

WAUKEE

MARCH 2023

Living

MAGAZINE

IN THEIR FOOTSTEPS

Residents share how they
were inspired to follow a
loved one's path

Upcoming events for the area
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Jalapeño sweet potato chowder
RECIPE

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8 winter skin care rules for young children



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

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

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

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

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

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

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

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



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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■

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IN THEIR LOVE FOOTSTEPS

Residents share how they were inspired to follow a loved one's path

By Jackie Wilson

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Katie Ritzman of Waukee displays cookies she made for her Smart Cookie, LLC business. Photo by Jackie Wilson



FEATURE

Three generations of bakers

When Katie Ritzman was young, her mom baked cookies, cakes and other desserts at their home, selling the sweets to families and restaurants.

One day, her mom asked Katie to look after a batch of cookies baking in the oven. A young Katie didn't like the messy kitchen, so much so that she responded, "I hate baking cookies."

Fast forward 25 years. Katie is now baking cookies out of her home, with her Smart Cookie business in Waukee. When she told her mom about her proposed business, her mom laughed.

"My mom laughed so hard. She said, 'You told me how you hated it. It's funny how the tables have turned,' " she says.

In addition to her mom being an in-home baker, her grandma was also well known in the late 1960s in Michigan for her cinnamon, pecan and dinner rolls.

Katie's interest in baking began as an adult, when a friend gave her a gift card, and she purchased a KitchenAid mixer with it. In 2019, she took a class on decorating and baking. Then, when the pandemic hit, she bumped up

her cookie offerings and started making cookies for fundraisers, including a dessert of the month for the Waukee Area Christian Services gala fundraiser.

Providing sweets for fundraisers helped her promote her business. She began making trays of specialty cookies, such as princess, animal paw prints, sporting themes, smash cakes and more for kid and adult birthday parties and other special occasions.

She uses her secret fluffy frosting recipe — the same one her mom uses in her cakes — which was given to her by her godmother's grandmother. Katie recalls baking cinnamon rolls with her grandma, who she says was neater in the kitchen than her mom.

Her grandma handed down her frosting recipe to her mom; however, the recipe was lost in a house fire. Katie tried to recreate it but couldn't get it right. She recalled that her grandma was featured in a local newspaper and found a copy of the recipe.

"I zoomed in and found a picture of the recipe, and I was able to piece it together," she says. "Later in life, when Grandma was in the nursing home, she taught the cooks in the



Three generations of bakers include Katie Ritzman's grandma, Mary Gaspar, Katie and Katie's mom, Susan Foley.

nursing home how to bake cinnamon rolls."

Today, she and her mom talk frequently, sharing baking tips and recipes. One time, Katie frosted a cake, and it cracked.

"That had never happened. I kept trying to figure out what went wrong. I called my mom, and we figured out that I used a different brand in just one ingredient," she says.

Her mom continues to bake wedding cakes.

"One time, she made a big cake and found

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FEATURE

it wouldn't fit through her front door. My dad had to cut out part of the door to get it out," she recalls.

Frosting cookies is an all-day event. Katie's two young kids know not to go near mom's table when she's working.

"Even if you bump the table, that could have a ripple in the icing," she says.

Although Katie initially "hated baking," she likes providing joy to families and friends.

"People like sweets when they're celebrating. It's like you're part of their celebration."

When she's baking, the music is cranked up, and she feels a flow in her creative outlet.

"There's so much joy that goes into baking, and it's been passed on to me," she reflects.

"I think it's neat to see that tradition handed down. Mom and grandma are a small part of that."

Firefighting legacy

When Nick Porter was young, he would ride his bike to the Des Moines fire station where his dad, Matt Porter, was a firefighter.

"I'd spend nights at the firehouse doing homework and, essentially, grew up in it."



Nick Porter was inspired by his father to be a firefighter, so much so that he never considered any other career.

When Nick graduated from high school, he didn't have plans to do anything other than firefighting. His dad encouraged him to look for a different profession.

"When we'd talk, he'd say, 'You don't want to do this. Go someplace and make money so you don't have to work odd hours and holidays,'" he recalls.

Yet, he still became a firefighter. He

currently works at both the Waukee Fire Department and the Ankeny Fire Department, where his dad also works part time. His dad is district chief at Des Moines Station 1 and has been a firefighter for 39 years.

Early on in his career, Nick received good advice from his dad prior to starting his new job.

"He laid out the rules about what fire

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FEATURE

service was about. If you're new, you're on probation. Show up early, he said. Be the first to start truck checks and follow the firehouse etiquette," he says.

Nick enjoys working in both communities as a firefighter.

"Waukee is a fast-growing community, and I'm happy that Chief Robinson took a chance on me."

Nick and his dad talk nearly every day about calls and fires.

"When I was younger, he didn't talk about it a lot. Now it's all we talk about," he says.

The most challenging part of his career is being away from his family on holidays or special occasions. His sister is a nurse, so she has odd hours as well.

"We're all used to the odd hours by now. My mom still struggles with it," he says.

Nick feels great satisfaction in helping people.

"It's often the worst day of their life. Being able to help people is why I do it. It's not all fires — there's a lot on the EMS side, too."

Since his dad is the chief, people have asked if he'll become one as well.

