

Summer 2022

# your Family

## The Hess Family

turn their vacations into educational experiences

Finnish educational system

'Cue The Grill  
SUMMER COOKOUT GUIDE

Day Trip:  
FREEDOM ROCKS

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Your Family magazine is published by the Manchester Press. **Do you have an idea about a family to feature for an upcoming edition?** Contact Beth Lutgen at blutgen@wcinet.com.

# your Family



*On the cover*

## The Hess Family Vacations

The Hess family on their nine-day trip to Snowy Range, Grand Tetons, Yellowstone and Bighorn Mountains in 2021. From left, Ian, Phil, Melissa and Joslyn Hess.

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# Free summers mean **GREAT TRIPS** for the Hess family

By **Daniel Charland**



Joslyn and Ian Hess in front of Mount Rushmore on the family's first family trip to the Black Hills in 2018.



The Hess family takes a walk along the ocean in Myrtle Beach in 2019: front from left, Ian and Joslyn Hess; back row, Phil and Melissa Hess.

**W**hat would you do if your entire family had the whole summer off from work? The Hess family doesn't have to imagine, they live it thanks to both parents being teachers. Melissa Hess teaches kindergarten at Maquoketa Valley, while her husband, Phil, teaches sixth grade at West Delaware. When school

is out for the summer, they have the entire season to spend with their kids, 12-year-old Joslyn and 10-year-old Ian.

"Because we're both teachers, we obviously have the summers off," said Melissa. "Our first couple weeks of summer are just recuperating from the school year. We spend a lot of time as a family. It's nice having the four of us

all at home. It allows us to do things as a family all the time like traveling and going on summer adventures."

Traveling has become a yearly tradition for the Hess family, alternating each year between larger trips by plane and smaller ones within driving distance. Melissa and Phil have loved traveling for years,

## FAMILY FUN



even spending their honeymoon backpacking across Europe.

Melissa said, "Once we had kids we couldn't be gone for 18 days doing all the backpacking anymore. We began doing what we called 'Summer Adventures.' When they were little and couldn't handle a week-long vacation, we would have different things planned like state parks, packing a picnic or water parks. It would always be a whole day and we'd never tell them what their adventure would be."

The family took its first big family trip to the Black Hills in 2018 when Ian was in kindergarten. The following year was the children's first time flying in an airplane as they took a

vacation to Myrtle Beach. While the COVID-19 pandemic interfered with their plans to go to Yellowstone, they were able to take the nine-day trip in 2021.

Melissa said one of the perks of having the whole summer off is the family being able to improvise adjustments on how long they want to stay on their trip, with most trips lasting eight to ten days.

*Given they are teachers, the Hess family often turns their vacations into educational experiences. Before each trip, Melissa and Phil research the location to find ways of turning it into a living-learning experience, often focusing on geography, history and science.*

"Being teachers, it's not like we're taking vacations. We can go as long as we want. If we want to come earlier,

we come home. If we want to stay longer, we stay longer."

Given they are teachers, the Hess family often turns their vacations into educational experiences. Before each trip, Melissa and Phil research the location to find ways of turning it into a living-learning experience, often focusing on geography, history and science.

"My husband is big into science, so any of our vacations turn into stopping for landmarks and learning about fossils", said Melissa. "It's not only taking them to see the United States but also learning as we go along."

This year, the Hess family is going to Michigan for their annual trip and hopes to go to New York sometime in the next couple of years. They are also looking forward to having summer fun closer to home with fishing, golfing, pool parties, day trips and spending a couple of days in Chicago. ●

