

*Living*

# The GIFT of TIME

Volunteers spread joy  
for the holidays

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## IT'S BETTER to give than to receive

Do you remember hearing that phrase as a child and wondering who in the world could possibly agree with that?

I do, and I definitely enjoyed receiving gifts more than giving them. As a youngster, it is a challenge to think of many things in life more enjoyable than opening gifts. Just look at any kid's eyes when he or she has a wrapped present at arm's length.

As an adult, that seems to change — at least it has for me. When my kids or wife ask me what I want as a gift now, I usually come up with something exciting like undershirts, underwear or socks. Those are things I want and could certainly use. My family members don't seem to share my enthusiasm for these items, so I often receive other gifts. I appreciate them, but I really don't need them. In fact, for most of us adults, there are very few things in life that we now truly need.

My mother used to tell me this when I would ask the same thing to her prior to her birthdays and the holidays. What she really wanted was to get together in person, play games and share stories. The most important gift to her, and now to me, is time. It is our most precious commodity, and many of us are learning to treat it like gold. As we age, we learn to say no to the many requests of our time that don't fit with our personal priorities. And, hopefully, we commit more of our time to the things that do.

Meanwhile, few things in life — including opening presents as a child — can bring as much inner joy as volunteering our time to help others. Most all of us think we are too busy to make time for volunteer efforts, and that is understandable. Even so, I am amazed by the many people who do volunteer and make such an impact on the lives of others including the elderly, the lonely and the many who are truly in need.

You may have thought about volunteering your time but were not sure where to start. In this month's cover story, we share the accounts of local residents who felt the same way and then made the important step to actually do it. They don't regret it, and you won't either.

Look inside for examples of volunteer opportunities during this holiday season and throughout the year that will help you learn how good it can feel to give rather than to receive.

Thanks for reading. ■



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# The GIFT of TIME

**Volunteers spread joy  
for the holidays**

**By Ashley Rullestad**

Santa and Mrs. Claus were at the Toyota of Des Moines holiday event to benefit the Grimes Storehouse.

Whether it is the family gatherings, longtime traditions, religious ceremonies, gift giving, glowing candles or a blanket of glistening snow, there is something about the holidays that warms our hearts and sparks our spirit of generosity. We give goodies, cards, gifts and more to our friends and family. And, donations flow to charities.

For those who want to do more than open their wallets, another precious gift waits to be given: time. Volunteers help to spread holiday cheer, and they find themselves rewarded in return by the joy of giving.



## FEATURE

### Feeding the community

The Grimes Storehouse originally started as a food pantry hosted by the Grimes United Methodist Church. As Grimes has grown — and the need for those requiring assistance has grown — several community organizations have joined together to open the Storehouse. It now serves residents of Grimes who are welcome to visit once per month for a wide variety of non-perishable goods, non-food items like baby and personal items, and assistance with fresh food via Fareway food vouchers.

Co-director Jen Harrington got involved when fellow co-director Elaine Knudtson was helping with the food pantry back at Grimes UMC. Knudtson says she had prayed for a ministry to be involved with since moving to Grimes in 2008. One Sunday, someone was needed to serve in the food pantry.

“The request went straight to my heart, and I knew this was the answer to my prayer,” Knudtson says. “I have been involved with serving the Grimes community through the food pantry since 2013.”

Harrington joined in 2018, and now they lead a variety of volunteers who welcome



Toyota of Des Moines recently held a holiday event to benefit the Grimes Storehouse.

clients, help them shop, restock shelves, and help carry out the groceries to clients' cars. Some volunteers also visit various local business partners who donate food to the pantry and deliver it to the Storehouse before it opens on Tuesday and Thursday mornings.

For Harrington, the decision to get involved was easy — and eye-opening.