"Dad has a good reputation. I can't carry his boots. I'm super proud of him, and I think he is of me, as well."

Nick recalls a quote, "If you love what you do, you'll never have to work a day in your life."

"I feel that way. Honestly, if it wasn't for him, I probably wouldn't have done this," he says.

Business handed down

Charlie Strutzenberg of Waukee grew up with his dad's business, Hotsy Cleaning Systems in Urbandale. During summers, Charlie performed odd jobs. In college, he did an internship at Hotsy. That's when he realized he would pursue working there and eventually take over his dad's business.

Charlie first worked in the sales department. Hotsy specializes in selling and installing wash bays, pressure washers and other cleaning systems. Charlie felt the sales job was ideal.

"It was smart, as I didn't want to report to him. Instead, I reported to a sales manager. He was a good buffer between us," he recalls.

Yet, Charlie felt a rapport with his dad. He spoke directly and honestly with him about the



Jim and Charlie Strutzenberg gather at a company party.

business.

"That's the way we were. He always looked to me for improvements and was patient when we didn't always agree."

Occasionally, they would "butt heads." When it came time for his dad to turn the business over to Charlie, there was some resistance.

"It was hard for him to give it up. That was a big part of his identity. Yet, he was good about recognizing and creating a space for me to come in and take control," he says.

His siblings took their own career paths and are not involved in the business.

"There's no drama with the family. It would



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FEATURE

have been difficult if we had multiple leaders.”

His dad continues to serve on the board and occasionally stops by the company. Charlie taps into his dad’s knowledge frequently for advice.

“He’s got a strong work ethic, with attention to detail. Sometimes he was conservative and took time making decisions,” he says. “In retrospect, I see the value in that slow to thinking.”

He says he was fortunate his dad laid the groundwork with solid advice.

“I didn’t want to make the same mistakes he did. It saves me time and effort from making the same mistakes.”

Charlie is proud of the company his dad started.

“Dad was good to the employees. There’s a weight that comes with being an employer and having families working here. I’m now the authority figure, and my role is to protect the herd, as my dad established that,” he says.

With low turnover, the company, which started in Humboldt, has tripled in size, and business is booming.

“It’s a family atmosphere and a fun place to work. Dad had a different skill set, starting from nothing. I couldn’t have done what he did.”

Recently, Charlie’s wife began working at Hotsy part time. He has a young son, whom he says can choose his own career path.

“I don’t have any expectations. I want him to be free to pursue whatever he wants,” he says. ■



Charlie Strutzenberg of Waukee is owner of Hotsy Cleaning Systems in Urbandale. He took over the business his dad started. Photo by Jackie Wilson

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NEW LAWS allow you to save more for retirement

Recently, lawmakers passed a massive bill with more than 90 retirement provisions called SECURE Act 2.0. Some changes, like the RMD age increasing to 73 (from 72), went into effect on Jan. 1, 2023. Other provisions will be phased in over the next few years, including the ability to save more money for retirement in the form of a catch-up contribution.

A catch-up contribution is a type of retirement contribution that allows those 50 and older to put additional money into most employer-sponsored plans and IRAs.

In 2023, anyone eligible can contribute up to \$6,500 to an IRA or \$22,500 to a 401(k). If you are 50 or older, you can put an additional \$1,000 into an IRA and an additional \$7,500 in an employer-sponsored plan like a 401(k) or 403(b). This brings the catch-up contributions to a total of \$7,500 and \$30,000, respectively.

That \$1,000 IRA catch-up limit has been the same for several years. With the passing of SECURE Act 2.0, starting in 2024, that amount will be adjusted for inflation annually in \$100 increments. It's not much, but the inflation adjustment will move that catch-up number above \$1,000



and allow for a slow increase of the limit.

There will be a "special" catch-up contribution starting in 2025. Those age 60-63 can put even more money into their employer-sponsored plans. The formula for determining how much you can contribute is a little convoluted. The "special" catch-up contribution limit is the greater of \$10,000 or 150% of that standard catch-up amount for the previous year.

For some, catch-up contributions are a great way to save and invest more money for retirement. These decisions must be made as part of a comprehensive retirement plan that takes into consideration all your other sources of income, your investments, your tax plan and, most importantly, your retirement vision.

The strategy that is right for your neighbor or co-worker may not be right for you. This mantra applies to many retirement decisions, including catch-up contributions, Social Security, Medicare and more. We help families and individuals understand the rules and take advantage of strategies that will help them live out their 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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NEIGHBORS

By Darren Tromblay

REACHING for the stars

Waukee Girl Scouts shine spotlight on light pollution.

Emmy Matthews and Morgan Mayberry are on a mission to the stars — or to make sure we can see them at least.

The pair of energetic 10-year-olds from Grant Ragan and Walnut Hills elementary schools, respectively, have undertaken a project as part of their local Waukee Girl Scout group that will hopefully ensure the sky is clear for future generations to gaze into the wonderment that is the heavens.

There's one problem though: light pollution.

"Light pollution is important because it causes a chain reaction," says Mayberry. "First, it harms bees and insects because they confuse day and night. If bees aren't active, we won't get flowers to bloom, nor plants to grow that we need for food. Iowa has lots of farmers, and they need bees' help to grow good crops. That is why it is important for everyone in Iowa to know how they can reduce light pollution."

