

WAUKEE Living Weekly

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CHAMBER DINNER

THE WAUKEE AREA CHAMBER OF COMMERCE'S ANNUAL DINNER WAS HELD FEB. 1 AT THE HILTON DES MOINES DOWNTOWN.



Amy Engstrom, Brett Braafhart and Chris Crone



Terry Snyder and Gina Campos



Michael Bartos



Steve Rogers and Travis Gaule



Terry Rich

WAUKEE WEATHER FORECAST

FRIDAY HIGH 47 | LOW 11
Mostly sunny, breezy, mild



SATURDAY HIGH 40 | LOW 33
Mostly sunny



SUNDAY HIGH 61 | LOW 32
Sunny and mild



MONDAY HIGH 39 | LOW 20
Much colder with low clouds



TUESDAY HIGH 24 | LOW 12
Snow and ice



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FROM THE PUBLISHER

MEET GEORGE JETSON

I saw a cartoon the other day illustrating a family driving in a car with the mother in the passenger seat looking at her phone and stating to all, “The blender just texted — we forgot to turn off the stove.”

Sound familiar? We may not be there yet, but we are close.

A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“Impossible,” I said.

Then I started adding them up. My cell phone. My wife’s cell phone. Two iPads. Two Apple watches. Two laptops. A home computer. Two Apple TVs. A Firestick. A Ring doorbell. A Nest thermostat. A MyQ garage door opener. Three Amazon Echos. Two wireless headphone sets. That brings me to 20, and

I haven’t counted in the kids’ devices yet. Yikes.

According to the newsletter, the pandemic has played a big part in this progression, changing how we communicate and interact. Many activities that used to take place outside the home now take place inside the home, redefining “homework.”

Here are a few other surprising findings from the Deloitte report:

- More than half of U.S. adults had virtual doctor visits, and 82 percent were satisfied with the experience.
- More than half of U.S.



households have a smartwatch or fitness tracker.

- During the pandemic, 70 percent of consumers started mobile ordering or other smartphone-based retail and expect to continue to do so.
- Two-thirds of U.S. household have some type of smart home devices.
- Thirty-one percent of Americans admit to feeling overwhelmed by the number of devices and subscriptions they need to manage.

Ready or not, the future is here. Meet George Jetson.

Have a great week, and thanks for reading. ■

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MEET WAUKEE'S NEW HORTICULTURE TECHNICIAN

Holly Holmes recently began her duties as the City of Waukee's first horticulture technician. As more parks and facilities sprouted up in Waukee to serve the growing community, the need for a full-time caretaker followed suit. Holly now spends her days maintaining parks and City building landscapes for health and beautification. She has a marketing degree from the University of Iowa, but decided to follow her real passion eight years ago and entered the green industry. She worked as a field worker and manager for several landscape companies prior to joining the City staff.



Holly and her wife, Stephanie, enjoy spending time with their daughters and 1-year-old granddaughter. She also has two dogs and a cat. In her free time, Holly enjoys hiking, biking, taking walks, and watching movies and football. ■

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 the 26th. ■

WAUKEE LEADERSHIP CLASS HOLDS CHILI-TASTING FUNDRAISER

Join the Waukee Leadership Class of 2022 for a chili cook off fundraiser on Saturday, Feb. 19, 1-2:30 p.m. at the Waukee Fire Department, 1300 S.E. LA Grant Parkway. The Waukee Police Department and the Waukee Fire Department will present their chilis to see which is the victor. A silent auction will also be held. Funds raised goes toward the class project, which is to revitalize the downtown Waukee Triangle. Cost is \$5 per person for tasting (kids 10 and younger free) and \$1 each for desserts, chips and beverages. ■

SPORTS SCHEDULES

WAUKEE:

Friday, Feb. 18

- 4:45 p.m. **Basketball:** Boys 9th vs. Marshalltown
 6:15 p.m. **Basketball:** Boys 10th vs. Marshalltown
 7:45 p.m. **Basketball:** Boys Varsity vs. Marshalltown


WAUKEE NORTHWEST:

Friday, Feb. 18

- 9 a.m. **Wrestling:** Varsity State Tournament @ Wells Fargo Arena

Saturday, Feb. 19,

- 10 a.m. **Wrestling:** Varsity State Tournament @ Wells Fargo Arena
 7 p.m. **Basketball:** Girls Varsity Regional Tournament vs. TBD



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SEEN IN WAUKEE

DALLAS COUNTY RESIDENTS' CHOICE POLL FAVORITES WERE PRESENTED CERTIFICATES.



Catie Thomas, Kathy Bogart, Cassidy McRae and Echo Boland of Echo's Cookie Shop receive a certificate for being one of the favorite bakeries.

Jesse and Gina Wiges of Wiges Outdoor Services receive a certificate for being one of the favorite landscaping companies.