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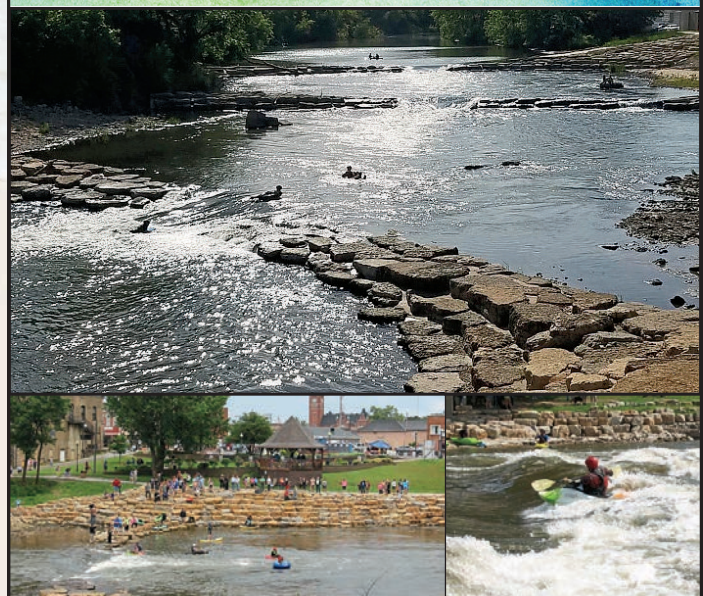
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# DAY TRIP

## TRIP TO FREEDOM ROCKS

*combines history  
lesson and fun*

Story by **Mike Putz**



The Clayton County Freedom Rock honors Samuel Merrill, the seventh Governor of Iowa. With its location near the Guttenberg swimming pool, a quick dip to cool off might be just the ticket for kids on a hot summer day.

**A** tour of Eastern Iowa Freedom Rocks is a great way for families to make a day of learning some Iowa history, showing respect for the military and having a bit of fun on stops along the way.

In 1999, artist Bubba Sorensen II began the project of painting a large boulder in each of Iowa's 99 counties as a way to thank military veterans for their service to the United States.

Our trip begins in Manchester. Driving east, the first stop is at

Epworth, along Highway 20. The Dubuque County rock sits in front of the Epworth City Hall and the fire station and is easily spotted from the highway.

The painting on the south-facing side of the rock depicts the Governor Greys, which became the Iowa National Guard. The soldier in the painting depicts Phillip Silker of Epworth, who served close to 40 years with the unit.

The north-facing side honors

local residents and their sacrifices during wartime. Going from left to right is Father Aloysius Schmitt, the first chaplain to die in WWII. He was chaplain aboard the USS Oklahoma which went down during the Japanese attack on Pearl Harbor Dec. 7, 1941.

Next is U.S. Army Combat Engineer Rich Billmeyer. The Epworth native lost both legs above the knee by an IED while performing route clearance operations in

FAMILYFUN

Afghanistan.

Army nurse Major Genevieve Smith is next. A WWII nurse set to retire after 22 years of service, she accepted a request to go to Korea to open a hospital shortly before the start of the Korean War. During her flight to Japan, her plane crashed, killing her, along with everyone else on the plane except for one.

The last person is Vietnam War veteran Bob Kluesner. A machine gunner, he was involved in many firefights and was repeatedly wounded. In his last firefight, he was shot repeatedly by the North Vietnamese but survived. He received four Purple Hearts and numerous other medals.

On the west side of the rock is a depiction for the MIA/POWs, along with a plaque with the names of the MIAs in Dubuque County.

From Epworth, it's off to Guttenberg to view the Clayton County Freedom Rock. Located next to Guttenberg swimming pool, one side of the rock has a portrait of a Union soldier and Samuel Merrill, the seventh governor of Iowa, while



The Dubuque County Freedom Rock is located in Epworth and honors Dubuque County veterans.



The Delaware County Freedom Rock in Dundee remembers the seven Delaware County servicemen killed in the Vietnam War.

the other side shows a soldier on his knees, draped in the Iowa state flag. Whether it's swimming at the pool or walking down River Park Drive, or

watching barges pass through Lock and Dam No. 10, there's plenty for families to enjoy.