For Matthews, it's that and more.

"I think the stars are meant to be seen," she says. "Some people haven't even seen stars or haven't seen many, and everybody should get a chance to look at the beautiful stars. They are so wonderful, and they make constellations like Orion, Ursa Major, Ursa Minor, Scorpio, Pisces, and many more. Also, geese and other animals have been affected by making their migration process harder. We should work toward stopping that."

This project started last year after Matthews moved to Waukee from Oklahoma with her parents, Elizabeth and Crys Matthews. But she noticed that she couldn't see the stars like she used to. The cause? Light pollution.

And a mission was born.

Matthews spoke with Beth Shelton, the CEO of Girl Scouts of Greater Iowa, at a Girl Scout event at the Capitol, about things they wanted to change in their community. Matthews knew this was exactly what she wanted to work on. Mayberry, too. And so the duo began their journey.

"We have done a lot of research and learned a ton," Mayberry says.

Matthews says the duo has watched documentaries, read a lot, and worked together to share information and create an information poster.

Matthews, who has been in Girl Scouts for five years, says doing so has helped her make new friends, have new experiences and mold her into who she is today. More importantly, though, she wants to make a difference in the world, she says.

Mayberry, the daughter of Kip and Marla Mayberry, began Girl Scouts when she was in second grade.

"I joined because I like meeting lots of different people," she says. "Our troop is great because there are girls from lots of different schools in Waukee."

With the project, the girls are striving to achieve a Bronze Award, an honor given to those Girl Scouts who do something that makes an ongoing impact in their community.

"We want to make an impact by teaching our community about a problem we see that they can help fix," Matthews says. ■



Emmy Matthews



Morgan Mayberry

CELEBRATE National Library Week

The Waukee Public Library encourages all community members to visit the Library during National Library Week, April 23-29, to explore all it has to offer.

Most people know about the wealth of stories available at the Library, from picture books and large print to audiobooks and eBooks. But there's so much more to the story of libraries.

Libraries are welcoming spaces that bring communities together for entertainment, education and connection through book clubs, story times, art exhibits, crafting classes, lectures and more. The Waukee Library offers a wide array of programs, classes and resources, including STEAM kits, museum passes and activity packs.

And libraries play a critical role in the economic vitality of communities by providing internet and technology access, literacy skills and online resources for job seekers, small businesses and entrepreneurs. The Waukee Library is proud to be an accessible and inclusive place that promotes a sense of local connection through programs and services for all.

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

Programs and events

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

- **Art Gallery Exhibit: "Folding Cranes, Enfolding Community,"**

Pamela Douglas, April 4 - May 30.

- **From the Friends Foundation:** The Waukee Public Library Friends Foundation is raising money for an outreach van. This purchase will help the Library meet patrons out in the community. Visit tinyurl.com/WPLFFFlowers to purchase seeds and plants to be delivered to your home! Fifty percent of every sale goes toward purchasing the outreach van. Seeds begin shipping April 1, and the fundraiser ends May 1.

For kids

- **Egg Carton Flowers**, Sunday, April 2, 2 p.m. Make a spring flower craft out of recycled materials at the Library. This event is open to children of all ages and their caregivers. Registration is required for this drop-in craft.

For teens

- **DIY Phone Charms**, Monday, April 3 and 10, 6:30 p.m. Make your own phone charm, key chain or friendship bracelet. The April 3 event is for students in grades 10-12 and the April 10 event is for students in grades 6-9. Registration is required.

For adults

- **Snacks & Facts: Journaling 101 With Billie Wade**, Friday, April 7, 11 a.m. Join the Library at the Waukee Community Center to explore different types of journaling to find the one that best fits you. Attendees will be given a journal and pen to start their journey while supplies last.

For all

- **Celebrating the Cherry Blossom Festival (Online)**, Saturday, April 22, 2 p.m. This live Zoom talk includes activities you can do in your home to welcome spring. 30 lucky people on the registration list will be selected at random to receive an activity kit with goodies. Registration is required. ■



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GUARDIANSHIPS of adult children

If you are a parent of a child with a disability and your child is about to turn 18, this can be a scary time. You may be aware that once a child turns 18, they are a legal adult and are presumed to be capable of making decisions and exercising rights on their own. This means that you, as the parent, will no longer be able to make decisions for your child regarding their finances, healthcare or education.



In order to remain an active advocate for your child and to be included in conversations regarding their finances, healthcare and education, you should file for a guardianship over your child. A guardianship is a legal proceeding where a person, typically a family member, asks the court to find that the adult child is unable to effectively manage their affairs due to their disability.

To obtain a guardianship, you must petition the court. The petition must include all basic facts, including the petitioner's relationship to the person who will be under the guardianship as well as a brief description of the ward's disability. The description should include how the disability affects the person's ability to make decisions. Following the petition, there will be a hearing before a judge. At

this hearing, you must present sufficient evidence of the need for a guardianship.

A guardianship doesn't completely eliminate your child's ability to make decisions for themselves; rather, it provides you the opportunity to continue to support their self-sufficiency.

