

WAUKEE

JANUARY 2023

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Dallas County residents
share their favorites

Van will extend Library's reach
COMMUNITY

Feta roasted salmon and tomatoes
RECIPE

Snell honored with excellence in teaching award
EDUCATION



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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Dallas County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online and mail-in ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Dallas County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Dallas County.

As always, thank you for reading, and thank you for voting, too. ■



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RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

By Tammy Pearson

The tradition continues: Dallas County residents were again asked to choose their “favorites” in the annual Residents’ Choice Poll. And, once again, they identified their favorite auto repair place, favorite dentist, favorite place to take your mom and dad, favorite financial planner, favorite preschool — and the list goes on. The poll has closed, and it’s time to announce the “winners.”

Wauke business selected among the county’s favorites include Echo’s Cookies, Jacobs Gymnastics, Tiger-Rock Martial Arts and more.

These “favorites” were chosen by the residents of Dallas County, and now that we’ve done this annual poll a few times, we see that some winners keep returning. They

have mastered providing quality service, care and products — and winning over the loyalty of their customers. Others come and go. New businesses appear. You are likely to agree with some choices and disagree with others, but the results were determined by your Dallas County neighbors. If you voted in this year’s poll, thank you for participating. And, if you didn’t, be sure to look for notices in this magazine of next year’s poll opening and cast your vote for next year’s favorites.

With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it’s important to remember that all those listed are winners, and we congratulate them.

Nathan Wood of Tiger-Rock Martial Arts, chosen by residents as their favorite martial arts studio. Photo by Jackie Wilson



FEATURE

Dallas County Residents' Choice for Favorite...

(Runners-up listed in alphabetical order)

Bakery

Echo's Cookies

Runners up: The Baker's Pantry; River to River Bakery & Pizza

Pizza establishment

Brickyard Burgers and Brews

Runners up: Casey's; Scornovacca's

Dad/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Palms Theatre & IMAX

Mom/child date spot

Adel Family Fun Center

Runners up: Home Sweet Cone Ice Cream; The Morning Grind

Bank

Raccoon Valley Bank

Runners up: Earlham Savings Bank; Lincoln Savings Bank

Restaurant

Brickyard Burgers and Brews

Runners up: The HandleBar; Patrick's Restaurant

Hair salon

Texture Salon

Runners up: Hair's 2 You Salon & Spa; Studio 10

Gymnastics and/or tumbling studio

Jacobs Gymnastics

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Doctor

Dr. Susan Donahue

Runners up: Dr. Brianne Day; Dr. Ronald McHose

Dentist

Dr. Kelly Sedars

Runners up: Dr. Eric Anderson; Dr. Jason Brown

Chiropractor

Dr. Jodi Kuhse

Runners up: Dr. David Duroe; Dr. Wes Nyberg

Eye doctor

Dr. Ethan Huisman

Runners up: Dr. Lucas Bell; Dr. Barbara Scheetz

Veterinarian

Dr. Elizabeth Holland

Runners up: Dr. John Broderick; Dr. Jennifer Hoffmeyer

Pastor

Matt Krause

Runners up: Mike Householder; Ryan Whitson

Health club or gym

Tiger-Rock Martial Arts of Waukee

Runners up: SPENGA; Waukee Family YMCA

Boutique

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Retail store

Azalea Lane Boutique

Runners up: Board & Batten; Real Deals

School

Dallas Center Elementary

Runners up: MeadowView Elementary; Sugar Creek Elementary



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Lot 4 - \$150,000	Lot 12 - \$165,000	Lot 20 - \$135,000
Lot 5 - \$150,000	Lot 13 - \$150,000	Lot 21 - \$135,000
Lot 6 - \$150,000	Lot 14 - \$150,000	Lot 22 - \$135,000
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Lot 8 - \$155,000	Lot 16 - \$150,000	Lot 24 - \$135,000

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FEATURE

Park

Evans Park

Runners up: Mound Park; Triumph Park

Place for a field trip

The Brenton Arboretum

Runners up: Kuehn Conservation Area; Voas Nature Center

Community festival

Adel Sweet Corn Festival

Runners up: Dallas Center Fall Festival; Waukee WinterFest

Teacher

Jill Bejarno

Runners up: Carrie Austin; Lori Boston

Church

Faith Lutheran Church, Adel

Runners up: Lutheran Church of Hope, Waukee and West Des Moines; New Hope Church, Adel

Restaurant for dessert

Patrick's Restaurant

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Restaurant for breakfast

Patrick's Restaurant

Runners up: Brickyard Burgers and Brews; Waveland Cafe West

Restaurant for lunch

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Patrick's Restaurant

Restaurant for dinner

Brickyard Burgers and Brews

Runners up: Dexfield Diner & Pub; The HandleBar

Car dealership

Shottenkirk Chevrolet

Runners up: Million Motors; Stivers Ford Lincoln

Place for ice cream

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Korner Kone Eats N' Treats

Daycare

Little Tigers Learning Center

Runners up: Kids Korner; Theresa Miller TT Learning Center

Children's birthday party spot

Adel Family Fun Center

Runners up: Tigers' Den; Warrior Lanes

Preschool

Faith's Flock Preschool

Runners up: Brick Street Kids Preschool; Raccoon River Preschool

Library

Adel Public Library

Runners up: Roy R. Estle Memorial Library; Waukee Public Library

Chamber of commerce

Adel Partners Chamber of Commerce

Runners up: Waukee Area Chamber of Commerce; West Des Moines Chamber of Commerce

Camping spot

Dallas County Fairgrounds

Runners up: KOA; Timberline Campground

Photographer

DKay Photography - Danielle Hawkins

Runners up: Heather Schroeder Photography; Lindsey Willis Photography

Dance studio

Let's Dance

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Place to take your mom and dad

