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FEBRUARY 2022

Living

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Couples share how their relationships bloomed

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WELCOME

COURTSHIP communication

I have not been on the dating scene for more than 27 years, and I met my wife at work, so keep those facts in mind as I touch on the subject of how romantic relationships start in today's world.

Like many things in life, courtship processes have changed, but the message is the same. From passing handwritten letters to making phone calls to sending text messages to posting on social media, the way we communicate with those we hope to love has certainly evolved.

Some would say for the better. Some would say for the worse. Regardless, the methods are here to stay... at least for a year or two until a new communication method evolves.

Today, many relationships start with online dating sites. That was considered by many to be weird just a decade or so ago. After all, how could someone possibly start dating someone over a computer screen? My single friends tell me it works incredibly well, regardless of age. I have a feeling that a handwritten letter might still work as well — or, heaven forbid, face-to-face communication!

In this month's feature story, we touch on the subject of dating and relationships and how it all began for some local residents. Whether you are single or in a relationship, you will surely be entertained when learning about how some in the community are managing — or have managed — courtship communication.

Thanks for reading. ■



SHANE GOODMAN

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Budding *Romance*

Couples share how their
relationships bloomed

By Jackie Wilson

Chaperoned dates. Internet introductions. Holding hands in the movie theater. Long walks along the shore. Dinners for two — at a burger joint or by candlelight. Rollercoaster rides. Snowball fights. Card games or video games. While the way couples spend time together has changed over the years, one similarity remains: Whatever the path romance takes, it is the special moments along the way that nurture a budding romance into a blooming relationship.

Sue and Scott Edwards moved
to Waukee 15 years ago.
Photo by Jackie Wilson

FEATURE

Summer camp fling

Sue and Scott Edwards spent their freshman year as students at the University of Northern Iowa but didn't run into each other. That changed in the summer of 1983 when both were looking for summer jobs and happened to become camp counselors at the same youth YMCA camp.

Hiring male counselors at the camp was an experiment that year, and Scott took on the challenge. When he had a young student who was feeling homesick and crying, Scott went to the head counselor's cabin to ask for assistance with the boy. That person was Sue.

"I helped the boy get back to sleep," says Sue.

The next day, the pair ran into each other and enjoyed each other's company. As head counselor, as well as Scott's boss, she began scheduling their nights off on the same evening. They tried to arrange chance

meetings by the canoes or in other common areas. Once a month, they were allowed 24 hours to go back home. On their day off, Scott called her.

"He asked me to go to a bar in Cedar Rapids," Sue says.

It wasn't long before counselors caught on that the two had been making contact at the camp. Some pointed out to Sue that counselors were not allowed to have boyfriends.

With six weeks of camp left and neither wanting to lose their jobs, they were a bit more discrete.

"We had to keep it on the down low," laughs Scott. "We referred to ourselves as Margaret and Frank from the television show 'M*A*S*H.'"

At the end of the summer, Sue and Scott returned to their studies at UNI.

"I thought it was a fun summer fling," Sue says.

However, during those 10 weeks together, they told stories, laughed,



Sue and Scott Edwards of Waukee met at youth camp when they were both camp counselors, and Sue was the boss.

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FEATURE

shared their dreams for the future and became close. In December 1983, he proposed, and they married March 6, 1987.

Scott took a job with Zales while Sue taught elementary school in Des Moines. They have two kids and four grandkids and moved to Waukee 15 years ago.

Scott says their kids laugh about how they met.

"It's a magical story. They say that we set a bar that's too high, saying I want to be like my parents and marry my best friend," he says.

The secret to their long-time marriage is picking their battles and learning to compromise.

"We have a lot of shared goals and values. Growing up, we both knew we wanted to go to college, have kids and get a job. At the time, we were checking off all the boxes," says Scott.

Sue adds, "Life has been very good."

Mutual friends introduce couple

As Patty and Bruce Wagner recall how they first met in the late 1980s, each fills in "their" side of the story.

Both graduated from Iowa State University

at the same time but hadn't ran into each other. The two moved separately to Des Moines, and, with their circle of friends, attended downtown events.

Bruce and Patty were both at the Court Avenue river party when Bruce ran into a coworker who was married to one of Patty's coworkers. Bruce and Patty hesitantly chatted, while Bruce noticed Patty had an "attitude."

"I had just been stood up by a guy, and I wasn't interested in meeting any men," she explains.

The second time their paths crossed was when Patty was with girlfriends at Gringos when Bruce and a friend walked in.

Patty says she thought to herself, "Bruce was cute, but he's friends with another guy who is a jerk." She hoped Bruce wasn't like his friend.

"She made a generalization that all men are scum. And, a year later at Gringos, she made another generalization," Bruce says.

Patty explains she was cautious because previous relationships hadn't worked out.

After those two meetings, they socialized with a network of about 40 mutual friends who

attended concerts, events and patronized bars. When Bruce finally did ask her on a date in 1989, she agreed because, as she says, she was "bored." She'd been hospitalized and receiving IV treatments for cystic fibrosis.

The dates continued, and the couple became engaged while on a camping trip at Saylorville. In front of a campfire, Bruce, on a whim, asked Patty to marry him. She was mildly confused by the wording he used. "He said, 'Would you marry me,' not 'Will you marry me,'" she recalls.

Regardless, she said yes, and the couple married in October of 1990. Over the years, the relationship has changed due to Patty's health issues.

"When we met, I was very independent. Over time, Bruce had to be a caretaker, and I had to become more reliant on him," she says.

That's one reason why the couple still holds hands today. After Patty received a double lung transplant due to her cystic fibrosis, the pair would take walks in the hospital.