Having a guardianship over your adult child allows you to continue to support them and assist them in their everyday lives. You will, with a guardianship, be able to assist them in maximizing their independence. Without a guardianship over your 18-year-old, you lose the ability to speak with their doctors and care providers, communicate with insurance companies on their behalf, coordinate benefits, and assist in managing their finances and assets.

In order to ensure that your petition is done correctly and that you are maximizing your chances of continuing to be an advocate for your child, you should speak to a reputable attorney with experience in guardianships. Your attorney will be able to assist you in the petition and in any court hearings that follow. ■

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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EVENTS IN THE AREA

Be sure to check for cancellations.

Easter Coloring Contest Ends March 31

Help spread some Easter cheer in the Downtown Triangle District. Print a coloring sheet and entry form from www.waukee.org/791/Easter-Coloring-Contest or pick one up at the Parks & Recreation office. The contest is for all ages (adults, too) and runs through March 31. Winners will receive an egg'cellent Easter basket filled with goodies.

Yard Waste Pick Up Monday, April 3

Yard waste collection for City of Waukee/ASI garbage customers begins the first Monday in April and continues until the last Monday in November. For more information and guidelines for what will and won't be picked up, visit <https://www.waukee.org/256/Yard-Waste>.

Spring and Summer Program Registration

Online registration for Waukee Parks & Recreation Spring and Summer Programs is now open. See the digital program guide at www.waukee.org/181/Parks-Recreation. Register for programs at waukee.activityreg.com/ClientPage_r2.wcs.

The Waukee Parks & Recreation Department has a great spring and summer filled with programs, activities, trips and festivals. Highlights include:

- Waukee's popular festivals and events, such as the Easter Egg Hunt, Movies in the Park and the Celebration of Independence
- Mini Sluggers T-Ball league and Parent/Child Blastball
- Youth camps including Ultimate Disc, Camp Brainiac, Art in the Park and Explore the Outdoors
- Youth education, such as babysitting training as well as Safety City and Home Alone Awareness with the Waukee Police Department
- Special needs and adaptive sports activities, including the second season of our baseball league played on the Miracle League field at Triumph Park
- Adult sports and activities including slow-pitch softball, pickleball, sand volleyball leagues, bingo and a new CPR certification class with the Waukee Fire Department
- Adult trip to the Iowa State Fair for Older Iowans Day
- Yoga in the Park and Kids Yoga ■

Movies in the Park

Centennial Park Open Air Shelter, 1255 Warrior Lane Friday, June 9, 8:45-11 p.m., "Minions: The Rise of Gru" (PG)

Enjoy Hollywood's biggest hits under the stars with Movies in the Park! Movies in the Park is free and provides an abundance of entertainment. Showtime is at dusk (approximately 8:45 p.m.) in Centennial Park. Bring lawn chairs, blankets and refreshments, and get ready to make memories with family and friends.

Other scheduled Movies in the Park:

June 3, "Top Gun: Maverick" (PG-13)

Aug. 11, "Black Panther: Wakanda Forever" (PG-13)



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Waukee
THE KEY TO GOOD LIVING

SPRING CLEAN-UP & HAZARDOUS WASTE DISPOSAL TIPS

As you clean out your closets, storage rooms or garage, plan for Spring Clean-Up events in Waukee. The Citywide Garage Sale is scheduled for Saturday, April 29. This is not a City-sponsored event, but many residents choose to host garage sales this day. If you are a City of Waukee/ASI garbage customer, you can participate with these additional events to help clear out unwanted items.



CURBSIDE SPRING CLEAN-UP WEEK May 1-5, 2023

During the free, curbside portion of Spring Clean-Up Week, City garbage customers can place large items on the curb for disposal on their normally scheduled garbage collections days, Monday through Friday. Bulky items, such as furniture, oversized electronics and other large items up to five feet in length, should be on the curb no later than 7 a.m. Smaller items should be bagged or boxed.

The following items will not be accepted at the curb:

- Appliances
- Hazardous materials
- Broken-up concrete/asphalt or demolition materials
- Loose shingles and lumber
- Anything longer than five feet
- Paint
- Propane tanks
- Tires
- Yard waste (collected only on Mondays, April-November)
- Items too heavy for a two-person team to reasonably lift

If you live in an apartment, condo, townhome or at Midwest Country Estates with private trash collection, you may not be a part of the Spring Clean-Up events.

Please contact your association or management to find out.

HAZARDOUS WASTE, APPLIANCE AND TIRE DROP-OFF SITES

Saturday, May 6, 8 a.m. to noon

Hazardous waste, appliances and tires will not be collected from curbs. Please take them to the designated drop-off site.

Household Hazardous Waste

On May 6, take accepted hazardous waste items to Vince Meyer Learning Center at 445 5th Street for free disposal. This includes items such as acid, rechargeable batteries, oil, antifreeze, lawn fertilizer, pesticides, pool chemicals, and oil-based paints or aerosols. Latex paint will not be accepted on this day. Cans of dried out latex paint can be placed in garbage bins with the regular trash; non-dried cans of latex paint can be taken to the Metro Waste Authority in Grimes for a fee. Sharps must be contained in detergent bottles or sharps containers (not milk jugs or soda pop bottles). Lids to sharps containers must be taped.