“With volunteering, it connects you with people in the community and heightens your awareness of what's going on,” she says. “Before being involved with this, I had no

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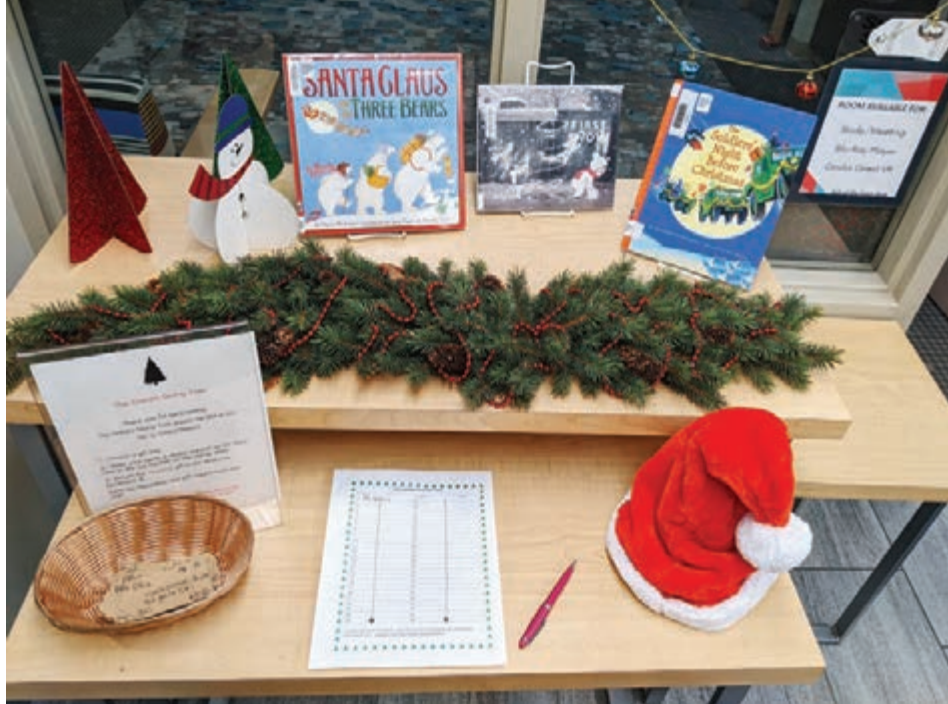
## FEATURE

idea what the need was or what was involved in doing a pantry and serving people. You meet other volunteers and clients and business and community partners and see how a whole community can come together to help.”

Around the holidays, awareness of food insecurity is more pronounced. That’s especially true this year. Prices for food have risen, and the CARES Act, which has provided additional funds for people through the federal food assistance program, has expired. The number of people the Storehouse is serving has nearly doubled from this time last year.

“To help with that and adjust to the high numbers we are seeing, Lutheran Church of Hope has given \$50 gift cards to Fareway so when clients come in to get their food during the month of December, they also will get a gift card. That way, they can go shop and get what they want for a holiday meal and family celebrations. We hope that helps brighten the season even a little for our families.”

If you are interested in volunteering at the Storehouse, visit [www.thegrimesstorehouse.org/volunteer](http://www.thegrimesstorehouse.org/volunteer).



Residents can sign up to help Grimes families through the Grimes Giving Tree at the public library.

### Holiday cheer

The Grimes Giving Tree has been a staple in the community for years. Jolene Rude was in charge of the project for years, and, when she moved, she passed on the love to three other Grimes women who have ensured its continued success. The women, who asked not to be

named, enjoy being behind the scenes making sure Grimes residents have a Merry Christmas.

To participate, families can request assistance by emailing [the.grimes.giving.tree@gmail.com](mailto:the.grimes.giving.tree@gmail.com). This email is passed along to families either from other community members, guidance counselors at each DCG school

# Love

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The Grimes Girl Scouts annual food drive collected donations totaling nearly 2,200 pounds.

building, or other families who have needed a little help. Assistance is limited to those who live in the Dallas Center-Grimes community.

“What this means is their school-age children need to be enrolled at DCG schools,” says one organizer. “We have communicated with surrounding communities and have agreed, if we keep this guideline it will help to not duplicate efforts in each of our own communities.”

Each child has four gift tags: two for clothing and two for other toys or gifts specific to their needs, according to information provided by their family member. The organizers collect the information and write up the tags, then they are displayed at the Grimes Public Library. Anyone can pick up a tag and purchase the gift. A number is assigned to every tag, and a signup sheet lets the giver and gift be matched, just in case a question arises.