"I'd hold her hand and push her IV pole. Each day she tried to walk further. We continued to hold hands when we walked after

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Patty and Bruce Wagner of Waukee met through a circle of mutual friends.



Patty and Bruce Wagner say they still hold hands when out for walks.

that happened,” says Bruce.

The pair say communication is the key to their relationship enduring. They make sure to say, “I love you” daily, along with a hug and a kiss in the morning and at night. Patty admits

that dating today would be rough for singles.

“It never gets better than the courtship. If he’s treating you poorly now, don’t think it will get any better. Just walk away. The right person will be there,” she says.

Patty and Bruce say not being able to have kids has allowed them to grow as a couple, as their time wasn’t split between being a couple and raising a family.

“We’re each other’s best friends,” says Patty.



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Businesses must have had a Dallas County address to be considered a winner or runner-up. Although voting was not limited to Dallas County residents, the competition was only promoted to Dallas County residents through Adel Living magazine, Waukee Living magazine and Jordan Creek Living magazine. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Compass Financial Services, a registered investment adviser and separate entity from LPL Financial.

70-year marriage

When Joseph and Angie Conicella talk about how they got together 70 years ago, Angie warns, it is a long story. Actually, the story isn't so long, but the time they knew each other — even before dating — is.

The couple lived in the same small mountain village in Italy a few hours from Naples. They attended school together, they had the same friends, and their families knew each other. They even had the same last name.

"We knew everybody. It was like one big family," says Angie, her Italian accent still strong.

Without radio or TV for entertainment, Angie says friends would meet at people's homes.

"We went to someone's house who played music, and we danced. It was like a big family celebration or get together," she explains.

Joseph says Angie was the one who asked him out, and she quickly warned him, "Don't try to be funny."

After a brief courtship, the two eloped on Feb. 9, 1952.

"You have to learn to overcome things. We supported each other. If one is mad, you help the other one to make them happy."

— ANGIE CONICELLA

"It was very common to do that. The family wasn't surprised but a few of our friends were," she says.

Obtaining the marriage license caused some confusion since both Joseph and Angie had the same last name to start with.

The couple started a family and came to the United States when their daughter was 2 years old. Those first few years were difficult.

"It was a two-week boat ride from the ocean. It was very cold. We came over with only one trunk of clothes," she says. "I didn't

know the language."

They moved to the United States to make a new life for themselves as they heard of better job opportunities. They were going to settle in Pennsylvania with Joseph's relatives or Illinois with Angie's relatives. They chose the place with the most jobs available — Illinois. Angie worked in a women's clothing store while Joseph worked at John Deere. They settled in an Italian community, purchased a home in 1964, and raised three children.

The couple now lives with their son, Rob,



Joseph and Angie Conicella of Waukeel have been married for 70 years.

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Joseph and Angie Conicella eloped when they were living in Italy.

in Waukee. In the winter, they spend time with their daughter, Debby, in South Carolina. The couple likes living in Waukee, though Angie says, with her accent, some people can't understand her. Nevertheless, she says, "There are good people who live here."

The couple celebrated wedding anniversaries in Florida and Italy and are unsure of how they'll celebrate their 70th anniversary.

The advice they give to others?

"You have to learn to overcome things," Angie suggests. "We supported each other. If one is mad, you help the other one to make them happy." ■

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GodSpeed Equine

Horse therapy for at-risk kids

For at-risk children who have suffered from abuse and other emotional trauma, a service involving horse therapy will soon be available in Dallas County.

GodSpeed Equine, located in rural Waukee, is a non-profit, faith-based equine therapy for at-risk kids in Central Iowa.

GodSpeed is the brainchild of Kelly and Al Lorenzen, who have dual expertise. Kelly is a barrel-racing horse lover with a background in working with domestic abuse victims. Al has worked in the non-profit sector for several decades.

The equine program began four years ago with horses at Wildwood Hills Ranch in Winterset. Kelly brought kids there, and they participated in equine therapy, taking care of horses and therapy sessions.

Many kids participating were from the Des Moines area; however, some of the parents didn't have transportation, so the Lorenzens looked for a place closer to home.

The horses moved around from different

pastures until, finally, they found land. As a non-profit, they received funding through the Iowa Rural Development fund. Additionally, numerous organizations, individuals and businesses donated materials, time and services.

"Cynics said it won't work," says Al.

"We own our own business and already had so many balls up in the air."

A large barn with horse stalls and a fenced-in pasture is complete. The couple has volunteered all their time, money and energy.

"It's our gift to the community," says Al. "We want to give back, and we're happy to do that."

The payoff is they can help kids. The program serves several dozen children, free of charge. When kids arrive, they'll take care of the horse, while Kelly and other volunteers provide therapy.

"We had one girl who was a cutter and had cigarette burns — she wanted to feel something, which is why she self-harmed. After a month of



Al, Kelly, Levi and Luke Lorenzen

sessions, she completely stopped cutting, and she's doing amazing," says Kelly.

"Kelly has a way of building rapport — which people are lacking," says Al. "You see the kids come who are so broken. Every time they get a horse, they smile and laugh, and they're in a place where they feel like they belong."

Construction inside is nearly complete and programs will begin in April. GodSpeed is in search of volunteers to work with kids and horses. They also accept horse-related supplies and monetary donations. For more information, visit GodSpeed Equine Facebook page or email Kelly@godspedequine.org. ■

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

Be sure to check for cancellations.

State of the City Address

Thursday, March 10,
5:30-7 p.m.