The following items will not be accepted at the drop-off site:

- Ammunition/explosives
- Asbestos
- Dry cement mix
- Fire extinguishers
- Joint compound
- Latex paint
- Medications
- Propane tanks
- Radioactive materials



For more information about Waukee's Spring Clean-Up events, visit Waukee.org/CleanUp. For specific garbage-related questions, call ASI at 515-964-5229. Happy spring cleaning!

The Citywide Garage Sale is scheduled for Saturday, April 29.

Appliances and Tires

On May 6, appliances and tires can be dropped at the former Waukee Public Works Building at 1205 6th Street. Appliances must be cleared of food, hazardous waste and garbage prior to drop-off. Up to five car tires may be dropped off free of charge. The drop-off fee for each additional car tire will be \$1, and semi-truck and tractor tire drop-offs will cost \$5 apiece. Rims will not be accepted.

Electronics

Electronics are accepted in the weekly garbage collections or on the curb during Spring Clean-Up Week; there is no designated drop-off site for these items. For a fee, Metro Waste Authority will recycle many electronic items; go to mwatoday.com to learn more.

Medications

To safely dispose of expired or unwanted medications, take them to the Drug Dropbox located at the Waukee Public Safety Building, 1300 SE L.A. Grant Parkway. Lobby hours are Monday through Friday, 8 a.m. to 4 p.m. The Waukee Police Department also administers Drug Take-Back Days once in the spring and once in the fall. The next one will be held Saturday, April 22 from 10 a.m. to 2 p.m. at the Waukee Public Safety Building. To donate medication for use by lowans in need of assistance, call the Iowa Prescription Drug Corporation at 1-866-282-5817.

CITY OF WAUKEE BULLETIN

MARCH 2023

UPCOMING EVENTS

- **Easter Coloring Contest Entries Due**

Friday, March 31

Waukee.org/ColoringContest

- **Trout Day at Triumph Park**

April 1

Waukee.org/TroutDay

- **Bingo**

Friday, April 7 at 1 p.m.

Waukee Community Center

- **Regular City Council Meetings**

April 3 & 17 at 5:30 p.m.

Waukee City Hall and Zoom

- **Waukee Easter Egg Hunt**

Saturday, April 8 at 10 a.m.

Centennial Park

- **WASP Senior Program**

Wednesday, April 26 at 9 a.m.

Waukee Community Center

- **Citywide Garage Sale**

Saturday, April 29

Easter Egg Hunt Scheduled for April 8

Kids ages 0-10, hop over and fill your baskets full of candy at Waukee's annual Easter Egg Hunt on Saturday, April 8! It will start at 10 a.m. sharp at Centennial Park, rain or shine. Enjoy thousands of eggs and pieces of candy at this popular event. Note that some candy many contain nuts. Watch for the special golden prize eggs. Registration is not required. (Find more information at Waukee.org/EasterEggHunt.)



Trout Day at Triumph Park

On April 1, the Iowa Department of Natural Resources (DNR) will stock the pond at Triumph Park with trout. Bring your fishing pole and join Waukee Parks & Recreation for this fun event. To fish, you must have a valid fishing license with trout stamp. Find more information about fishing licenses and the event at Waukee.org/TroutDay.



Pothole Repairs

With warmer temperatures come potholes. Street patching crews will be out repairing potholes as needed and as weather permits. They will first address the largest potholes on main roads and then work their way from arterial streets to collector streets and then to residential neighborhoods. To report a pothole location, visit Waukee.org/ReportaConcern. Thank you for your patience as crews make those needed street repairs.



Yard Waste Collection Begins April 3

Weekly curbside yard waste collection will begin Monday, April 3 and will continue through November. Yard waste is vegetation including grass clippings, leaves, brush and garden waste. Place items on the curb by 7 a.m. each Monday in biodegradable bags, reusable containers or bundles. Do not bag yard waste in plastic bags. Find more information about what is accepted at Waukee.org/YardWaste.



For more information scan to visit our website.



Waukee
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RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission

Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.



MARCH SPECIALS

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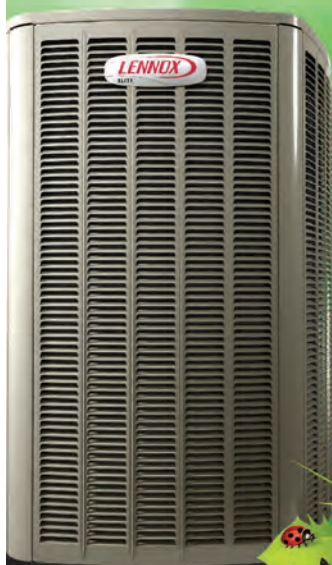
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HVAC

By Kendel Richlen

HVAC spring cleaning

Warmer days are coming soon, yet, sometimes not soon enough. But, it's safe to say that the bitter cold is appearing farther in our rearview mirrors, and, as we look ahead to warm days, it's important to prepare your system for the warmer months ahead. Here are some things you can do in the spring before switching off the heater and turning on your air conditioner.