The Brenton Arboretum

Runners up: 5th Quarter Bar & Grill; Patrick's Restaurant

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FEATURE

Place to take your kids or grandkids

The Brenton Arboretum

Runners up: Home Sweet Cone Ice Cream; Triumph Park

Place for auto service

Alley Auto Sales

Runners up: Adel Tire & Service; Tiger Tires

Place to purchase a gift for a woman

Azalea Lane Boutique

Runners up: Brown Eyed Girl; Real Deals

Place to purchase a gift for a man

Baldon Hardware

Runners up: Board & Batten; Old Station

Craft Meats

Realtor

Julianna Cullen

Runners up: Jenna Carney; Amy Lucht

Bar

Brickyard Burgers and Brews

Runners up: 5th Quarter Bar & Grill; Corner Tap

Place for guests to stay

Big Blue Bed & Breakfast

Runners up: Hotel Pattee; Restored Church in Dallas Center Airbnb

Coffee shop

The Morning Grind

Runners up: The Coffeesmith; Sugar Grove Goods

Florist

Adel Flowers & Gifts

Runners up: Hazel Mae Floral Events; Walnut St. Flowers

Landscaping company

Wiges Outdoor Services

Runners up: Luke's Lawn & Landscaping; Red Fern Landscape Design

CPA

Scott Manhart

Runners up: Bart Banwart; Chris Oberreuter

Insurance Agent

Eric Schepers

Runners up: Matthew Ellerman; Philip Stueve

Pharmacy

Adel HealthMart

Runners up: Medicap; Sumpter Pharmacy

Grocery store

Fareway - Adel

Runners up: Aldi; Hy-Vee - Waukee



Colleen Strohmaier at Home Sweet Cone Ice Cream, which residents chose as one of their favorite places for ice cream. Photo submitted

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FEATURE

Nursery or garden center

Harvey's Greenhouse

Runners up: Earl May Garden Center; Plant Life Designs

Senior living facility

Spurgeon Manor

Runners up: Adel Acres; Perry Lutheran Homes

Home builder

Behr Construction

Runners up: Ironwood Homes; RCI Builders

Home improvement retail store

Baldon Hardware

Runners up: Archer Home Center; Wauke Hardware & Rent-It Center

Home improvement contractor

Home Solutions of Iowa

Runners up: Heartland Handcrafted; RCI Builders

Plumber/plumbing company

Baldon Plumbing Heating & Cooling

Runners up: Elite Electric & Utilities Contractors; Lenhart Plumbing

Electrician

Elite Electric & Utility Contractors

Runners up: Luellen Enterprises; Webster Electric Inc.

Heating and cooling business

Adel & Winterset TV & Appliance

Runners up: Baldon Plumbing Heating & Cooling; Tigges Comfort Services

Lawn care business

Innovative Lawn Solutions

Runners up: Grassy Knoll Lawn Care; Short's Lawn Care

Attorney or law firm

Brown, Fagen & Rouse

Runners up: Bergkamp, Hemphill & McClure, P.C.; The Law Shop

Dog groomer

Handsome Hounds Boarding and Grooming

Runners up: Precious Paws Pet Grooming; Stylin' Paws Salon

Physical therapy or therapist

Alicia Fisher

Runners up: Timothy Crannell; Clint Lutterman

Financial planner

Danny Beyer

Runners up: Robert Grove; Travis Gaule

Pest Control

Paul's AAA Pest Control

Runners up: Central Iowa Pest Control; Diam Pest Control ■



Chris Jacobs of Jacobs Gymnastics, chosen as favorite gymnastics/tumbling studio. Photo by Jackie Wilson

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BREAKING down retirement barriers

What's keeping you from retirement? Are you wondering if you have enough money saved? Are you concerned about the cost of health care? Or perhaps inflation, stock market volatility and borrowing costs make you wonder if this is the right time. Coupling these concerns with the lack of a customized, written retirement plan can make these retirement barriers unbreakable.



If you are ready to retire but unsure if you can, you can break down barriers by seeking answers to your questions. Retirement does not have to be a guessing game. A retirement planner can help you decide if you have enough saved for retirement, how you'll pay for health care, build a recession-resistant plan and more.

We do this by helping families and individuals develop a plan that breaks down the barriers, answers their questions and addresses their uncertainties. The plan addresses the six components of retirement: lifestyle, income, investment, tax, health care and legacy.

We start with a conversation about how you want to spend your time in retirement. Do you want to travel, spend the winter in Florida, or be near grandkids? Once you know how you want to spend your time, we can work on developing a plan to fund your retirement vision.