Waukee Innovation & Learning Center, 295 S.E. Ashworth Road

Join Waukee Mayor Courtney Clarke for the State of the City Address. She will recap recent Waukee successes and share details regarding future City priorities, projects and partnerships. Appetizers and refreshments will be provided. Doors open at 5:30 p.m., and the presentation begins at 6 p.m. Admission is free. RSVPs are appreciated online at <https://waukee-services.app.transform.civicplus.com/forms/24928>.

Benefit for Mike Enos

Friday, Feb. 25, 5:30 p.m. Silent Auction opens, 7 p.m. live auction starts
Country Lane Lodge, 29300 Prospect Circle

A benefit auction will be held for Mike Enos on Friday, Feb. 25, starting at 5:30 p.m. when doors open for the silent auction, and concluding with a live auction that starts at 7 p.m. Food will be available for a freewill donation, including loose meat hamburgers, pulled pork, chili and more.

2022 Annual Auction - Imagine the Possibilities

Saturday, Feb. 26

Waukee Innovation & Learning Center

The public is invited to an innovation-filled evening at the Waukee Community Schools Foundation 2022 Annual Auction. This fundraiser raises money for grants, scholarships, professional development experiences, and more. The event will be in-person; however, those who can't attend the event can still participate in the silent auction. Register for auction updates and to attend at <https://e.givesmart.com/events/p0h/>. The silent auction runs through the event on the 26th.



Family Fun Bowling

Various Sundays,
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Special family-friendly glow-in-the-dark bowling with concert lights and black lights are offered at an alcohol-free event with family-friendly music. Deadline for registration for each Sunday event is the Friday prior by 6 p.m. Cost is \$64.95 per lane, up to five bowlers, and includes a large one-topping pizza and pitcher of soda. Dates are Sundays, March 20, April 10, May 15, June 12, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11.



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EVENTS IN THE AREA

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Senior lunch with police returns in March

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



Eagle Watch

Sunday, Feb. 27, noon to 4 p.m.
Saylorville Reservoir - Cottonwood Shelter No. 4

Every once in a while, nature gives us a chance to correct a mistake. In the 70s, only 400 pairs of bald eagles were in the lower 48 states. Come view what is possible when we choose to care for the wilds. Bald eagles again grace the skies in our area. The open waters below the dam at Saylorville Reservoir create feeding opportunities that congregate central Iowa's winter eagles and almost guarantees you a chance to view an eagle. Naturalists will set up spotting scopes to create a viewing station and answer questions. The program is a joint effort between Dallas County Conservation Board and the Corps of Engineers. No registration required.

Tales of the 2021 Adult Backpacking Trek

Wednesday, March 6, 4-5:30 p.m.
Hanging Rock shelterhouse, Redfield

This summer, 10 people ranging from their mid-20s to mid-60s trekked to the Selway-Bitterroot Wilderness in Idaho, the largest federally designated wilderness in the lower 48 states. This program will share the images of their wanderings, their stories and lessons they learned from the wilderness. No registration required.



Conservation with an Owl

Meet Strix, a rehabilitated barred owl, during a naturalist-led conversation examining the owl species common to Dallas County. The evening version of the program includes an Owl Prowl hike. The program is held various dates through March at Hanging Rock shelterhouse, Redfield. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.



Stargazing and Winter Constellation Stories

Join a Dallas County Conservation Board naturalist under the star-filled skies to learn how to build and read a star chart, measure distances in the sky to help locate and identify common constellations, and share a few sky stories through early March at Kuehn Conservation Area, Earlham. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.



Bird Watching Basics

Learn the basics of identifying birds from a naturalist on various dates through early March at Kuehn Conservation Area, Earlham. Follow a path of lawn signs that will describe shape, size and field marks of birds and finish with a visit to the bird blind to test your skills. Binoculars and field guides will be provided. Register and check online for specific dates at www.dallascountyiowa.gov/conservation (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.



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THE 'WILD WEST' of cryptocurrency

I get asked about cryptocurrency a lot. Is it a good investment? Should I get in now? How much should I invest? I've been watching the cryptocurrency game for a long time and answering the question the same way since investors started playing: "It's like the Wild West of investing." Maybe not the untamed lawlessness of the Western territories in the mid-1800s, but more like the wildness of the DotCom era.



I know you remember it. There was a rapid rise in U.S. technology stock equity fueled by investments in Internet start-up companies. The problem is, there were no actual balance sheets. The bubble burst in 2000 when the capital began to dry up. There was a lot of money to be made and a lot of money to be lost. A few companies survived, such as Microsoft and Amazon, but it took 10 years and 16 years respectively for investors to break even.

I understand why many want to grab the cowboy boots and join in. Bitcoin has seen a 4,700% surge since 2016 (yes, 4,700%). Last year alone, there was a 60% gain. Goldman Sachs recently predicted a 50% increase over the next five years, for a return of 17% or 18%. It's

incredible. But there are a few other numbers to consider before investing in cryptocurrency. There are more than 1,500 cryptocurrencies, and a new one is coming out every week (sound like the DotCom era?). In 2018, the price of Bitcoin fell by about 65% in just one month, from Jan. 6 to Feb. 6. Cryptocurrency is known for its volatility. Cryptocurrency is still largely untamed in the U.S., though the Federal Reserve has talked about roping it in — even talks of regulation impact price.

It's still a speculative investment, so enter this "Wild West" with caution. You have to have the stomach for the swings. You want to invest money that you don't need to live out your retirement vision. If it blew away like a tumbleweed, you wouldn't be upset.

