

GRIMES/DALLAS CENTER

DECEMBER 2021

# *Living*

MAGAZINE

## *Christmas* *then and now*

Residents reflect on changing  
holiday observances

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# WELCOME

## ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.



I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

**SHANE GOODMAN**

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One of the Christmas traditions observed by Sawyer, 16; Harrison 14; and Maileigh Genkinger, 12, is an “adopt a grandparent” effort to give gifts to those living in retirement communities. It is a version of the traditions of giving back that their mom, Paula, observed with her parents when growing up.

# *Christmas* *then and now*

**Residents reflect on changing  
holiday observances**

**By Ashley Rullestad**

When reminiscing about the holidays and the accompanying joyful celebrations, the brightest and most vivid memories vary. For some, it's the decorating and ornaments, the tinsel and trees that come to mind first. For others, special moments are centered on baking holiday goodies. Still others recall the fun of surprising family and friends with bits of Christmas cheer. For many, the memories they make today are quite different from those of their childhood. As people start their own families, meld traditions with their spouses', and adapt to the changing times, they find their Christmases “then and now” are quite different.



## FEATURE

### Spreading cheer to seniors

Paula Genkinger grew up in a small farming community where people helped one another. Her dad was a farmer, and her mom was a nurse and director of a nursing home for several years. As such, they found a variety of ways to help people in the community. For the holidays, her mom baked Christmas cookies, and she and the kids would drive around delivering them to neighbors.

“Now my family has started doing this for our neighbors, too,” says Paula Genkinger.

Because her mom was a nurse, sometimes Santa would deliver presents early when she had to work Christmas Day. As kids, Genkinger says she and her siblings were happy about getting presents early. Her own kids aren’t so lucky.

One new tradition Genkinger has started with her kids is helping to make the season merry for those who might not have someone to help them celebrate.

“I feel like it was just taught to us to give to others. I wanted to pass this on to my kids — and giving gifts at Christmas seemed like a great way to do so.”



The Genkingers and friends deliver holiday gifts to seniors.

The last several years, Genkinger and her three kids — Sawyer, 16; Harrison, 14; and Maileigh 12, have created their own “adopt-a-grandparent” project for the holiday season. They started by just giving a few gifts to local nursing home residents. Soon, more people wanted to get involved, and it’s become a community project. They’ve sponsored gifts for residents in retirement communities in Grimes, Madrid and Polk City.

This year, the Genkingers are asking people to contribute \$15 to sponsor someone, and each gift box includes fuzzy socks, wrapped lotion and a sweet treat — all hand delivered while they sing Christmas carols. They have given



more than 630 gifts in the last five years, and their goal this year is to give more than ever in a single year by breaking the 2019 record of 220.

“It’s honestly just been a great way to teach my kids how to give to others during the holidays. Because of this, my kids have done other amazing things on their own without



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## FEATURE

much of my guidance. I hope that this adopt-a-grandparent program leads each of my kids to do amazing community projects in the coming years and as adults in their own communities.”

### Church services and family time

Elaine Knudtson is the co-executive director of the Grimes Storehouse, which helps provide meals to people in need in the Grimes community. Ann Rolow serves on its board of directors. Both are involved with ensuring Grimes residents in need have wonderful Christmas meals through the Storehouse’s Christmas box program, and they’ve also shared some of their favorite holiday memories through the years.



Ann Rolow’s son, Cody, left, and his family celebrate some of the same traditions she did growing up.

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## FEATURE

For Knudtson, the main focus of Christmas when growing up was the celebration of the birth of Jesus.

"As a family, we would attend the Christmas Eve church service together. When we would return home, Dad would have us go upstairs and watch for Santa Claus out the bedroom windows. We would run from one bedroom to the other keeping watch. Then, suddenly, we would hear the sleigh bells ring out loud that Santa had been there. Of course, we always missed seeing Santa, his sleigh and reindeer, and we would rush downstairs to see what Santa brought us."

The children — six in the family — received only a few presents, but Knudtson says she was excited to receive new paper dolls, crayons and a coloring book. Although the siblings are all married and have children and grandchildren — now numbering more than 60 — they still get together for Christmas.

A tradition that has stood the test of time is one that started with Knudtson's mother. Each Christmas, each family member would receive an apple, an orange, and some candy in the toe of their Christmas stocking.

"We continued this with our children, and, today, our children continue this same tradition with our grandchildren, so four generations have participated in this tradition. A new tradition for us as Grandpa and Grandma is placing five gold dollar coins in our grandchildren's Christmas stockings."

For Ann Rolow, Christmas as a child was pretty relaxed, she says.

"I lived on a farm in the middle of nowhere by Otho. One Christmas, my brothers were so anxious for Christmas morning that they had the cows fed and chores done by 3 a.m. I wonder what the cows thought."

Her family sold Christmas trees from their property for several years for those willing to cut down their own tree. Rolow remembers the quietness of the woods, beauty of the snowflakes falling and pushing the cold, wet snow aside to cut the trees down.

Their Christmas tradition was like that of many Iowa families. They ate oyster stew and went to church for Christmas Eve service. On Christmas Day, they ate round cinnamon swirl bread for breakfast and "red red salad" — her mother's raspberry Jello salad creation with raspberries, cranberry sauce and lemon juice — with dinner.

"Santa found us overnight, and we didn't need to travel since my grandparents came to



Long-time residents of Dallas Center have enjoyed the downtown decorations.

us. We played games all day and celebrated family."

Rolow continued the traditional meal with her own family, and, as an adult with a child of his own, her son, Cody, still requests cinnamon bread and "red red salad" for the holidays.

"It's his memory of past traditions of the holidays and one we love to continue. This year, we had Thanksgiving on Friday with a simple meal so we could play games all afternoon, like we did with my grandparents as kids. For us, the holidays are always all about family and laughter."

### Dallas Center traditions

Some Dallas Center residents gathered recently to reminisce about how they have celebrated the holidays, long ago and now. Several of the women in town gathered around an old table with cups of coffee and set out with the purpose of reminiscing about Dallas Center Christmases past.