Then we can take inventory of retirement income sources — don't forget about Social Security and pensions — to create a retirement income plan. It's not just the sum of these sources that can help answer your questions; it's developing a plan to spend them and do it in a way that lowers your tax bill.

The cost of health care can feel like a big barrier to retirement, but it can't be ignored. The process includes helping you elect Medicare, make sense of the supplement choices, and develop a plan to pay for long-term care if you need it. Then there is your legacy. If your will, trust or beneficiary designations are not up to date, this can be a barrier to leaving your wealth to loved ones or charities.

When we write this all out for people, we can show them how and why they have enough money to retire, taking the uncertainty out of the next 20 or 30 years of their life. Sometimes they learn that they need to make some changes before they can retire; it's hard to hear, but better to know now than 10 years into retirement.

This could be the year to crush those retirement barriers and start 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.

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LIBRARY van expands reach and offerings

Increasing access to services

Books add value to the lives of people of all ages. Babies can enjoy picture board books, while adults can be swept away reading a mystery novel. Yet, not all readers have easy access to books or library services.

Waukee Public Library recently

increased its outreach efforts in the Waukee community and hopes to enhance their efforts by purchasing a new library van.

The library staff routinely visits senior living apartments and facilities, daycares, schools, community events, festivals and more. During the visits, the library provides programming, as well as the ability to check out books, participate in crafts and engage in conversations.

Currently, members of the library staff use their own cars and gas for library outreach visits. Last year, the Waukee Library asked the Waukee Public Library Friends Foundation to raise funds to purchase the new vehicle. Waukee Library Director Kristine Larson says a library van is needed for the amount of work they're doing. "We reach thousands of people each year outside the library building through library outreach services," she says.

Larson says, by providing library services outside the building, it allows them to make a larger impact in the growing community.

"There are many people who are unable to visit the library on their own. It lets people know we are in the community with many great things to offer. It also gives us a chance to answer people's questions and break down barriers to access by letting people know it is free to get a library card, and we are promoting the library's many programs, materials and services."

The proposed van is an electric Volkswagen ID Buzz Van, which costs \$65,000 and will be available late 2023 or 2024.

"We want to wait for the electric version to have fewer maintenance and fuel costs," says Larson. "We think they are just so cool. We feel this will be a great next step in the expansion of library outreach services."

The Waukee Public Library Friends Foundation is the fundraising arm of the library, raising money for items and services that fall outside the regular library budget. They are currently promoting a Flower Power plant and seed online sale starting this month and will receive 50% of every sale, which goes toward the van purchase. Customers can purchase plants and seeds through the online webstore until May 15, with orders shipping April 1.

Flower Power plants can be ordered from the website at <https://wplff.org>. The library also accepts donations, which can be mailed or dropped off at 950 Warrior Lane, Waukee, IA 50263. ■



The Friends of the Library is fundraising for an electric Volkswagen ID Buzz Van to be used for outreach programs. Cost is \$65,000 and plans are to purchase the van when the electric version becomes available later this year or in 2024.



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Andrei Murphy
President

EDUCATION

SNELL recognized for excellence in teaching

Cindy Snell, a Waukee APEX Ag and Bio Science teacher is the recipient of the Iowa Excellence in Teaching about Agriculture award presented by the Iowa Agriculture Literacy Foundation (IALF). Snell competed against other elementary, middle school and high school teachers from across Iowa to earn the honor. She was recognized at a ceremony at the Iowa

Agriculture Literacy Foundation board of directors' meeting held Dec. 13 in West Des Moines.

Snell, who is in her 25th year of teaching, has taught in Des Moines Public Schools; Kofu, Japan; and Waukee Public Schools. She joined Waukee Public Schools in 2015 to start the district's agriculture education program. She earned her bachelor's degree in ag and science education from Iowa State University and her master's in education from Drake University. Snell also serves as the Farm to School lead teacher and the Waukee FFA advisor.

Snell, who grew up on a farm in Floyd County, expressed to the IALF board members the importance of fostering community partnerships to further student education beyond the classroom.

"We wanted to start an agriculture program in an urban school setting teaching all students the importance of agriculture and knowing where their food comes from," said Snell. "With Waukee Community Schools having more than 13,000 students and me as the only agricultural teacher in the district, I have learned the importance of partnering with everyone who will help in this effort. We've received grants and support from numerous organizations such as the USDA Farm to School, ISU Dallas County Extension, local farmers and agribusinesses, STEM Council, World Food Prize and more."

Snell integrates the National Agricultural Literacy Outcomes (NALOs) into several different areas of classroom programs. For high school, one area is agriculture and the environment where students are taught to identify conservation issues in the community and how they would change or improve the issue. Students research about water issues, soil conservation, pollinator habitat, invasive species, use of pesticides/herbicides, no-till farming and more. At the end of the process, student groups develop solutions to improve the issue. Some of those student-developed solutions have included planting pollinator gardens, identifying no-spray areas, establishing teaching gardens, and collecting food waste at schools for composting. Snell encourages students to see how small changes can lead to big improvements.