We help people build a comprehensive retirement plan that shows them in writing how their resources will get them to and through retirement. The plan also shows them where they can take some risk, if they desire, on something like cryptocurrency, and do it without disrupting their retirement vision. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006. Sources: Worrachate, Anchalee (2022, January 4) Bitcoin Could Surpass \$100,000 if it Replaces Gold as a Store of Value, Says Goldman Sachs. Fortune.com

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CITY OF WAUKEE BULLETIN

FEBRUARY 2022

THINGS TO DO

- **Regular City Council Meetings**
March 7 & 21 at 5:30 p.m.
Waukee City Hall and Zoom
- **Movie Matinee: "Respect"**
Thursday, March 10 at 10 a.m.
Waukee Public Library
- **Waukee State of the City Address**
Thursday, March 10 at 6 p.m.
Waukee Innovation & Learning Center
RSVP: [Waukee.org/stateofthecity](https://www.waukee.org/stateofthecity)
- **Dinner Delights Meal Prep Party**
Sunday, March 13 from 2-4 p.m.
Registration required:
[Waukee.org/registration](https://www.waukee.org/registration)
- **WASP Senior Program**
Wednesday, March 30 at 9 a.m.
Waukee Community Center

THINGS TO KNOW

- **Library Resumes Regular Hours**
Monday, Feb. 28
- **Register for Spring/Summer Programs**
Tuesday, March 1 at 8 a.m.
[Waukee.org/registration](https://www.waukee.org/registration)
- **Curbside Yard Waste Collection Resumes**
Monday, April 4

Register for Parks & Rec Programs March 1!

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

- Waukee's popular festivals/ events such as the April 16 Easter Egg Hunt and a two-day Independence Day Celebration July 3-4
- Movies in the Park featuring: "Luca", "Sing 2" and "Cruella"
- Youth sports such as Mini Sluggers T-Ball, Parent/Child Blastball and Introduction to Soccer
- Youth camps including All-Star Sports, Art in the Park, Explore the Outdoors and Super Snackers
- Youth art, cooking, dance, martial arts, tumbling and yoga activities
- Adult sports and activities including coed softball, sand volleyball, pickleball and bags
- Adult meal prep parties, bingo, and Lunch & Learn opportunities with the Waukee Public Library
- Bus trip to the Iowa State Fair for Older Iowans Day

Register for programs beginning March 1 at 8 a.m. at [Waukee.org/registration](https://www.waukee.org/registration). View the program guide at [Waukee.org/parksandrec](https://www.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.



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Seven Appointed to Boards and Commissions

On Jan. 17, Mayor Courtney Clarke appointed seven volunteers to serve on City boards and commissions. The 2022 appointees are: Tanner Westberg to Board of Adjustment; Aubrey Ward and Lindsey White to Board of Appeals; Cal Oraw, Ali Payne and Josh Loeffelholz to Park Board; and Angela Tessau to the Planning & Zoning Commission. Thanks to all for their service.

City Honored by ICPA Awards

The City of Waukee received two Iowa Concrete Paving Association (ICPA) awards for outstanding pavement projects. The Warrior Lane Improvements Project (Phase 1) won the Urban/Arterials/Collectors division for projects less than 15,000 square yards.



The NW 10th Street Improvements project won the Municipal Streets/Intersections division for projects more than 15,000 square yards. Thanks to partners the Iowa DOT, Shive-Hattery, Concrete Technologies, Foth Infrastructure and Environment, and Absolute Concrete!

Police Offer Safety City and Bike With Cops

Registration opens soon for two Waukee Police Department youth programs. This June, incoming Waukee Community School District kindergarten students can learn from officers and volunteers during the week-long Safety City (\$50) program. Students in 2nd-6th grades can attend Bike With Cops (\$20) on Saturday, May 21. Register for both at Waukee.org/registration beginning March 1 at 8 a.m.

Utility Assistance Programs

The Low-Income Home Energy Assistance Program (LIHEAP) assists eligible low-income individuals or families in meeting the cost of home heating. Also, the new Low-Income Household Water Assistance Program (LIHWAP) helps qualifying low-income homeowners and renters pay past-due charges, fees and taxes for drinking and wastewater services. Learn more at Waukee.org/utilityassist.

Waukee Residents Recycled More in 2021

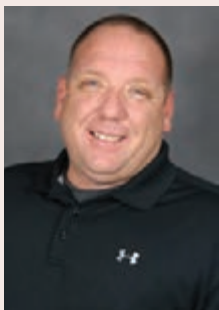
Ankeny Sanitation (ASI) reports that Waukee customers recycled 41 more tons of material through the weekly curbside program in 2021 that in 2020, for a total of 1,764 tons. As commodity pricing turned around in the last half of 2021, ASI also issued a recycling rebate check to the City for \$9,820.95. Trash numbers dropped slightly in 2021. ASI collected 6,690 tons of trash from City customers in 2021.

City Staff Help Feed Local Residents

On Jan. 20, nearly 30 City of Waukee staff members volunteered at Meals from the Heartland. Using annual staff contributions to fund the ingredients, volunteers packaged 12,960 meals. About one-third of the "Taco Mac" meals were then delivered to the Waukee Area Christian Services Food Pantry, where they will be distributed locally to those in need.



MEET THE STAFF



JASON SLYCORD, *Building Inspector*

In 2021, the Community Development Department completed 7,688 building inspections! To help keep up with demand, the team recently welcomed two new Building Inspectors, one of whom is Jason Slycord. His tasks include inspecting new commercial and residential construction projects. Slycord previously worked as a Master Electrician and

has 29 years of experience in the field. He and his wife Sheiry have been married for 26 years and have two children and three dogs. In his free time, Jason enjoys playing cards, bass fishing and tournament fishing.

NEW technology improves patient experience

The dental field is growing rapidly with vast improvements in technology and the equipment used to obtain key information for treatment. These improved pieces of equipment can lessen the time patients have to sit in the chair and can also make it much more comfortable for them. Digital imaging in the form of X-rays has made it possible to quickly obtain the necessary X-rays with very low radiation exposure to the patient while still gathering high-quality detail to each image.



