

WAUKEE

FEBRUARY 2023

Living

FROM 0 TO 50

Couples reflect on their
50 or more years of
marriage

Baked Vegetarian Taquitos
RECIPE

Meet new PD Chief Chad McCluskey
COMMUNITY

Warburtons take home improvement a little at a time
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8 winter skin care rules for young children



1. Turn home temperature down and moisture up. Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air.

2. Moisture is not good everywhere. Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.

3. Seal the skin following a bath. Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.

4. Hydrate and eat right. Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.

5. Teach good habits early. Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.

6. Keep baths short. Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.

7. Get smart about soap. Children don't need fragrant soaps. Formulations that are fragrant-free and soap-free are best. Body washes should not need to be scrubbed. Wash gently and pat dry.

8. Sunscreen is still needed in winter. The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.



I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than halfway there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to “give your sweetheart a kiss and tell her you love her every day.” Another said to remember to “forgive and forget.” And yet another very honest man told me, “Hearing loss isn’t all that bad.”

Malcolm Gladwell wrote in his bestselling book, “Outliers,” that “10,000 hours is the magic number of greatness.” He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month’s feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■

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FROM 0 TO 50

**Couples reflect on their
50 or more years of
marriage**

By Jackie Wilson

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.

John and Barb Shoeman met in Waukee and have been married 67 years.

FEATURE

Shoemans married 67 years

John and Barb Shoeman have many stories to tell from their 67 years of marriage.

Barb, 85, and John, 93, recall how they became acquainted. Barb was working at a restaurant off Highway 6 in Waukee that John's dad frequented. They got to know one another, and he spoke of his son, John, frequently. One day, he told Barb about his son coming home from the Navy.

John, along with his cousin, went to the café, where he met Barb.

"She had pretty red hair, and she was nice to talk to," John says.

While the three of them talked, she told them she got off work at 9 p.m. They offered to pick her up.

"I called my dad and told him not to wait up as I was getting a ride home that night," she recalls.

As she was just 16 years old at the time, they look back now and are amazed her dad wasn't too concerned

about her getting a ride from an older man. John was 24. Yet Barb reassured her dad everything was good.

"I'd met his dad and knew him so well and thought it was safe," she says.

The two began dating. A few dates involved going to drive-in movies where the old Dahl's used to be. Barb reminded John that he drove into the ditch shortly after they met. He pondered a moment, then agreed, saying, "Back then, the roads were all gravel. I hit the gravel and turned the car over."

The pair married in 1955, the year Barb graduated from high school, two days before her 18th birthday. They planned on marrying on a Saturday; however, Barb's parents had planned a trip to Colorado, and they were leaving on that day. They rescheduled the wedding for a Wednesday night. Barb had gone to work that morning, and her coworker couldn't believe it when she told her that she was getting married that evening.



John and Barb Shoeman were married on a Wednesday evening after work.

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FEATURE

The couple stayed in Waukee, raising their family. They have four kids, seven grandkids and five great-grandchildren. They lived in rural Waukee near the new Northwest High School until last year when they moved into town.

Raising their kids on a farm was ideal, they say. Barb stayed home with the kids, and they participated in 4-H and other school activities. John farmed for 10 years then worked at the phone company for 30 years. He says Waukee was a small town, where everyone knew everybody.

"I'd drive home, and there was nothing on Highway 6," he says.

After he quit the phone company, an opportunity came up to haul garbage.

"I got a call from the mayor that someone was dumping trash in the middle of the street. I had a pickup truck, and he suggested that I help pick up the garbage."

He made as much money in one day hauling garbage as he did in one week at the phone company. Barb made out the bills for the service.

"We had to go door to door to collect the

money," he says.

As the kids got older, Barb went to work at Von Maur in 1976. She was a bra-fitting specialist and well known for her expertise in helping women.

"I'd put my hand on her back and know exactly what size bra they were," she says. "I had people coming up so surprised, but I must have had a good reputation. I was good at what I did."

She worked at Von Maur for 26 years. When the store closed at Valley West Mall, she was there for the last day. When it reopened at Jordan Creek Mall, she attended opening day as well.

"The owner, Jim, knew what department I'd been in. He said he'd hire me if I ever wanted to come back."

The biggest change the couple has seen in Waukee is the growth.

"When I went to school, there was only one school. Now, people change schools just to go to a certain high school," says John.

Technology has become huge. They like how they can connect more easily, but there is a downside. They recently had a family dinner,

and everyone was on their phones.

"At dinner, we used to sit and talk. Kids are on it all the time," says Barb, holding up her phone.

John says he spends most of his time with family, as he's lost a lot of friends.

"All my friends are dead — most of them anyway," he says.

The secret to their long-term relationship is good communication, they say.

"We've always gotten along. We're always doing stuff together," says John. "I didn't come home from drinking all night. Barb has always been a worker. I appreciated her, and I always enjoyed her cooking."

50 years strong

The night before Jeanne and Sam Pelletteri were set to celebrate their 50th wedding anniversary with a family dinner, Jeanne fell and wound up in the hospital. She recovered, and the dinner was rescheduled for another date. No big deal, as the Pelletteris have weathered their ups and downs throughout their 50 years together.

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and we’ve been together for a long time.
She’s still my best friend.”**

— Sam Pelletteri

The couple moved to Waukee 11 years ago, after they retired. They wanted to be closer to their daughter and grandchildren in Urbandale.

Jeanne and Sam recall how they met more than 50 years ago. Sam was stationed at Offutt Air Force Base near Omaha. Jeanne live in Glenwood, south of the base. The pair met through mutual friends.