Students in all levels of Waukee classes have participated in agriculture learning through hands-on experiences such as plant walls, egg hatching programs, hydroponics and dissections, vermicomposting, life gardens, ioponics, aquaponics, workshops, field trips, community service and school gardens. ■



Bre Wagner (IALF board president), Cindy Snell and Kelly Foss (IALF executive director). Snell was honored for excellence in teaching.

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WHAT DOES an executor do?

The executor is the person named in a Last Will and Testament who bears the responsibility of finalizing a deceased person's estate. If you have been nominated as an executor, there are certain critical things you need to do.



Know your role

The executor's job is to carry out the decedent's wishes outlined in the will. There is a reason the will writer named you. Your job is to ensure the estate is distributed correctly and that the decedent's affairs are wrapped up. You want to do it efficiently and correctly, but you also want to honor the decedent's wishes.

Get ready to rumble

You will need to communicate with many people: heirs, beneficiaries, family members

who may think they are entitled to money, creditors and more. Brace yourself for potential conflict. You have to manage the emotions and expectations of heirs. Some may resent your authority. Some may question why you were named as executor. Some may just be desperate for money and not understand that the process takes time.

Get organized

You should take immediate steps to safeguard property. Secure the residence and take valuables to a safe place. Get all of the information you can on assets: bank records, investment information, life insurance policies, etc. Because being an executor is such an involved job, you should keep records of all of your work. Make a spreadsheet of assets and liabilities, keep meticulous records, and make a checklist of action items.

File the paperwork

Merely being named as the executor in a Last

Will and Testament isn't enough. You have to file the Will with the probate court and obtain a court order and Letters of Appointment (Letters Testamentary) to be vested with the authority to act on behalf of the estate. Make sure you go through the proper legal channels to guarantee you have the power to carry out your role.

Hire an attorney

The process of probate is not one that can be navigated alone. You need to have legal representation and advice to ensure that you follow the law. There are statutes regarding notification of heirs, timelines for disposing of property and tax matters to handle. You don't have to do this job alone. Partner with an experienced probate attorney to help you. ■

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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UPCOMING EVENTS

- **Presidents Day – All City Offices Closed**
Mon., Feb. 20
Normal trash collection
- **City Hall undergoing remodeling**
Closed for walk-ins through mid-March
- **Regular City Council Meetings**
Feb. 6 and 21 at 5:30 p.m.
Waukee City Hall and Zoom
- **Dinner Delights Meal Prep Party**
Sun., Feb. 12 from 2-4 p.m.
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If you're looking for a summer job, check out a wide range of options at **Waukee.org/Jobs**. If you love being outside and seeing the results of your efforts, a laborer, grounds keeper 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.

Parks & Recreation Department

- Parks Laborer
- Recreation Program Assistant I
- Recreation Program Assistant II
- Recreation Site Supervisor
- Triumph Park
 - Concession Attendant
 - Lead Concession Attendant
 - Triumph Park Site Supervisor
 - Field Crew
 - Field Crew Lead
- Sugar Creek Municipal Golf Course
 - Clubhouse Assistant
 - Clubhouse Lead
 - Golf Course Attendant
 - Golf Course Grounds Keeper
 - Golf Course Maintenance Laborer

Public Works Department

- Water/Wastewater Laborer
- Streets Laborer (Truck Driver, Mower, Laborer)
- Gas Laborer

Internships

- Water/Wastewater
- Stormwater
- Engineering
- Parks & Recreation
- Sugar Creek Municipal Golf Course



Waukee
THE KEY TO GOOD LIVING



State of the City Address Set for February 24

Join Waukee Mayor Courtney Clarke on Friday, February 24 for the State of the City Address. The presentation will begin at noon at Hope Lutheran Church – Waukee. The mayor and City staff will share highlights of 2022 and a look forward to City priorities for 2023. It is free to attend, and lunch will be provided. Please register at Waukee.org/StateOfTheCity.



Renew or Register for a Pet License for 2023

Waukee residents are required to license pets every year per City ordinance. Licensing your pet improves the chances of having your animal returned to you should they become lost and helps the City of Waukee ensure that pets are vaccinated. Dog and cat licenses are \$15 for altered pets and \$25 for unaltered pets. Go to PetData.com to register your pet. Direct questions to the customer service line at 1-855-585-8157 (toll-free). If you do not have internet access and need to license a pet, call the City Clerk's office at 515-978-7904.



Save the Date for Citywide Garage Sale and Spring Clean-Up

The 2023 Citywide Garage Sale is set for Saturday, Apr. 29. This is not a City of Waukee-sponsored event. Curbside Spring Clean-Up Week for City/ASI customers will take place May 1-5 on residents' regularly scheduled Monday-Friday garbage collection days. See more at Waukee.org/CleanUp.



Girls Rec Softball Registration Closes February 15

Waukee Parks & Recreation has a recreational softball league for girls in kindergarten through 7th grade. Practice starts after spring break, and play will wrap up by mid-June. Sign up your player at Waukee.org/Registration. If you're interested in volunteering as a coach, email jperkins@waukee.org.