"Many of our stories began with 'oohs' and 'ahhs' as Kate Moss Sheets worked through her Dallas Mutual photo albums, and then meandered off to 'do you remembers' and 'one year we did...' Our morning was fantastic, nostalgic and inspiring. And I'm so grateful to be able to share it all with you," says Meg Dickinson.

Darci Kidd reminisced about weekly Wednesday events throughout the month of December. There was something going on every

week, and all of the businesses participated. They all had displays, and you could enter into raffles for a free turkey and other items. Even Santa managed to come to town every week, and there were even horse-drawn wagon rides.

They fondly remember the annual tree lighting ceremony. It used to be in front of Memorial Hall for the longest time, and then it moved to the trailhead. There was usually plenty of Christmas caroling. Often the churches organized it, so sometimes it was a choir and people joined in. Sometimes it was just a sing-along, oftentimes with upwards of 50 people participating.

Today, Christmas in Dallas Center still brings people together. Kidd helped start the holiday home tour, and she is excited to be back on it this year. The tour serves as a fundraiser for a scholarship fund and other needs in the community.

There is also a basket auction at the library put on by Friends of the Library. It started more than 15 years ago. Usually there is a craft for kids, and Santa comes to visit. One special thing for kids was the Christmas Store, where kids could shop for donated items for a nickel or dime and get them gift wrapped to give to family and friends. The Christmas Store has continued on, though prices have risen to a whole quarter.

"No matter how we celebrate as a community, we love to help each other give and receive and celebrate the season," Dickinson says. ■



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## NEWS BRIEF

# GRIMES Public Library goes fine-free

In September 2021, the Grimes Public Library waived all existing overdue fines and discontinued the practice of applying fines to items returned late. Here's what you need to know:

### Why is the library eliminating overdue fines?

In January 2019, the American Library Association (ALA) passed a resolution that asserted overdue fines are a barrier to equitable access and encouraged libraries to eliminate them. Part of the vision at GPL is to be the gateway to learning and information for all ages. By becoming a fine-free library, it takes a step further towards attaining this goal.

The possibility of accruing overdue fines can prevent some community members from checking out library items or even obtaining a library card. Studies have shown that overdue fines on library materials have no impact on ensuring that materials are returned on time. What research has shown is that lower income households (which are less likely to have books in the home and have a higher risk of lower literacy skills) are disproportionately affected by overdue fines and are more likely to have blocked library accounts.

The library staff is committed to making the library as accessible as possible to those who need it most. In going fine-free, they are joining the ranks of many other public libraries across the nation.

### Eliminating fines will:

- Bring back library users whose library accounts are blocked due to unpaid overdue fines.
- Encourage more people to sign up for a library card and use library materials without the fear of incurring overdue fines.

### So what does going fine free mean?

It means all existing overdue fines have been forgiven, and the library will no longer be charging overdue fines. The library will still charge fees for lost or damaged items and for services such as printing, faxing, copies, etc.

Items still have due dates, and patrons are expected to abide by these due dates. Patrons will continue to receive overdue notices like they have in the past. Items 30 days or more overdue will be considered lost and patrons will be billed for the item.

As long as the item is returned in a timely manner, even after being billed for it, library staff will waive the fee. Ultimately, librarians simply want items back in order for other patrons to get their chance to enjoy them as well.

More information is available online at: [grimes.lib.ia.us/overdue-fine/free/faq](http://grimes.lib.ia.us/overdue-fine/free/faq). ■



# Merry Christmas & Happy New Year!

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# FOOD boxes filled with love

Grimes Storehouse makes Christmas merrier.

For some people, it's better to give than receive, and that's certainly true of the volunteers who work to provide meals to those who need them as part of The Grimes Storehouse' Christmas box dinners.

The storehouse is an expansion of the former Grimes Community Food Pantry. Originally housed in approximately 350 square feet of space in the Grimes United Methodist Church, the Grimes Storehouse moved in July 2019 to a stand-alone space with 1,400 square feet.

"This has allowed for greater accessibility and expanded capability to support the growing needs of our clients. As the Grimes community has grown, so has the need for supporting food insecure families in our community. We are currently the only food pantry physically located within Grimes," says Ann Rolow, a member of the board of directors for the Grimes Storehouse.

All food and services are provided free of charge to Grimes



Cub Scout Pack 171 donated food to the Grimes Storehouse.

individuals/families in need of basic food and supplies. The idea of preparing special boxes for Christmas dinner began years ago at the Methodist church. Starting last year, the Hope Lutheran Church of Grimes reached out with a desire to participate in providing these meals to those who need them.

The Storehouse is also blessed by donations from the community, say organizers. Toyota

of Des Moines donated 50 Christmas trees including lights, decorations and a tree skirt, to bring a little extra cheer to families served by the Grimes Storehouse. During Thanksgiving week, Grimes Girl Scouts held a citywide food drive and collected more than 4,100 pounds of donations. The W Nail Bar located in the Grimes Hy-Vee Store and the seventh and eighth graders from DCG Oak View also delivered food and monetary donations they had collected, as did Cub Scout Pack 171.

"This is just a small sampling of the generosity and love our community shares. We're so thankful for the continued support of so many groups around our community. We are truly fortunate to be able to act as the distribution site for your gifts."

The Christmas Box meals include a ham, potatoes, stuffing, gravy, ingredients for green-bean casserole, corn, bread, apples, eggs and ingredients for a pumpkin pie. Sign up for these boxes are offered to those clients who have regularly visited the Storehouse in 2021. The Storehouse works closely with the Grimes Fareway to order the perishable items to ensure there are enough for all the meals going out. This year, volunteers will distribute more than 70 boxes.

"I imagine this is a part of a lot of people's holiday traditions now, as it is ours," Rolow says. "We live in a very generous community, with people who want to do what they can to help their neighbors. Year round, we see and experience this with all the donations and time our volunteers put in. During the holiday season, it seems the generosity increases and providing a meal for a family is just one way to do that." ■



Toyota of Des Moines donated 50 Christmas trees, complete with lights, decorations and a tree skirt, for families served by the Grimes Storehouse.

