

# WAUKEE *Living Weekly*

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## SEEN AROUND TOWN

DALLAS COUNTY RESIDENTS' CHOICE POLL FINALISTS RECEIVED CERTIFICATES FOR THEIR HONORS.



Bret Thompson at 7 Stone Pizzeria, which was one of the favorite pizza establishments in the Dallas County Residents' Choice Poll.



Colleen Strohmaier at Home Sweet Cone, which was among the favorite places to get ice cream in the Dallas County Residents' Choice Poll.



Amy Lucht at RE/MAX Precision was among the favorite real estate agents in the Dallas County Residents' Choice Poll.



Dr. Wes Nyberg was among the favorite chiropractors in the Dallas County Residents' Choice Poll.



Travis Gaule and Madison Starman at Edward Jones. Gaule was among the favorite financial planners in the Dallas County Residents' Choice Poll.



Nate Kempers at The Coffeesmith, one of the favorite coffee shops in the Dallas County Residents' Choice Poll.

### 5-DAY FORECAST

**FRIDAY HIGH 14 | LOW 10**  
Mostly sunny and cold



**SATURDAY HIGH 22 | LOW 1**  
Cold, breezy in the morning



**SUNDAY HIGH 27 | LOW 12**  
Rather cloudy and cold



**MONDAY HIGH 33 | LOW 19**  
Cloudy, breezy in the p.m.



**TUESDAY HIGH 10 | LOW -8**  
Mostly sunny and colder



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FROM THE PUBLISHER

# MILK AND HONEY

Nothing seems to warm a person up on a cold day like a hot cup of coffee, or at least that's what my dad said when he filled up his Thermos each morning. But each time I tried a cup of his coffee, it tasted like dirty water.

I never understood the attraction, and whenever a friend or customer wanted to meet for coffee, I would embarrassingly order a hot chocolate — until my friend and CITYVIEW columnist Joe Weeg convinced me to slowly wade into this ocean of java.

Joe introduced me to cappuccinos, lattes, macchiatos, mochas and more, and I learned that these things are sinful. After taking out a small loan and going to the next notch on my belt, I decided maybe these cousins of coffee were not such a good idea. So I took a necessary hiatus — until my daughter Samantha familiarized

me with dairy creamer. Not the basic stuff, mind you. French vanilla. Italian sweet cream. I was hooked again.

While at an industry conference, my Tennessean friend Will Thomas watched me pour a cement truck load of creamer into my coffee. Will, a definite coffee snob, helped me come to the realization that I didn't like coffee at all and that what I really liked was coffee creamer. He was right. If you have done any research on this, you know that coffee creamer is awful for you, but the addiction is real.

So I tried going cold turkey with the creamer, but I was instantly reminded of the dirty water taste of Dad's coffee. I tried cutting back on creamer, which isn't easy to do when it



pours out so quickly and easily from that perfectly contoured 32-ounce bottle. Then my wife encouraged me to try almond milk and a bit of honey in my coffee. So I tried almond milk and more than a bit of honey — and it was delicious. I am working on reducing the honey, but she tells me that it is better for me than dairy creamer, so I am going with the lesser of two evils.

Now, nothing seems to warm me up on a cold day like a hot cup of coffee — with almond milk and honey.

Have a great week, and thanks for reading. ■

**Shane Goodman**  
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# FAMILY FUN BOWLING

Special family-friendly glow-in-the-dark bowling with concert lights and black lights are offered at an alcohol-free event with family-friendly music on Sunday a month, noon to 2 p.m. at Warrior Lanes. Deadline for registration for each Sunday event is the Friday prior by 6 p.m. Cost is \$64.95 per lane, up to five bowlers, and includes a large one-topping pizza and pitcher of soda. Dates are Sundays, Feb. 13, March 20, April 10, May 15, June 12, July 10, Aug. 14, Sept. 11, Oct. 16, Nov. 13, Dec. 11. ■

## 2022 DCF GRANT APPLICATIONS DUE FEB. 1

The Dallas County Foundation 2022 grant application materials are online at <http://www.dallascountyfoundation.org>. If you have received previous grants, an evaluation form, receipts and photos must be submitted prior to a new grant request. Your grant request will not be accepted without the completed project evaluation.

DCF will accept grant requests that improve the lives of Dallas County residents. Areas of emphasis are: health and human services, arts and culture, youth development, education, recreation, environment and community betterment.