City Hall is Getting Remodeled January-March 2023

City Hall is closed to walk-ins through March for remodeling. Customers can make utility payments via the drop box in the parking lot in front of City Hall. If you need assistance or a receipt, call 515-978-5502. Automatic payments can be a convenient way to pay your utility bill. Find the application at Waukee.org or by email at WaukeeUtilities@Waukee.org.



If you need notary services during the remodel, call the City Clerk at 515-978-7904 to schedule an appointment. For after-hours meetings, such as City Council, Park Board and Planning & Zoning Commission, the front door will be unlocked for attendees to access Council Chambers.

WAUKEE.ORG

230 W. Hickman Rd., Waukee, IA 50263 • 515-978-7900

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Animal Stories

Feb. 3, 10-10:30 a.m.

Waukee Public Library, 950 S. Warrior Lane

Dallas County Conservation joins the Waukee Public Library for stories and activities all about animals. Join a special guest for stories and activities to learn more about animals. Recommended for ages 3 and older and their caregivers. Registration is required online at <https://waukeepubliclibrary.org/events/dallas-county-conservation-0>.



'USS Iowa' premiere screening

Feb. 19, 2-4 p.m.

Iowa Gold Star Military Museum, Camp Dodge, 7105 N.W. 70th Ave., Johnston

Join Iowa PBS for a free, in-person premiere of the new documentary, "USS Iowa." This film shines light on the USS Iowa, a legendary battleship built to defend America during World War II. Its presence as a symbol of naval war power and now as a living museum is intertwined with the men and women who served the USS Iowa for more than 80 years through campaigns of triumph and tragedy.

During this special event in Johnston, attendees will have the chance to view historical artifacts and exhibits at the Iowa Gold Star Military Museum. Light refreshments will be served.

"The USS Iowa battleship was the lead ship of the last and most devastating class of battleship," said Iowa PBS Producer and Director Patrick Boberg. "Known as the 'Battleship of Presidents,' her story ranges from wartime victories to a tragic peacetime catastrophe, and she may not have been saved and turned into a museum without the State of Iowa's financial and political support."

For more information and to register, visit iowapbs.org/events. "USS Iowa" will air on statewide Iowa PBS Wednesday, March 1 at 6:30 p.m.

Za-Ga-Zig Shrine Circus

Friday - Sunday, Jan. 27-29

Jacobson Exhibition Center, 3000 E. Grand Ave., Des Moines

The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to zagazigshrine.org. For event information and tickets, visit iowastatefairgrounds.org/event-



'Singin' In The Rain JR.'

Feb. 17-19, Feb. 24-26, March 3-5.

Friday performances at 7 p.m. Saturday and Sunday shows at 2 p.m.

CAP Theatre, 201 First Ave. S., Altoona

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green, from their original award-winning screenplay, in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online at captheatre.simplertix.com.

Learn on Saturdays

Saturdays, January through March, 10:30 a.m. to 12:30 p.m.

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. Jan. 21 program will be "Ada Hayden Herbarium Collections" presented by Deb Lewis, and "The 3 Ps: People, Plants and Pollinators" presented by Lynne Campbell, both of Iowa State University. On Jan. 18, learn how to grow mushrooms in Iowa and how to help bring back prairies. For more information, visit dmbotanicalgarden.com.



Winter Chowder Ride

Saturday, Feb. 11, 10:30 a.m.

Reclaimed Rails Brewing Co., 101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (10 miles). Check in at 10:30 a.m.; and the ride starts at 11 a.m. Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails at no cost. You can enter to win a prize by submitting a selfie with the tag #2023ChowderRide (make sure the post is public). Register online at <https://contacc/3w1EMaw>.



Botanical Blues

Sundays, January through March

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Enjoy this winter concert series at the Greater Des Moines Botanical Garden. The Jan. 29 concert features The Drama Kings, a group that specializes in the music of New Orleans, from Louis Armstrong to Dr. John. For more information, visit dmbotanicalgarden.com.

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RECIPE

ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

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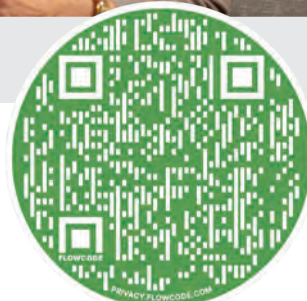
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THE YEAR for savings

Looking for new ways to save this new year? Saving money is usually on most people's resolution list, but sometimes this is a tough goal to achieve. Start simple and make some changes at home by looking at how your HVAC system is affecting your energy bills.

Your HVAC system is the highest energy consumption appliance in your entire home, and because your energy bill is a huge portion of your monthly bills, it's important to know how to save as much as possible.

Know the efficiency of your equipment — air conditioner, furnace, heat pump, etc. The higher the efficiency, the less energy is needed to run the equipment. Older HVAC systems have poor efficiency ratings which is why you should compare that to a newer, more efficient system. New systems can have an AFUE of 95%. The long-term savings can be shocking.