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## THE JOY of impact

I have the privilege of working with a particular group: pre-retirees and retirees. They have this amazing perspective on life. They've worked 30 or 40 years, they've raised their kids, and they've persevered through many of life's ups and downs. They're shifting their identity away from their work and into their retirement. They light up when they talk about the opportunity ahead of them — specifically their desire to leave an impact.



That impact looks different for everyone. Some of the families and individuals we work with want to have an impact on their grandkids. That could be providing childcare, simply spending more time with them, or working on a strategy to help them pay for college. Others want to have an impact on their community. They talk about doing more volunteer work, helping with projects at church, or giving to their favorite charities.

I love to start the retirement planning process with these conversations. I know this might sound a bit strange coming from someone who spends a lot of his day researching investments and implementing tax strategies, but research studies back up what I've seen firsthand: The happiest retirees have a lifestyle plan. They have an idea about how they want to spend their days to stay engaged and fulfilled in

retirement. Aside from benefiting their mental health, the lifestyle plan is the perfect way to springboard into the other elements of a retirement plan.

We start the retirement planning process with a lifestyle plan because it's the lifestyle plan that drives many of the other decisions you have to make about retirement. For example, you wouldn't buy a minivan if you are looking for an off-road vehicle to use in the mountains of Colorado. The same is true in retirement; you need your tools and resources to align with your goals. Do you desire to spend every dollar on your dream vacations or have a significant amount left over to pass to future generations? These answers will drive your investments and how you set up your legacy plan. There's even a connection between the lifestyle plan and your long-term tax strategy because how you choose to take income in retirement can impact your tax bracket, both now and in the future.

After developing a lifestyle plan, we work through those other aspects of retirement: income, investment, tax, health care and legacy planning. I love seeing the joy on people's faces when the plan shows them how they can pay for all of those things and leave the type of impact they've been dreaming of in retirement. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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## YEAR-END charitable giving

With the holiday season upon us and the end of the year approaching, we pause to give thanks for our blessings and the people in our lives. It is also a time when charitable giving often comes to mind. The tax benefits associated with charitable giving could potentially enhance your ability to give and should be considered as part of your year-end tax planning.



### Tax deduction for charitable gifts

If you itemize deductions on your federal income tax return, you can generally deduct your gifts to qualified charities. This may also help potentially increase your gift. Charitable deductions that exceed the AGI limits may generally be carried over and deducted over the next five years, subject to the income percentage limits in those years.

For 2021 charitable gifts, the normal rules have been enhanced: The limit is increased to 100% of AGI for direct cash gifts to public charities. And even if you don't itemize deductions, you can receive a \$300 charitable deduction (\$600 for joint returns) for direct cash gifts to public charities (in addition to the standard deduction). Make sure to retain proper substantiation of your charitable contribution.

### Year-end tax planning

When making charitable gifts at the end of a year, you should consider them as part of your year-end tax planning. Typically, you have a certain amount of control over the timing of income and expenses. You generally want to time your recognition of income so that it will be taxed at the lowest rate possible and time your deductible expenses so they can be claimed in years when you are in a higher tax bracket.

### A word of caution

Be sure to deal with recognized charities and be wary of charities with similar-sounding names. It is common for scam artists to impersonate charities using bogus websites, email, phone calls, social media, and in-person solicitations. Check out the charity on the IRS website, [irs.gov](https://www.irs.gov), using the Tax Exempt Organization search tool. And don't send cash; contribute by check or credit card. ■

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## Q: Is it your time?

**A:** Let's talk about you. I want you to think hard when I ask, "What is the biggest goal you want to achieve?" Be as detailed as you can. If you are wanting to gain muscle or lose weight, how much? You need to be honest with yourself when setting goals. You need to face all the facts. Be honest on how long it will realistically take to achieve, or mentally acknowledge what your biggest roadblocks are going to be. Face those roadblocks head on and make a game plan on how you are going to work past them. Make sure you are setting yourself up for success before you even start. Be true with what you want to achieve and go after it. One of the best things about the gym is that it is a place of endless possibilities. You complete one goal, you set another and just keep going. You continually grow and become the best version of yourself you want to be. I meet with multiple people throughout the week, and one of the best things I get to witness is them realizing that it is finally their time. It is finally their time to put themselves first and become the best they can be. They get this fire in their eyes, and, day by day, goal by goal, they grow. So, what about you? Is it finally your time to put yourself first? ■



Information provided by Austin Rushford, Anytime Fitness, 255 S.W. Brookside Drive, 515-300-9262, [GrimesIA@anytimefitness.com](mailto:GrimesIA@anytimefitness.com).

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## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



### Chords & Carols Workshop for Adults

Tuesday, Dec. 21, 6-7 p.m.

The Brick Room, 208 S.E. Main St., Grimes

Sing carols and learn how to play piano accompaniment to a carol. Cost is \$5 per person. For more information, visit [thebrickroomgrimes.com](http://thebrickroomgrimes.com), email [thebrickroomgrimes@gmail.com](mailto:thebrickroomgrimes@gmail.com) or call 515-306-0133.

### Iowa Wild Hockey home games

Various December 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

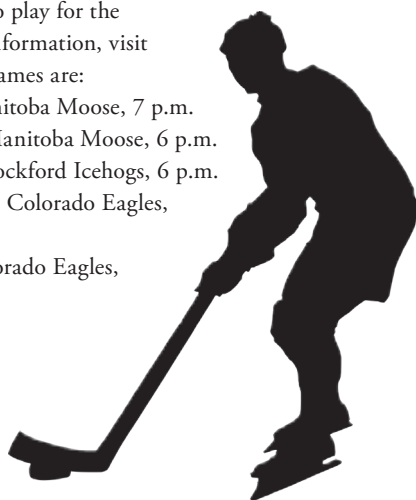
[www.iowawild.com](http://www.iowawild.com). Home games are:

- Friday, Dec. 17 vs. Manitoba Moose, 7 p.m.
- Saturday, Dec. 18 vs. Manitoba Moose, 6 p.m.
- Monday, Dec. 27 vs. Rockford Icehogs, 6 p.m.
- Wednesday, Dec. 29 vs. Colorado Eagles,

6 p.m.