Applicants must be a 501(c) 3, 5 or 6 organization or 107(b) unit of government or be affiliated with another organization that has one of these designations. DCF grant application deadline is Tuesday, Feb. 1 at 5 p.m. Grants mailed must have a postmark prior to Feb. 1; grants delivered to drop off sites must be received prior to closing times of the banking facilities. Check the website for details.

The Dallas County Foundation, an affiliate of Greater Des Moines Community Foundation was established in 2005 to foster private giving, strengthen service providers and improve the conditions of the communities and rural areas of Dallas County.

For more information and grant application materials please visit <http://www.dallascountyfoundation.org>. ■

## SPORTS SCHEDULES

### WAUKEE:

#### Friday, Jan. 21

- 6:15 p.m. **Basketball:** Girls Varsity vs. WDM Valley  
7:45 pm **Basketball:** Boys Varsity vs. WDM Valley

#### Saturday, Jan. 22

- 9:00 a.m. **Wrestling:** Varsity Invitational @ Urbandale  
10:00 a.m. **Swimming:** Boys Varsity @ Southeast Polk  
12:00 p.m. **Swimming:** Boys Varsity vs. Ankeny @ DMACC - Trail Point Aquatics Center

#### Tuesday, Jan. 25

- 6:15 p.m. **Basketball:** Girls Varsity @ Ottumwa  
7:45 p.m. **Basketball:** Boys Varsity @ Ottumwa

### WAUKEE NORTHWEST:

#### Friday, Jan. 21

- 6:15 p.m. **Basketball:** Girls Varsity @ Ames  
7:45 p.m. **Basketball:** Boys Varsity @ Ames

#### Saturday, Jan. 22

- 9:00 a.m. **Wrestling:** Varsity Invitational @ Urbandale  
10:00 a.m. **Swimming:** Boys Varsity @ Southeast Polk  
12:00 p.m. **Swimming:** Boys Varsity vs. Ankeny @ DMACC - Trail Point Aquatics Center

#### Tuesday, Jan. 25

- 6:15 p.m. **Basketball:** Girls Varsity @ Des Moines Roosevelt  
7:45 p.m. **Basketball:** Boys Varsity @ Des Moines Roosevelt

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# 7 APPOINTED TO CITY BOARDS AND COMMISSIONS

The City of Waukeee board and commission appointees for 2022 are as follows: Board of Adjustment: Tanner Westberg; Board of Appeals: Aubrey Ward and Lindsey White; Park Board: Cal Oraw, Ali Payne (reappointment) and Josh

Loeffelholz (reappointment); Planning & Zoning: Angela Tessau.

Appointees will begin their terms on Feb. 1. Park Board members serve three-year terms. The other three boards serve five-year terms.

The following volunteers

are wrapping up current board and commission terms: Board of Adjustment: Dennis Breckenridge; Board of Appeals: Sue Ellen Kenney and Kate Mullinex; Park Board: Ethan Owens; Planning & Zoning: Aubrey Ward. ■

## DALLAS COUNTY BOARD OF CONSERVATION PROGRAMS

### CONSERVATION WITH AN OWL

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

### STARGAZING AND WINTER CONSTELLATION STORIES

Join a Dallas County Conservation Board naturalist under the star-filled skies to learn how to build and read a star chart, measure distances in the sky to help locate and identify common constellations, and share a few sky stories January through early

March at Kuehn Conservation Area, Earlham. Register and check online for specific dates at [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation) (click on Environmental Education then Virtual Nature Exploration Hub, then class of choice) or call 515-465-3577.


### BIRD-WATCHING BASICS

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

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**JOKE OF THE WEEK**



*What did one eye say to the other eye?  
 Between you and me, something smells!*

## 2022 ANNUAL AUCTION - IMAGINE THE POSSIBILITIES

The public is invited to an innovation-filled evening at the Waukee Community Schools Foundation 2022 Annual Auction Saturday, Feb. 26, at the Waukee Innovation & Learning Center. This event raises money for grants, scholarships, professional development experiences and more. The event will be in-person; however, those who can't attend the event can still participate in the silent auction. Register for auction updates and to attend at <https://e.givesmart.com/events/p0h/>. The silent auction goes live Feb. 19 and runs through the event on Feb. 26. ■