“We double-dated three times before we went out by ourselves,” says Jeanne. “You had to watch out for those Air Force guys.” They got married in Glenwood with

a big ceremony, followed by a party with cake and punch.

Jeanne worked at Wells Fargo while Sam worked at Monsanto as they settled in Muscatine. They have two kids and two granddaughters.

While raising their kids, the family stayed active with their kids’ school activities, including music and sports, while Sam coached their son’s baseball team.

“We spent most of our time going to kids’ events,” says Sam.



Jeanne and Sam Pelletteri of Waukee recently celebrated 50 years of marriage.

Thank you

I am honored to be voted *favorite insurance agent* in Dallas County for the Iowa Living 2023 Residents’ Choice Reader Poll. I will continue my commitment to building positive and supportive relationships and am grateful for a community that allows me to do so.



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HOW SECURE Act 2.0 could impact your retirement

Lawmakers have changed retirement rules again. SECURE Act 2.0 is a giant piece of legislation signed into law just before Christmas. It includes more than 90 retirement provisions. Some of these new laws could immediately impact your retirement plan.

As of Jan. 1, 2023, the Required Minimum Distribution (RMD) age has increased to 73 (from 72). Generally, RMDs apply to traditional IRAs and employer-sponsored retirement plans like 401(k)s. If you turned 72 in 2022 or earlier, you should continue to take RMDs as scheduled. If you're turning 72 this year and you've already scheduled your distribution, you can still take out the money or wait until 73.

We are reaching out to the families we work with in this situation. Some need the distribution as retirement income; others could be pushed into a higher federal tax bracket and may want to wait to take the distribution.

A friendly reminder for my fellow Iowans: Local lawmakers made changes impacting taxes this year. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans such as a 401(k).

Back to Washington, another immediate change decreases the steep



penalty for not taking an RMD from 50% of the RMD to 25%. The penalty is reduced to just 10% if the account owner withdraws the amount not previously taken and submits a corrected tax return in a "timely manner" (generally within two years).

This legislation comes three years after the SECURE Act of 2019, which changed the RMD age from 70 ½ to 72 and eliminated the stretch IRA. I was a vocal critic of the 10-year rule replacing the stretch IRA.

Instead of being able to stretch distributions over a lifetime, those inheriting an IRA from someone other than their spouse have to take the money out within ten years.

This can create a significant tax bill for beneficiaries. We reached out to many of the families and individuals we work with to discuss how the law change could impact their legacy plan. Some chose an IRA relocation strategy and the ability to see more of their money go to their loved ones and less go to taxes.

If the financial advisor you are working with isn't reaching out when retirement laws change, you may not be working with a team specializing in retirement planning. Your retirement planner should be watching what's happening in Washington so you can focus on the fun stuff, like living out your retirement vision. ■

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

ARE YOU WORRIED ABOUT THE SECURE ACT 2.0 AND YOUR RETIREMENT?



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MEET Chad McCluskey

Waukee's new police chief

The City of Waukee welcomed a new police chief on Jan. 16. Chad McCluskey replaces longtime chief John Quinn, who retired in December.

McCluskey was previously a public safety chief for the City of Windsor Heights. As public safety officer, he is both a firefighter and a police officer.

"A true public safety officer is cross-trained with both fire and police," he says.

He's been in the public safety arena for 35 years — 26 of those years in law enforcement.

At age 13, he started as a junior firefighter where he was raised in Kansas.

"I grew up watching the firetrucks go by," he recalls.

He spent time as a volunteer firefighter, a 911 dispatcher, then later in the public safety realm his remaining years. He enjoys being in a helping position as both a police officer and a firefighter.

"I've got the opportunity to make a difference in people's lives. You don't always know how you've helped others. Some might call and tell you, but sometimes you never know the true impact on other people's lives," he says.

At his previous posts in Kansas, he also had three police dogs throughout his career. When he moved to Iowa, he brought his retired police dog with him. The 14-year-old dog recently died.

While in Windsor Heights, the police and fire department operated as one unit.

"It was a great community. I had an amazing team. It's truly bittersweet to leave them," he says.

He adds that the Waukee position presents an opportunity to grow.

"I'm looking forward to focusing on just one discipline," he says. "It will help me get out of my comfort zone."

His top priority continues to be public safety, and he feels it's important to develop relationships with the community.

"My goal is to do everything we can to enhance and build partnerships and relationships. We succeed by having relationships with the community and providing quality service to those who need it," he says.

McCluskey recognizes he's inherited a talented team of officers at Waukee.

"Waukee has an amazing group of police officers. I hope to continue the strength and continue to do good work in the community," he says. ■



Police Chief Chad McCluskey's swearing-in ceremony was held on Jan. 17.

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MEET Brian Cyr

Teaching architecture and engineering

Brian Cyr is an architecture and engineering instructor at Waukee APEX Innovation & Learning Center.

1. In layman's terms, describe what an architecture and engineering instructor does.

"At Wauke APEX, our focus is to provide professional development and growth experiences to our student-associates by drawing on the expertise of business partners to bring real-world experience to high school. As an architecture and engineering instructor, my focus is to provide the basics of the design process and development tools so that the student-associates can add value to business partners in this sector while exploring career possibilities. Through passion-based learning, authentic projects and experiences, it's a win-win experience for both the students and the business partners."

2. Who is the world's greatest architect, living or otherwise?

"Wow. There have been so many outstanding architects, I don't think I could come up with a single name. Plus, if you asked 10 people more knowledgeable than I, you'd have a huge list. But, since you asked, here are a few that I like, in no particular order: Frank Lloyd Wright, Frank Gehry, I.M. Pei, Michelangelo, Leonardo Da Vinci."

