

WAUKEE

NOVEMBER 2022

Living

MAGAZINE

The state of VETERANS' ORGANIZATIONS

Veterans share how times are changing

Honoring those who served
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Max H.

I've been to many doctors over the last few years and Dr. Brian Waggoner is by far the nicest most compassionate doctor I've ever been too. He's also been my primary doctor my whole life and he's the only reason I've been able to progress and understand all about my health. He has the nicest nurses I've ever met and I've never had a bad experience at his place of work. I would highly recommend going to him if you're looking for a professional pediatrician who cares about his patients.



Gretchen D.

My son was born with a tracheoesophageal fistula that led him to have multiple issues with breathing and eating and numerous surgeries. We have seen Dr. Waggoner and Andrea Dettmann Spurgeon for a lot of his care and have had nothing but great experiences. The small clinic setting makes it possible for them to actually know their patients by name and history when they walk in the door before even looking at a charts. It feels as if you are "part of the family". My son is always asking for Dr. Brian. We now have a daughter and couldn't imagine ever going anywhere else!



Nicole

Dr. Waggoner and his staff are excellent! We have always had great experiences at our appointments. They are professional and respectful. I highly recommend this clinic!



Shawna L.

Dr. Waggoner is so patient with me every appointment and truly listens to my concerns and helps me come up with a solution! you're missing out if you don't give his team a try!

WELCOME

IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.



Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too.

That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you for reading. ■

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The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

By Jackie Wilson

While Veterans Day falls on Friday, Nov. 11, each day of the year can present an opportunity to celebrate our veterans and to recognize the contributions they have made — and continue to make — to their country and community.

Regardless of the military branch of service, peacetime or wartime, those who have served our country have made sacrifices, and, for those, we salute them and the organizations they represent. While World War I and World War II veterans shaped the veterans' organizations we know today, it is the veterans of subsequent generations who will determine the future of those groups.

Jim Swearingen, Jim Allen and Nick Nichols are members of the American Legion.

FEATURE

American Legion Post 737

The Waukee American Legion Post 737 and the Danny White VFW Waukee Post 11517 operated separately for years. Recently, the two organizations joined forces with Veterans Hall in Waukee as their meeting place.

Declining membership sparked the merger.

"It was difficult to get volunteers. We found by operating together, more people can participate," Jim Swearingen, commander of the American Legion, says.

The Waukee Legion has been around since 2006 and the VFW since 2000. Swearingen was named Legion commander four years ago and also serves as the post chaplain.

Swearingen, an "army brat," served in the Vietnam War as an infantry officer. When he returned from service, he raised a family and became an underwriter. He was busy with the Chartered Property Casualty Underwriter Society and, once retired, he joined the Legion.

"Reggie Bell was a friend and service officer who invited me to join. After I became a member, they asked if I could be a vice commander," he explains. "It was hard to say no to Reggie. I had no intention of becoming a

commander of the Legion."

The Legion and VFW, as well as the Legion Riders, a motorcycle group, and the Waukee Women's Auxiliary, are located at Veterans Hall, 410 Sixth St. The four groups assist veterans as well as the community.

During farmers markets and other downtown events, members grill hamburgers and offer food items for sale. They keep things local by buying meat from a nearby store or items from the hardware store. The funds go toward helping veterans.

"All the funds we collect, we don't keep a penny," he explains. "We give to the veterans hospital or homeless veterans. We sponsor a medical unit in Poland, where we send food, socks and books to deployed troops. One thing the service people want is clean, new socks."

Nearby bars in the Triangle help by donating mail supplies. Their first priority is helping out veterans in need.

"We bought a refrigerator for a veteran. We offered supplies for another veteran who had a house fire."

With approximately 80 members, Swearingen is concerned with declining



Steve Booth and Jay Knox sell poppies at Hy-Vee. All poppy donations support the VFW Veteran's Assistance program.

membership. However, he's hopeful the merger will help.

"We have two-thirds of our veterans gone. I do foresee a problem for other veterans' organizations. But we've not shrunk at all. We've grown. The re-organization helped our growth. The only way to survive is to combine efforts and work together."

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FEATURE

He cites the strengths of Legion Riders, who are younger, for helping to revive the post.

"When we need muscle, we ask the Legion Rider guys (led by John Parcel). They are our key members. They are younger and still working, and they find time to volunteer," he says. "That's how I see us surviving: with the help from the Riders group."

When Swearingen is out in public, he wears his Vietnam Veteran hat, and people thank him for his service. He tries to recruit other veterans and carries a Legion card with him, approaching veterans if they have a hat on.

"I ask if they have a post and invite them to come visit us, and I'll buy them a hamburger dinner," he says.

During poppy sales, he takes time to share stories about his service.

"Most of the public supports the military. They ask how much to contribute. Some put a \$100 bill in, but I'd be happy if they stuck a dollar bill in. It restores my faith in America when the public supports us. We are one of the active posts around. Others might get together for a beer only. We don't. We don't have a liquor license. We just serve veterans in



The Legion Riders participate in the Fourth of July parade.

need."

Supporting veterans is important, he says.

"Our motto is, we're still serving — each other," he says. "Sometimes you want to talk to somebody about your service time and not to civilians. They are like my brothers and sisters."

He says he's happy he joined the Legion to help serve others. He enjoys his time spent with the public.

"I love it. Lots of customers from the farmers market are friends. I look forward to seeing these people. If you love what you do, it's not a job," he says.

VFW post commander

Jay Knox is the VFW post commander for the Denny White VFW Post 11517 in Waukee.

He became a VFW member in 1983 in North Carolina after his service. He took time off to raise kids and then moved to Iowa in 2000 and recently returned to the VFW.

Knox became interested in the military, as his stepfather was active in the VFW post in North Carolina. He met a 24-year-old veteran who was back from Iraq.

"I went with him to sign up. It's like a rite of passage," he says.

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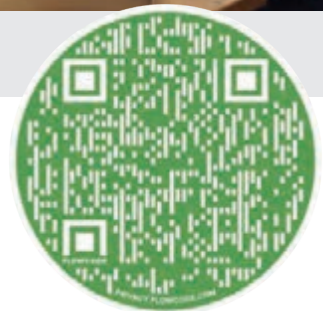
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FEATURE

Knox joined the Army and was at West Point and Fort Bragg. He served in the Iraq war and spent a year in Korea.

As commander of the VFW post, he admits many veterans are older.

"I'm in my mid-50s and probably one of the youngest people in the post," he says.

The post leads the July Fourth parade.

"Some veterans walk or ride in the trailer. It's getting harder to find those who can march," he says.

The poppy sales are an important fundraiser tool for veterans.

"All the funds from the poppies go towards veterans services. It's not for the hall — it's for the veterans in need. Last year, we helped a veteran find housing, getting him through a rough spot," Knox says.

The veterans' groups assist other veterans, and he says support will be needed for a long time.

"It's an ongoing war. Unfortunately, there's a lot of veterans out there. They have to be ready to spend time with other veterans who have been down the same road as them. They can understand what you're going through," he

says.

Knox is optimistic that the aging veterans will be joined by younger veterans.

"I'm hopeful. People will come back when they're ready."

The VFW recently joined the Waukee Chamber.

"We're trying to interject ourselves in the community," he says.

He suggests the public familiarize themselves with veterans' organizations.

"Do your research. It might help your neighbor who is a veteran. Give your time and wealth to support these groups."

He appreciates it when the public acknowledges his service.

"These days, patriotism ebbs and flows," says Knox. "Most people are anti-war, not anti-veteran. When people say thank you for your service, I look at them and say, 'You're worth it.'"

Post historian

When Jim Allen was a senior in high school, several of his buddies signed up for the Army National Guard. He heard it was a good way to pay for college.



Jay Knox is commander of the VFW Danny White Waukee Post 11517.

