer to sell these days, so you don't want pumpkins in your photos still in December. Also, too much clutter or holiday décor could turn some buyers off. Make sure if you are listed during the holidays to keep your décor tasteful and clutter free.

Take advantage: Many people wait until spring to sell their home. When more people list at the same time, competition increases. You have better odds to sell for the highest price when there are fewer homes like yours on the market. Also, buyers who continue to look during the holiday and winter months seem to be more serious and know what they want.

Tackle updates/repairs: Know of something you'll need to update or fix to sell? Well, let's get on it now. The more you can plan and get ahead of, the less stress you will be under when it's time to go on the market.

Having a real estate professional to guide you, no matter what season you are in, is the best plan you can have. ■

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



LEGAL issues to address when losing a spouse

Losing a spouse can be one of life's most stressful events. In addition to coping with the loss of a loved one, the survivor must make important decisions.

The surviving spouse may have to take on new responsibilities, such as managing household finances or returning to work. The loss of a spouse has a major impact on the survivor, both emotionally and legally. A handful of legal issues should be addressed when a spouse passes away.

First, the surviving spouse must locate the will. The will names an executor to handle the administrative responsibilities of settling the estate, such as paying final bills, disbursing assets, and filing final income and estate tax returns. The executor may be the surviving spouse or someone else. If there is no will, the probate court can appoint someone to



administer the estate. It is essential to hire an experienced attorney to assist with the probate process.

Even if the decedent and a surviving spouse owned most or all property jointly, legal actions are required to finalize the estate. Iowa law requires that an original Last Will and Testament be filed with the clerk of court, even if there will be no probate of the estate. Title to jointly-owned real estate must be transferred to the survivor. This must be done through a document filed with the local county recorder. Assets such as investment accounts and life insurance should be transferred to the named beneficiary.

The will isn't the only document required to settle an estate. Financial documents and information to file claims for insurance and other benefits are also needed, including:

- Death certificate
- Trust information
- Abstract of title to real estate
- Original stock certificates

- Information on bonds
- Financial account statements (bank accounts, investments, retirement accounts)
- Insurance policies
- Vehicle registration and insurance information
- Appraisals of any tangible personal property that has significant value, such as antiques, artwork, or collections

A surviving spouse should then review their own estate plan. The passing of a spouse is a good time to update a Last Will and Testament and to ensure that advance directives (powers of attorney and a living will) are in place. A widow or widower can also assess the remaining assets to plan for strategic gifting or the possibility of needing long-term care. ■

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

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MEDICARE Annual Enrollment

Why you should revisit your plan each year.

Medicare is not “set it and forget it” health insurance. You need to revisit your plan each year. A little work can save you money and prevent surprises when you visit the doctor or pick up a prescription. If your plan doesn’t meet your needs, you can make changes during the Medicare Annual Enrollment period, which runs from Oct. 15 through Dec. 7.



Each year, you need to check on the three P’s: providers, prescriptions and pharmacies to ensure your plan still covers your preferences. Why? Because insurance carriers frequently renegotiate provider contracts, which can change the terms of your supplement plan.

Start with your providers — these are your doctors and specialists. If they are no longer in-network, it might be time to switch to a different plan or provider.

As for prescriptions, I’ve heard horror stories about people going to the pharmacy to pick up medication and finding out that it’s no longer covered or coverage has changed. The out-of-pocket costs can skyrocket.

Make sure your preferred pharmacy is still part of your network, too. I’ve run the numbers for the individuals and families we work with on this. In one scenario, we found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at an in-network pharmacy and \$1,117.80 at one that is not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine.

Supplement plan changes can also impact your premiums, copays and deductibles, plus other benefits, like X-rays, prosthetic devices and physical therapy. Extra things like gym memberships, chiropractic visits, and meal deliveries are worth checking. These things often get added to — and dropped — from plans. During annual enrollment, you can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G). You can also move from one Advantage Plan to another or from one prescription drug plan to another. ■

Information provided by AnnaMarie Morrow, director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Medicare.gov.

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You can vote in one or every category, or anywhere in between.

Mail in this paper ballot or vote online at the link by scanning this QR code, by Dec. 9, 2022.

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8. Favorite Dallas County Gymnastics Studio
9. Favorite Dallas County Doctor (person)
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18. Favorite Dallas County School
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29. Favorite Dallas County Place for Ice Cream
30. Favorite Dallas County Daycare
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32. Favorite Dallas County Preschool
33. Favorite Dallas County Library
34. Favorite Dallas County Chamber of Commerce
35. Favorite Dallas County Camping Spot
36. Favorite Dallas County Photographer
37. Favorite Dallas County Dance Studio
38. Favorite Dallas County Place to Take Your Mom and Dad
39. Favorite Dallas County Place to Take Your Kids or Grandkids
40. Favorite Dallas County Place for Auto Service
41. Favorite Dallas County Place to Purchase a Gift for a Woman
42. Favorite Dallas County Place to Purchase a Gift for a Man
43. Favorite Dallas County Realtor (person)
44. Favorite Dallas County Bar
45. Favorite Dallas County Place for Guests to Stay
46. Favorite Dallas County Coffee Shop
47. Favorite Dallas County Florist
48. Favorite Dallas County Landscaping Company
49. Favorite Dallas County CPA (person)
50. Favorite Dallas County Insurance Agent (person)
51. Favorite Dallas County Pharmacy
52. Favorite Dallas County Grocery Store
53. Favorite Dallas County Nursery or Garden Center
54. Favorite Dallas County Senior Living Facility
55. Favorite Dallas County Home Builder
56. Favorite Dallas County Home Improvement Retail Store
57. Favorite Dallas County Home Improvement Contractor
58. Favorite Dallas County Plumber Company/Plumber
59. Favorite Dallas County Electrician (business)
60. Favorite Dallas County Heating and Cooling Business
61. Favorite Dallas County Lawn Care Business
62. Favorite Attorney or Law Firm
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A BIT of the Irish

Vance incorporates tradition in her Halloween celebrations.