3. You have a time machine that can go backward or forward, but you have to pick just one. Which do you choose, and where do you go?

"I would go forward. I've always been a tech-nerd, having studied electrical engineering and computer science in college, and I would love to see how technology advances in the future. I would probably go to one of today's technology hotspots, like Silicon Valley, Japan or South Korea. But, who knows, maybe the technology hotspot of the future would be in South America or Africa?"

4. What would people be surprised to learn about you?

"I really don't know how to answer that one. Mostly, I wear my heart on my sleeve, and what you see is what you get! Some random facts about me: I used to be in a college rock band, I've worked in the development of orbital spacecraft and missiles, and I'm in my sixth year of teaching."

5. Name one thing you've learned this week.

"I recently picked up an acoustic guitar for the first time in years, and this week I learned the Johnny Cash version of 'Hurt,' by Nine Inch Nails. Not a difficult song to play, but it was fun to learn."

6. What is the one structure in the world that you look at and think, "I wish I'd built that"?

"In my case, I don't really think about the building of structures but about electronics development. I sometimes look back and wish I had invented something meaningful at the beginning of the personal computer era in the '70s and early '80s when I was learning that material in college. It'd be nice to be a gazillionaire now."

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

"When I was a kid, I lived in the Bahamas for four years, due to my dad's work with the USDA. I think I could easily see myself living in the Caribbean for the rest of my life."

8. Who is your favorite historical figure and why?

"Maybe someone like Leonardo da Vinci, who was an innovative painter, designer, engineer, scientist, theorist, sculptor and architect (to name just a few). Some call him the smartest person who ever lived, but I don't know how one could measure that. Regardless, he had so many accomplishments in those fields and others that still impact us today."

9. What's one thing that will always be funny to you?

"I saw the movie 'Caddyshack' in college and still find it hilarious today."

10. You own a store that sells just one item. What would that be?

"Some kind of tech store, maybe that sells computer hardware. I enjoy tinkering and wish there was a local store like that where I could browse for hours." ■



Brian Cyr is an architecture and engineering instructor at Wauke APEX Innovation & Learning Center.



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3 DOCUMENTS for estate planning

It's important to ensure you have a full slate of basic estate planning documents in place. These documents exist in the event of your death or incapacitation and provide your family instructions on how to proceed. Here are the three key documents in constructing an effective estate plan.



Durable financial power of attorney

In the event you become incapable of making financial decisions, a durable power of attorney allows someone you trust to sign documents and manage your assets. You can give someone a limited power of attorney that limits the authority to specific transactions, but a durable power of attorney that covers all transactions gives you a trusted ally available to handle your affairs regardless of what lies ahead.

Last will and testament

Most people know what a will is, but less than 40% of Americans have one. While it is difficult to contemplate your own mortality, it can be just as painful to think of leaving a mess for your heirs if you are no longer here. A will appoints an executor — the person who will manage

your affairs — and outlines a plan for the distribution of your assets.

A will can provide comfort to the person creating it, especially if you have children who are unable to handle or manage money. Avoiding the creation of a will can cause untold problems; if you don't take the time to create one, the State of Iowa will simply distribute your assets for you — and not necessarily the way you want.

Medical directives

A healthcare power of attorney is in place for a designated representative to be able to communicate your wishes to medical professionals if you are unable. These documents also include instructions as to whether you want life-saving measures performed. Healthcare directives remove the need for your family members to make heart-wrenching decisions for you, which can be especially concerning if those decisions wouldn't necessarily match your own.

It's not easy to think about death, much less plan for it, but the true focus of estate planning is taking care of yourself today and your loved ones in the future. Schedule an appointment with an experienced estate planning attorney to make sure your plan is in place. ■

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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EVENTS IN THE AREA

Be sure to check for cancellations.

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



Bloody Science

Feb. 27, 6:30-7:30 p.m.
Waukee Public Library, 950 S. Warrior Lane

Learn about what blood is made of, how it travels through the body, and how it aids in organ function. For students in grades 6-9. Each student will get to make a bag of fake blood. The curriculum for this program was developed by Iowa State University Program for Women in Science and Engineering. Registration is required, <https://waukeepubliclibrary.org/events/bloody-science-0>.

One Million Moments WCSF Annual Auction Event

Feb. 25
Sheraton West Des Moines Hotel

Tickets are on sale now for the Waukee Community Schools Foundation's Annual Auction Event. Enjoy a "come as you are" grown-ups night out with both live and silent auctions, dinner, drinks, games and entertainment. Tickets online, <https://e.givesmart.com/events/t1m/>, and at the door are \$90.



Vietnam-era veterans recognition

An event to honor and thank Dallas County veterans who served during the Vietnam era will be held Saturday, March 25, 9-10 a.m. at the Van Meter Veterans Reception Center, 910 Main St. A light breakfast will be provided, and there will be drawings for door prizes. RSVP by March 1 by emailing kenyonmargie67@gmail.com.

Legislative Coffee

Saturday, March 11, 9:30-11 a.m.
Waukee City Hall - Council Chambers, 230 W. Hickman Road

Join the Waukee Area Chamber of Commerce for a Legislative Coffee. Waukee State Senator Sarah Trone Garriott and State House Representative Kenan Judge will speak to Waukee residents and Chamber members about what is happening at the state level and offer the opportunity to ask questions. This event is free to attend but registration is required online, <https://members.waukeechamber.com/events/details/legislative-coffee-123?calendarMonth=2023-03-01>.