His dad served in the Navy, and, after high school, Allen signed up for the Army National Guard. He was in Fort Benning and Grand Island. At the time, Desert Storm was well in force, and he was attending the University of Nebraska.

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FEATURE

"I was in infantry. I had to pack bags, but I never got deployed," he recalls.

After completing eight years of service, he entered the working world in the IT department at Principal Financial Group. About 15 years ago, a neighbor in Waukee asked if he was interested in joining the Legion, which was just starting up. Since joining, he's served several roles in the Legion. He's a finance officer, the adjutant and historian. As historian, he documents events and provides articles about the post. He'll try to capture events in the local media and clip articles about veterans.

Allen still works full-time and keeps his time commitment to the Legion.

"I make time," he says. "When they say they need help for a veteran, I'll look at my calendar. I'll put it in like it's a doctor's appointment."

He knows that younger veterans are busy raising families and establishing their careers. Yet, some are struggling.

"Coming to meetings helps build camaraderie. It's another group of friends for support," says Allen.

He admits there is an age gap in veterans.



Veterans commemorate Memorial Day at the Waukee Cemetery.

"It's difficult to get the younger generation to participate. The younger guys say it's harder to connect with the older generation," he says.

Despite the generational gap, he feels the Waukee post is still doing OK.

"We're small. I know a lot of units in the membership are dying. We seem to be doing a

good job with memberships," he says.

He suggests the public familiarize themselves with local veterans' organizations to help out, in small ways, to serve veterans.

"Even if it's just attending a breakfast or volunteering one time — help when you can. Fundraising really helps veterans." ■

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NICK NICHOLS

Commander

U.S. NAVY

Deployed on board a Navy ship to Vietnam for nine months and the Mediterranean for six months.

What can the public do to best honor veterans?

"Over the years, I have received many 'Thank you for your service' from members of the community. This demonstrates to me that the community appreciates and honors my service. Also, I very much appreciate the community supporting the Waukeee American Legion by purchasing our Farmers Market meals during the summer months." — Nick Nichols



JEREMY ANZEVINO

Lieutenant Colonel

MARINES

Western Pacific, Bahrain, three tours in Iraq, several locations in the Middle East, Afghanistan, Okinawa

What can the public do to best honor veterans?

"I appreciate time off for Veterans Day and like to participate in fundraisers for veterans. Any recognition of the service for our country is appreciated but isn't expected." — Jeremy Anzevino





JIM MCGRAW

Technical Sergeant

U.S. AIR FORCE

Multiple deployments as an aircrew member on KC-135 air refueling planes to locations in Europe and the Pacific front.

What can the public do to best honor veterans?

"Volunteer or donate to organizations that support veterans, support businesses owned by veterans, and thank veterans for their service and sacrifices." — Jim McGraw



MATT VINSON

Sergeant First Class

U.S. ARMY (ACTIVE DUTY)

He will retire in 2023 after 20 years of active duty service in the U.S. Army. Deployments: OIF I, III, VI as an Infantryman and OEF XI as an Infantryman

What can the public do to best honor veterans?

"By electing the right officials in office who support veterans' care beyond their time in service."
— Matt Vinson



BILL KECK

Commander

U.S. NAVY

Deployed on board a Navy ship

What can the public do to best honor veterans?

"Veterans love hearing 'Thank you for your service,' but our service isn't just in the past. We are still serving our communities and our fellow veterans. These efforts are funded by donations on Memorial Day and Veterans Day. We distribute Red Poppies as a reminder of the sacrifices made by all veterans. Thank YOU for your support." — Bill Keck



DARRELL MCCLEISH

SP4 or E-4

ARMY - MILITARY POLICE

Served 13 months in Vietnam 1969-1970; six months in Washington, D.C. area, 1971

What can the public do to best honor veterans?

"Thank vets and current service men and women for their dedication to our country. Support organizations that are helping veterans and active duty personnel. Keep all who are protecting our freedom in your prayers. — Darrell McCleish



COREY LAVIGNE

E6

AIR FORCE

Deployed 35 times

What can the public do to best honor veterans?

"Provide housing and food to the veterans who don't have access to basic needs. So many veterans are on the streets and begging for help." — Corey LaVigne

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LIBRARY

By Sam Bedford

A COZY winter with the library

Together is a wonderful thing to be during the cold winter months. If you're looking for something to do inside, look no further. The Waukee Public Library is hosting events for kids, teens and adults all winter long. Most events require registration. Looking for something to do from the comfort of your home? Check out our many online resources, free with a library card at waukeepubliclibrary.org/online-library.

• **The Great British Baking Tour: Holiday Edition** — Sunday, Dec. 4 at 1 p.m. Join former UK resident Claire Evans for a delightful online culinary tour of the UK inspired by "The Great British Baking Show" — with a special focus on festive favorites. She'll translate the trickiest parts of British recipes for Americans so you can try them in your own kitchen. Registration is required for this live Zoom event.

• **DIY Sugar Scrub** — Monday, Dec. 12 at 6:30 p.m. People love handmade gifts. Teens in grades 6-12 can sign up to make a sugar scrub to treat themselves or to gift to someone they love. Supplies and gift bags will be provided, including a variety of scents to make two scrubs. The recipe includes sugar, coconut oil and essential oils. Registration is required.

• **Life-sized Candyland** — Dec. 27, 28, 29 and 30. Get ready for giant candy fun. The Library's front room will be transformed into a life-sized Candyland game board, and you may even meet some of your favorite game characters. Registration is required, and there will be a limit of three groups at a time.

• **Creativebug Online Craft Videos** — Grab some friends, supplies, and watch a class on Creativebug. This free online resource is filled with thousands of award-winning classes to help you make something beautiful. It also provides tips, tricks, patterns, templates and recipes for any and all creative adventures.

• **Winter Bingo Challenge** — Let's Read a Latte. Last but certainly not least, the Library's Winter Bingo Challenge continues. Work to complete a bingo (or black out bingo) for your chance to win prizes. This challenge is open to all ages and is sure to speed up those long winter nights. Visit waukeepubliclibrary.org/winter to register.

To find out more about the Waukee Public Library, go to waukeepubliclibrary.org or contact the Library at askme@waukee.org or 515-978-7944.

Upcoming holiday closures

Friday-Monday, Dec. 23-26

UPCOMING EVENTS

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

• **Introvert Book Club**, all month long. Introverts, it's time to unite. Separately. In your own homes. Each month there's a new book selection, but there's never a meeting. December's book is "No Exit" by Taylor Adams.

• **IowaWORKS Online Services**. Des Moines IowaWORKS American Job Center is offering free, virtual employment workshops

LIBRARY

throughout the week. These workshops will help you develop a career plan, interview and negotiate, conduct a job search, create a great resume, and more. Visit iowaworks.gov to learn more and register.

- **Afternoon Book Club**, Thursday, Dec. 1, 2:30 p.m. Come to the Coal Mine Meeting Room at the Library for a discussion of December's book, "Once Upon a Wardrobe" by Patti Callahan.

- **On Exhibit: "Naturally Iowa,"** Dec. 2-30. Gary Hoard's exhibit is a collection of photographic images on metal of Iowa animals and plants in their natural environments, including some Iowa landscapes that evoke the feeling of peace and solitude that being "close to nature" brings us. Visit the Art Gallery during open hours to view.

- **Kids Craft Gifts**, Dec. 2-3. Get in the gift giving spirit. Kids ages 3 years to fifth grade are invited to use their creativity to complete two craft activities. Registration is required.

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

- **Teen Advisory Board**, Mondays, 3:30 p.m. Students in grades 7-12 are invited to participate on the Library's Teen Advisory Board (TAB). TAB meets weekly to help plan teen programs, sign up for library volunteer opportunities, build leadership skills, and suggest teen books to be purchased by the Library. Email Keri at kweston-stoll@waukee.org to register or if you have more questions.