During the 1840s, Irish immigrants fled to the United States to escape the potato famine. They brought with them the practices and customs of Halloween. While Halloween in the 19th century looks very different from today, Waukee's Haley Vance strives to incorporate her Irish roots and the history of the holiday in her decorations and holiday practices each year.

2022 marks Vance's first year celebrating Halloween as a homeowner. To take advantage of her new real estate, she built a graveyard in her front yard. With the help of her dad and a reluctant husband, Vance crafted an impressive Halloween display. The team ripped apart wooden pallets, went to ReStore to find inexpensive paint and materials, and dug up rocks from Vance's parents' property. In the end, crosses, tombstones, hanging ghouls, skeletons and an inflatable tree will face Cedar Street on Beggar's Night.

"Halloween, it's almost like a competition because I have other neighbors who are doing stuff. The more they add stuff, the more I'm like 'OK, how can I spice this up so that I'm the spookiest house on the block?'" Vance explains.

Vance hopes to entice kids to enter the "graveyard."

"I was trying to think of a name that would rhyme with treat like 'visit pirate Pete and you'll get an extra treat' to kind of coerce them into the graveyard."

Two tombstones featured in the display are just for fun. One of them is for her husband because he was "driven to insanity" by his wife. The other has two skeleton feet and reads "Here lyeth Henry Wadsworth, he fell in headfirst." The rest of the graveyard members are based on historically accurate pirates, including two of the most famous female pirates.

Two pirates, who were married in real life, lie together at the front of the display.

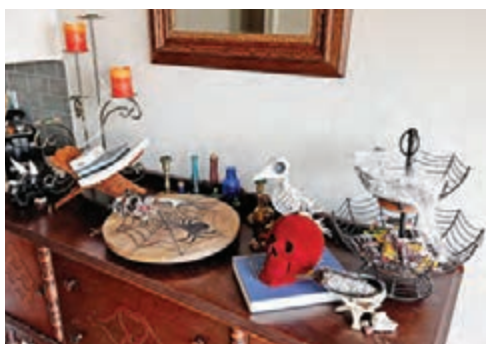
Vance's home is located on the end of Cedar Street in one of Waukee's newest developments. The house does not get a lot of cross traffic and might not get many passersby on Beggar's Night. To combat this, Vance plans to talk to her neighbors and use Facebook groups to get people to walk down to their house.

"With Christmas, you have to be good; with Halloween, you don't have to."

Halloween is Vance's favorite holiday, and she enjoys the fall weather. Remaining true to her Irish roots, Vance holds a big feast on the night of Hallows' Eve. Vance's mother and aunt grew up in Ireland and hand-made costumes and did creepy makeup for Vance when she was little. These memories instilled a love for Halloween in Vance. Today, she continues those family traditions and hand-makes costumes for her own kids. ■



Haley Vance created a spooky graveyard.



Decorating for Halloween in a long-time tradition for Haley Vance.



OUT & ABOUT

BUS Tour

Waukeewaukee Area Chamber of Commerce Economic Development Bus Tour was held Sept. 8.



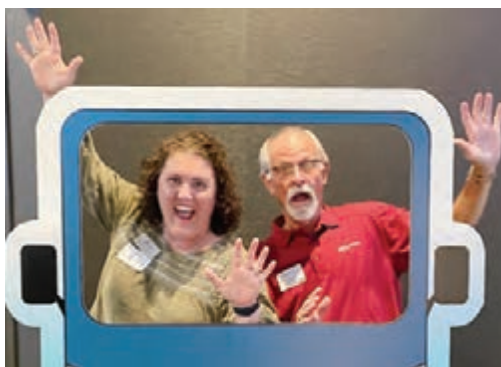
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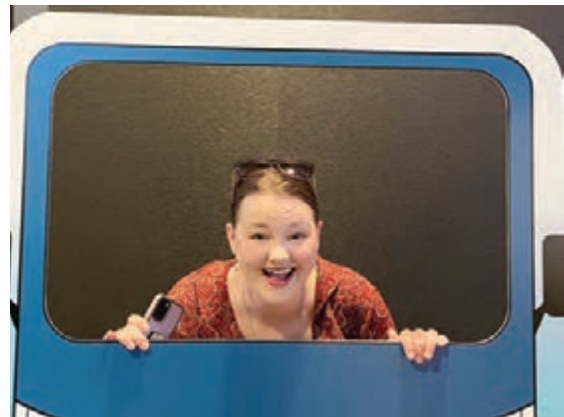
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OUT & ABOUT

RIBBON Cutting

Waukeee Area Chamber of Commerce hosted a ribbon cutting for SPENGA, 1176 S.E. University Ave., Waukeee, on Sept. 23.



Waukeee Area Chamber of Commerce hosted a ribbon cutting for SPENGA, 1176 S.E. University Ave., Waukeee, on Sept. 23. The business features spin, strength and yoga workouts.



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