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West Glen Town Center

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Celtic Concert

Saturday, March 4, 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa (www.crossroadsofiowa.org) is hosting a fundraising Celtic concert with the popular ClearJoy Music duo performing. There is no admission charge, but donations will be appreciated. Overflow parking is across the street from Windsor Church on University Avenue and a smaller lot is on the corner of 64th and University, east of the church.



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EVENTS IN THE AREA

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ONLINE legal resource and job opportunities

If you're navigating hard-to-understand topics and the laws surrounding them, the People's Law Library of Iowa is your new best friend.

Last year, the State Library of Iowa sought grant funding to create a resource for Iowans to overcome obstacles when accessing the Iowa justice system. When funding was available, the State Library reached out to the University of Iowa Law Library to partner in creating the People's Law Library website.

The People's Law Library of Iowa is meant to be a website with basic information about the law. This resource is a good starting point for understanding Iowa's laws on topics like family law, landlord/tenant law, consumer law and more. No legalese, just easy-to-understand information.

Visit waukeepubliclibrary.org/online-library to access the People's Law Library link and other free resources.

The City of Waukee has more than 100 seasonal job openings, including some at the

Waukee Public Library. Whether you love to be outside or inside, interacting with a lot of people or a small group of colleagues, there's likely a job that could suit you. View all the open positions at governmentjobs.com/careers/waukee.

To learn more about the Waukee Public Library and its services, visit waukeepubliclibrary.org.

Events

Most events will require advanced registration and can be viewed at waukeepubliclibrary.org/calendar.

Art Gallery Exhibit: Simple Pleasures and Quiet Places, Robin Fisher, March 3-30.

For kids

Explore Robotics, Sunday, March 19, 2 p.m. Get excited about robotics technology. Students from FTC Robotics team Aztechs will be sharing their knowledge and enthusiasm for

robotics. Stop in to see their robot in action and to learn more about solving real-world problems with technology. Recommended for students in grades K-8 and their caregivers. Registration is requested.

For teens

DIY Rice Krispie Treats, Monday, March 6 and 27, 6:30 p.m. Learn to make your own single-serving Rice Krispie treat. The March 6 event is for students in grades 10-12, and the March 27 event is for students in grades 6-9. Registration is required.

For adults

Stagecoach Women, Sunday, March 18, 1 p.m. This talk by author Cheryl Mullenbach offers an expansive overview of stagecoach history in the United States. The talk is enriched by the personal stories of women who contributed to the evolution and success of a captivating part of American history. Registration is required. ■



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CITY OF WAUKEE BULLETIN

FEBRUARY 2023

UPCOMING EVENTS

- **Registration Opens for Spring & Summer Programs**

Beginning Mar. 1 at 8 a.m.
Waukee.org/Registration

- **Curbside Yard Waste Collection Resumes**

Mon., April 3

- **Snacks & Facts: Small Space & Apartment Gardening**

Mar. 3 at 11 a.m.
Waukee Community Center

- **Regular City Council Meetings**

Mar. 6 & 20 at 5:30 p.m.
Waukee City Hall and Zoom

- **Explore Robotics**

Mar. 19 at 2 p.m.
Waukee Public Library
Registration requested at WaukeePublicLibrary.org

For more
information
scan to visit
our website.



Spring & Summer Recreation Programs

Register for Parks & Rec Programs March 1!

The 2023 Waukee Parks & Recreation Spring/Summer Program Guide is now posted at Waukee.org! We have lots of programs, activities, trips and festivals to fill your spring and summer. Highlights include:

- Waukee's popular festivals/events such as the April 8 Easter Egg Hunt and a two-day Independence Day Celebration July 3-4
- Movies in the Park featuring: "Minions: The Rise of Gru", "Top Gun: Maverick" and "Black Panther: Wakanda Forever"
- Youth sports, such as Mini Sluggers T-Ball, Parent/Child Blastball and Introduction to Soccer
- Accessible sport opportunities with Miracle League® and Can Play
- Youth camps, including All-Star Sports, Art in the Park, Explore the Outdoors, Super Snackers and more
- Youth art, cooking, dance, martial arts, tumbling and yoga activities
- Adult sports and activities, including coed softball, sand volleyball, pickleball, yoga, disc golf, bags and CPR certification
- Adult meal prep parties, bingo and Snacks & Facts opportunities with the Waukee Public Library
- Bus trip to the Iowa State Fair for Older Iowans Day

Register for programs beginning Wednesday, March 1 at 8 a.m. at Waukee.org/Registration. View the program guide at Waukee.org/ParksandRec. Information about Sugar Creek Municipal Golf Course season passes, events and camps can be found online as well. And, as always, Waukee Parks & Rec shelters, pavilions and ball fields are available to rent and reserve.



Waukee
THE KEY TO GOOD LIVING



New Appointments to Boards and Commissions

On Jan. 17, Mayor Courtney Clarke appointed seven volunteers to serve on City boards and commissions. The 2023 appointees are: Juan Garcia extended for another term on Board of Adjustment; Megan Bankole to Board of Appeals; Theresa Ward, Jessica Mitchell, and Logan Murray to Park Board; and Heather Lohse and Lucas Beenken to the Planning & Zoning Commission. The new Public Art Advisory Commission was filled with seven commissioners, appointed in November, who are beginning service this month: Jon Eichhorn, Megan Giudicessi, Weston Mallgren, Kathryn Murray, Abbey Christensen, Amy Schrodtt and Charlie Notheis. Thanks to all for their service.