The final stop is in Dundee, where the Delaware County Freedom Rock is located. The rock sits at a city park and honors Delaware County military veterans. One side of the rock has portraits of seven Delaware County veterans killed in Vietnam, Marvin Manternach, William Potter, Kenneth Jurgens, Allen White, Frank Staton, Lawrence Keenan and Tommy Antrim.

Backbone State Park is just minutes from Dundee, offering camping, swimming, hiking as well as plenty of space for a picnic lunch.

The round trip from Manchester to the rock locations and back comes out to 113 miles. It's a day that packs in a lot of sights, history and beauty. It's a sure bet the family conversations about the Freedom Rocks will continue long after the trip is completed. Or that day trip may be what spurs visits to several other Freedom Rocks in Iowa counties. ●

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# Much can be learned from the Finnish educational system

Story by **Erin LaBelle**



**Contributed Photo**

Dr. Kristen Rickey, (fifth from left) poses with her Fulbright Leaders for Global Schools cohort in Finland during the May 2022 adventure. The small group of American administrators learned much from Finnish educators and each other according to Rickey, who hopes to take time this summer to reflect upon this learning experience.

**D**r. Kristen Rickey traveled to Finland in May hoping to answer a question.

“How does the Finnish education system get fantastic results by emphasizing nature and play, while de-emphasizing testing?” This question was one of many that led Rickey, West Delaware County Community School

District superintendent and a group of seven other American K-12 education administrators on a learning adventure with The Fulbright Leaders for Global Schools Program (FLGS).

An informational guide given to all program participants describes the FLGS program as an experiential, phenomenon-based, and cross-

curricular undertaking with an emphasis on modern competencies and the wellness of the individual as a whole, designed to mirror the Finnish school system itself.

Imagine a traditional Finnish soup, one created by blending the finest native ingredients and spices, a soup so delicious that, upon eating a bowl, all



## FAMILY LIFE

visitors immediately want the recipe to recreate when they return home. They all proclaim it to be the absolute best soup they've ever tasted. They read about making the soup, interview the cooks, take classes in soup preparation and watch the Finnish cooking shows on Youtube, but despite all their effort, they can't quite replicate the exact taste and experience of this delicacy. They eventually ask the experts and are confronted with the painful truth. The ingredients and spices that harmonize to create the perfect flavor have to be grown by a Fin and once they are taken from Finland into another culture, they lose a certain something. Distraught, the soup lovers contemplate a move to Finland, because they can't imagine life without it. They realize the complications of this idea, so they settle for making the soup with the Finnish recipe, accepting it will never turn out the same and it will not taste as delicious.

What does this have to do with education? It's actually identical to what's happening with the Finnish school system. People come from all over to study the most successful schooling in the world; they read books, interview experts, take classes and watch youtube videos. Rickey heard a story about a Chinese administrator illustrating this point. The visiting principal wanted to purchase the Finnish curriculum to implement back home and was told Finnish schools function on a national curriculum based upon national history and culture, making it impossible to replicate effectively in a different environment. Just like the imaginary soup, the learning environments are built upon something native to Finland.

So, what are the ingredients that

make Finland's approach the envy of the world?

We'll look at four together: shoeless classrooms, trust, phenomena-based learning and time. Let's begin with shoeless classrooms. Rickey encountered children and teachers wearing socks and slippers in Finnish classrooms. She theorized it would be a lot harder to be mad at someone without shoes, which is a good point, but what are the other benefits of this seemingly small detail? Upon entering the learning space, Finnish teachers, students, visitors and administrators leave their shoes at the door. This simple gesture creates a calming environment where children feel relaxed and safe while creating a bridge between home and school.

If this sounds like a crazy notion, think again, because a decade-long study of 25 schools supports this claim. Professor Stephen Heppell and researchers at Bournemouth University found children learn better and the classroom has a calmer atmosphere when no one wears shoes. One Finnish educator said a shoeless learning environment eliminates the hierarchy felt in most traditional classrooms and encourages learners to express themselves more freely, creating a relaxed climate conducive to learning, creativity and collaboration. Reflexology is thought to play a part in China and respect in India where temples are shoeless environments. There are most likely several beneficial factors at play, but at the most elemental level, "Don't you feel better when you can wiggle your toes and slide around on the floor?"