X-rays can be either 2D or 3D. These are used to evaluate the amount of bone a patient has in a particular area, which the dentist uses to plan for dental implants, diagnose any disease or abnormality, and aid in treating dental emergencies. Cone-beam computed tomography (CBCT) is a type of X-ray in which the patient stands in a machine that spins around the head, capturing up to 600 individual images which can then be grouped together to get one large, three-dimensional X-ray of the patient's skull. This type of X-ray is used in root canal procedures, guided implant placements, oral surgery, and even orthodontics. CBCTs have been used for dental injuries to identify fractures or other unsuspecting problems that require immediate attention which otherwise would not have been identified

in using a traditional 2D X-ray image.

Another piece of equipment that has helped gain accuracy and comfort for most patients is the digital scanner. Remember having to hold your mouth open for an impression? Sitting there for five minutes, which seemed like eternity, waiting for that cold, runny impression material to set up? Digital scanners eliminate the need for impression material and can be used to scan the whole mouth for clear aligners, crowns, bridges, veneers, dentures, and even implants. This type of imaging takes less time and also improves the accuracy in impressions that are then used by the lab to make the permanent restoration.

Soft tissue lasers have been used to treat lip and tongue ties in children. They have also been used to treat symptoms of canker sores, obtaining biopsies, and help create beautiful smiles by being used to contour the gum tissue above upper front teeth.

These are just a few examples of the newer technology available for improved efficiency, accuracy and patient comfort and satisfaction. The dental industry is constantly evolving by introducing new ways to make the patient experience the best it can be. ■

Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukee, IA 50263. Information gathered from Mayo Clinic; Oral Health: A Window to Your Overall Health 1998-2022

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HEALTH

By Ariel Meaney

HEALTHY boundaries make healthy individuals

During a time when many of us focus on others and their needs, how can we focus on ourselves and maintain a healthy balance within a relationship? Understanding what our own healthy boundaries are could be how we start our self-discovery and reflection. Within our reflection on our life, we can begin to list what we feel we can or cannot balance in our life currently. Other things that may go on this list are what we can and cannot control. Making this list of reflection upon our life will help to define what our boundaries can start to look like.



Being able to have open communication with your significant other about your boundaries is another way to uphold your own wellbeing and sense of self within the relationship. Finding the healthy balance of compromise for each person within the relationship is essential to helping make the relationship long-lasting and respectful.

Implementing self-care, utilizing a support system, and using coping skills are all important factors in maintaining a healthy individual. When we utilize our coping skills, as well as healthy boundaries within our professional and personal lives, we can feel more at peace. ■

Information provided by Ariel Meaney, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meaney@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Dr. Josiah Fitzsimmons

SUFFERING with neuropathy pain is a choice

There are many things in life that 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 neuropathy treatments are more advanced than ever before and target damaged nerves caused by this debilitating condition.



A thorough neurological evaluation will analyze the nerves throughout the 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. When applied to the surface of the hands or feet, it produces electric cell signals and sends them throughout the nervous system. This in turn regenerates the nerves and helps the body repair the damage. Imagine getting relief without the use of drugs, injections and surgery.

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, 5525 Mills Civic Parkway #120, West Des Moines, IA 50266.

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UNDERSTANDING risk factors the key to preventing heart disease

February is Heart Month, a time to increase your awareness of cardiovascular disease.

And, for most Iowans, increasing awareness starts with a clear understanding of the risk factors associated with

the disease. Knowing your risk is the first step in prevention. Common risk factors include: age, family history, cholesterol, blood pressure, smoking, diabetes and obesity.

- **Age:** Men are at increased risk for heart disease after age 45. A woman's risk goes up at age 55 or if she has experienced menopause. We tend to overlook the simple fact that our risk for heart disease goes up as we grow older. By the time you hit 40, you should be actively aware of your risks and ready to take action.

- **Family history:** Studies suggest family history may play a role in heart disease, particularly when diagnosed in younger people over successive generations. We're most



concerned about family history when a parent or sibling has early heart disease — before age 45 for men or age 55 for women.

- **Cholesterol:** The body makes all the cholesterol it needs, so any you add through your diet is “extra.” The extra cholesterol forms plaques that can accumulate in the coronary arteries, eventually causing chest pain or a heart attack.

Total cholesterol should be less than 200 mg/dl. Levels of LDL or “bad” cholesterol should be as low as possible, while levels of HDL or “good” cholesterol should be high.

- **Blood pressure:** Blood pressure should be 120/80 or lower. High blood pressure means your heart has to work harder than normal. Left untreated, the condition can weaken artery walls. Adults and children should have their blood pressure measured each year.

- **Smoking:** Smoking contributes to plaque formation in the arteries, which may, in turn, lead to a heart attack or stroke. If you smoke, quitting is the best thing you can do for your overall health.

- **Diabetes:** Nearly two-thirds of people with diabetes die of cardiovascular disease. Patients with diabetes should carefully monitor and control their condition, as well as their other risk factors for heart disease.

- **Obesity:** Obesity makes the heart work harder, increasing your risk for heart disease. In many cases, it also indicates a sedentary lifestyle and a low HDL level.

Try to get as much physical activity as possible and eat a heart-healthy diet to maintain a healthy weight.

Heart disease prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan with your health care team you can follow to maintain a low risk for heart attack. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, iowaheart.com.

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THE BEST laid plans

COVID-19, a new high school and rain — in California — alter Rose Parade experience.