Job Openings for the City of Waukee

If you're looking for a summer job, check out a wide range for options at Waukee.org/Jobs. If you love being outside and seeing the results of your efforts, a laborer, groundskeeper or field crew opening could be a great fit. If you enjoy interacting with people and want to gain customer service experience, a concession, clubhouse or recreation program role would be a great opportunity. Roles range from 10 to 40+ hours weekly with wages ranging from \$11-21 per hour, depending on position. If you have internship hours to fill and/or want to try out a future career path, apply for one of our great internship opportunities.

Regular full-time or part-time openings for Police, Fire and City positions are also posted at Waukee.org/Jobs.



Enter the Easter Coloring Contest

Help spread some Easter cheer in the Downtown Triangle District! Print a coloring sheet and entry form from Waukee.org/ColoringContest or pick one up at the Parks & Recreation office. The contest is for all ages (adults too!) and runs March 1 through March 31. Winners will receive an egg'cellent Easter basket filled with goodies! Then join us April 8 for the Easter Egg Hunt at Centennial Park.



Safety City and Bike with Cops

Registration opens soon for two youth programs with the Waukee Police Department. This June, incoming Waukee Community School District kindergarten students can learn from officers and volunteers during the week-long Safety City (\$50) program.

There are three sessions: June 12-16, June 19-23 and June 26-30. Students in 2nd-6th grades can attend "Bike with Cops" (\$20) on Saturday, May 20. Register for both at Waukee.org/Registration beginning March 1 at 8 a.m.



Record Commercial Growth in 2022

Commercial growth is on the rise in Waukee. In 2022, the City of Waukee issued 28 commercial permits, up from 19 in 2021, and valuation quadrupled to \$103 million. Smart city planning combines with cohesive execution to support continued growth with infrastructure, community amenities, housing and more. In fiscal year 2022, the City of Waukee invested \$53.75 million in infrastructure, including wrapping up major road improvement projects for Warrior Lane and Ashworth Road.



In 2022, residential permits slowed compared to 2021, but the City of Waukee saw a significant increase in the number of units from multi-family permits: 690 units for 2022 vs 367 units for 2021. The increase in units for multi-family reflects market trends in housing costs as well as Waukee's continued growth.

WAUKEE.ORG

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WAUKEE American Legion Riders raise \$10,000

Donate to the Ride The Thin Blue Line

The American Legion Riders of Waukee Post 737 spearheaded a fundraising adventure partnering with 28 different Dallas County establishments to create the Dallas County Bar Hopper Pass: a passport-type booklet giving individuals that purchased the book a free item at the participating establishments. The proceeds raised from sales were then donated to Ride The Thin Blue Line (RTTBL), an initiative started by retired Dallas County Sheriff Chad Leonard to build a Law Enforcement Memorial. The participating restaurant and bar owners championed the cause by keeping books on hand to sell and encouraging their staff to promote the cause with patrons. The community as a whole came together and were able to raise healthy and heartfelt donations.

Ride The Thin Blue Line has already started the work of clearing the area along the bike trail behind the Dallas County Sheriff's office and are working with designers and engineers to make the project come to life.

For more information about the project, watch the video, www.dropbox.com/s/gy4c1w7clj8mttb/Ride%20The%20Thin%20Blue%20Line%20Update%20V1.2.mp4?dl=0

If anyone is interested in donating, checks can be mailed to: Ride The Thin Blue Line c/o Dallas County Sheriff's Office, 28985 Thin Blue Line Lane, P.O. Box 187, Adel, IA 50003. ■



The American Legion Riders of Waukee Post 737 present a donation to Ride The Thin Blue Line. Attending were Ron Woodard, Riders Director John Parcel, Riders Vice Director Treg Marcellus, RTTBL President Corey Champlin, RTTBL Vice President Chad Leonard, Brian "Doc" Crites and Mary Woodard.



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MISS Black Hawk Valley named

Arndt honored with Outstanding Teen award

On Jan. 14, Izabella Arndt, 15, of West Des Moines and a student in the Waukee district, was chosen as the new Miss Black Hawk Valley Outstanding Teen. Held at Strayer-Wood Theatre in Cedar Falls, the Miss Black Hawk Valley Scholarship Competition featured 13 candidates from around the state of Iowa.

Moments after being selected, Arndt shared her excitement about winning the title.

“I feel so overwhelmed but super excited.” She states she is already looking forward to her duties this year, traveling, meeting new people and getting the word out about her social impact initiative, which is Faith, Hope, Love + 1: “advocating for children without a family and providing a little comfort while they wait,” she said. As Miss Black Hawk Valley’s Outstanding Teen, Arndt receives a \$150 scholarship and the opportunity to compete for the Miss Iowa’s Outstanding Teen title in Davenport June 9-10.

Currently a student at Waukee High School, Arndt hopes to pursue a Juris Doctor (JD) Law Degree and specialize in family law/child advocacy.

During her year as Miss Black Hawk Valley’s Outstanding Teen, Arndt will travel throughout Iowa advocating her social impact initiative. She will talk to various government representatives, business leaders, community groups and citizens, urging them to get involved in advocating for Faith, Hope, Love + 1.

Cheyenne Wolfensperger, executive director of the Miss Black Hawk Valley Scholarship program, commented on the new title holder. “Izabella Arndt embodies the qualities a role model for young women and girls should have,” said Wolfensperger. “She’s talented, ambitious and accomplished. We are excited about working with her this year.”