Next, let's explore the concept of trust and the role it plays in Finland's success.

Preparing for the FLGS program, Rickey read "In Teachers We Trust: The Finnish Way to World-Class Schools" by Pasi Sahlberg and Timothy D. Walker. The book describes the Finnish approach to education as a trust-based system, which Rickey found to be true. "Trust was at the heart of the experience," she said, going on to add "Every speaker used the word trust." Administrators, teachers, parents, children and even the government are trusted. There was an "entire ethos, a culture of trust," according to Rickey, "There was just trust all the way around."

Trust is woven throughout the culture and the education system. Finnish students don't take standardized tests, encountering nothing remotely similar until after their senior year. When the American cohort of administrators asked how it was possible to assess if the students were learning, they were told the teachers know because they're with the learners every single day. They're connected and in a relationship with the ones they're guiding. The teachers are trusted by the parents and the government to know how the students are doing and how to help them when necessary. In addition, children are trusted to learn, something seen as inherent to the human experience, something that happens everywhere, even when the learners leave the classroom. This is the reason there is no homework, and on the rare occasion homework is assigned, it takes the learner no more than 10 minutes to complete. Educators, parents and the government want to ensure Finnish children have a childhood rich with experiences offered by life

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itself, instead of spending hours on worksheets prescribed by a teacher long after the class has been dismissed. They trust learning is happening after school in the community and in the home.

Third, phenomena-based learning is an important ingredient in the successful school soup recipe. It's an approach Finland embraced with their 2016 curriculum redesign which de-emphasizes the unnatural division of learning into subjects, instead of inviting students into inquiry and problem solving through a holistic, collaborative and learner-centered experience. The goal is deep learning and understanding, and the method begins with asking questions or posing problems, letting the learners lead each other into real-world phenomena and global challenges. Finnish educators say their students are highly motivated, happy and eager to learn because of this interdisciplinary, social and meaningful way of working together in the community. It's an active approach to equip young people with myriad

skills for the workplaces and world of the future.

The last ingredient is time. The Finnish system was relaxed with no concept of not having enough time to meet the learning objectives. Two grade levels were grouped together and they were trusted to learn in their own time. "When they're ready, when they need it, they will learn," the Finnish educators told the American administrators. This created a stress-free climate with a high level of trust, where no one seemed rushed or even conscious of time passing. According to Rickey, many refer to this way of being as "Slow School." Speaking of time, Finnish children have a 15-minute break each hour, often outside, which resets and refreshes their minds, returning them to the classroom with a greater ability to focus. The teachers may use this time to connect in a teacher's lounge over a cup of coffee, enabling them to feel more connected and supported.

We're actually running out of time, but if there were more, we could

dive into the themes of collaboration over competition, free play, equity, nature immersion and process over the outcome as significant ingredients in this Finnish recipe of learning and wellbeing. The majority of beneficial components of school culture can also be found at home, in the workplace and in the community. Rickey described this mindset as quite different from our own American way of being in the world. She will dedicate time this summer to reflect and process her Finnish experience, being led by the question of how to synthesize the best of their ingredients and the best of our ingredients into a delicious school soup recipe, one that is palatable to local learning communities. Finnish author and educator Pasi Sahlberg calls our attention to an important fact and possibly an additional ingredient in the recipe for success with soup and life.

"Learning from one another is the greatest opportunity we have to provide all children with a great school they deserve," Rickey said. ●

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# KIDS AND YOUTH SPORTS: How early is too early?