On the morning of Jan. 1, thousands of people lined the streets of Pasadena, California, to watch the 133rd annual Rose Parade. Traveling more than 1,600 miles to participate in the parade were the Waukee Warrior Regiment from Waukee High School and the Northwest Royal Brigade from the new Waukee Northwest High School. The bands came together to become the Waukee Combined Marching Band. The band marched the 5.5-mile parade, totaling more than two hours long. As a member of the combined band, the 2022 Rose Parade felt like the conclusion of more than two years of hard work and preparation. My senior trip during the 2021-2022 school year was a surreal last experience with the “best band family.”



Colson Thayer



The combined bands from Waukee High School and Waukee Northwest High School participated in the Rose Parade.

In October of 2019, at the end of the Warrior Regiment’s marching season, the band was invited to participate in the 2021 Tournament of Roses Parade for the next school year. But then came March 2020 and the onslaught of the COVID-19 pandemic. At this point, everything remained in question. The marching season began during the late summer of 2020 with the anticipation that the band would still participate at the end of the year. However, it was announced, due to COVID-19 concerns, the Rose Parade would not commence on Jan. 1, 2021. But, the band would be invited to come back for the 2022 parade. This time, it would be as two bands.

Monday, Dec. 27, the trip began for both bands. Using a Sun Country charter flight, the bands went to California in two shifts, Northwest early in the morning and Waukee in the afternoon. The bands flew from Des Moines to Los Angeles. For many, it was their first time to California, and for some, their first time on a plane. The first day of the trip consisted of Los Angeles sightseeing including the Hollywood sign and the Hollywood Walk of Fame, in pouring rain.

The most unfortunate part of the trip was the weather. California rarely sees rain, but this specific week, it seemed half of Waukee’s trip saw rain in “not-so-sunny California.” As a result, the band missed out on some once-in-a-lifetime experiences.

One was Bandfest. Every year, the Rose Parade puts on Bandfest, an event where the invited bands get to perform in front of each other. However, the weather was not looking great for the event. Before our scheduled time, while students ate their lunch on the bus, the directors announced that only the brass, drumline, and color guard performers would perform in the rain. This was in order to protect the woodwind instruments from getting damaged by the rain before the parade. Those performing played the combined band’s parade music lineup in uniform, while the woodwind section marched alongside in street clothes. For the woodwind players, myself included, the event was a little embarrassing. Social media posts from the event afterwards showed us in our drenched ponchos.

Another event that got rained out was marching in a Disneyland parade. The morning of the parade, the forecast showed rain for the entire day, so the directors announced at breakfast that we would not be participating. However, with the parade canceled, the band did get to spend more time in the park. It ended up being a fun day despite the

weather.

On the morning of the Rose Parade, we woke up at 4:20 a.m. in order to make the drive to Pasadena. Feelings of nerves, excitement, and tiredness seemed to dominate the trip. Shortly after parade’s step-off at 8 a.m., the band turned the corner and joined the parade. The band played a repeated cycle through three selections: “Seventy-Six Trombones,” an Iowa classic, as well as “Main Street America” and Journey’s “Don’t Stop Believing” to match the parade theme of “Dream Believe Achieve.”

Overall, the trip to California for the Waukee bands was not what we expected. But it created unforgettable memories that will last a lifetime. ■



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NEIGHBOR

By Sofia Legaspi Dickens

GROWING up with hockey

Clemmensen says Oak Leafs about camaraderie

If someone mentions hockey, you might picture competitors brawling on the ice, knocking their opponents into the stands, teeth missing from fights past.

Hockey may be just that for some people. But for 15-year-old Carson Clemmensen, it's all about the camaraderie.

"It's a lot of fun having practices every day with some of my best friends," says Clemmensen, a sophomore at Waukee High School. "I love every single one of them. They're almost like brothers to me."

Clemmensen plays with the Des Moines Oak Leafs, a club hockey team that includes about 35 students from schools across Central Iowa. As one of 13 teams in the Midwest High School Hockey League, the Oak Leafs compete against teams from nearby states like Nebraska, Kansas and Missouri.

With daily practices and frequent weekend games, Clemmensen has built many memories with his teammates. One unforgettable memory was winning the junior varsity state championship in Ames last year.

"I'll remember that forever," he says. "I remember the final puck drop. We got the puck into their zone, and the buzzer beeped, and we all celebrated together, piled on top of each other."

Although he doesn't brag about it, Clemmensen is one of the Oak Leaf's top-scoring players. At the time of his interview, he had scored 21 goals in addition to several assists. He estimated a total of 45 points from about 24 games so far this season.

"It feels good being one of the top guys of our team, point-producing at least," says Clemmensen, who plays right wing. "But it wouldn't be possible without the other kids on the team — my linemates, the rest of the boys on the team."

Clemmensen started playing hockey when he was around 4 or 5. His dad, Drew, played the sport growing up, so it was natural for a young Clemmensen to follow in his father's footsteps. As a child, he remembers going to free ice time with his dad and learning how to skate.

"I fell in love with it, and I've been playing ever since," he says.

As for those brawls hockey is known for?

"That is not very common in our league," Clemmensen says with a laugh. "It's very fast-paced. People are more worried about moving their feet, doing fancy tricks and moves, than knocking someone's teeth out or hitting them into the boards."

The National Hockey League and most minor leagues are unique among American professional team sports in that fighting — to a degree — is permitted among players.

But the NHL is far into the future for Clemmensen. When asked if he sees himself playing beyond high school and the Oak Leafs, he says, "You never know."

For now, he's just happy to be on a team he enjoys, with their sights set on winning this year's state championship in March.