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

- **Toddler Time**, Tuesdays at 10 and 11 a.m., Wednesdays at 10 a.m. Enjoy 20-25 minutes of short stories, songs and lots of movement, followed by playtime to build early literacy skills. Recommended for 18 month to 3 year olds and their caregivers. Monthly registration is required.

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

- **Movie Matinee**, Thursday, Dec. 8, 10 a.m. Join us the second Thursday of every month to watch a movie on the Library's big screen. All movies are free with refreshments available. December's movie is "Mrs. Harris Goes to Paris."

- **Café Learn & Play**, Friday, Dec. 9, 10 a.m. Children ages 0-5 years and their caregivers are invited to stop in the front program rooms and play with a variety of the Library's toys to build social and early literacy skills. A different professional guest from the community will be available to share information from their field of expertise. Free coffee will be provided. Registration is required.

- **Teen DIY Imitation Stained Glass**, Saturday, Dec. 10, 10 a.m. Be creative and make your own beautiful imitation stained glass creation. Keep it for yourself or turn it into a unique gift. Registration is required for this teen event for students in grades 6-12.

- **Elementary Early Out**, Wednesday, Dec. 14, 2:30 p.m. Youth in grades K-5 are invited to bring their creativity and scientific minds to the Library to explore space-themed STEAM activities. Registration is required. ■

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EVENTS IN THE AREA

Be sure to check for cancellations.

WinterFest

Friday, Dec. 2, 6-8 p.m.
Downtown Triangle

Bring on the holiday cheer with your friends, family and neighbors at Waukee's free, annual WinterFest celebration held in the Downtown Triangle. Businesses will host open houses from 4-8 p.m. At 6 p.m., be sure to be at the Triangle for the WinterFest Tree Lighting with Santa and Mayor Clarke, with free hot chocolate and cookies. An ice sculptor will also be at the Triangle starting at 6:15 p.m.



Starting at 6 p.m., enjoy free soup, while supplies last. Old Station Craft Meats will serve chili, stuffed pepper and chicken noodle. Waukee Hardware Store will have chili, stuffed pepper and potato. Waukee American Legion will have chili, potato and chicken noodle. Stop in at Integrity Financial Group for free popcorn and coloring books.

Santa will be at the Community Center from 6:15-8 p.m., and a toy and food drive for Waukee Area Christian Services will also be there at that time. Be at Walnut Street and Sixth Street during that time frame for winter games and activities, at Grace Baptist Church for mini golf, Heartland Coop for Arts and Crafts sponsored by the Waukee Art Council, and at Walnut Street and Sixth Street for s'mores. A snowball drop sponsored by Charter Bank will be at 6:30 p.m. at Charter Bank.

From Dec. 3-19 enjoy the holiday lights contest sponsored by Mi-Fiber.

'Come From Away'

Through Sunday, Nov. 27

Des Moines Civic Center, 221 Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tony-winning Christopher Ashley. Tickets \$40 to \$130 at dmpa.org.

Festival Of Trees & Lights

Friday - Saturday, Nov. 25-27

Iowa Events Center, 833 Fifth Ave., Des Moines

Jumpstart the holidays at this time-honored tradition benefiting the Blank Children's Hospital. Annually, more than 15,000 people attend to enjoy the beautiful decorations, gift shop and festival entertainment. Open 10 a.m. to 7 p.m. Friday and Saturday, then 10 a.m. to 5 p.m. Sunday. Tickets are \$5 per person (ages 2 and younger free), available online or on site. More information at unitypoint.org/blankchildrens/festival-of-trees.aspx.



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EVENTS IN THE AREA

Be sure to check for cancellations.

Dallas County Conservation Board activities

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Environmental Education" then "Virtual Nature Exploration Hub," and your choice of class. If you do not have computer access or need assistance, call the DCCB office at 515-465-3577.

• **Nature Adapts to Winter:** Tuesday, Dec. 13, 10-11:30 a.m. at Kuehn Conservation Area, 32849 Houston Trail, Earlham. Chill out with Naturalist Erica (Bearica) on a hike through Kuehn to learn about how plants and animals survive Iowa winters. Dress for the weather—snow will play a role if we have any. Register to be notified of weather cancellation.

• **Curious about the Christmas Bird Count:** Saturday, Dec. 10, 9-10 a.m., Forest Park Museum, 14581 K Ave., Perry. Have you ever heard of the Christmas Bird Count but weren't sure what it was? DCCB is looking for people to get excited about birding. This will be an informal question and answer session for folks interested in learning more. Topics will include protocols and trickier identification tips. Feeder watchers are also needed to report what they see from the comfort of their own homes. Register to be notified of weather cancellation. For more information, email Mike Havlik at mike.havlik@dallascountyiowa.gov.

• **Dallas County Christmas Bird Count:** Saturday, Dec. 17, county-wide with territories to be assigned. Join DCCB and Raccoon River Watershed Association for a day of birding with a purpose. Each year, local bird clubs gather to take a "snapshot" of what birds are in their area. The information is sent to the National Audubon Society, which looks at the long-term health of bird populations over the last 100-plus years. Participants are divided into groups, each with an experienced birder in a different location in the county. A hike in the morning and drive in the afternoon are usually taken. The day is filled with beauty and opportunities for learning. Participants of all experience levels welcome. Registration required.

• **Winter Solstice Celebration:** Wednesday, Dec. 21, 7-8 a.m., Hanging Rock, Redfield. Join DCCB at the astronomical clock to observe and celebrate the winter solstice sunrise. On the shortest day of the year, celebrate the sun ending its journey south and beginning its march north toward longer days and spring renewal. Celebrate with a fire and view of the sunrise. No registration required.

• **Fend Off Cabin Fever:** Thursday, Dec. 29, 10-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn. Need a break from being inside over the holidays? Join Naturalist Erica (Bearica) on a hike to explore what's happening in nature and have some winter fun. Dress for the weather and snow, if there is any. Register to be notified of weather cancellation.

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



Downtown Winter Farmers Market

Saturday, Dec. 3 from 9 a.m. to 1 p.m.

Historic Court District, Des Moines

Enjoy one more farmers market before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at dsmpartnership.com/desmoinesfarmersmarket/winter-market.

Holiday Hullabaloo

Nov. 25-Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only
Horizon Events Center, 2100 N.W. 100th St., Clive

The 2022 Holiday Hullabaloo, a benefit for Dorothy's House, is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. Evenings are adults only and will feature live music in the Ice Bar. Dec. 31 will be the Silver Bell Soiree New Years Eve Party with live music by the Dirty Rotten Scoundrels. Tickets are available at <https://holidayhullabaloo.eventbrite.com>.

Christmas at Terrace Hill

Sunday, Dec. 18, 1-4 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Gov. Kim Reynolds and First Gentleman Kevin Reynolds cordially invite families to attend this year's Christmas at Terrace Hill, a fun and festive holiday experience at the Iowa Governor's Residence and National Historic Landmark. Enjoy activities for the kids, spectacular decorations, carolers, delicious treats, and a free photo with Santa and a reindeer. Admission is \$25 per individual or \$50 per family household and must be made in advance either online at <https://terracehillchristmas22.eventbrite.com> or by phone at 515-281-7205. Proceeds from the event benefit the Terrace Hill Partnership, the non-profit organization that supports necessary conservation and restoration projects at Terrace Hill.

Breakfast with Santa and Mrs. Claus

Dec. 11, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities. ■



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WHERE ARE THEY NOW?

By Jackie Wilson

CAROLINE Kid

New album for Waukee native



Waukee native Caroline Kid is pursuing her music career and released her first self-titled album recently.

Caroline Kid, a Waukee native, released her first self-titled album this fall. The Americana/pop-country album represents a diary of her life, along with memories and feelings in her songs.

"It's important to me. It's like a time capsule to remember what my life's been like," she says.