By: Shelly Deutmeyer, PTA, BS  
Physical Therapy Solutions

The subject of youth sports can spark a lot of different opinions and debates and often leaves one questioning when is the appropriate time to get your child started in organized sports. Here are some staggering numbers to consider:

- As many as 70% discontinue playing sports by age 13
- At least 50% of athletic injuries are related to overuse
- Between 3-11% of high school athletes compete at the college level
- Only 1% of high school athletes receive any athletic scholarships
- Between only .03%-0.5% of high school athletes reach professional level sports

One thing that we can all agree on is that physical activity is good for our youth. From promoting physical and cognitive development, it also helps improve social skills among their peers. Coming off the COVID-19 pandemic one thing we've learned as health professionals is the importance of physical activity and social engagement. Physical activity is also helpful to decrease stress and anxiety and manage mental health conditions. As parents, educators and health professionals, we want to promote physical activity for a lifetime. We will explore

some ways to help avoid burnout as well as give some insight into what activities are appropriate for each stage of development.

### Ages 2-5

Once your child starts walking, it seems like they are off and running. And that's exactly what they should be doing. In the early childhood years, the emphasis should be on fundamental skills like running, hopping, jumping, skipping, catching and tumbling. The best sport at this age is good old-fashioned play. Whether that's in the backyard, at the park or on a short hike, normal play helps develop the most important skills at this age. Research even supports the many benefits of barefoot play including reducing inflammation, pain, stress and improving sleep.

### Ages 6-9

As we move into the middle childhood years, the fundamental skills they learn at earlier ages are fine-tuned. Their attention spans continue to be limited, so instruction times should be kept short and focused on developing fundamental skills. Ideal activities for kids this age include riding bikes, swimming, martial arts, gymnastics or entry-level soccer and baseball. As you can see, the main focus is still on developing gross motor skills through play and minimal focus on competition. This age and the next stage are the

perfect opportunity for kids to organize random pick-up games in the park or backyard with friends, just to play not organized by adults.

### Ages 10-12

Many kids this age have mastered basic motor skills and start to master more complex motor skills. As their attention spans increase, they can start to learn more strategies and complex play combinations. As a result, this is the time frame where kids can better understand team sports such as basketball, hockey, entry-level football. That is why many physical education teachers will tell you that team sports are introduced at this fourth-grade level in the school PE classes.

### Ages 13-15

During the teenage years, bodies change physically, including their strength, muscle mass and endurance levels. On the other hand, we often see a temporary decrease in coordination and balance. Depending on what age your child develops may influence what sports they play. For example, boys that develop earlier may enjoy sports such as football whereas girls who are slower to develop may lean toward sports such as gymnastics or running/cross country.

### Ages 16-18

Finally, for the late teen years, all sports are appropriate especially sports they enjoy. The key during this age is to avoid burnout.



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# 'Cue the Grill

## Summer Cookout Guide

### Serve steak alongside a backyard barbecue staple

**A night of al fresco dining next to a grill in the backyard can be a great way to spend an evening.** Nearly any type of food can be grilled, and steaks tend to be especially good when cooked over an open flame.

The following recipe for “Grilled Rib-Eye Steaks with Mushroom-Shallot Butter” from Laurie McNamara’s “Simple Scratch” (Avery) is sure to please, especially when coupled with McNamara’s recipe for “Baked Beans,” a must-have staple for any backyard barbecue.

#### Grilled Rib-Eye Steaks with Mushroom-Shallot Butter

Serves 4 to 6

- 8 tablespoons (1 stick) plus 3 tablespoons unsalted butter, at room temperature
- ½ cup sliced shallot
- 1 heaping cup sliced cremini mushrooms
- 2 large cloves garlic, minced
- 1 teaspoon coarsely chopped fresh thyme leaves
- ¼ teaspoon kosher salt, plus more as needed
- ¼ teaspoon coarsely ground black pepper, plus more as needed
- 4 to 6 steaks (such as rib-eye, New York strip or porterhouse)

Melt 1 tablespoon of the butter in a medium skillet over medium-low heat. Add the shallot and cook until golden and slightly crispy, 7 to 8 minutes. Use a slotted spoon to transfer the shallot to a clean plate. In the same skillet, melt 2 tablespoons of butter, then add the mushrooms, garlic, thyme, salt, and pepper. Stir and cook until the mushrooms are softened, about 5 minutes. Transfer to the plate with the shallot and let cool.