Rachel Whetstone of Mainstream Boutique receives a certificate for being one of the favorite boutiques.



Todd Holland, on behalf of Stivers Ford Lincoln, receives a certificate for favorite car dealership.



Travis Black of Shottenkirk receives a certificate for the dealership being one of the favorite car dealerships.

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EVENTS IN THE AREA

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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.

Feb. 18: “The Mavericks: ‘En Español’ World Tour” at 7:30 p.m.

Feb. 19: “Yola: Stand For Myself Tour” at 8 p.m.

Feb. 24: “Ashley McBryde - This Town Talks Tour” at 8 p.m.



ON STAGE

February dates

Enjoy these local theater productions currently showing in the area.

- **“Long Day’s Journey into Night”** — Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction now through Feb. 20 at the Stoner Theater, 221 Walnut St., Des Moines. www.iowastage.org

- **“The Revolutionists”** — Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines, presents this play about four beautiful, tough women who lose their heads in an irreverent, girl-powered comedy. Playing now through Feb. 20. www.tallgrasstheater.org

- **“Agatha Christie’s Murder on the Orient Express”** — The show runs now through Feb. 20 at the 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

CITYVIEW CHOCOLATE WALK

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

BLUE RIBBON BACON FESTIVAL

Saturday, Feb. 26

Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival’s website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be “Bacon Gras” and feature bacon-infused Cajun dishes along with: Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa’s top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won’t want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com. ■

RECIPE

FRESH, HEALTHY FAMILY MEALS

RECIPES TO HELP BOOST IRON LEVELS, AID PLASMA DONATION RECOVERY



(Family Features) Chef Nate Appleman knows how important it is to serve healthy meals to your family – ones they actually want to eat. Before having his first child, he transformed his eating and exercise habits and lost 85 pounds to get on a healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler – an inflammation of the blood vessels that can cause damage to coronary arteries – as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created fresh, nutritious recipes he loves to serve his family. ■

MARINATED SKIRT STEAK

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk
- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

STATE OF THE CITY ADDRESS

Join Waukee Mayor Courtney Clarke on Thursday, March 10, 5:30-7 p.m. for the State of the City Address. She will recap recent Waukee successes and share details regarding future City priorities, projects and partnerships. Appetizers and refreshments will be provided. The event will be held at the Waukee Innovation & Learning Center, 295 S.E. Ashworth Road. Doors open at 5:30 p.m. and the presentation begins at 6 p.m. Admission is free. RSVPs are appreciated online at <https://waukee-services.app.transform.civicplus.com/forms/24928>. ■

BENEFIT FOR MIKE ENOS

A benefit auction will be held for Mike Enos on Friday, Feb. 25, starting at 5:30 p.m. when doors open for the silent auction opens, and concluding with a live auction that starts at 7 p.m. Food will be available for a freewill donation, including loose meat hamburgers, pulled pork, chili and more. The event will be at Country Lane Lodge, 29300 Prospect Circle. ■

LEGISLATIVE COFFEE

Join the Waukee Area Chamber of Commerce for a Waukee Legislative Coffee on Saturday, Feb. 19, at 10 a.m. The event is hosted by the Chamber's Government Affairs Committee. Waukee State Sen. Sarah Trone Garriott and State House Rep. Kenan Judge will speak to Waukee residents and the Chamber membership about what is happening at the state level and offer the opportunity to ask questions. This event is free to attend, but registration is required. Visit <https://waukeechamberia.chambermaster.com/eventregistration/register/4> ■

THANK YOU

I am honored to be voted favorite insurance agent in Dallas County for the Iowa Living 2022 Residents' Choice Reader Poll. I will continue my commitment to building positive and supportive relationships and am grateful for a community that allows me to do so.



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CRIME STOPPERS OFFERING REWARD FOR GRAFFITI INFORMATION

The Waukee Police Department is experiencing an increase in calls reporting graffiti to signs, electrical boxes and a Waukee park. Waukee Crime Stoppers is now offering a \$1,000 reward for any tip leading to an arrest related to this graffiti. To report an anonymous tip, call Crime Stoppers at 515-987-9000. Members of the public are encouraged to call non-emergency dispatch at 515-222-3321 if they see vandalism occurring firsthand. ■

HONORS LISTS RELEASED

Central Community College released its honors lists for the fall 2021 semester. Included from Waukee was Katie Faustian on the Dean's List. ■

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 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. ■

WASP FOR SENIORS RETURNS IN MARCH

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

CLASSIFIED ADS

HELP WANTED: Patrick's Restaurant is Now Hiring a Line Cook, Tuesday-Saturday 9am-2pm, experience preferred but will train the right person. Please come in to 211 S. 7th Street, Ste. C in Adel to apply, ask for Elisabeth.

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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JOKE OF THE WEEK



*What do you call
a belt made of
watches?*

A waist of time!!!