Kid grew up attending Waukee schools and graduated from Waukee High School. When she sang karaoke, a friend of hers told her "she could do music like this."

She lived in Portland, then moved to Nashville seven years ago to pursue her dream of singing.

"There wasn't a lot of outlets to perform. I had a hole in my heart and singing and songwriting is what I wanted to do," she says. "Nashville made sense."

When she got to Nashville, she didn't reveal her intentions.

"I was quiet about telling people. There's so many skilled musicians. I sat back and watched. I was trying to figure out what it means to be a singer," she recalls. "There's a lot of talent around. I asked myself, 'How do I move forward?'"

She honed her songwriting skills and learned how to play the guitar. Once the six songs were ready to record, Andrew King produced the album. She worked with studio musicians during the recording.

"It's a magical experience to hear a room full of musicians playing with insane talent," she says. "It's inspiring to get to borrow those talents."

Kid earned recognition as one of Nashville's rising stars by Authority Magazine. She's had positive exposure from Project CMT and ACM, which added her songs to the new music playlist.

"It's crazy to have household-name songs played with mine. It's giving me a lot of hope," she says.

She acknowledges her time in Waukee gave her confidence.

WHERE ARE THEY NOW?



"I credit my ability with the Waukee Choral Department. Every chance, they let me sing. There were so many opportunities, and I'm grateful for that. It was a wonderful experience. I was impressed with it and grateful to get my skills early on."

Her parents still live in Waukee, and she visits frequently. She returned in November for her album release party at xBK. She wanted her first tour to include her Iowa hometown.

"My Iowa upbringing has given me such good values. I've seen a common thread of Midwestern quality. I feel like I can take on challenges. It was important to debut my project here (in Iowa)."

She's confident of her career taking off.

"My gut led me down the path. Celebrating the journey is important to me," she says.

To listen to Kid's music, search on Spotify or other music streaming devices for Caroline Kid. ■

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UPCOMING EVENTS

- **City Council Meetings**
Dec. 5 & 19 at 5:30 p.m.
City Hall and Zoom (See info at Waukee.org)
- **Life-Sized Candyland**
Dec. 27-30 at various times
Waukee Public Library (Registration required)
- **Thanksgiving:**
Nov. 24 & 25
City Buildings & Library
Closed
No trash collection on Nov. 24
- **City Buildings & Library closed**
Dec. 23-26
No change to trash collection

Things to know about heating your home this winter

Prepare for Natural Gas Bills

Prices for natural gas have not significantly declined after spiking last winter due to world events and market conditions. Plan for natural gas unit costs to be similar to last winter. Monthly utility bills are also affected by weather. In continued periods of very low temperatures, your home's natural gas usage will go up.

Here are a few things you can do to reduce usage and manage your utility bill costs:

- Set your thermostat as low as is comfortable. A programmable thermostat can be set to lower the temperature at night or when you're away from the home.
- Locate and seal any leaks from your air ducts. Use weather stripping to help seal leaky windows and doors.
- Close your drapes at night to reduce heat loss up to 10%.
- Visit Waukee.org/EnergyTips for more steps you can take to help reduce energy use.
- Sign up for Budget Billing, a free program which stabilizes utility charges that vary by changing seasons and different energy usage patterns. If you have been at your address for a year or more, call 515-978-5502 to sign up.

If you're struggling with energy bills, there are utility assistance programs for those who qualify, including the Low-Income Home Energy Assistance Program (LIHEAP), City-arranged payment plans and Waukee Area Christian Services assistance. Visit Waukee.org/EnergyAssist or call 515-978-5502 for more information.

Heat Your Home Safely

Installing carbon monoxide (CO) detectors in your home can provide an early warning of a leak. If you smell gas (rotten egg odor), call the utility's emergency number at 515-249-1212. If the smell is overpowering, leave the house immediately and call 911. Early stages of CO poisoning can include dizziness, flu-like symptoms, fatigue and severe headache. If you suspect CO poisoning or a detector alarm sounds, leave the house immediately. Seek medical attention if ill.





Warm Your Heart with WinterFest

The Downtown Triangle District will be full of holiday cheer at WinterFest on Friday, Dec. 2 from 6-8 p.m. See Santa and Mayor Clarke light the WinterFest Tree, enjoy business open houses, play mini golf, watch live ice sculpting and more. You can donate non-perishable food items or new, unwrapped toys at the Community Center. Visit Waukee.org/WinterFest for more details.



Sign Up for Snow Ordinance Alerts

If snow accumulation is forecasted for Waukee, the City will implement the snow ordinance and emergency parking ban. During this time, all public street parking is prohibited so that plows can clear city streets of snow quickly and safely. The ordinance news is shared with the local media, on the City website, through social media and via Nixle. Help avoid parking tickets by signing up for alerts at Nixle.com or by texting '50263' to 888-777.

Register for Girls Recreational Softball

Online registration opens Dec. 1 for Waukee's Girls Recreational Softball League (grades K-7th). The season will run from mid-April to early June. Register participants for the grade they are in for the 2022-2023 school year. The cost for grades K-2nd is \$70, and the cost for grades 3rd-7th is \$92. Register online at Waukee.org/Registration by Feb. 16, 2023. Call 515-978-0007 with questions.



Don't Miss These Parks & Rec Programs

Dinner Delights is a delightful way to have some fun and stock your freezer with tasty meals. Save your spot for the Dec. 11 party. Your kids can build life skills with Real Food 4 Kids. Register now for the Jan. 11 session. Budding babysitters can build confidence and increase marketability of their services with the Red Cross Babysitters Training. The next course starts Jan. 13. Register for these and other programs at Waukee.org/Registration.



Play Winter Bingo with the Waukee Public Library

The Library invites you to "Read a Latte" and participate in their Winter Bingo Challenge through Jan. 31. Play a bingo card full of activities for up to two chances to win the grand prize for your age group. Complete five activities in a row to collect a warm winter drink. Finish all 25 activities to earn a special stainless-steel tumbler. Sign up at waukeepubliclibrary.org/winter or in person at the Library.



Citizens Academy with the Police Department

Registration for the Waukee Police Department's Citizens Academy is now open! The free program will run Feb. 2-Apr. 13, 2023, and gives members of the public a hands-on, working knowledge of the Waukee PD. The academy is limited to 20 participants. Apply at Waukee.org/CitizensAcademy by Dec. 10, 2022.



WAUKEE.ORG

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RECIPE

A FOIL PACKET meal for sweet fall simplicity

(Family Features) Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a “diabetes superfood” because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at ncsweetpotatoes.com. ■

Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
 - 3 tablespoons taco seasoning
 - 1/2 cup tomato sauce
 - 1 can (15 ounces) black beans, rinsed and drained
 - nonstick cooking spray
 - 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
 - 2 tablespoons butter
 - 3/4 teaspoon salt
 - 1 1/2 cups fresh chopped spinach
 - 1 1/2 cups shredded cheddar cheese
 - sour cream and guacamole (optional)
- Preheat oven to 425 F.
 - In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
 - Lay out six 12-inch aluminum foil pieces;



spray each with nonstick cooking spray.

- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
- Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
- Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
- Serve with sour cream or guacamole, if desired.

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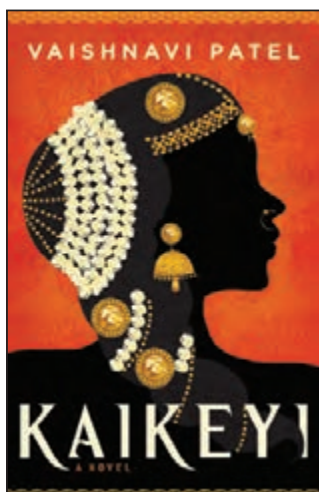


'Kaikeyi'

Retellings of epic tales have become a genre of their own, and I am here for it. In this sparkling, sad, brilliant debut novel, Vaishnavi Patel takes on the ancient Hindu story, The Ramayana, and all its magical twists and cosmic turns, and builds a unique, powerful take on the classic that had me absolutely spellbound.