- Friday, Dec. 31 vs. Colorado Eagles,

2 p.m.



### Des Moines Buccaneers home games

Various December dates

Buccaneer Arena in Urbandale, 7201 Hickman Road

The Buccaneers, a Junior A Amateur Ice Hockey team, entertain local audiences with fast-paced action. For more information, visit [www.bucshockey.com](http://www.bucshockey.com). Home games are:

- Friday, Dec. 17 vs. Omaha Lancers, 7 p.m.
- Wednesday, Dec. 29 vs. Cedar Rapids RoughRiders, 6:30 p.m.

### Holiday Promenade

Friday, Dec. 17

Historic East Village, Des Moines

Enjoy the final Friday of the annual Holiday Promenade in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities are scheduled.



### 'The Sound of Music'

Through Dec. 19

The Des Moines Community Playhouse, 831 42nd St., Des Moines

Based on the true story of Maria and the von Trapp family, this "happiest musical in the world" is a family holiday classic. For more information, visit [www.dmplayhouse.com](http://www.dmplayhouse.com).



## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



### 'The Nutcracker' by Ballet Des Moines

Dec. 17-18  
Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy this classic holiday ballet. For more information, visit [www.balletdesmoines.org](http://www.balletdesmoines.org).



### Des Moines Symphony New Year's Eve Pops: 'The Music of Elton John'

Tuesday, Dec. 31 at 8 p.m.  
Des Moines Civic Center, 221 Walnut St., Des Moines

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit [www.dmsymphony.org](http://www.dmsymphony.org).

### Pop-Up Christmas Bar

Through Jan. 2  
Exile Brewing Company, 1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit [www.snowglobedsm.com](http://www.snowglobedsm.com).



### Santa's Rock N Lights

Through Jan. 2  
Living History Farms

More than 100,000 attendees are expected at this popular drive-through light show. The over-a-mile-long route will feature hundreds of thousands of lights, miles of cords, and tens of thousands of zip ties — all to spread holiday cheer in a responsible, COVID-safe way. New this year will be larger-than-life polar bears and 3D dinosaurs. Limited time slots must be reserved and will minimize wait times. Paid online reservation required. Visit <https://santasrocknlights.com/>.



### Jolly Holiday Lights

Through Jan. 2  
Adventureland Resort, 3200 Adventureland Drive

Make-A-Wish Iowa started Jolly Holiday Lights more than 25 years ago to raise money to grant Iowa children's wishes. Since then, Jolly Holiday Lights has become the organization's largest fundraising event, funding more than 1,000 wishes to date.

### Iowa Quilt Museum exhibit

Through Jan. 23  
68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit [www.iowaquiltmuseum.org](http://www.iowaquiltmuseum.org).



## CREDIT COUNSELING By Tom Coates

# FINANCIAL wellness planning 2022

Before we know it, this year will be over, and 2022 will be here. Along with a New Year comes fresh goals, hopes, dreams and resolutions. Budgets and personal financial goals are important to review on an ongoing basis, but it is also good to look at those things as a whole on a yearly basis if you anticipate changes and to check your progress. Do you have a new yearly expense? Are you anticipating a large raise this year? Will you be able to direct more funds to debts? Did you meet a short-term goal so that now you can add a new one or direct those funds to a long-term goal? Did you get married, divorced or have a child? Gas and grocery prices are rising, so do you need to change your budget amounts for these items? Employer benefit changes also occur this time of year, so there could be increases to the deductions from your paycheck to account for.

Here are some other important tasks to review as the year ends: beneficiary designations; flexible spending accounts; credit report ([www.annualcreditreport.com](http://www.annualcreditreport.com)); subscriptions and memberships; auto, home and life insurance policies; estate plans.

Making an annual financial review part of your year-end traditions will set you up for success in the coming year. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.



## LIBRARY

# GRIMES Public Library news

### 1000 Books Before Kindergarten

Mabel Kerr has completed the 1000 Books Before Kindergarten program, a nationwide program hosted at Grimes Public Library to encourage families to read 1,000 books together before a child reaches kindergarten. It is a fun and free way to start your child on the path to success with prizes at every 100 books. Stop by the Library to sign up.



Mabel Kerr

**Child's Name:** Mabel Kerr

**Parents' Names:** Adam and Karalee Kerr

**Age:** 4

**Favorite Book:** Elephant and Piggy books by Mo Willems

**Favorite Animal:** Elephant

### EVENTS

• **Tail Waggin' Readers**, Dec. 18 and Jan. 15, 9-11 a.m. Kids are invited to strengthen their reading skills with 15 minutes of reading aloud and 5 minutes of play with therapy dog Liesl. This event will take place inside and is limited to one child at a time. Call the library to reserve a spot.

• **Family New Year's Around the World, Grab and Go Kit.** Celebrate the coming of 2022 with crafts and activities inspired from New Year's traditions around the world. Stop by the Library and pick up your kit while supplies last. All ages are invited.

• **Teen Tuesdays: Homegrown Crystals, Grab and Go Kit.** Stop by the Library to pick up your kit while supplies last.

• **Adult Book Club**, Jan. 4, 5:30 p.m. This book club is for ages 18 and older and meets the first Tuesday evening of every month. Stop by the Library to pick up "Homegoing" by Yaa Gyasi.

• **Storytime at Home**, Jan. 8. Pick up your storytime kit starting at 9 a.m. Kits will include rhymes, props and a craft for our live storytime via Zoom at 10 a.m. (link available on the website calendar and Facebook event.) Can't make it live? The storytime recording will be available until the end of day.

• **Family Thursdays: DIY Hand Warmers Grab and Go Kit.** Stop by the Library to pick up your kit while supplies last.

• **Teen Tuesdays: Perler Beads**, Jan. 18, 4 p.m. Join us at the Library as we get creative with Perler beads. This program is geared toward our tween and teen patrons (ages 9-18). ■

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# Happy Holidays

## FROM OUR STAFF TO YOUR FAMILY



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## WHERE WE LIVE

By Lindsey Giardino

## GRIMES resident gives back

For all it's given her, Pilch now wants to give back to Grimes.