Change the air filter

As the seasons change, it's a good time to change your air filter. You should be changing your air filter about every 90 days or as often as the package directs. Some air filters suggest changing the filter in as little as 30 days. Starting your system with a dirty filter can drastically reduce the efficiency of your system, making it harder for your system to operate, increasing your energy bills and putting unnecessary stress on your system. You will also want to remove loose debris from around your system. The best way to do this is by manually clearing any big objects around your system and using a low-pressure hose to remove any remaining debris. A clean unit is an efficient one and can last for a longer period of time. That's money that you'll save on your monthly energy costs and in the long-term.

Clean the vents

Spring is a great time to clean your air vents and grilles. Air vents can oftentimes be forgotten about, but they are just as important as your system. Make sure that each vent is open so air can move freely throughout your home. Also make sure that furniture, rugs and curtains aren't blocking your vents. Blocking your vents can restrict airflow and lead to your home conditioning at an uneven temperature. To clean your air vents, remove the grilles and soak them in warm water and soap. While they are soaking, vacuum out any particles, dust or pet hair that has accumulated during the winter. Then simply dry off the grilles and replace them.

Adjust the thermostat

If you have a programmable thermostat, it is a great idea to set up a new schedule since the weather is changing. If you don't already have a programmable thermostat, it is highly recommended. It not only provides optimal comfort but saves energy, which saves you money.

Most importantly, schedule your annual maintenance. After your equipment is maintained, you'll have peace of mind realizing your system is well prepared to provide worry-free air — even on the hottest days. ■

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




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WAUKEE

Warriors

2023 SPRING SCHEDULE

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
April 11	3:30PM	WDM Valley	Willow Creek Golf Course
April 17	10:00AM	Multiple Schools	Willow Creek Golf Course
April 19	12:30PM	Multiple Schools	Blank Golf Course
April 20	3:30PM	Urbandale	Sugar Creek Golf Course
April 25	11:00AM	Linn-March	Hunters Ridge Golf Course
April 26	3:30PM	Multiple Schools	Sugar Creek Golf Course
April 27	10:00AM	Multiple Schools	Elmwood Country Club
May 1	9:00AM	Multiple Schools	Jester Park Golf Course
May 3	2:30PM	Multiple Schools	Briarwood Golf Course
May 8	10:00AM	Multiple Schools	
May 11	10:00AM	Ames	Veenker Memorial Golf Course

VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
March 6	2:30PM	Wartburg College	Wartburg College
March 7	2:00PM	UNI	UNI-Dome
March 10	3:30PM	Iowa State University	ISU Lied Recreation Center
March 21	2:30PM	Wartburg College	Wartburg College
March 23	4:00PM	Multiple Schools	Waukee Northwest
March 30	4:00PM	Multiple Schools	Waukee Stadium
March 31	7:30PM	Des Moines Lincoln	James Cownie Soccer Complex
April 6	4:30PM	Multiple Schools	Indianola Stadium
April 8	11:00AM	Multiple Schools	Valley High School-Tiger Track
April 11	4:30PM	Multiple Schools	Urbandale High School
April 18	4:30PM	Multiple Schools	Northview Middle School
April 20	4:00PM	Multiple Schools	Waukee Stadium
April 25	4:30PM	Multiple Schools	Northview Middle School

VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
March 31	8:00PM	Waverly-Shell Rock	A-D-M, Adel
April 1	10:30AM	Des Moines East	A-D-M, Adel
	12:00PM	Glenwood	A-D-M, Adel
April 7	7:30PM	Ankeny High School	Waukee Stadium
April 11	7:30PM	Southeast Polk	Southeast Polk High School
April 15	TBD	Multiple Schools	Cedar Valley Soccer Complex
April 18	7:30PM	Waukee Northwest	Waukee Northwest
April 21	7:30PM	Ankeny Centennial	Waukee Stadium
April 25	7:30PM	Urbandale	Urbandale High School
April 27	7:30PM	Dowling Catholic	Waukee Stadium
May 2	7:30PM	Johnston	Waukee Stadium
May 6	9:00AM	Multiple Schools	Bondurant-Farrar High School
May 9	7:30PM	WDM Valley	Valley Stadium
May 11	6:00PM	Des Moines Lincoln	James Cownie Soccer Complex

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VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
March 6	2:00PM	UNI	UNI-Dome, Cedar Falls
	2:30PM	Wartburg College	Wartburg College
March 9	3:30PM	Iowa State University	ISU Lied Recreation Center
March 14	2:30PM	Wartburg College	Wartburg College
March 28	4:00PM	Multiple Schools	Waukee Stadium
April 4	4:00PM	Multiple Schools	Waukee Stadium
April 8	11:00AM	Multiple Schools	Valley High School-Tiger Track
April 11	4:30PM	Multiple Schools	Johnston High School
April 13	4:00PM	Multiple Schools	Waukee Northwest
April 20	4:30PM	Multiple Schools	Iowa City High School
	4:30PM	Multiple Schools	Northview Middle School
April 24	4:30PM	Multiple Schools	Marchshalltown High School