Arndt also received recognition for Teen Overall Interview and Teen Overall Evening Wear and On Stage Question. ■



Izabella Arndt, 15, a student in the Waukee district, was chosen Miss Black Hawk Valley Outstanding Teen for 2023. Photo by Alaina Chenowith @lamariephotography

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'PANDORA'

This cozy and atmospheric delight was just what I needed for a post-holiday mental vacation. Rich with historical details, copious references to Greek mythology and effervescent characters, this sweet story left me with the kind of light-hearted feeling that's hard to find in the middle of dreary winter.

Pandora is the daughter of famous explorers and antiquity dealers who has fallen on hard times. Her parents were killed in a freak accident, and now she's at the mercy of her vile and greedy uncle. Her budding artistic talent may save her, but Georgian England is not an easy era in which to be a talented, single woman. Enter a dashing, but sad, young man named Edward, eager to make a name for himself as a scholar. Together, the two discover magic and wonder among the lies and betrayals that plague them at every turn.

This is a simple but beautifully written tale that captivated me in spite of myself — a bit like a fairy tale that you can't help but love, even when you're a bit jaded. Pick it up if you're looking for a bit of joy. ■

— Review by Julie Goodrich



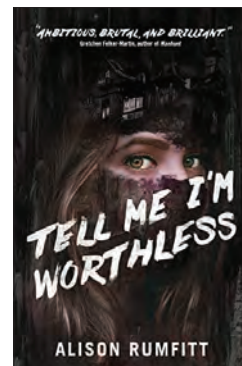
By Susan Stokes-Chapman
1/17/23
416 pages
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'TELL ME I'm Worthless'

Horror isn't a genre for everyone, and, to be very clear, this is one terrifying book and there is a very apt content warning in it for a reason. If you're willing to take the risk, though, you will be amply rewarded with a true piece of art. The author's poetic background is on full display in the rich, profound writing that almost sings — even as it's singing of bloody, violent awfulness.

Alice and Ila are former friends dealing with a shared trauma in very different ways. Alice is scared of everything, despondent and tortured by the past. Ila has chosen a skewed, angry path of hatred instead. Both are haunted by a third character — a bitter, creeping evil in the form of an old house. They will face themselves and a reality neither are prepared for when they are forced to confront the evil that twisted them both so cruelly.

With lovingly crafted echoes of Shirley Jackson, Clive Barker, Helen Oyeyemi and many more, this book dazzles with wry humor, existential dread and a powerful lesson on the seductively destructive power of fascism. If you can handle powerful themes drenched in a truly horrifying package, you are in for something incredible that will haunt you long after it's over. ■ — Review by Julie Goodrich



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To learn about classes offered around the state and to register, call **515-471-8524**. To take a quiz about your current risk factors and learn more about preventing dementia, visit **UnlockingBrainFitness.org**.



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¹Domestic ATM fees are refunded to the account once the Power Checking qualifications are met; if you have a linked Power Savings your ATM fee refunds will post directly to the Power Savings account.

²The qualification cycle (monthly statement cycle) ends on the fourth Wednesday of each month. On this day, transaction counts are finalized and interest is paid. Transactions that have posted and cleared are no longer in pending status. Any transactions pending when the Power Checking qualification cycle ends will not be included in the current cycle.

NEWS BRIEF

HOLMES Murphy announces key hires

Holmes Murphy recently announced the appointment of Andrew Patton as A&E technical consultant. In this role, Patton will help lead risk management education and resources for Holmes Murphy's Architecture, Engineering and Construction clients, drawing upon his background as a construction lawyer in a private practice. He will also manage complex claims, collect trend analytics, work on contract reviews for insurability, deliver educational materials, and be a consultative source for technical industry risk management solutions.

Patton will guide a number of key initiatives to drive further success of this growing field at Holmes Murphy, helping manage risks inherent in professional practice and continuously adding value for clients through a number of actions, including coaching on innovative strategies involving up-to-date products and industry best practices.

Patton brings more than a decade of experience to this role, previously working in professional defense litigation with a focus on construction law, providing legal services for design professionals. Throughout his career, Patton has worked particularly closely with architects and engineers, and groups such as the American Institute of Architects (AIA) and the Engineers Joint Contract Document Committee (EJCDC). Patton is also a member of the Iowa State Bar Association.

Holmes Murphy continues its tradition of elevating the next generation of leadership into strategic roles as it looks to amplify its status as being one of the nation's largest employee-owned-and-controlled insurance brokerages.

The appointment of key leaders into several major roles throughout the Holmes Murphy enterprise has been announced. Each of the individuals propelled into these key roles have considerable experience throughout the industry and have excelled at providing value-driven results over the course of their more than one to two decades with the company. These individuals will continue to lead Holmes Murphy in its mission to provide exceptional service and care for every client's unique potential.

As part of this strategic growth, Jay Freiermuth, Stephani Manning and Lauren Roth have been appointed to Holmes Murphy's Board of Managers. Freiermuth has been with Holmes Murphy since 1997, most recently serving as a senior vice president in the Surety space. Manning and Roth both have over a decade of experience at Holmes Murphy, where Manning has previously held several pivotal roles with Innovative Captive Strategies, and Roth was most recently named president of Avant Specialty Benefits. In addition to her appointment to the board of managers, Manning has also been named president of Innovative Captive Strategies, where she will lead the continued success of this thriving company.

Additionally, Kari Cooling has been named to Holmes Murphy's executive committee. Cooling has held several key leadership positions in her nearly 20-year span with the company and was named senior vice president and managing director of brokerage services in 2022. Cooling is the third next-generation leader to join the executive committee.