From the first day Riley Pilch and her family lived in Grimes, she says she felt right at home.

The day they moved in, multiple neighbors stopped by with their kids to make sure that Pilch and her children felt welcomed.

"So, right off the bat, before they even started school, they had friends," Pilch says.

Before making the move to Grimes three years ago, the family lived in Ankeny, but Pilch wanted to raise her kids in a smaller community. She also felt her daughter was struggling in school and falling under the radar so thought a smaller district might be a better fit.

A short while after her kids started attending Dallas Center-Grimes schools, Pilch received a call from her daughter's teacher, who said she noticed her daughter was having a hard time. The call made Pilch realize that the kids' new schools were going to be supportive and help them find success.

"I got all the reassurance and everything I needed as a mom to know my kids were going to thrive," Pilch says. "The teachers here are absolutely phenomenal. I love the Dallas Center-Grimes Community School District. I love everything that they do."

Pilch is also a foster adoptive parent and says she has received strong support from the community through her journey.

"I wake up every day knowing it takes a village, and I have that within Grimes," she says. "The community is amazing. I absolutely love it."

Since Pilch has built such a strong foundation in Grimes and has experience with advocacy, she wants to do what she can to give back.

"Because the community is so great, I want to do more," she says.

Recently, Hy-Vee offered pre-made Thanksgiving meals for families. Pilch posted a message on Facebook saying, if anyone needed a meal, she'd purchase them one. She received an overwhelming response and was able to deliver meal bundles to several families in the area.

This experience opened her eyes to all the people in need in the community, so she's now planning something even bigger for Christmas. Pilch hopes to get a network of people together to help folks in need however they can.

"It's the least I can do for having such a wonderful experience," she says. "I just want to pay it forward." ■



Riley Pilch lives in Grimes with her youngest daughter, KJ, and adopted son, Merrick.



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## HVAC

By Sam Yeager

# TIPS for a safe and comfortable holiday

Christmas is right around the corner, which means family gatherings and holiday celebrations are on their way. During this busy time of year, don't forget to check your HVAC system. After all, it does keep your home at the right temperature so that you can enjoy the holidays comfortably. Let's start preparing your system for the upcoming season.

Do you have closed air vents? Closing off your vents can result in poor air circulation and build up unnecessary pressure that can make your system work harder than necessary. Put your safety first by keeping decorations clear of your air vents. Covering your air vents with a tree, tree skirt, or gifts can cause your furnace to overheat. It's inevitable for an ornament to break, especially if you have excited pets and kids. If an ornament breaks, check to make sure that pieces didn't fall into the vents.

Dirty air filter? Replacing the air filter in your HVAC will go a long way to keeping your system running smoothly during the holidays. Build-up can cause your system to work harder than it needs to, resulting in airflow issues. Changing out your filter will help prevent complications and even comes with perks that you can enjoy. Not only will it improve your air quality, but it will save you money because your system is running more efficiently.

While you're outside hanging up lights and holiday decorations, take a minute to clean your outdoor unit. Your furnace will thank you for it. The obstructions can compromise the performance and result in costly problems in the future. Look for leaves, trash and twigs that can be easily removed, and keep all holiday decorations away from your equipment.

If you're planning on leaving town to visit friends and family, don't forget to set your thermostat. Wi-fi thermostats are an easy upgrade if you don't have one already. If you do have one, use the settings to keep the temperature cooler while you're away, but nice and warm when you arrive back home. This will help avoid wearing a jacket while you unpack from your trip.

Schedule a maintenance appointment, which can easily be overlooked during the busy holiday season. An annual maintenance visit will help keep the problems away, not only during the holidays, but all year long.

Have a safe and Merry Christmas! ■

Information provided by Sam Yeager, Assistant Service Manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.





## A PASSION for community

Dallas Center Betterment Foundation working to make the town stronger.



Members of the Dallas Center Betterment Foundation and others celebrate the recent ribbon cutting of Sugar Grove Goods in Dallas Center.

The Dallas Center Betterment Foundation has been working quietly behind the scenes in recent years to help make the community both viable and attractive to current and new businesses.

Foundation President Scott Gustafson, along with fellow board members Tim Short (vice president), Brian Brecht (treasurer), Melissa Burdick (secretary), Jeff Weddle (director-at-large), Bob King (director-at-large), Darla MacConnell (director-at-large), and Danny Beyer (council liaison) had been meeting informally for a few years prior to receiving their non-profit status on July 1, 2019.

It's been full speed ahead ever since.

"This (the foundation) got started by business owners or representatives in the Dallas Center community with the focus on supporting one another and developing an environment that helps the community," Gustafson says. "We have more than 40 members who get together eight or nine times per year to discuss ways in which to make the community better."

One of the most recent foundation accomplishments was helping bring fiber optic Internet to several businesses in the downtown district as well as hosting a city council candidate forum a few weeks ago. The group is in the process of putting together a directory of the businesses in Dallas Center and have also discussed downtown renovation and a facade grant. Also in their sights is a pavilion or amphitheater in Heritage Park.

Another purpose of the group is to foster private giving, Gustafson says.

"It's something we haven't promoted too much as we tackle these projects, but we're on the verge of asking the community for some private giving on some projects," he says.

The challenge in all this, Gustafson says, is attracting business to the community while maintaining Dallas Center's small-town feel.

"That's kind of the theme when you talk to the residents of Dallas Center," he says. "We know the growth is coming. It's something our board is very cognizant of. A big part of it will be the gathering space of the downtown district and it being an attractive place to go."

The new businesses that opened in the last two years have been good for Dallas Center, Gustafson says, and there's potential for more. A strip mall is being built on Highway 44, and there are some vacancies to be filled on Walnut Street that goes through the heart of downtown Dallas Center.

"There's definitely capacity for more growth, and there's a good, positive feeling with the retail that's opened up in the last few years," he says. "We're constantly getting contacted by businesses looking for space or opportunities."