Kaikeyi is often considered the villain in the traditional tale of Rama. Here, she's something much more nuanced — a powerful queen and magically gifted person who just wants to make the world a better place. Telling her story in her own voice, Kaikeyi describes her lonely childhood and the decisions that lead to her using her power to strive for better treatment of women at all levels of society.

This is an immersive and powerful story, and I can't wait for more from this talented author. This would be an excellent gift for anyone with a love of mythology, epic stories and really good writing. ■ — *Review by Julie Goodrich*

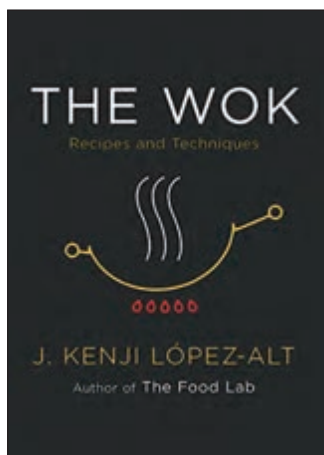


By Vaishnavi Patel
4/26/22
478 pages
\$28
Redhook

'The Wok: Recipes and Techniques'

I should start by noting that I'm a huge J. Kenji Lopez-Alt fan and have been for years. His remarkable, award-winning book, "The Food Lab," changed my life. Much like that earlier book, Lopez-Alt has filled "The Wok" with science, advice and his trademark passion for food. This isn't a traditional, recipe-style cookbook in many ways. It's more of an instructional guide and cooking adventure, focused on the most versatile and useful pan in any kitchen — the wok. It may seem odd to many cooks in the West, but there is surprising value in having wok skills for many types of dishes and cuisines.

This book introduces not only a great set of techniques and recipes, it also deepens and expands how to think about meals and dishes from a new angle. The title may seem one-note, but, I promise, this book has so much to offer both experienced and novice chefs. This fantastic book is an ideal gift for anyone looking to up his or her game in the kitchen. ■ — *Review by Julie Goodrich*



By J. Kenji Lopez-Alt
3/8/22
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2022 WINTER SCHEDULE

VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 15, 2022	5:00PM	Multiple Schools	Dowling Catholic
Dec 20, 2022	5:00PM	Multiple Schools	Waukee High School
Jan 12, 2023	5:00PM	Multiple Schools	Ankeny Centennial
Jan 19, 2023	7:30PM	WDM Valley	Valley High School
Jan 26, 2023	7:30PM	Urbandale	Waukee High School

VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	Waukee Northwest
Nov 29, 2022	5:00PM	Multiple Schools	Ankeny
Dec 13, 2022	5:00PM	Multiple Schools	Johnston
Dec 20, 2022	5:00PM	Multiple School	Urbandale
Jan 10, 2023	5:00PM	Multiple Schools	Southeast Polk
Jan 17, 2023	5:00PM	Multiple Schools	WDM Valley

VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:45PM	Ankeny	Waukee
Dec 2, 2022	7:45PM	Southeast Polk	Southeast Polk
Dec 3, 2022	1:30PM	Linn-Mar	Linn-Mar
Dec 6, 2022	7:45PM	Waukee Northwest	Waukee Northwest
Dec 9, 2022	7:45PM	Dowling Catholic	Waukee - Field House
Dec 13, 2022	7:45PM	Urbandale	Urbandale
Dec 16, 2022	7:45PM	Ankeny Centennial	Waukee - Field House
Dec 22, 2022	7:45PM	Johnston	Johnston
Jan 6, 2023	7:45PM	WDM Valley	Valley
Jan 10, 2023	7:45PM	Southeast Polk	Waukee
Jan 13, 2023	7:45PM	Ankeny	Ankeny
Jan 14, 2023	3:30PM	Indianola	Indianola
Jan 17, 2023	7:45PM	Dowling Catholic	Dowling Catholic
Jan 20, 2023	7:45PM	Waukee Northwest	Waukee - Field House
Jan 24, 2023	7:45PM	Ankeny Centennial	Ankeny Centennial
Jan 27, 2023	7:45PM	Urbandale	Waukee
Jan 31, 2023	7:45PM	Des Moines East	Waukee - Field House
Feb 3, 2023	7:45PM	Johnston	Waukee
Feb 7, 2023	7:45PM	WDM Valley	Waukee
Feb 17, 2023	7:45PM	Des Moines Lincoln	Waukee - Field House

VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	North Polk
Nov 22, 2022	6:15PM	Des Moines Lincoln	Waukee - Field House
Nov 29, 2022	6:15PM	Ankeny	Waukee
Dec 2, 2022	6:15PM	Southeast Polk	Southeast Polk
Dec 6, 2022	6:15PM	Waukee Northwest	Waukee Northwest
Dec 9, 2022	6:15PM	Dowling Catholic	Waukee - Field House
Dec 13, 2022	6:15PM	Urbandale	Urbandale
Dec 16, 2022	6:15PM	Ankeny Centennial	Waukee - Field House
Dec 22, 2022	6:15PM	Johnston	Johnston
Jan 3, 2023	7:45PM	Roosevelt	Waukee - Field House
Jan 6, 2023	6:15PM	WDM Valley	Valley
Jan 10, 2023	6:15PM	Southeast Polk	Waukee
Jan 13, 2023	6:15PM	Ankeny	Ankeny
Jan 14, 2023	2:00PM	Indianola	Indianola
Jan 17, 2023	6:15PM	Dowling Catholic	Dowling Catholic
Jan 20, 2023	6:15PM	Waukee Northwest	Waukee - Field House
Jan 24, 2023	6:15PM	Ankeny Centennial	Ankeny Centennial
Jan 27, 2023	6:15PM	Urbandale	Waukee
Jan 28, 2023	1:30PM	Washington	Waukee - Field House
Feb 3, 2023	6:15PM	Johnston	Waukee
Feb 7, 2023	6:15PM	WDM Valley	Waukee

VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Nov 28, 2022	3:00PM	Ames	Perfect Games
Dec 1, 2022	3:30PM	WDM Valley	Warrior Lanes
Dec 3, 2022	9:00AM	Newton	Cardinal Lanes
Dec 8, 2022	3:30PM	Urbandale	Warrior Lanes
Dec 12, 2022	3:00PM	Clarke	Warrior Lanes
Dec 15, 2022	3:45PM	Southeast Polk	Great Escape
Dec 19, 2022	3:30PM	Johnston	Warrior Lanes
Jan 9, 2023	3:30PM	Ankeny	Warrior Lanes
Jan 26, 2023	2:45PM	Dowling Catholic	Val Lanes
Jan 31, 2023	10:00AM	Des Moines Lincoln	TBA

VARSITY BOYS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Nov 22, 2022	5:30PM	Multiple Schools	Trail Point Aquatics Center
Dec 1, 2022	5:30PM	Ankeny	Waukee YMCA
Dec 8, 2022	5:30PM	Southeast Polk	Waukee YMCA
Dec 10, 2022	11:30AM	Multiple Schools	Holmes Junior
Dec 13, 2022	5:00PM	Multiple Schools	Southeast Polk
Dec 15, 2022	5:30PM	Johnston	Summit Middle School
Dec 17, 2022	11:00AM	Multiple Schools	Dowling Catholic
Jan 3, 2023	5:30PM	Multiple Schools	Nishna Valley YMCA
Jan 5, 2023	5:30PM	Dowling Catholic	Waukee YMCA
Jan 7, 2023	12:00PM	Multiple Schools	Linn-Mar Aquatic Center
Jan 12, 2023	5:30PM	WDM Valley	Valley