Tom Stewart has also been named president of Holmes Murphy's PLUS division, which contains six subsidiary companies — ACAP HealthWorks, Avant Specialty Benefits, Charlesworth Consulting, Creative Risk Solutions, ethOs, and Innovative Captive Strategies. Stewart has been with Holmes Murphy since 2003 and displays a depth of diverse expertise that is uniquely suited to this role. ■

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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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WATER heater problems

Having hot water is a luxury that most of us are not willing to give up and that makes our water heaters an important piece of equipment in our homes. As important as they are, out of sight can lead to out of mind — until a problem arises.

Pilot lights: If the pilot goes out, it's an annoying but a fairly easy problem to solve. Newer models have an electric or hot surface ignition, but there are plenty that still have a standing pilot system. If you are unsuccessful in relighting the pilot, there is likely a more serious problem.

Smelly water: Have you ever turned on the water and it's followed by a foul rotten egg smell? This is usually due to the hot water sitting in the tank for too long. To check this, turn on the cold water. If you don't smell anything, it could be an indication that the water heater is to blame. Contact a professional to clean and disinfect it; it could have a build-up of bacteria inside. Bacteria love a warm, moist environment like your water heater, especially if you keep the temperature below 120 degrees.

Leaking water: Finding a pool of water at the base of the water heater usually equates to replacement. There are a few times that the leak is due to a loose or damaged valve, so this is worth investigating prior to purchasing a new water heater.

Discolored or rusty water: Yellow, discolored and rusty water is a sign that failure is soon to come. An anode rod is a major component of your water heater that runs down the center of the tank and helps prevent corrosion. The purpose of the rod is to wear itself down, releasing electrons into the water to help slow/prevent corrosion of the tank. This is the reason the anode rod usually fails before the water heater and then leads to the demise of the tank entirely. Checking the anode rod regularly can help prevent any surprises.

A few of these problems can be fixed on your own, but leave any complications or replacements to the professionals. Water heaters typically last anywhere from eight to 12 years, but if yours is starting to show signs of age at any point, don't wait until it completely breaks down, leaving you with cold water or a flooded basement. ■

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. Josiah Fitzsimmons, DC, BCN

SUFFERING with neuropathy pain is a choice

There are many things in life we must live with, but living with neuropathy pain is not one of them. Not anymore. Gone are the days of living on prescription pain medication. Today's treatments are more advanced than ever and target damaged nerves caused by this debilitating condition.

A thorough neurological evaluation will analyze the nerves throughout the entire body and determine the underlying cause of the symptoms. For neuropathy, those symptoms may include burning pain, tingling in the feet, legs or hands, muscle weakness, sensitivity, electric-like pain, numbness and even problems with coordination/poor balance. As nerves become damaged, these symptoms slowly increase over time and can become so bad that it is difficult to walk or pick up things. Do these symptoms sound familiar to you?

Today's treatments are safe, non-invasive, FDA-cleared and use electric cell signaling which produces painless electric cell signals and sends them throughout the nervous system. This in turn regenerates the nerves and prompts the body to repair the damage. Most of the treatment can even be done in the comfort of your own home.

Don't make the choice to suffer with neuropathy. The key is to seek out the right healthcare professional who can diagnose and treat neuropathy. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 630 S. 50th St., West Des Moines.




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HEALTH

By Dr. Amy Petersen

TEENS and mental health

Is your teenager feeling depressed, angry, hopeless, anxious? Everyone can feel emotions like these at times; however, they can often become too intense or happen too frequently. How is your teen coping? It is important to check in and watch for signs of mental health struggles. Signs your teen may be having mental health difficulties include: changes in mood (irritability, feelings of hopelessness), changes in behavior, a lack of interest in activities previously enjoyed, troubles sleeping (too much or too little), changes in appetite, troubles concentrating, or thoughts about self-harm or suicide.

Communicating honestly and openly can help your teen through this difficult time. Screen time will inevitably occur, but come together to develop a plan that includes offline time as well. Help your teen find ways to keep their body healthy, such as going for a walk, run or bike ride as a family.

Call your pediatrician about ways to help your teen with mental health. They know local resources your teen can utilize, including mental health specialists, and can help with treatment options, such as medications. Suicidal thoughts or actions should never be ignored. If your teen is in crisis, call the 988 Suicide and Crisis Lifeline. ■

Information provided by Dr. Amy Petersen, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.



HEALTH

By Dr. Jason Brown

HOW DIABETES is harmful to your mouth

There are quite a few general health conditions that can manifest problems in our mouths. Diabetes has been one of those problems, affecting nearly 10% of our population and almost two million new cases diagnosed each year. Diabetes is a major health issue due to the fact that it disrupts our body's ability to uptake sugar into our cells from the blood stream to use as energy.



How does this affect our mouths? Having high blood sugar can potentially cause people to have less saliva development, which is our mouth's first line of defense against harmful bacteria that can cause cavities or gum infections. Diabetics are also more prone to having inflamed gums and are at higher risk for periodontal disease, which causes bone loss and can eventually lead to loss of teeth. People tend to have more problems with gum healing and infections in the mouth with untreated diabetes.

What can those living with diabetes do to help prevent problems? Visit the dentist regularly and practice good oral hygiene by brushing at least twice a day and flossing once a day. Eating a healthy diet, getting exercise and taking necessary medications can help keep your blood sugar in normal range for a healthier body and smile. ■

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



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HEALTH

By Ashley Brockman

RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:



- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.

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SENIOR

By Brooke Baker

ARE YOU experiencing caregiver burnout?

Caring for a loved one can be challenging, painful, thankless, never ending, time consuming, frustrating and just plain hard. Don't get me wrong, we still love them, but that "loving feeling" is not always present when you need it.