What is out of sight is out of mind, but don't assume that your HVAC system is running at peak performance. As it ages, it naturally becomes less efficient. Ensure that your HVAC system is performing as it should, otherwise, this, too, can affect the amount of energy that is needed and increase your bills. Poor performing equipment can result in continuous on and off cycling and a system that is struggling to maintain your home's temperature. Regular annual maintenance is a must on your car just as much as it is for your HVAC system. Routine maintenance helps ensure that your equipment is running at peak performance and can possibly save you from costly repairs and breakdowns in the future.

Another place to check is your ductwork, doors and windows. All are notorious for leaks and can make it impossible to maintain that desired comfortable temperature in your home. Simple DIY strategies such as caulking and weather strips can fix some leaks, while others require a professional. You can go a step further and have an energy audit performed. The specialized equipment that is used in these tests will be able to pinpoint the leaks in your home.

Gradual increases on your energy bill are to be expected, but big increases are not and are an indication that something is wrong. Go into this new year with savings in mind. Implementing just one of these energy savings tips on your New Year's resolution list will promote monthly savings. ■

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 Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■



Information provided by Monica Meier, PhD, MS, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, meier@sstherapyandconsulting.com

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HEALTH

By Dr. Tara Federly

DOES cold air take your breath away?

As expected, we have had some very cold days this winter in Iowa. Not everyone enjoys the cold weather, but, for some children and adults with asthma, the cold air can be a health hazard. Breathing in cold, dry air can trigger the airways in the lungs to narrow. This leads to an asthma attack with coughing, difficulty breathing and sometimes wheezing. Often these attacks happen when outside walking, shoveling snow or sledding. If you have asthma — and cold air is one of your triggers — there are steps you can take to help prevent an asthma attack:

- Wear a scarf or face mask over your mouth when outside in the cold
- Consider exercising inside
- Use your quick relief inhaler before you go outside
- Always carry your quick relief inhaler with you

Asthma attacks can also be triggered by viral illnesses, smoke, strong odors, stress, hormonal changes and allergies. If you think you may have asthma or your asthma is affecting your quality of life, consider seeing an allergist to help you identify your triggers, feel better and live better. ■

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



HEALTH

By Dr. Jason Brown

GET checked for sleep apnea

Welcome to a New Year and a new you. New Year's resolutions typically involve goals for improving physical and mental health. One key element in our overall health is the quality of our sleep. Sleep apnea is a common finding that goes largely undiagnosed.

All ages of individuals can be affected by sleep apnea. Certain factors put people at higher risk for sleep apnea. Individuals with excessive weight, larger neck circumference, larger tongue/tonsils, smaller airways, family history of apnea, smoking and specific medical conditions can have an increased risk of a sleep disorder. Patients can be screened in the dental office and their primary doctor's office for these characteristics. Some offices may have sleep questionnaires that determine someone's level of fatigue. This can lead to the recommendation of having a sleep study.

The severity of apnea can determine what options are available to help treat the condition. If apnea is caused by airway obstruction from the tongue, a dental sleep appliance can often be custom made to move the lower jaw forward, to clear the airway.

Reduction in snoring and getting a more restful sleep can help with one's physical and mental health as part of their New Year's resolution to live a healthier life. Ask your dentist if an oral sleep appliance may get you back to feeling fully rested for a healthier new year. ■

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 Dr. Josiah Fitzsimmons, DC, BCN

DRUGS are not the answer to neuropathy

Neuropathy can be a challenging condition. It isn't a disease. Rather, it is the result of a disease, illness or injury. Getting to a diagnosis of neuropathy can also be a challenge and often results in a prescription for pain medication.

People who suffer with neuropathy may not even know they have neuropathy. They may go to their primary physician and tell them about their symptoms, which may include tingling or numbness in their legs, hands or feet. Perhaps they are having balance problems or the pain in their feet is so bad that even walking is a challenge. The typical diagnostic exams and tests are not necessarily conclusive enough to determine a patient has neuropathy. The physician may just scratch their head and send the patient home with a prescription for something to ease the pain. These drugs, while not considered opioids, can become problematic if misused, and some patients can become physically dependent on them if not taken as prescribed. A true neuropathy diagnosis requires several neurological tests to determine if nerves are damaged and, if so, to what extent. If you suffer from neuropathy, don't just take a pill to relieve the symptoms. Seek out a healthcare professional who is board certified in neuropathy to diagnose and treat neuropathy. Today's state-of-the-art treatments are safe, non-invasive, painless and FDA-cleared. Don't wait to seek treatment, because nerve damage continues to worsen without it. ■



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

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REAL ESTATE

By Jamie Thompson

BUILDING wealth through real estate

Would you like to have a little mailbox or wake up money? This is when you can be wherever you want, doing whatever you want, and you're still producing income. If your answer was "Yes," then maybe it's time to start building your wealth through real estate.

Real estate has proven to be a great hedge against inflation, too. While your money in the bank is losing value, most likely your real estate holdings are holding value or increasing. Historically, real estate has continued to increase in value year over year. Also, through the last six recessions, in only two of them did values decrease.

Now how do you start your investment journey?

If you've been here before, you know our first recommendation is to always get your team lined up first. Choose a real estate professional and local lender to help educate you and get you in a position to be successful.

Next, figure out a path that fits your real estate goals. Start thinking about what type of property, style of property or could your current property work for a rental? How will you pay for the down payment? Who will manage the property?