The Foundation has a Facebook page to keep residents up to date and can be contacted at [dallascenterbetterment@gmail.com](mailto:dallascenterbetterment@gmail.com) with any questions. ■



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# ARE YOUR medications causing nutrient deficiencies?

When you pick up your prescriptions from your local pharmacy, do you ask if you should be taking supplements as well? You should. While some common supplements can interfere with the effectiveness of certain medications, other medications may rob your body of crucial nutrients, making supplements beneficial.



Whether due to poor eating habits or poor nutrient absorption due to medications or illness, your body has subtle — and some not so subtle — ways to let you know that it is not getting what it needs. These could include:

- **Hair.** Vitamin C, zinc or iron deficiencies can damage your hair follicles as can a diet insufficient in protein or essential fatty acids, resulting in dry, brittle or thinning hair.
- **Skin.** Healthy-looking skin requires vitamins A, C and D as well as antioxidants.
- **Teeth and gums.** Calcium is vital for bone strength while vitamin C can help heal swollen and bleeding gums.
- **Weight.** If you experience unexplained

weight loss or gain, your diet may be lacking in vital nutrients.

- **Gastrointestinal issues.** Nausea, heartburn, upset stomach, diarrhea... Those are just a few of the less-than-subtle signs your body can send you that it is not getting what it needs.

- **Illness.** If it feels like you are constantly catching the bug of the day or simply feel run down, your immune system might be sending you a signal that it needs some support.

- **Wounds.** Vitamins are essential to help everyday cuts and bruises heal, including vitamins A, B12 and C. If minor injuries seem slow to heal, nutrient deficiency may be to blame.

- **Concentration.** Struggling to concentrate or a foggy memory can be a sign that your brain is not getting enough nutrients, such as omega-3 fatty acids.

While most medications used short-term are unlikely to lead to nutrient deficiencies, some common medications used to treat chronic illnesses and ailments can. These include:

- **Statins.** These cholesterol-lowering drugs can inhibit the production of coenzyme Q10

(CoQ10).

- **Acid reflux and heartburn medicines.**

Proton-pump (PPIs) used to alleviate reflux can cause low calcium, magnesium and B12 levels.

- **Anticonvulsants.** These vital medications can interfere with calcium, vitamin D and folic acid absorption.

- **Corticosteroids.** These anti-inflammatory medications can reduce levels of calcium, potassium and vitamin D.

- **Diuretics.** Used to lower blood pressure, diuretics can also deprive your body of magnesium, potassium, zinc, and calcium.

- **Metformin.** This common drug used by diabetics, can reduce levels of folic acid and vitamin B12.

- **Oral contraceptives.** Estrogens can lead to folic acid and magnesium depletion.

Before reaching for the nearest supplement, ask your pharmacist which ones might best benefit you and confirm that they won't interfere with the effectiveness of any of the medications you are taking. ■

Information provided by Jane Clausen, Adel HealthMart, 113 N. Ninth St., 993-3644.

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## MEET Sally Brown

“Belonging and becoming” theme supported by seminar.

Sally Brown has been at Dallas Center Grimes for 14 years now, mostly as a middle school language arts teacher. Now she’s at the new Oak View building, and she’s excited to be teaching a new seminar class for seventh and eighth graders there.

“It’s kind of like a guidance class for middle schoolers. Our middle school philosophy is ‘belonging and becoming,’ and this class is geared toward that motto. We want to expose students to a wide variety of post-secondary options including college, careers, military, local businesses, and just thinking and dreaming about their lives beyond DCG.”

Many teachers seem destined to teach a specific age level, and Brown is no different. Her passion is middle school.

“I love their humor and curiosity. They love to learn and have fun, but they are also old enough to really start wondering about big questions and planning their futures. We also have a strong middle school philosophy-minded staff who are all engaged in developing and supporting the whole child. Our teachers know the magic of middle schoolers and care deeply about these tweens and teens who are ever-changing.”

Middle school isn’t without challenges. Brown’s students are changing and exploring, and no teacher has all the answers. But she works every day to help students gain confidence in skills they can use now as well as for planning their futures.

One fun project the students do is to learn about their Myers-Briggs personality types. Brown groups the students by the last letter of their Myers-Briggs type, and then they have to create a house.

“It’s funny to see how the houses turn out so much like their personality types. We do a little tour of homes, and all laugh a ton seeing what they make — and discuss how and why the houses turn out the way they do. It’s fun for us all to experience things where we think ‘Oh my gosh, yes, this is so me, totally my personality.’”

When she’s not at school, Brown enjoys time with her husband, Rob, and their kids. The kids keep them busy with activities, she says, adding she also likes to read, especially young adult literature.

“The future is bright. Our middle schoolers are inquisitive and sensitive kids. As they find their way with more independence from adults, there are plenty of both exciting and challenging experiences for them to navigate. We want to offer them the tools and options to ensure their success along the way.” ■



Sally Brown is teaching a new seminar that introduces students to the variety of post-secondary options available.

## REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don’t try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing, you can create a sense of peace. ■



Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, [frye@sstherapyandconsulting.com](mailto:frye@sstherapyandconsulting.com), [www.ssttherapyandconsulting.com](http://www.ssttherapyandconsulting.com).

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## CHANGING skin conditions

This is the time of year when the furnace is coming on, and the humidity in the home is dropping fast. Besides patches of rash and eczema developing with drier skin, other things can be changing.

Keratoses are benign rough growths that develop on the front and back of the torso and on the legs in people older than 40. With seasonal changes, these can become more dry, rough and irritated. This contributes to itching and scratching, often traumatizing these keratoses. Your dermatology staff is expert at sorting these changes out and offering the appropriate help with them.

For people with extensive sun damage over the legs, sometimes a dry, irritated benign keratosis becomes what we call a lichenoid keratosis. These can become inflamed and painful and even develop into squamous cell carcinoma skin cancers with time and further growth. When these lesions become larger than a marble, they often have transformed into a squamous cell cancer. We see this happen most often on the legs of lifelong female golfers and on the arms of farmers. There is another version of this type of problem known in dermatology as eruptive keratoacanthomas. Eruptive KAs most often occur, once again, on the arms and legs of older people with extensive



sun damage. Lifelong tanning bed use is also a risk factor for these. Eruptive KAs are alarming because they can develop suddenly and quickly with multiple painful nodule-type growths that require skin surgery. Some patients must take oral medication to help prevent these.