Those interested in watching the Oak Leafs play can visit dmoakleafs.com to find their game schedule. Home games are played at the MidAmerican Energy Company RecPlex in West Des Moines. Games are also streamed live on the Oak Leafs YouTube channel. ■



Carson Clemmensen is a member of the Des Moines Oak Leafs, a club hockey team that includes about 35 students from schools across Central Iowa.

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By Jon Kelderman

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Information provided by Jon Kelderman, Kelderman Insurance, American Republic, 665 S.E. Madrone Lane, Waukee, Iowa 50263, 515-554-7087.

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WHERE WE LIVE

By Colson Thayer

LIVING close to work — real close

Louschers build a dental clinic and home in one.

Commute? None. Shoveling, snow removal and mowing? A thing of the past. Neighbors? A few nearby office buildings. A front door? Well... not exactly.

Mike and Angi Louscher moved to Waukee three years ago to pursue an opportunity to open a new dental clinic. They sold their practice in Mason City with the intent to open a clinic with their kids. While exploring potential living options in the metro, a unique idea came to mind: living upstairs above the clinic. Then came Lush Family Dental with an upstairs residential apartment for Mike and Angi.

The building sits just west of Grand Prairie Parkway next to a new bike path and pond. The two-tone, two-story building cannot be missed while driving along the main road.

The Louschers worked with Downing Construction for designing and building. A majority of the company's business is constructing dental offices, so they know the ins and outs of those buildings. Their knowledge about equipment and procedures made the process easy for the Louschers. The design process even came down to accommodating their left-handed son — two of the rooms are set up for a left-handed dentist. On the residency side, the family worked closely with Downing to design the apartment.

"We got everything that we wanted," Angi explains the process of working with Downing and the owner, Joe Butler.

The upstairs apartment includes three bedrooms, two of which are for guests and family. A kitchen with a massive island features built-in bench seating. This central space is ideal for the family. It is where they gather to eat, play a game, or put together a puzzle. The outer edge of the island has pull-out barstools as well, creating plenty of room for ten or more people. For the dogs, the outdoor patio features canine grass with a tilted tray underneath. This avoids the need to go downstairs to take their two dogs outside.

"This whole process has been such a complete change. It took me a while to like it," Angi shares about the move.

This setup comes with its fair share of pros and cons for the couple. On the one hand, the interior design creates a simplistic feel, which Angi enjoys. For Mike, he can easily head downstairs to go to work. Their son Blake, who also practices at the office, only has to commute a couple of miles, so the location is great for the entire family. They also enjoy a sense of privacy away from neighbors. The few nearby office buildings are only busy during normal business hours.

However, the setup also presents some challenges. For one, Angi has to be careful of creating noise when patients are in the office. She also misses having a front door she can decorate for the holidays. They also have to take extra care with a work-life balance and know when to come upstairs and away from the office.

Despite the tremendous change and the challenges presented, the Louschers say they are happy with their decision.

"It's been worth it," Angi says. ■



Mike and Angi Louscher had their dental practice — and apartment above it — built to fit their needs.

CELEBRATING Women's History Month

Women's History Month celebrates the contributions women have made to history, culture and society in the United States and around the world. The Library is honoring Women's History Month with several events during the month of March.

Three online, family-friendly presentations offer new insights into many of the women who made history:

- Deborah Sampson, the only woman known to have disguised herself as a man and served in the Continental Army without detection. Janet Parnes will perform a historical portrayal of this legendary woman on Saturday, March 5 at 1 p.m.

- Madam C.J. Walker rose from poverty in the South to become America's first female self-made millionaire. Dr. Daisy Century will portray this historic entrepreneur, philanthropist, and activist on Saturday, March 12 at 1 p.m.

- Helga Estby, Pearl Hart, Ann Eliza Young, Tad Lucas, and more women who left footprints on history by stepping out of place will be introduced in an online performance by Lyn Messersmith and Deb Carpenter-Nolting on Saturday, March 19 at 1 p.m.

March's Movie Matinee will be "Respect," a

movie about Aretha Franklin and how her voice changed everything. All are welcome to enjoy this movie at 10 a.m. on Thursday, March 10 in the Library's Coal Mine meeting room.

All month long, the Library will be taking supply donations for the Young Women's Resource Center (YWRC). YWRC serves girls and young women ages 10-24 throughout Greater Des Moines. Needed items include unscented baby wipes, full-size deodorant, size seven diapers and pull-ups, full-size toothpaste, new teethingers for babies, and more. You can see the full list of accepted items on the Library's website.

Learn more about these events and register at waukeepubliclibrary.org/womens-history-month.

EVENTS

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

Introvert Book Club, all month long. If you want to join a book club but aren't sure you're up for the time commitment or people-ing, this is the book club for you. Each month there's a new book selection, but there's never

a meeting. Each month there's a new book selection, but there's never a meeting. March's book is "The Island of Sea Women" by Lisa See.

Afternoon Book Club, Thursday, March 3, 2:30 p.m. Come to the Coal Mine Meeting Room at the Library for a discussion of March's book, "Hamnet" by Maggie O'Farrell.

Teen Advisory Board, Mondays, March 7, 21 and 28, at 3:30 p.m. Students in grades 7-12 are invited to plan teen programs, sign up for Library volunteer opportunities, build leadership skills, and suggest teen books to be purchased by the Library. Email kweston-stoll@waukee.org to register or for more info.

Bricks and Beads, Wednesday, March 9, 2 p.m. Register to drop in any time during this event to get creative with the Library's Lego collection or to make a Perler bead design. Registration is required.

Movie Matinee, Thursday, March 10, 10 a.m. No registration is required.