There are things to consider beyond that, such as costs, cash flow, etc., but this will get the wheels in motion. If this is something you've been thinking about, make sure to reach out to your trusted real estate professional to get the conversation started. ■

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



LIBRARY

By Sam Bedford

CLICK & COLLECT at the Library

Frigid temperatures continue well through February here in central Iowa, which means the fewer trips outside and out of your car, the better. Minimize your time in the cold by taking advantage of the Waukee Public Library's updated curbside service, now called Click & Collect.

Back in November, the Library switched to a new, updated app for a more seamless mobile experience. It's your one-stop-shop for all things library — mobile checkout, upcoming books, current reading challenges, events and more. Simply search "Waukee Public Library" in your app store to download.

When the weather outside is especially frightful, use the new Click & Collect service within the app. It provides you with a warm and safe option to pick up all your Library items. Once your holds are ready, go to the Waukee Public Library app, press "My Account," then "Holds," select "Click & Collect," and then follow the prompts to let them know you're on your way to pick up your items. As you approach the Library's south-side drop off, press "I'm here!" within the app and staff will bring your items to your car, checked out and ready to enjoy.

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.

- On Exhibit: Sunflower Fine Art Studio Children's Art Show, Feb. 1-29.
- Toddler Time, Tuesdays at 10 and 11 a.m., Wednesdays at 10 a.m.
- Preschool Storytime, Tuesdays at 10 a.m. and 1:30 p.m. Wednesdays at 10 a.m.
- Bricks & Beads, Wednesday, Feb. 1, 2 p.m.
- Afternoon Book Club, Thursday, Feb. 2, 2:30 p.m.
- Dallas County Conservation, Friday, Feb. 3, 10 a.m.
- Valentine Tea Party, Saturday, Feb. 4, 10 a.m.
- Iowa Civil Rights (online), Saturday, Feb. 4, 1 p.m.
- Sensory Spaces, Saturday, Feb. 4, 4 p.m.
- Stories & Stretches, Sunday, Feb. 5, 2 p.m.
- Babytime, Mondays, 10 a.m.
- Teen Advisory Board, Mondays, 3:30 p.m.
- Pajama Storytime, Mondays, 6:15 p.m.
- Bloody Science, Mondays, Feb. 6 and 27, 6:30 p.m.
- Movie Matinee, Thursday, Feb. 9, 10 a.m.
- Songs & Stories, Saturday, Feb. 11, 10 a.m.
- Chocolate Spa Party, Saturday, Feb. 11, 1-4 p.m.
- Music Trivia, Saturday, Feb. 11 at 1:30 p.m. Sunday, Feb. 19 at 1:30 p.m.
- Elementary Early Out, Wednesday, Feb. 15 and 22, 2:30 p.m.
- Pain Management Strategies, Thursday, Feb. 16, 10 a.m.
- Café Learn & Play, Friday, Feb. 17, 10 a.m.
- Elementary Craft Lab, Friday, Feb. 17, 4 p.m.
- Library Closed, Monday, Feb. 20
- Books on Tap, Tuesday, Feb. 21, 6 p.m. at Mickey's Irish Pub
- Animal Book Club, Thursday, Feb. 23, 4:30 p.m.
- Elementary Food & Games, Friday, Feb. 24, 2 p.m.
- Macramé Plant Hanger, Saturday, Feb. 25, 1 p.m. ■

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A WAUKEE winter

Hammacks say winter is a shock, but Iowa living is grand.

Nick and Rachael Hammack got their first taste of Iowa winter in December 2022. This is their first year for the true winter experience.

"I get why everyone moves to Florida,"

Rachael comments on her first winter in Waukee.

The couple grew up in Florida and lived there until December 2019. They lived the Florida lifestyle with warm weather all year long and a beach a mere 10 minutes away. Both were successful in their careers, but they needed a change. The couple moved in with Nick's parents in northeast Georgia for six months until they found their own place. Their plans were to settle in until an opportunity with Amazon came knocking. In August 2022, an Amazon recruiter offered Nick a job in their Loss Prevention and Investigation department.

"They said, you can go to Washington state; Tulsa, Oklahoma, or you can try Des Moines," Nick says.

The Hammacks decided to give Des Moines a shot. Soon after Nick received the offer, they came up to the metro one weekend in August to

get the lay of the land.

"People started rattling off different cities and areas... Waukee kept coming up," Nick explains.

They soon recognized the similarities between Waukee and Braselton, Georgia. Both communities are up and coming with tremendous opportunities for growth. Nick and Rachael liked the parallels and decided to look for a home in Waukee.

Within the first few months, the couple learned what it was like to live an Iowa lifestyle. They discovered tasty gas station pizza, which is all but forbidden down south; farmers markets with proper farmers; and a real sense of kindness within the community.

"It's a genuine kind of nice here," Rachael notes. The couple is used to southern hospitality, but, in Iowa, they feel it is more genuine rather than conventional.

But then came the winter. The Hammacks had to quickly learn all the rules: disconnecting the hose, switching to all-season tires, walking like a penguin, buying ice melt, and even buying



While Nick and Rachael Hammack have found Iowa winters take some adjustment, they say their dog, Rambo, loves the change in season.



their first snow shovel.