Many caregivers feel the guilt of not doing enough, having a short fuse, no time to focus on things they enjoy, and forgetting the person they loved amid caregiving for their loved one.

Stress can be debilitating, and not having a "break" can cause havoc in their other relationships, health and mental wellbeing, and it can cause some of them to want to give up.

Have you experienced any of these symptoms of burnout: sleepless nights, exhaustion you can't get rid of, feelings of loneliness, depression or irrational anger?

As you experience these normal feelings, remember you are not alone. There are people who can help. Remember to be an advocate for yourself.

Tips to give yourself hope again: ask for help of friends, family, church; give yourself a break; breathe in and out; go to a support group/counselor; rediscover an activity that gives you energy/purpose; and discover adult day programs that can provide respite day help. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukee, 516-518-0977, www.graceestatesadc.com.



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REAL ESTATE

By Jamie Thompson

5 TIPS for first-time home sellers

You hear a lot about buying a home for the first time, but not much about selling a home for the first time. Selling a home for the first time can be stressful and a lot of work. Here are five tips to make your first time selling successful.

1. Pricing correctly. It may be tempting to price high, but it's crucial to price correctly to attract buyers. If your home sits on the market for too long, you could lose out on potential profits.

2. Prepping your home. Just put a sign in the yard and you are set, right? Wrong. You need to take the proper steps in preparing your home for sale. Needed repairs and getting it show ready will maximize your profit.

3. Finding the right Realtor®. Ask friends and family to see if they have a recommendation of an agent they had a good experience with. Interview multiple agents to see who you have a good vibe with. Make sure the agent has experience selling homes like yours and knows the area/local market well.

4. Marketing. Once you are ready to go live to the public, it's important to reach as many potential buyers as possible. Not only are online and video marketing important in today's market, but so is your agent's network.

5. Handling negotiations and paperwork. When an offer is received, it's important to understand the terms of the contract and negotiate as needed. There is a lot of paperwork/legal documents that go into selling a property. ■

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



TAKING it a little bit at a time

Warburtons tackled the kitchen first.

Tom and Stephanie Warburton lived in Altoona for many years while they raised their kids in what was once a small school district. But, as their kids grew older and graduated high school, their need to stay in Altoona vanished. In 2020, the couple began looking for a new place to call home. Together, they looked for houses on the west side of the metro to be closer to their family, including a daughter who recently moved to Waukee and Stephanie's father who lives in Winterset. They explored communities like Grimes, Urbandale and Clive until Savannah, their daughter, pointed them to a house in her own neighborhood.

"It just was drab," says Stephanie.

The house did not impress the couple at first, especially the kitchen, which they say they "hated." But the house was within their price range and big enough to have gatherings yet small enough to be manageable as they age.

And so, the house became the Warburton's in November 2020. Then, the real work began.

"We're making it our own," says Stephanie.

The renovation work started with the kitchen. Rae Dunn, a popular homeware pottery collection created by ceramist Rae Dunn, serves as the inspiration for the kitchen. The Rae Dunn style uses black and white as the primary colors — and so does the Warburton's kitchen. In February 2021, a painter came in to paint the cabinets white, a new granite countertop was installed and new appliances were delivered.

There was a hiccup along the way when Tom took it upon himself to put up the new backsplash. Despite his lack of experience, he started the process before his more experienced friend came to help. Stephanie says the backsplash was the longest step in the kitchen renovations.

"We started off with a bang, then we kind of slowed down, and we need to get back at it," says Tom regarding the renovations.

Slowly but surely, the couple improved other areas of the home. Soon, they replaced all the blinds with custom-made ones, replaced the sinks and painted.

Outside, the roots of two large trees in the front started were making their way toward the house and driveway. They removed them to make room for new trees for the front and the



Stephanie and Tom Warburton were looking for a home to fit their needs. The one they found needed updates for the look they wanted. They tackled the kitchen first, since it was the room they liked the least.



back.

In the backyard, the house only came with a patio. To make the space more inviting, the Warburtons added a gazebo and a bar.

The house has come a long way since the family moved in. However, the work isn't done yet. This year, they will work on finishing the main floor with new flooring, changing the



trim and painting the doors gray.

Making the house their own continues to be a work in progress. The rest of the work will depend on money and finding the time to make the improvements. Rising prices for nearly everything hasn't helped.

"You have to take it a little bit at a time," Stephanie says. ■

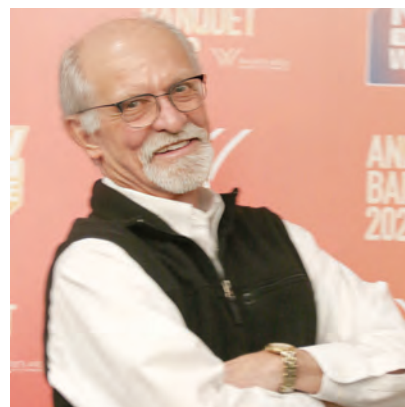
OUT & ABOUT

ANNUAL dinner

Waukee Area Chamber of Commerce held its annual dinner on Jan. 18 at the Hilton Des Moines Downtown.



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Ken Setzkorn



Melissa and Mike Vaughn



Don Stabenow and Hollie Lewis



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Justin and Jamie Stoltenberg



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Dr. Ethan Huisman, eye doctor



Webster Electric's Mike Webster



Tiger Rock Martial Arts' Nathan Woods



Waukee Area Chamber of Commerce's Kelly Troxel



Anne and Geoff Warmouth, Waukee Hardware & Rent-It Center



Dr. Jason Brown, dentist



The Palms Theatre & IMAX staff



Travis Gaule, financial planner

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