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Wolves

2022 WINTER SCHEDULE

VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:45PM	Johnston	Johnston
Dec 2, 2022	7:45PM	WDM Valley	Waukee Northwest
Dec 6, 2022	7:45PM	Waukee	Waukee Northwest
Dec 9, 2022	7:45PM	Southeast Polk	Southeast Polk
Dec 13, 2022	7:45PM	Ankeny	Ankeny
Dec 17, 2022	8:00PM	PeWaukee (WS)	Tyson Events Center
Dec 20, 2022	7:45PM	Urbandale	Waukee Northwest
Jan 3, 2023	7:45PM	Ankeny Centennial	Ankeny Centennial
Jan 6, 2023	7:45PM	Dowling Catholic	Dowling Catholic
Jan 7, 2023	5:00PM	Des Moines Lincoln	Waukee Northwest
Jan 10, 2023	7:45PM	WDM Valley	Valley
Jan 13, 2023	7:45PM	Johnston	Waukee Northwest
Jan 14, 2023	TBD	Iowa City	Iowa City
Jan 17, 2023	7:45PM	Southeast Polk	Waukee Northwest
Jan 20, 2023	7:45PM	Waukee	Waukee - Field House
Jan 27, 2023	7:45PM	Ankeny	Waukee Northwest
Jan 28, 2023	1:30PM	Sioux City West	Sioux City West
Feb 3, 2023	7:45PM	Urbandale	Urbandale
Feb 7, 2023	7:45PM	Dowling Catholic	Waukee Northwest
Feb 10, 2023	7:45PM	Ankeny Centennial	Waukee Northwest
Feb 16, 2023	7:30PM	Des Moines East	Waukee Northwest

VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	6:15PM	Johnston	Johnston
Dec 2, 2022	6:15PM	WDM Valley	Waukee Northwest
Dec 3, 2022	4:30PM	Des Moines Lincoln	Waukee Northwest
Dec 6, 2022	6:15PM	Waukee	Waukee Northwest
Dec 9, 2022	6:15PM	Southeast Polk	Southeast Polk
Dec 13, 2022	6:15PM	Ankeny	Ankeny
Dec 20, 2022	6:15PM	Urbandale	Waukee Northwest
Dec 22, 2022	1:00PM	Southeast HS	North Central Missouri College
Jan 3, 2023	6:15PM	Ankeny Centennial	Ankeny Centennial
Jan 6, 2023	6:15PM	Dowling Catholic	Dowling Catholic
Jan 10, 2023	6:15PM	WDM Valley	Valley
Jan 13, 2023	6:15PM	Johnston	Waukee Northwest
Jan 17, 2023	6:15PM	Southeast Polk	Waukee Northwest
Jan 20, 2023	6:15PM	Waukee	Waukee - Field House
Jan 21, 2023	8:00PM	Millard North	Creighton University
Jan 27, 2023	6:15PM	Ankeny	Waukee Northwest
Jan 28, 2023	12:00PM	Sioux City West	Sioux City West
Feb 3, 2023	6:15PM	Urbandale	Urbandale
Feb 7, 2023	6:15PM	Dowling Catholic	Waukee Northwest
Feb 10, 2023	6:15PM	Ankeny Centennial	Waukee Northwest
Feb 11, 2023	4:30PM	Iowa City	Iowa City

VARSITY BOYS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	5:30PM	Ankeny	Waukee YMCA
Dec 8, 2022	5:30PM	Southeast Polk	Waukee YMCA
Dec 15, 2022	5:30PM	Johnston	Summit Middle School
Jan 5, 2023	5:30PM	Dowling Catholic	Waukee YMCA
Jan 12, 2023	5:30PM	WDM Valley	Valley

VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	3:30PM	WDM Valley	Warrior Lanes
Dec 8, 2022	3:30PM	Urbandale	Warrior Lanes
Dec 15, 2022	3:45PM	Southeast Polk	Great Escape
Dec 19, 2022	3:30PM	Johnston	Warrior Lanes
Jan 26, 2023	2:45PM	Dowling Catholic	Val Lanes

VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 15, 2022	6:00PM	Multiple Schools	Waukee Northwest
Nov 19, 2022	9:00AM	Multiple Schools	Nevada High School
Nov 29, 2022	5:00PM	Multiple Schools	Ankeny
Dec 13, 2022	5:00PM	Multiple Schools	Johnston
Dec 17, 2022	10:30AM	Multiple Schools	ADM
Dec 20, 2022	5:00PM	Multiple Schools	Urbandale
Jan 3, 2023	5:30PM	CAM	Van Meter High School
Jan 9, 2023	5:30PM	Multiple Schools	Ballard High School
Jan 10, 2023	5:00PM	Multiple Schools	Southeast Polk
Jan 14, 2023	9:00AM	Multiple Schools	Waukee Northwest
Jan 17, 2023	5:00PM	Multiple Schools	WDM Valley

VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	7:30PM	Dowling Catholic	Dowling Catholic
Dec 15, 2022	5:00PM	Multiple Schools	Waukee Northwest
Dec 20, 2022	5:00PM	Multiple Schools	Waukee High School
Jan 12, 2023	5:00PM	Multiple Schools	Urbandale High School
Jan 26, 2023	7:30PM	Ankeny Centennial	Waukee Northwest



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FOR ALL WOLVES' SCHEDULES

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YEAR One

Four schools combine to create Raccoon River Wrestling Team.

Wrestling fans from four communities will see history in the making this year.

Earlier this year, the Iowa Girls High School Athletic Union (IGHSAU) voted unanimously to sanction girls wrestling. Iowa becomes the 34th state to sanction high school girls wrestling. To date, more than 1,000 girls representing more than 185 Iowa schools will be competing in wrestling this year at the high school level.

In Waukeez, a new girls wrestling program has been created consisting of Waukeez High School, Waukeez Northwest High School, Adel-DeSoto-Minburn High School and Van Meter High School. The team is called The Raccoon River Wrestling Team and will be coached by James Biscaglia, a former wrestler at Drake University.

Biscaglia had been an assistant at Waukeez High School from 2006-2020, before moving to Van Meter High School last season.

“The bulk of the girls are coming in with less youth experience than the boys, but that said, I’ve been involved in girls’ youth wrestling for the last five years, and there’s been a tremendous growth there, which is one of the reasons, I think, why the girls’ association decided this was a good time for sanctioning,” Biscaglia says.

In the wrestling room, Biscaglia has around 30 girls on any given day. At this juncture, things are still fluctuating, he says. Three wrestlers are from Waukeez, three from Van Meter, seven from ADM, and the remainder are from Waukeez Northwest. The middle school wrestlers practice in the same space at the same time as well, which brings the total wrestlers in the room to around 50.

Once girls learned last year that wrestling was going to be an opportunity for them to show their athletic skills in this new way, the interest level rose considerably, Biscaglia says. After some open mat wrestling practices and a camp held over the summer, the number grew from six to what they have now. And the numbers grow daily, he adds.



The Raccoon River Wrestling Team includes girls from four schools: Waukeez High School, Waukeez Northwest High School, Adel-DeSoto-Minburn High School and Van Meter High School.



During the girls’ wrestling practice, with middle school and high school teams in attendance, as many as 50 wrestlers can be present.

“The feeling is really positive out there,” Biscaglia says. “I have to give a lot of credit to the athletic directors and the superintendents. There was a real effort to make all the schools that are participating feel involved. If you look at our singlets, it has all four logos (from each school) on it.”

The season kicked off mid-November and will wrap up with a state tournament in February. Biscaglia is excited for this, the inaugural season of girls’ wrestling in Iowa.

“I have a wide variety of different levels of wrestlers on the team, and we’re very much looking forward to getting out on the mat this season,” he says. ■

PREP your furnace for fall

Time to put away your T-shirts and shorts. Fall is here. We've already had a few cool temperatures, so, before that becomes more permanent and you must turn the furnace on every day, here are some DIY tips you can check off to aid in keeping your system healthy this season.