## LIBRARY PROVIDES OPPORTUNITY TO GIVE BACK

Looking for ways to give back to your community, enhance the Library, and make a big impact in just a few hours per month? Consider joining the Waukee Public Library Friends Foundation Board of Directors. You'll work with other service-oriented members of the community to find ways to fund and enrich the Waukee Public Library and its mission to provide beneficial resources and services to the Waukee community and surrounding areas. Make a positive impact in 2022 and join the Friends Foundation Board today. Email [waukeepfoundation@gmail.com](mailto:waukeepfoundation@gmail.com) for more information on how to apply. Meetings are the first Tuesday of each month at 6 p.m. To find out more about the Waukee Public Library Friends Foundation, go to [waukeepubliclibrary.org](http://waukeepubliclibrary.org). ■

## CHAMBER ANNUAL BANQUET

The public is invited to the 2022 Waukee Area Chamber of Commerce Annual Banquet to be held Tuesday, Feb. 1, 5-8 p.m., at the Hilton Des Moines Downtown. The Chamber will highlight the accomplishments of 2021, announce plans for 2022 and recognize the Member of the Year, Volunteer of the Year and Citizen of the Year. Guests will also hear from speaker Terry Rich, former president and CEO of the Iowa Lottery. Ticket for the banquet can be purchased online at <https://www.eventbrite.com/e/2022-waukee-area-chamber-of-commerce-annual-banquet-tickets-242936207737>. ■

## LIBRARY ACTIVITIES

- **Elementary Early Out**, Wednesday, Jan. 26 at 2:30 p.m. Youth in grades K-5 are invited to bring their creativity and scientific minds to the Library to explore a variety of dinosaur STEAM (science, technology, engineering, art, and math) hands-on activities. Registration is required.

- **Teen Pop Trivia**, Sunday, Jan. 30 at 1:30 p.m. Team up with your friends (or make new friends at the event) and prove who has the greatest brain. Categories will include: Marvel, Harry Potter, Hunger Games and Disney films. Registration is required for this 6-12 grade.

- **Lunar New Year Celebration**, Saturday, Feb. 5, 10 a.m. Ambassador Phoebe Liang D'Alessandro will share traditions surrounding the celebration of Lunar New Year in China, including food, colors, traditional clothing, and other aspects of Chinese culture. For children in grades K-5. Registration is required. Visit <https://www.waukeepubliclibrary.org/upcoming-events>, click on the event for which you want to register then click on the registration link.

- **Teen Career Fair**, Saturday, Feb. 19, 10 a.m. Teens are invited to drop in during the Teen Career Fair to meet individuals representing a wide variety of careers. They can visit with the guests to discover valuable classes, trainings, and certifications to pursue. Some companies may also have information about internship or volunteer opportunities. Registration is requested. Visit <https://www.waukeepubliclibrary.org/upcoming-events>, click on the event for which you want to register then click on the registration link. ■

## EVENTS IN THE AREA

### 'THAT GOLDEN GIRLS SHOW! A PUPPET PARODY'

Jan. 25-30

The Temple Theater, 1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit [www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org).

### 'IMMORTAL BELOVED' BY THE DES MOINES SYMPHONY

Saturday, Jan. 29, 7:30 p.m.

and Sunday, Jan. 30, 2:30 p.m.

Des Moines Civic Center, 221 Walnut St.

Des Moines

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremiski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit [www.dmsymphony.org](http://www.dmsymphony.org).

### IOWA WILD HOCKEY HOME GAMES

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit [www.iowawild.com](http://www.iowawild.com). Home games are:

Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.

Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

### EXHIBIT: DOUBLE EXPOSURE

Through Feb. 25

Polk County Heritage Gallery, 111 Court Ave.

Des Moines

This year's photo show features still photography shot exclusively with film cameras and with camera phones. [www.polkcountyheritagegallery.org](http://www.polkcountyheritagegallery.org)

### AGATHA CHRISTIE'S 'MURDER ON THE ORIENT EXPRESS'

Feb. 4-20

Des Moines Community Playhouse, 831 42nd St.

Des Moines

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. [www.dmplyhouse.com](http://www.dmplyhouse.com)

### VARIOUS SHOWS

February dates

Hoyt Sherman Place, 1501 Woodland Ave.

Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit [www.hoytsherman.org](http://www.hoytsherman.org).