Despite the challenges, Rambo, the couple's dog, loves the snow.

"He's living his best life," Nick says. "It's bulldog weather." ■



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OUT & ABOUT

BOWLING for Blank

Waukee Area Chamber of Commerce held its Waukee Young Professionals annual Bowling for Blank on Dec. 8.



Waukee Area Chamber of Commerce held its Waukee Young Professionals annual Bowling for Blank on Dec. 8.



Iowa Wolves bowlers: Alex Barker, Jeff Duis, Randi Burrell, Hugo Bolaños and Kelsey Laughman



Professional Solutions bowlers: Brett Braafhart, Sharyl Norris, Chima Igbokwe, Tara Burnside, Amanda Epting and Jennifer Hauschildt



VizyPay bowlers: BG Xa and Isaac Nativi



Bing Bang bowlers: Shelby Stites and Erin Uhlmeier



Myriad Advisor Solutions bowlers: Kellie Fox, Aimee Cook, Danielle White, Ron Evans, Nadine Argo, Saige Linderman, Sadie Jones and Luke Roth



Charter Bank bowlers: Brien and Brittany Scandridge, Ciara Halverson and Kedrick Bemiss



Josh and Kayla Monroe, Tyler and Erinn Waltz, Kelly and Nick Hageman and Devin Platts

OUT & ABOUT

HAPPY New Year!

Waukee businesses wish you
a Happy New Year.



Iowa Realty - Waukee Office: Kristin Davis, Julie Johnson, Taylor Beeler and Mike Hamilton



Key Potential Chiropractic: Susan Iahaise



Kyle Bikes in Waukee: Kevin Longcor and Lexi



Scooters in Waukee: Katelyn Schumacher, Autumn Todd and Karley Eilts



Athletico Physical Therapy in Waukee: Hannah Fageroos and Jordyn Schmidt



Waukee Power Equipment: Claire Enos and Matt Wahlert



Nick Hageman - State Farm Insurance: Devin Platts, Stacey Stueve and Nick Hageman



Safe Splash-Swim Labs - Waukee: Ashlyn Nichaus



Focus Eye Care - Waukee: Sherri Bradley



Echo's Cookie Shop - Waukee: Echo Boland



Your CBD Store - Waukee: Leslie Wiles



Waukee Hy-Vee: John Randolph and Maryse Diersen

the ESTATES

of Waukee
A VINTAGE COOPERATIVE COMMUNITY

LOVE WHERE YOU LIVE

Become a member and select your lot location, floor plan & interior finishes today.

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Between SE Esker Ridge Dr and SE Tallgrass Ln



Currently Under Construction

- Active 55+ Living
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- Indoor & Outdoor Maintenance-Free
- Private Entrance & Street Located in the Kettlestone Development
- Clubhouse with Amenities
- Personalized Homes
- Member-Owned, Member-Controlled
- Professional Property Management
- Surrounded by Walking Trails & Bike Trails

Get away from the mowing and snow removal, it's all done for you!

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**OWN YOUR SHARE.
SHARE YOUR STORY.**

CONTACT JULIE AT:

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JANUARY SPECIALS

PICK-UP PRICES!

SALE PRICES GOOD JAN. 1 - JAN. 31, 2023

Whirlpool® \$949 EACH



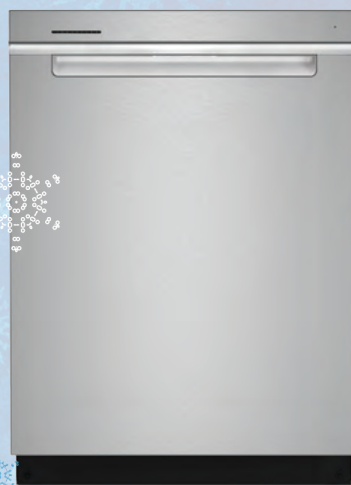
Whirlpool Washer
4.7-4.8 cu ft

- 2 in 1 Removable Agitator
- Built-In Water Faucet
- Deep Water Wash Option
- Presoak Option

Whirlpool Dryer
7.0 cu ft

Top load electric moisture sensing dryer with steam & wrinkle shield
WTW5057LW/WED5050LW

Whirlpool® \$929



Whirlpool Dishwasher
with stainless steel tub

- 3 rack
 - Adjustable middle rack
 - 47DBA
 - Fingerprint resistant
- WDTA50SAKZ

MAYTAG® \$799



MDB4949SKZ

- STAINLESS STEEL TUB WITH 5 CYCLES
- DUAL POWER FILTRATION
- FINGERPRINT RESISTANT STAINLESS STEEL

MAYTAG® \$1,199



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33-INCH WIDE TOP FREEZER REFRIGERATOR WITH EVENAIR™ COOLING TOWER- 21 CU. FT.

MAYTAG® \$1,099 EACH



MVW6230RHW

MED6230RHW

MAYTAG® WASHER

- NEW 4.7 CU FT
- DEEP WASH OPTION
- 5 YR LIMITED PARTS & LABOR WARRANTY

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- 7.4 CU FT
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