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
March 28	7:30PM	Des Moines East	Des Moines East
March 31	7:30PM	Des Moines Lincoln	Waukee Stadium
April 3	7:30PM	Southeast Polk	Waukee High School
April 7	7:30PM	Ankeny High School	Ankeny High School
April 14	6:30PM	Muscatine	Muscatine Soccer Complex
April 15	12:30PM	Pleasant Valley	Pleasant Valley High School
April 18	7:30PM	Waukee Northwest	Waukee High School
April 22	8:00AM	Multiple Schools	Bettendorf High School
April 25	7:30PM	Urbandale	Waukee High School
April 27	7:30PM	Dowling Catholic	Dowling Catholic High School
May 2	7:30PM	Johnston	Johnston High School
May 9	7:30PM	WDM Valley	Waukee High School
May 16	7:30PM	Ankeny Centennial	Ankeny Centennial

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NORTHWEST

Wolves

2023 SPRING SCHEDULE

VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
March 7	2:00PM	Dickinson Relays	UNI-Dome, Cedar Falls
March 10	3:15PM	IATC Indoor	Iowa State University
March 14	TBD	Wartburg Indoor	Wartburg College
March 23	4:00PM	Multiple Schools	Waukee Northwest
March 28	4:00PM	Multiple Schools	Waukee Northwest
April 13-15	TBD	Kansas Relays	Rock Chalk Park, KS
April 18	4:30PM	Multiple Schools	Northview Middle School
April 20	4:00PM	Multiple Schools	Waukee Stadium
Apr 25	4:30PM	Multiple Schools	Northview Middle School

VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
April 7	7:30PM	Johnston	Johnston High School
April 11	7:30PM	WDM Valley	Waukee Northwest
April 14	7:30PM	Southeast Polk	Southeast Polk High School
April 15	8:30AM	WDM Valley	Valley Stadium
April 18	7:30PM	Waukee	Waukee Northwest
April 25	7:30PM	Ankeny High School	Waukee Northwest
April 29	9:00AM	Multiple Schools	Iowa City High School
May 2	7:30PM	Urbandale	Waukee Northwest
May 9	7:30PM	Dowling Catholic	Dowling Catholic High School
May 12	7:30PM	Ankeny Centennial	Ankeny Centennial

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
April 5	3:30PM	Multiple Schools	Urbandale Golf & Country Club
April 12	2:00PM	Dowling Catholic	Blank Golf Course
April 13	3:30PM	Ankeny Centennial	Sugar Creek Golf Course
April 19	3:30PM	Multiple Schools	Sugar Creek Golf Course
April 25	11:00AM	Multiple Schools	Hunters Ridge Golf Course
April 26	3:30PM	Multiple Schools	Sugar Creek Golf Course
April 27	10:00AM	Multiple Schools	Elmwood Country Club
May 1	9:00AM	Multiple Schools	Jester Park Golf Course

VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
March 6	2:00PM	UNI	UNI-Dome, Cedar Falls
March 9	3:30PM	IATC Indoor	Iowa State University
March 14	2:30PM	Wartburg College	Wartburg College
March 18	11:00AM	Central College	Central College
March 25	TBD	SDSU Invite	South Dakota State University
March 28	4:00PM	Multiple Schools	Waukee Stadium
April 4	4:00PM	NW Girls' Invitational	Waukee Northwest
April 8	11:00AM	Multiple Schools	Valley High School
April 13	4:00PM	Multiple Schools	Waukee Northwest
April 20	4:30PM	Multiple Schools	Iowa City High School
April 27	4:15PM	Carlisle	Carlisle High School

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
March 31	TBD	Multiple Schools	Ankeny Centennial
April 1	TBD	Multiple Schools	Ankeny Centennial
April 6	TBD	Muscatine	Muscatine High School
April 7	7:30PM	Johnston	Waukee Northwest
April 11	7:30PM	WDM Valley	Valley Stadium
April 14	7:30PM	Southeast Polk	Waukee Northwest
April 18	7:30PM	Waukee	Waukee High School
April 21	6:45PM	Iowa City West	Iowa City West High School
April 25	7:30PM	Ankeny High School	Ankeny High School
May 2	7:00PM	Urbandale	Urbandale High School
May 9	7:30PM	Dowling Catholic	Waukee Northwest
May 12	7:30PM	Ankeny Centennial	Waukee Northwest
May 15	7:30PM	Des Moines East	Des Moines East



FOR ALL WARRIORS' SCHEDULES

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FOR ALL WOLVES' SCHEDULES

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HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

GET YOUR life back

Has neuropathy pain slowed you down? Are you not enjoying life and the activities you used to do because it just hurts to move? Have you given up and resigned yourself to helplessness? Are you worrying yourself sick and always in a bad mood? If any of these scenarios sound familiar, it's time to get your life back.

Life is much more enjoyable when you aren't living in pain, but neuropathy can slow you down and limit even your most basic daily activities. Neuropathy pain is caused by damage to nerves in the feet, legs and hands. There are many conditions that can cause neuropathy, such as diabetes, chemotherapy, traumatic injury, just to name a few. Many people don't even know that they have neuropathy; they just know they experience life-changing symptoms.

There is a solution. There are neuropathy programs that can improve your quality of life. These programs are centered around a complete evaluation and the design of a treatment plan that is specific to each patient's needs. Much of the treatment program can be done at home.