**Feb. 5:** "Brooklyn Rider: Healing Modes" at 7:30 p.m.

**Feb. 11:** "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

**Feb. 15:** "Des Moines Storytellers Project: Love" at 7 p.m.

**Feb. 16:** "An Evening With Bruce Dickinson" at 7:30 p.m.

**Feb. 18:** "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

**Feb. 19:** "Yola: Stand For Myself Tour" at 8 p.m. ■

## RECIPE

# POSITIVE CHANGES TO MAKE IN 2022



*(Family Features)* Before you completely overhaul the way you live, keep in mind making positive changes may just be a few simple steps away. Starting small with attainable goals can help keep you on the right track throughout the year.

## Drink more water

Preventing dehydration, keeping a normal body temperature and lubricating joints are all benefits of drinking enough water daily. Try carrying a reusable bottle as a reminder, choosing water over sugary drinks and opting for water when dining out.

## Learn to cook

If you're not comfortable in the kitchen, start with simple recipes that don't force you to sacrifice flavor. After all, an eating plan is easier to stick to when you enjoy the foods you're making. For example, baja fish taco bowls take just 20 minutes for a spicy, fresh-flavored family dinner.

## Eat more whole grains

Skip refined grains and instead opt for whole grains like brown rice and quinoa, which offer a more complete package of health benefits. You can be confident in options like Boil-in-Bag Brown Rice and Tri-Color Boil-in-Bag Quinoa from Success Rice, which are ready in just 10 minutes to help remove the guesswork in cooking while giving home cooks more time to focus on elevating dishes for loved ones.

Find more delicious recipe inspiration at [SuccessRice.com](https://SuccessRice.com). ■

## BAJA FISH TACO BOWLS

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Servings:** 4

2 bags Success Tri-Color Quinoa  
2 tablespoons olive oil  
4 white-fleshed fish fillets (5-6 ounces each)  
1 teaspoon Cajun seasoning  
1/2 teaspoon salt  
3/4 cup plain Greek yogurt  
1 tablespoon lime zest  
1 teaspoon lime juice  
1/4 teaspoon ground cumin  
4 cups packed baby kale  
1 ripe avocado, halved, pitted, peeled and thinly sliced

## Directions

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Taco seasoning or chili powder can be used in place of Cajun seasoning. Arugula or baby spinach may be used instead of kale.

## FILM REVIEWS By Michael C. Woody

As I write this, we are digging out of the end of the holiday movie season. Here's a quick (but large) list of what's out there. Some of them are easy to find (i.e.: wide release or streaming) and some not so much (art house). Several of these will be on my top 10 list for 2021 for sure.

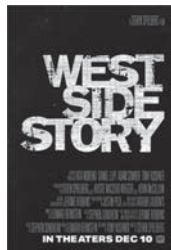
**“BEING THE RICARDOS”:** “I Love Lucy” fans will love writer/director Aaron Sorkin’s look at this television legend. I grew up watching Lucy but didn’t know much of the backstory. Crazy to think that CBS would balk at showing a pregnant woman on television. Nicole Kidman is near perfect as Lucy, and so is Javier Baram as her husband Desi Arnaz. Easily one of the year’s best. **Grade: A-**



**“THE BEATLES: GET BACK”:** Stay at home for this one and watch it on Disney+. “The Beatles: Get Back” is filmmaker Peter Jackson’s (“Lord of the Rings” trilogy) transformation of all the video that was shot around the making of their last album. Allegedly there was backbiting and fighting amongst the Fab Four as they were about to split. To everyone’s surprise, the lads were in good spirits and, for the most part, friendly with each other. I found watching their creative process to be fascinating, and the music is outstanding. You will want to break it into pieces, as the total is in the eight-hour range. **Grade: A**



**“WEST SIDE STORY”:** Who am I to question the great Steven Spielberg and his remake of the 1961 classic? The new film is tremendous — the voices, the dancing and everything else. My fear is that no one will see it. (The opening weekend was way soft at only \$10 million). Spielberg has remade the original almost exactly. Same dancing, same songs, storyline and setting. If you’ve seen the original, why bother? If you are younger than 25 (most movie-goers), do you want to see a movie set in the late 1950s and early 1960s about competing gangs in New York? My guess is no. Why not update it with the same issues and songs to bring more people into the theater? We might never know. A great try but it could have been more. **Grade: A ■**



*Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.*

## CLASSIFIED ADS

**FOR SALE:** Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

**PUPPY:** 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

**LOOKING TO BUY:** Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

**FOR SALE:** Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

**FOR SALE:** 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

**BABY BED FOR SALE:** Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

**BUNK BEDS FOR SALE:** Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

**WANTED:** Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

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