Inspecting your air filter is the most important thing you can do at home yourself; dirty air filters make your HVAC system run less efficiently. Filters become a low priority due to a misunderstanding of what they actually do. Standard HVAC filters are not intended to purify the air you breathe but protect the unit itself. Filters do trap some dust that gets sucked into the ducts, but most basic filters aren't fine enough to trap pollen, dander, particulates and other allergens. If you don't change your AC filter, it will begin to fail and will no longer be able to filter the air properly, letting dust and contaminants get into the AC. Dust jams the moving parts of an AC such as fan motors and valves. Airflow is restricted, which creates a strain on the system, leading to poor efficiency and breakdowns.

If you have an outdoor unit, it's important to keep it free of dirt and debris. Remove anything that can block airflow into the system and turn the power off when washing away all the dirt that has accumulated over the summer. This will increase your system's efficiency and lifespan.

It's important to keep your registers clean of dust and debris. Wipe them down and keep your vents open so that heat can circulate properly throughout your home.

Keep your ears open for unusual noises when your system is running. Strange noises may be caused by blocked registers, debris in vents, or loose bolts. It's best to call a professional if you can't locate the source of the noise.

Taking preventative action is important for your HVAC's efficiency and performance, and while these are easy DIY tasks that homeowners can handle, it's important to schedule routine annual maintenance. Say you drive your car for 40,000 miles without getting an oil change or refilling your tank — you would be asking for trouble.

This analogy applies to your heating and cooling system as well. Your system won't function as well as it should without proper maintenance. The more efficient your system runs, the more money you'll save on energy bills. Staying on top of maintenance will also extend the life of your system and keep you covered under warranty. ■

Information provided by Sam Yaeger, assistant service manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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HEALTH

By Andrea Gustafson

THE CHANGE of seasons

A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?



- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.
 - **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.
 - **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.
- If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, andrea@jmgtherapy.com, 515-777-1209.



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HEALTH

By Dr. Jason Brown

ABOUT wisdom teeth

Do you ever wonder why your last molars that usually come in during adolescence are called "wisdom teeth"? They are termed this because these teeth typically erupt in the mouth when we are at a more mature age, between the ages of 17 and 25. Panoramic X-rays can show early development of them by ages 6 or 7, with some people having all four or some with none at all.



Depending on the position, wisdom teeth can damage the side of the root or crown of the adjacent tooth or cause severe gum inflammation and possible swelling. Some impacted third molars can form a cyst (a fluid-filled sac), that can put pressure on surrounding teeth. Third molars partially covered by gum tissue can allow food to trap underneath the flap of tissue, causing redness, swelling and significant discomfort. Some people fear that wisdom teeth will cause crowding, especially after braces. Although research has shown that third molars have not had a major contribution to crowding, it is important to determine if there is space available for them to erupt and be functional.

When evaluating wisdom tooth extraction, there are many factors to take into consideration such as decay development, adjacent tooth damage, cyst formation, gum swelling or infection. Consult with your dentist or oral surgeon to make the best decision for you. ■

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

WELLNESS

By Lacie Navin

CBD and holiday stress

It's that time of year: sunsets at 5 p.m., crunching deadlines, cold and flu season, and pinching pennies to provide the best gifts. Can anything help?

Of course. CBD can help you get ahead of the game. There are various lines that provide immunity, mood boosts, ease stiff joints and muscles, and help relieve stress.

What does science say about this? Each mammal has an endocannabinoid system. This is the largest of all bodily systems and is a complex network that supports neuron activity as well as cardiovascular and central nervous system functions.

CBD activates this endocannabinoid system. This system may be key in targeting numerous physiological conditions and works to fight inflammation and restore balance and homeostasis among other functions.

CBD activates CB1 receptors located in the brain. When these receptors remain blocked, they can increase anxiety and depression. CBD also interacts with the 5-HT1, a serotonin subtype. Serotonin is known as the "feel good" hormone and promotes happiness. We love this.

There is also an immunity line available that keeps the very difficult CBDa and CBGa in the product to help block easy portholes that viruses get through. CBDa and CBGa must be extracted (made) in subcritical low temperatures. ■

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



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REAL ESTATE

By Jamie Thompson

DO YOU have a home binder?

Most people make repairs somewhere along their road of homeownership. Did you know that, in the state of Iowa, when you go to sell your home you are required to disclose "all known conditions materially affecting the property." This includes everything from the top (roof) to bottom (foundation) of your home. It includes things such as sewer lines, pest infestations and any hazards such as radon and asbestos. Whether you use a Realtor or sell on your own, this form must be completed. Iowa Code 558A requires you to deliver written disclosure statements to a person interested in buying a property before they have made a formal offer or the offer has been accepted. What happens if you don't disclose? Well, the buyer could potentially sue you, even after the sale has closed.

Which brings us back to the binder and how to mitigate your risk when selling your home. As you make repairs, they may seem like just normal things to you and are easily forgotten about. Knowing that you must disclose any conditions to the future buyer, we recommend getting a binder dedicated to your home. Put every receipt, manual and any information about your home in there. When it comes time to sell, you won't have to rely on your memory to fill out the disclosure. Bonus: The buyer will really appreciate all that information that you can leave behind to help them with their new home. ■

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



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THE REVOCABLE trust

A revocable trust is an estate-planning vehicle similar to a Last Will and Testament, but it has many important differences. It becomes effective while you are alive, unlike a will.



Property and assets are transferred to the trust to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your benefit. After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell

and acquire assets, change investments, and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust avoids probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, settling the trust should take less than three months.

Third, a revocable trust allows you to make private provisions with respect to the disposition of your assets. Unlike probating your estate, your wishes will not become part of public record.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher

because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts require ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that aren't in the trust.

Most importantly, using a revocable trust has no particular tax advantages. A revocable living trust still faces taxes and settlement costs. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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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A RECESSION doesn't have to ruin your retirement

You've seen the reports and likely felt the impact of soaring inflation, rising interest rates, and a stock market slump. It's a recipe for a recession, and some experts predict that this economic storm could last well into next year.

Many people have asked me if our phones have been ringing off the hook with people worried about their retirement. The answer is no. The families and individuals we work with have a retirement plan built with times like this in mind. Their customized retirement plans are built to withstand recessions and include action steps they can take in times like these. The goal is to help people live out their retirement vision, no matter what is going on with the economy.

If you don't have a customized retirement plan, you might be worried about the impact a recession will have on your retirement. If you've logged on to your 401(k) and seen your account balances drop, it may feel like a recession could ruin your retirement plans. You can't control these economic conditions, but there are some things you can do to take control of your retirement. You may realize you can still retire during a recession or come through it in a better position to retire.



If you don't like what's happening with your retirement accounts, consider reevaluating your risk. As you near retirement, it's important to understand how your portfolio will react to stock market swings and to make sure your investments reflect your risk appetite. Another action step to consider during a recession is a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on the money again. Not the growth or the qualified distributions. If your IRA or 401(k) account balance is down, you'll pay taxes on less money and enjoy tax-free growth on the market upside. For some with cash on the sidelines, a recession is the right time to get into the market, taking advantage of when stocks are on sale. Another strategy to consider is Dollar Cost Averaging. This is a systematic long-term approach to investing a portion of your portfolio into the stock market.

These are just a few ways to take control of your retirement during a recession. If you want to talk more about these strategies or any other questions you have about retirement, schedule a visit with your financial advisor. ■

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

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A PLACE for all generations

Sharing home means sharing the load for the Wright-Turpin family.

Kelly Wright Turpin came to Waukee about 20 years ago. She moved from Des Moines so her kids could enroll in the Waukee district. Back then, Hickman Road was two lanes and still partially gravel. Her two daughters graduated in classes of between 120-200 kids.

"I remember driving out here and the only thing you saw was the Coke plant... and that was it, that was Waukee," says Kelly's husband, Mike Turpin.