0-5 Playtime, Friday, March 11 and 25, 10 a.m. Children ages 0-5 years and their caregivers are invited to stop in the front program rooms and play with a variety of the library's toys to build social and early literacy skills. Registration is required. ■



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RECIPE

A FRESH take on family dinner

(Family Features) If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban chicken with salsa fresca might inspire you to think outside the culinary box and give your family members the satisfactory flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at Culinary.net. ■

Cuban chicken with salsa fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

Salsa fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

Directions

- Heat oven to 400 F.
- In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.
- To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.
- Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through.
- Serve chicken with salsa fresca.



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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.

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WHAT IS Social Security Disability?

Social Security Disability is a program managed by the Federal government. This program provides income to those who are unable to work due to physical or mental conditions that will last more than a year or result in the individual's death, and the conditions prevent the individual from performing any type of work activity. The two main programs of Social Security Disability are Social Security Disability Insurance and Supplemental Security Income.



Social Security Disability Insurance, which is also referred to as SSDI, is a program that provides benefits based on the individual's work history and the amount that he or she has paid into Social Security. Applicants under this program must be younger than 65 and have

enough "work credits" earned.

Supplemental Security Income, which is also referred to as SSI, is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

The application and appeal process are similar for the two programs. The first step is the initial application, where the applicant submits an application and all medical evidence to the Social Security Administration. If the initial claim is denied, then the applicant has 60 days to file an appeal, which is referred to as a request for reconsideration.

Next, if the request for reconsideration is denied, then a request for a hearing may be

filed. This hearing will allow the applicant to appear before an administrative law judge. After the hearing, the administrative law judge will issue a decision regarding the individual's disability status. If the administrative law judge issues an unfavorable decision, an appeal to the Appeals Council may be submitted. The final appeal step is to request the Federal District Court to review the decision. An applicant may be represented by an attorney at all levels.

In certain cases, an individual may be eligible for both programs. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes.. ■

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

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HVAC

By Scott Bontrager

IS IT TIME to buy a new furnace?

Are you thinking of replacing your old furnace? There are many options to consider, and searching for the right one can be a tedious and confusing task, especially if you're a first-time buyer. To help you get started, there are a few important factors to consider right now.



First, should you repair or replace your equipment? New furnaces greatly increase energy efficiency, but that's not the only reason why you may consider buying versus repairing. If your furnace is more than 15-20 years old, has a pilot light, lacks vent dampers or a draft fan, or has been converted from coal to gas/oil, it may be time to replace. Some issues may only require simple maintenance, but the best way to determine if you need a replacement is by calling a professional to perform an inspection. Paying for the repair may seem like the cheaper option, but it's important to consider the frequency of repairs needed. Those can add up quickly.

Find the right company. It's important to find a good HVAC professional who is licensed and insured. Call around and ask your local HVAC companies for estimates, and, more than likely, you have friends who can provide great recommendations. Installing a properly sized furnace is key to heating your home correctly. Too small, it won't heat your home. Too big, you'll waste a lot of money with high energy bills. The company you choose should calculate the size of your home and provide options that will help achieve your family's comfort needs.

There are many brands to choose from, so how do you decide? The majority of furnaces available now can save you up to \$500 a year when compared to older models. Each brand has its own trademark of features and advantages, but it's important to also consider variable heat output, variable speed blowers, dual heat exchanger and air filtration. A good company should take the time to explain all of these options to you during your appointment.

It's always recommended to invest in the most efficient unit you can afford; you'll be able to find a range of efficiencies for any budget. A more efficient unit will have a higher upfront cost, but it will pay for itself over the course of its life. Once you factor in the available rebates and tax credits, you may find that you're saving much more than you expected. ■

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

ANNUAL Dinner

The Waukee Area Chamber of Commerce's annual dinner was held at the Hilton Des Moines Downtown on Feb. 1.



Amy Engstrom, Brett Braafhart and Chris Crone



Terry Snyder and Gina Campos



Michael Bartos



Chima Igbokwe



Bill Peard



Terry Rich



Steve Rogers and Travis Gaule



Josh Bartos, Alex Barker and Dustin Hall



Ione Grote and Evan Kaler



Heather Anderson and Juan Garcia



Kay and Trauer Bauer



Chris Juhl and Abbie Cortez

OUT & ABOUT



Kennedy Schulte and Jen Nelson at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



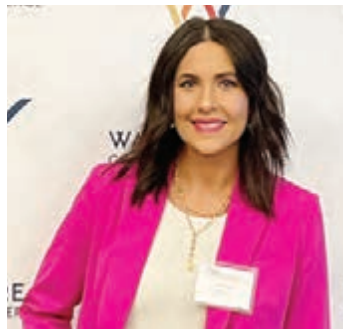
Michelle Bowden and Dave Massey at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



Drew Lewis and Richie Snyder at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



John Rigler III at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



Mackenzie Eddie at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



David Henson at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



Vicki Barr at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



Jesse and Gina Wiges of Wiges Outdoor Services receive a certificate for being one of the favorite landscaping companies in the Dallas County Residents' Choice Poll.



Todd Holland of Stivers Ford Lincoln receives a certificate for being the favorite car dealership in the Dallas County Residents' Choice Poll.



Staci and Dan Gehlbach at the Waukee Area Chamber of Commerce's annual dinner on Feb. 1.



Rachel Whetstone of Mainstream Boutique receives a certificate for being one of the favorite boutiques in the Dallas County Residents' Choice Poll.



Catie Thomas, Kathy Bogart, Cassidy McRae and Echo Boland of Echo's Cookies receive a certificate for being one of the favorite bakeries in the Dallas County Residents' Choice Poll.



Travis Black of Shottenkirk receives a certificate for being one of the favorite car dealerships in the Dallas County Residents' Choice Poll.

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