In a small bowl, use a rubber spatula to blend the remaining 8 tablespoons of butter with the cooled mushroom mixture until combined.

Place the butter in the center of a piece of parchment paper. Bring the edges together and press with your fingers to form the butter into a log. Roll and twist the ends before popping the butter into the refrigerator for at least 20 to 30 minutes.

Set the steaks on the counter for 30 minutes to bring them up to room temperature. Meanwhile, preheat a grill or grill pan to medium-high or about 400 F. Season both sides of the steaks with 2 pinches of salt and a pinch of pepper.

Grill each steak for 6 to 8 minutes per side, depending on the thickness and the desired doneness. Tent with aluminum foil and let rest for 5 minutes.

Slice the mushroom butter into coins and top each of the steaks with two coins before serving.

#### Baked Beans

Serves 10

- 2 15-ounce cans navy beans, drained and rinsed
- 4 slices applewood- or pecan wood-smoked bacon, cut into 1-inch pieces
- 1 cup diced yellow onion
- 1½ cups ketchup
- ¼ cup plus 2 tablespoons unsulphured molasses
- ½ cup packed dark brown sugar
- 1¼ teaspoons ground mustard
- 1 teaspoon ground cloves
- 1 teaspoon kosher salt

Preheat the oven to 350 F.

Combine the bacon and onion in a medium Dutch oven. Slowly cook over medium heat until the onion is tender and the bacon is cooked, 8 to 10 minutes.

Meanwhile, in a medium bowl, whisk together the ketchup, molasses, sugar, ground mustard, ground cloves, and 1 cup water to combine. Add the cooked beans and pour the mixture into the pot with the bacon and onion.

Stir, cover and bake for 1 hour, stirring every 20 minutes.

Add the salt and stir. Uncover and let sit for 15 to 20 minutes before serving.

### Beckon twilight with a tasty summer cocktail

*Perhaps nothing is more relaxing on a warm summer night than sipping a cocktail as the sun sets.* Some cocktails, such as the following recipe for “Blueberry Crush” from Susan Elia MacNeal’s “Infused: 100+ Recipes for Infused Liqueurs and Cocktails” (Chronicle Books), even evoke the twilight hours of summertime with their unique look.

#### Blueberry Vodka

- 1 750-ml. bottle of vodka
- 1 quart fresh blueberries
- ¼ to 1 cup Sugar Syrup (optional; see below)

Decant the vodka into a clean 2-quart glass container with a tight-fitting lid. Soak the original bottle to remove the label. Let dry.

If using frozen berries, allow them to thaw. Place the fresh or thawed frozen berries in a bowl, crush with a fork and add to the vodka. Allow the vodka to infuse away from direct sunlight and intense heat for 3 months. Shake the container a few times each week.

When you’re satisfied with the intensity of flavor, strain the liqueur through a metal sieve into a bowl. Discard the berries. Add the sugar syrup to taste, if desired.

Using a funnel, pour the liqueur into the original bottle (or another container). Label with the name of liqueur and the date. Age for 1 month away from light and heat.

#### Blueberry Crush

Serves 1

- 2 blackberries
- 2 blueberries
- 2 raspberries
- 3 ounces Blueberry Vodka (see below)
- Dash of lime juice
- 1 cup cracked ice
- ½ cup sparkling water or club soda (optional)

Place the ice cubes in a chilled old-fashioned glass. Place the berries in a small bowl and crush with a fork. Add to a shaker with the vodka, lime juice and cracked ice. Shake for 10 to 15 seconds, then strain over the ice cubes. For a lighter version of the drink, add the sparkling water.