The results of this amazing program are improvement of your overall health, reduced reliance on pain medication, and the ability to regain your vitality for life. Many neuropathy sufferers have sought treatment and regained their life. What are you waiting for? ■

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



HEALTH

By Dr. Amy Petersen

CAR SEAT safety

Best practice recommendations

Car crashes are the leading cause of death for children 4 years and older. We all want to protect our children when riding in the car, but the recommendations by the American Academy of Pediatrics (AAP) for car seats can be confusing.

All children should ride in a rear-facing car seat as long as possible until they reach the height or weight limit allowed by the car seat manufacturer.

Most convertible car seats allow rear facing until 40 pounds. This provides optimal head and spine support. Once rear-facing limits are outgrown, children should use a forward-facing car seat with five-point harness as long as possible. Most models allow until 65 pounds. If forward-facing limits are outgrown, booster seats should be used to allow proper fitting of the lap and shoulder portion of the seat belt. Most children over 4 feet 9 inches will fit properly in a seat belt without a booster as long as the lap belt crosses the hips and pelvis and shoulder belt crosses the middle of the chest and shoulder. All children older than 13 years old should ride in the back seat for optimal protection. Specific questions should always be directed to your pediatrician. ■

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



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HEALTH

By Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■



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

HEALTH

By Dr. Jason Brown

DENTAL care during pregnancy

"My gums bleed when I brush and some of my teeth hurt for no reason." This is a frequent comment made by some pregnant women. Not knowing what to expect or the reasoning to some dental issues that can arise during pregnancy is very common. Hormone changes occur, and certain characteristics of pregnancy can cause dental-related problems.



One of the main issues that women deal with is gingivitis due to the heightened response to some bacteria in the mouth, leading to bleeding when brushing or flossing. Some pregnant women have extreme nausea and even vomiting during pregnancy, which can lead to acid buildup in the mouth causing erosion of enamel and more susceptibility to decay or sensitivity. It is recommended to refrain from brushing your teeth immediately after vomiting due to the stomach acid that is present in the mouth following getting sick. Rinsing with water and baking soda helps to control the stomach acid in the mouth to avoid exposing the enamel to more acid. Certain diet changes like snacking with sugared foods can also increase the risk of cavities.

Seeing the dentist regularly is important, especially during pregnancy. Dental X-rays and use of local anesthetics including epinephrine are safe during pregnancy; however, use of nitrous oxide sedation should be avoided. Whether it's a dental emergency, a routine cleaning, or having a filling done, it is safe to do during pregnancy. ■

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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DAVIS family finds room enough for all

Move lets family spread out.

Raising a family is a challenge on its own, but doing so with limited space creates a new level of difficulty. In early 2022, Matt and Kelli Davis decided it was time to move into a bigger home. It was officially time to give each member of the family a space of their own.

"The boys were freshmen, and they were tired of sharing a room," says Kelli.

Together, Matt and Kelli have three kids: the oldest daughter, Makenna, and two twin boys, Jackson and Tyson. For most of their lives, the twins had to share a room. That is why the family searched for an upgrade.

There were a few requirements that the family had. Like their previous home, they wanted to remain within the Waukee Northwest High School district. They needed at least four bedrooms and a three-stall garage. Meanwhile, some extra entertainment space for friends and family would be an added plus.

The Davis family found just what they were looking for in a four-bedroom home located in Waukee. Each of the kids was able to get their own room with brand-new beds and desks to make it their own. Not only were the kids able to get their own space, but the parents were as well.

"Me and Kelli both work at home, so having the office available for one of us was pretty big, too," says Matt.

When the COVID-19 pandemic hit, Matt and Kelli were forced to

make any space they could into a work-from-home office. The new home's additional office space lets someone set up there while the other uses the bedroom.

One thing the Davis family wishes their new home had is a finished basement.

However, they were able to put down carpeting

and add a projector. Makenna describes the basement as a cozy and comfortable spot to spend time with friends and family. For Christmas, the kids' grandparents bought them a basketball machine — like one you would find at an arcade — so they can play each other and friends.

Among Kelli's favorite aspects of the home are the windows that let in an ample amount of natural light. The large pantry and mudroom are more of her favorite features. And, with a slight modification to the coat closet, the family can shelve some of their kitchen equipment, too.

Although it was not a very far move from Clive, the kids now have an even closer commute to school. Only a six- or seven-minute drive, with no stoplights, makes those early mornings a breeze.

"Whenever I thought about where I wanted to live when I grew up, it was always in a bigger town," says Matt, who enjoys the size of the Waukee community.

While the Davis family was sad to leave their previous cul-de-sac, where they enjoyed cookouts and kickball games with neighbors, they were excited to make the new house their own. Family pictures, sports memorabilia, and a "Davis" sign crocheted by Matt's grandma line the walls and mark that house as the home of the Davis Family. ■



Matt and Kelli Davis were glad to find a new home so their kids could spread out in their own rooms and so they could have a dedicated office space since they both work at home.

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Scott Wegner, Frank Rizzuti and Emma Bolles



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Julie Lofdahl, Allison Moore and Sam Smith



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TRIVIA Night

Waukee Leadership Trivia Night was Feb. 10 at Rookies Bar and Grill.



Kevin and Jennifer Brown and Josh and Jessica Mitchell



Andrew Moss



Melody and Chris Acton and Renee Moss



Roger and Colleen Jaqua, Ray Wright, Mike Moyers and Mike Kraemer



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