The most common situation we see in the fall is recent sun damage changing into persistent rough lesions called actinic keratoses. People who are not effective sunscreen users will acquire new AKs almost every fall. These most often occur on the face (especially the nose), the arms and chest, and the scalp of balding men. Actinic keratoses are best prevented with sunscreen use. When they present, they are often treated with liquid nitrogen freezing to prevent them from growing into a squamous or basal cell cancer. Sometimes AKs are pigmented and may need biopsied to rule out melanoma. Your dermatologist will sort this out for you. Some dermatology offices are equipped with photodynamic therapy systems for eliminating multiple actinic keratoses with a photosensitizing chemical and high intensity light source. These are another important weapon in preventing skin cancer. ■

Information provided by Steven Harlan, MD, Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180, [info@DOCTORHARLAN.com](mailto:info@DOCTORHARLAN.com).

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## BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.



“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or

at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines).

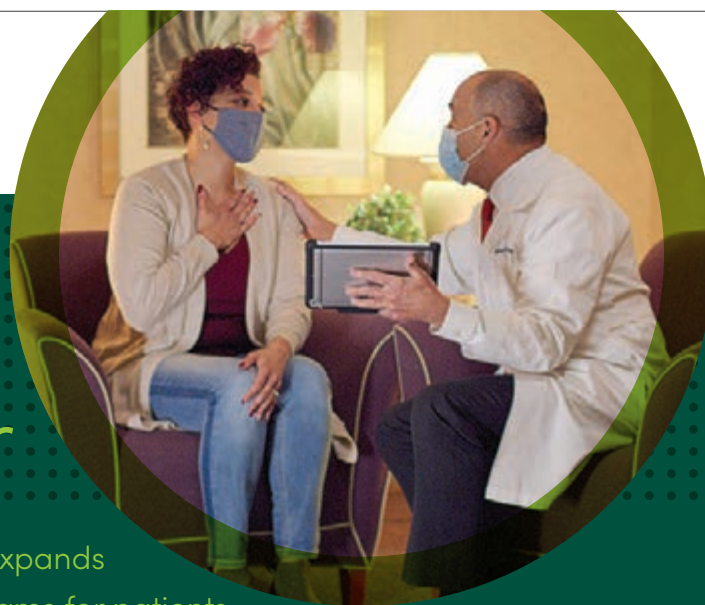
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## CONNECTING with others

Tony Schwantes enjoys meeting new people through volunteering.

Part of the reason Tony Schwantes and his family moved to Grimes 15 some years ago is because of its small-town feel and the sense of

camaraderie. Over the years, he's come to appreciate how many people are willing to make themselves available to better the community. He, too, has contributed a lot to the place he loves so much.

Schwantes has three boys, so, in the past, he's served as a volunteer coach for Grimes Park and Recreation, including for youth baseball, flag football, basketball and soccer. These roles have been especially meaningful for Schwantes.

"I got to coach my boys, but I also got to know other kids who were friends with my kids and their parents and develop relationships that way," he says.

In addition, Schwantes volunteered on his church council for a few years and currently serves as volunteer coordinator for the Dallas Center-Grimes Booster Club — a role in which he manages all things scheduling and ensures each athletic event has volunteers signed up.

One of the reasons Schwantes dedicates his time to volunteering is simply because he enjoys it. Another reason is because he feels it's his duty.

"If we're in a position where we're able to give back, I think that's our responsibility. Plus, it's fun," he says.

Schwantes feels that, overall, the people of Grimes are great at giving back and contributing to the community.

"If you look around, there are people volunteering all over the place, whether it be at food banks or as announcers or officials at games," he



Tony Schwantes began volunteer coaching to spend time with his three sons when they were young. He has since found other ways to give back to the community.

says. "There are just so many different groups and memberships that are dependent upon and run by volunteers, and I think that still gives us a little bit of that small-town feel where we can get out and spend some time with the people that we live with."

Because of this, Schwantes encourages others to consider volunteering, as it's a great way to connect with others while giving back to a wonderful community.

"As we continue to grow, it gives us the opportunity to meet some of the new folks that come into town," he says. "It's a great way to get involved and feel like you're part of the community." ■

**Do you know a Good Neighbor who deserves recognition?**  
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## CAN I give away \$15,000 tax free?

The answer is yes. However, you will not get an income tax deduction for it, like many people believe. Here is where the \$15,000 (\$16,000 for 2022) tax-free gift comes into play: First, the players are the IRS, the giver, and the giftee. Second, the law that sets the rules is the federal inheritance tax law. Currently, the lifetime exemption for federal inheritance tax is more than \$11 million per person (\$12 million for 2022). That's a lot of zeros. Regardless of the limit, the law provides that, if, at the time of your death, you have more than the maximum allowed exemption, the rest of your estate is taxed at a rate of 40%.

The game, for very wealthy people, is to figure out how to reduce their taxable estate to less than the maximum by the time they die. Why not just give your money away before you die? Problem solved.

Not so fast. Our legislators thought of this and included a provision that says that the exemption is cumulative, meaning it includes money you have already given away during your lifetime. Theoretically, you can use up your exemption before you die. This does not go over well with wealthy people who want to buy their children cars and yachts for graduation. So, there is an exception for small gifts.

Under the rules, the first \$15,000 in gifts, per recipient, does not affect your lifetime inheritance tax exemption. If you give a gift of \$15,000 to one person, you pay no gift tax. You get no tax deduction. If you give away \$18,000 to one person, you pay no gift tax. You file a gift tax return that says that you used \$3,000 of your \$11million lifetime exemption. If you give away \$13 million, you file a gift tax return that says you used the \$11 million exemption, and you must pay 40% tax on the additional \$2 million you gave away. Therefore, giving \$15,000 away, unless it is to a charity, has no effect on anyone's income or gift taxes.