#### Sugar Syrup

- 1 cup water
- 2 cups granulated sugar

Put the water in a small saucepan. Add the sugar. Bring the water to a boil while stirring. Reduce the heat and continue to stir until the sugar dissolves. Cool to room temperature. Select a clean container that will hold at least 1½ cups. Using a funnel, pour the sugar syrup into the container, seal and store in the refrigerator for up to 6 months.



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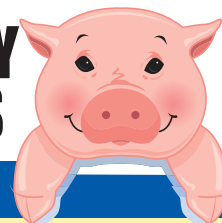


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## UPCOMING EVENTS:

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### Delaware County Fair Events

Pork Giveaways with KDST, Hog Show,  
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Monday, July 11th

### Bake it With Lard & Bakin' with Bacon Contests

2-7pm at the Clubhouse  
Delaware County Fair/Fairgrounds

Saturday, August 6th:

### Bacon & Hops Festival

Delaware County Fairgrounds - North End

Thursday, August 25th:

### Pork BBQ \* 5-7:30pm

Pavilion Building @ Delaware County Fairgrounds

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# Major renovations will impact fall school start times

## UPDATES WILL HELP TO ELIMINATE SOME EARLY-OUTS

By **Dylan Kurt**

**F**or students praying for a reason to delay the inevitable start of the school year, this may be the best news they hear all summer, and for parents, while it may seem like a pain right now, in the long run, this investment is set to pay dividends.

A major construction project that promises to keep students in school on even the hottest of days is set to commence this summer, and while that is great news for parents, West Delaware County Community School District Superintendent Dr. Kristen Rickey said the big caveat is that it will delay the start of school this fall.

Due to the renovations, Rickey said they will not be starting classes until Aug. 30, which is a bit later than they traditionally start.

“These projects will be substantially done by the start of the school year, although not completely,” Rickey said. “But when we’re finished, this project will eliminate those early-outs for excessive heat.”

The district’s HVAC systems, which by most conventional metrics are beginning to wane, are set to get an upgrade this summer, at least at the middle school and high school in the immediate future.

“This means all the buildings will be fully air-conditioned when we’re done,” Rickey said. “But, Lambert won’t be getting done until next summer.”

Rickey said this upgrade will not only provide a more comfortable learning, and teaching environment, but when compared to the old system, the HVAC will be significantly



Contributed Graphics  
A new media center is part of the remodeling project.

quieter, which is just one less distraction available in a middle school or high school setting.

Additionally, with the energy costs seemingly riding a never-ending upward trend, the new systems will also help to shave some costs off the energy bill.

“Only about half of our district had air-conditioning and our HVAC systems were just well beyond their life expectancies,” Rickey said. “The

new systems will not only make it much more comfortable, but much more energy efficient — we’re going to be saving some money.”

Aside from the HVAC system, other aspects of this major project will be completed over the course of the next two years — during year one, which kicks off this summer, the Middle School HVAC system will be replaced, Middle School classrooms, the media center and offices will be remodeled,



An architect's drawing shows the new look to the outside of Lambert Elementary School.



The project at West Delaware will give the outside of the middle school a new look.

a new bus lane will be added behind Lambert/the Middle School, the Lambert HVAC tunnel project preparation work will commence and the high school classrooms and media centers will start their remodel.

In year two, the Lambert HVAC system project will be wrapped up, the Lambert classrooms, media center and offices will be remodeled and there will be a restroom/classroom added to Lambert.

With recent tragedies on every parent's mind, the middle school and elementary school will also be getting

*"This means all the buildings will be fully air-conditioned when we're done, but Lambert won't be getting done until next summer."*

DR. KRISTEN RICKEY

new secure entrances.

While the buildings will be mostly closed off this summer during the renovations, Rickey said residents

will still have access to the main offices if needed, allowing the curious taxpayer and parent alike to view design boards inside the high school office that will include all the finishes, tiles, carpet and other details to be included in this major renovation.

Rickey said these renovations are long overdue, with the last major upgrades likely happening around 15 years ago, or a least before she arrived 11 years ago.

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