In 20 years, much has changed in Waukee. Similarly, much has changed for the family. Today, four generations of the family live within Waukee's city limits. Wright Turpin's two daughters each have three kids of their own. Jim Wright, Wright-Turpin's father, moved in with the couple five years ago. He now lives on the lower level of their two-story home.

"It's everything he needs in the lower level," explains Wright Turpin.

Wright lives in the couple's "in-law" suite downstairs. The walkout basement has a full kitchen, living room, bedroom and bathroom. The house originally came with a wet bar, but the family made modifications to include a microwave and stove.

"I lived for 50 years in West Des Moines and was considering moving to senior housing. That's when they made an offer for me to move here," says Wright.

It made sense for Wright to live with his daughter once again. Wright had his house paid off in West Des Moines, but it was in desperate need of repair. At the same time, the couple was finding they had room to spare. Nowadays, Wright does not have to worry about a leaky roof, a new furnace or anything in between. Any time he has problems with the internet, he just yells upstairs.

Wright used to spend a lot of time traveling. Living with family meant he did not have to worry about lawn care, snow removal or dog care when he was gone. Now, most of his travels have come to a halt, and the roles have reversed.

"We don't have to worry about leaving the house unattended when we take off for a week. We don't worry about the mail piling up or the paper piling up," explains Wright Turpin.

Turpin says having the entire family in one city means a lot of family time.

"All of us come together; we spend a lot of time together. The kids come over quite often, and we go over there quite often."

As grandparents and a great-grandparent, the older generations get to see the kids at their sporting events, school concerts and dance recitals.

"I have friends that are envious because I have my family here and their kids are scattered across the country," says Wright.



Kelly Wright Turpin and her father, Jim Wright, enjoy time they can spend with the grandkids/great grandkids since the family members all live in Waukee.



Kelly Wright Turpin and husband Mike Turpin had room to spare in their Waukee home so invited Kelly's father, Jim Wright, to share their home.

But the proximity comes with added responsibility. Wright does a lot of babysitting, or in the case of a rainy cold morning, he will get calls from the kids asking for a ride to school.

The Turpins agree that Waukee is a great place for all generations. Wright thinks that more options are coming with planned entertainment complexes in Waukee's future. ■



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Adel, Jordan Creek and Waukee editions.

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

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

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1. Favorite Dallas County Bakery
2. Favorite Dallas County Pizza Establishment
3. Favorite Dallas County Dad/Child Date Spot
4. Favorite Dallas County Mom/Child Date Spot
5. Favorite Dallas County Bank
6. Favorite Dallas County Restaurant
7. Favorite Dallas County Hair Salon
8. Favorite Dallas County Gymnastics Studio
9. Favorite Dallas County Doctor (person)
10. Favorite Dallas County Dentist (person)
11. Favorite Dallas County Chiropractor (person)
12. Favorite Dallas County Eye Doctor (person)
13. Favorite Dallas County Veterinarian (person)
14. Favorite Dallas County Pastor (person)
15. Favorite Dallas County Health Club or Gym
16. Favorite Dallas County Boutique
17. Favorite Dallas Retail Store

18. Favorite Dallas County School
19. Favorite Dallas County Park
20. Favorite Dallas County Place for a Field Trip
21. Favorite Dallas County Community Festival
22. Favorite Dallas County Teacher
23. Favorite Dallas County Church
24. Favorite Dallas County Restaurant for Dessert
25. Favorite Dallas County Restaurant for Breakfast
26. Favorite Dallas County Restaurant for Lunch
27. Favorite Dallas County Restaurant for Dinner
28. Favorite Dallas County Car Dealership
29. Favorite Dallas County Place for Ice Cream
30. Favorite Dallas County Daycare
31. Favorite Dallas County Place for Children's Birthday Parties
32. Favorite Dallas County Preschool
33. Favorite Dallas County Library
34. Favorite Dallas County Chamber of Commerce
35. Favorite Dallas County Camping Spot
36. Favorite Dallas County Photographer
37. Favorite Dallas County Dance Studio
38. Favorite Dallas County Place to Take Your Mom and Dad
39. Favorite Dallas County Place to Take Your Kids or Grandkids
40. Favorite Dallas County Place for Auto Service
41. Favorite Dallas County Place to Purchase a Gift for a Woman
42. Favorite Dallas County Place to Purchase a Gift for a Man
43. Favorite Dallas County Realtor (person)
44. Favorite Dallas County Bar
45. Favorite Dallas County Place for Guests to Stay
46. Favorite Dallas County Coffee Shop
47. Favorite Dallas County Florist
48. Favorite Dallas County Landscaping Company
49. Favorite Dallas County CPA (person)
50. Favorite Dallas County Insurance Agent (person)
51. Favorite Dallas County Pharmacy
52. Favorite Dallas County Grocery Store
53. Favorite Dallas County Nursery or Garden Center
54. Favorite Dallas County Senior Living Facility
55. Favorite Dallas County Home Builder
56. Favorite Dallas County Home Improvement Retail Store
57. Favorite Dallas County Home Improvement Contractor
58. Favorite Dallas County Plumber Company/Plumber
59. Favorite Dallas County Electrician (business)
60. Favorite Dallas County Heating and Cooling Business
61. Favorite Dallas County Lawn Care Business
62. Favorite Attorney or Law Firm
63. Favorite Dog Groomer
64. Favorite Physical Therapy or Therapist
65. Favorite Financial Planner
66. Favorite Dallas County Audiologist/Hearing Doctor (person)
67. Favorite Dallas County Pest Control Company
68. Please add your email address to be part of our VIP announcements

OUT & ABOUT



Cheryl Emond and Terry Snyder at the Waukee Area Chamber of Commerce ribbon cutting held for Redwood Living on Oct. 20.



Waukee Area Chamber of Commerce hosted a ribbon cutting for Redwood Living, 835 N.E. Redwood Lane, on Oct. 20.



Kelly Troxel and Michael Bartos at the Waukee Area Chamber of Commerce ribbon cutting held for Redwood Living on Oct. 20.



Rob Grove and Travis Gaule at the Waukee Area Chamber of Commerce ribbon cutting held for Redwood Living on Oct. 20.



Katie Neer and Izabelle Curl at the Waukee Area Chamber of Commerce ribbon cutting held for Redwood Living on Oct. 20.



Sheriff Adam Infante and Chris Juhl at the Waukee Area Chamber of Commerce's First Responders Appreciation Breakfast at Independence Village on Oct. 28.



Kelly Troxel and Heather Behrens at the Waukee Area Chamber of Commerce's First Responders Appreciation Breakfast at Independence Village on Oct. 28.



Paul Smith and Chris Crone at the Waukee Area Chamber of Commerce's First Responders Appreciation Breakfast at Independence Village on Oct. 28.



Heather Renshaw, Brent Behnken, Bret Maxwell and Nick Petersen at the Waukee Area Chamber of Commerce's First Responders Appreciation Breakfast at Independence Village on Oct. 28.



Stephanie Gerleman, Chief Clint Robinson, Ron Reece and Kim Lawrence at the Waukee Area Chamber of Commerce's First Responders Appreciation Breakfast at Independence Village on Oct. 28.

OUT & ABOUT

FIGHTING Through Kinship 5K

The Fighting Through Kinship 5K was held Oct. 2 at Kinship Brewing Co.



Ellie Walter and Alison West



Deb Spenner and Genal Spenner



Pam Bricker and Sue Beck



Tyler, Don and Greg Spenner



Melissa Walker and Lindsay Bordwell



Sue Hammen and Mike Pierotti



Marlee and Nick Olmstead and Roy



Lyndesy Lomelino, Andrea Acebey and Natalie Espinosa



Maggie and Casey Bright and Fiona



Allison, Arlo and Alex Stockseth



Zach Dobeck



Chris Crone

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