Also, although the IRS ignores the gift, the Iowa Department of Human Services and the Social Security Administration do not. Gifting can have catastrophic consequences for someone needing to go to a long-term care center within five years of the gift. Check with an elder law attorney before attempting to spend down your assets by gifting them. ■

Information provided by Cynthia P. Letsch, J.D., Letsch Law Firm, 112 N.E. Ewing St., Suite D, Grimes, 515-986-2810, [www.LetschLawFirm.com](http://www.LetschLawFirm.com).



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## RECIPE

# DELIGHTFUL dishes to dazzle holiday guests

*(Family Features)* Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at [EnvyApple.com](http://EnvyApple.com). ■

## Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

### Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



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## BE TRUE to your...

In December of 1963, a song written by Brian Wilson and Mike Love peaked on the U.S. Billboard Hot 100 at No. 6. The song was entitled "Be True to Your School." The band, one of the most critically acclaimed and commercially successful bands of all time, was none other than The Beach Boys. It was one of a string of hits that resonated with teenage boys and girls, with subjects ranging from relationships to fast cars, surfing, and more.



"Be True to Your School," other than being a hit record, had a simple but important message. The song encouraged students to take pride in their school. Wear that letter jacket proudly, whether in your hometown or somewhere else. At Grimes Chamber & Economic Development, we take a simple message like this and extrapolate it to a larger meaning. The people and businesses of this community can and should take pride in themselves, because our community is remarkable.

We often speak about the new growth in the community as a measure of success. Indeed, that is true. Grimes is the type of community people and businesses are moving to at an unprecedented rate. This can be frustrating for some who came to a community that, not so long ago, was smaller. But it is a great indicator that Grimes is evolving in such a way that people want to be here. It is a testament to the many community leaders and citizens who have been a part of this community in the past. As it has been said, the success we are experiencing today is due to the hard work of those who came before us.

We, as a community and as an organization, have had the opportunity to celebrate some great new and rather large projects in recent years. But we should not — and will not — lose sight of the fact that we come from humble roots. Those businesses and families who have called Grimes home for decades are our foundations. We are a community of small, mostly locally owned, businesses which have contributed to Grimes in ways large and small for generations. This is something of which we can all be proud.

So, we encourage you to take stock in what a great community we have here in Grimes. This holiday season, we encourage you to be true to your neighbors, local businesses, and even our local school districts. Patronize your local institutions, learn and take pride in your community's history, and don't hesitate to tell others about all the good things happening in Grimes. We can be proud without being arrogant. The Beach Boys would go on to sell more than 100 million records. Like them, I suspect Grimes is just getting started. Our great history will be followed by an even greater future.

Learn more about Grimes Chamber & Economic Development and its many local members at [www.GrimesIowa.com](http://www.GrimesIowa.com). ■

By Brian Buethe, President | CEO, [brianb@grimesiowa.com](mailto:brianb@grimesiowa.com).



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# OUT & ABOUT



The Grimes Chamber of Commerce held a ribbon cutting for Hyper Energy Bar on Nov. 18.



Kurt LeFebvre and Bret Wiltse, Fareway — Northwest Polk County Residents' Choice Favorite Grocery Store



Madison Taiber, Grimes Chamber of Commerce — Northwest Polk County Residents' Choice Runner-Up Favorite Chamber, Event and Festival



Melissa Tafta, Many Hands Thrift Market — Northwest Polk County Residents' Choice Favorite Thrift Store and Nonprofit, Runner-Up Retail Store



Nick Reggio, Charter Bank — Northwest Polk County Residents' Choice Favorite Financial Institution



Cail Fletcher, Grimes Public Library — Northwest Polk County Residents' Choice Runner-Up Favorite Library



Andrea Sabus, State Farm — Northwest Polk County Residents' Choice Favorite Insurance Agent



Tiffany Snodgrass, The Best Salon — Northwest Polk County Residents' Choice Runner-Up Favorite Hair Salon



Olivia Paup, Golden Rule Plumbing, Heating and Cooling — Northwest Polk County Residents' Choice Favorite Plumbing Company, Runner-Up Heating and Cooling Business



Tim Short, Edward Jones — Northwest Polk County Residents' Choice Runner-Up Favorite Financial Planner



Jordan Walker and Taylor Heyerdahl, Pour Choices — Northwest Polk County Residents' Choice Favorite Bar



Letsch Law Firm — Northwest Polk County Residents' Choice Favorite Law Firm



Luke Reiland and Drew Johnston, Crossfit 8035 — Northwest Polk County Residents' Choice Favorite Gym



## OUT & ABOUT



Metro Waste Authority held a ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Brian Buethe, Keegan Wilkening and Dr. Kaleb Olson at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Matt McQuillen and Adam Dobraska at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



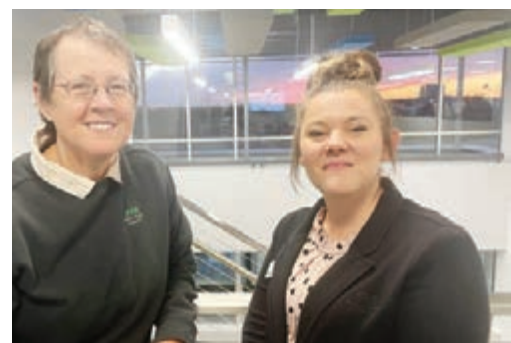
Ammon Taylor and Kathy Morris at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Dan Bacehowski and Arthur Kern at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Madison Taiber, Kayla Bruns and Joan Warren at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Judy Mendenhall and Mackensi Haugen at the ribbon cutting for the new Metro Recycling Facility located in Grimes on Nov. 17.



Dr. Jennifer Grove, Grove & Platt Dental — Northwest Polk County Residents' Choice Runner-Up Favorite Dentist



Libbey Lewis and Paula Boss-Larson, Talking Heads Salon — Northwest Polk County Residents' Choice Favorite Salon



Dave and Lisa Thilges, Prairie View Animal Hospital — Northwest Polk County Residents' Choice Favorite Veterinarian



Alana Clark, hair model for Talking Heads Salon



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