Community members return the wrapped gift(s) to the library by the deadline date, and then the committee gathers and sorts them. If there are any tags remaining, volunteers shop for those tags, then they bag all gifts and have them ready for families.

“I love gathering the information, organizing it and being able to get the info out to the community for them to help us provide the gifts to families,” says one organizer. “I feel very blessed to have the opportunity to be a part of the Grimes Giving Tree. I love helping the DCG community, children and families.”



Charlie Ritter and his cousins Logan Hagler and Matthew Murray, were on the Zoo Crew last summer.

## The Zoo Crew

Of course, volunteer opportunities are needed year-round, not only during the holiday season, and you can find a way to help in almost any interest area. Kim Ritter’s son, Charlie, 13, decided to combine his love of animals and his love of helping out by working as a Zoo Crew member last summer.

“My 18-year-old daughter did the Zoo Crew for several years,” Ritter says. “She is now too old, but this summer my 13-year-old son did it for the first time. We are Blank Park Zoo members and spotted the opportunity in the zoo’s newsletter. He loves animals, and zoos are one of his favorite places to visit.”

Zoo Crew is for kids age 13-17. Charlie volunteered 40 hours this summer, May through August with other Zoo Crew kids. Some of the activities for first-year volunteers are helping with the kids summer camp, serving as animal tour guides, helping in the discovery kids play area, and assisting with the train. Charlie’s favorite was the train, and he liked taking tickets and helping riders.

Zoo Crew participants have the opportunity to volunteer in a variety of areas around the Zoo. This may include assisting Summer Safari camp counselors, providing guests with directional and educational information about the Zoo, helping to keep the Zoo clean and volunteering during family events.

Volunteers can do more and more each year, and, with more experience, they can help more with the animals, including the giraffe feedings. Teens in the program are responsible for taking initiative and getting the most of their experience. The goal of the Zoo Crew program is to foster personal responsibility, job skills, self-initiative and inspire conservation action for the next generation.

Charlie is a seventh-grader this year at Oakview. He spent last summer on the Crew with his cousins, Logan Hagler and Matthew Murray.

“Charlie loves how he was able to help the animals and teach others about the zoo,” Ritter says. “The three boys are already planning on volunteering again next summer.” ■



## NEW fire station FAQs

### Is Grimes getting a new fire station?

The City of Grimes will build a new fire station. The likely location will be next to the current library in Waterworks Park. The City will evaluate whether any existing improvements or structures can be incorporated into the new station or if a new building will need to be built.

### Why is this taking so long?

Determining where a fire station should go is a complicated process. The location must factor in how quickly crews can get to an emergency while also considering how Grimes will grow and expand. The City developed response models to identify possible locations for the new station.

The City of Grimes and Johnston have a joint fire department, which is laid out in a contract called a 28E agreement. The City of Grimes recently completed a study on continuing the joint fire department with Johnston. This was important to evaluate as the 28E expires next year. Negotiations on the 28E agreement are currently underway.

### What did the Council vote on at the Nov. 22 meeting?

The Council voted to hire an Owner's Rep. This individual will help the City manage the large project of building a new fire station. This is a common practice for cities, and there is currently an Owner's Rep on the new library building project.

### When will the new station open?

The City is in the early stages of the process. The Council will need to hire design professionals, approve building designs, construction contracts and more. This process could take 9-10 months. The construction of the station itself is approximately 15 months. This means that the new station could be open in 2025.

## ROAD and trail extensions

At the Nov. 22 City Council meeting, the Council voted to extend N.E. Destination Drive to connect to N.E. Beaverbrooke Blvd. Both roadways will connect via a roundabout to Highway 141. This was included in the approval of a site plan for Brookside Village Plat 1.

Coming next year, the City of Grimes plans to extend the trail along the north side of Highway 44. The extension will run from the intersection of Brookside Drive to the Dallas Center-Grimes High School parking lot. It will also include connecting to the trail along the west side of S.W. County Line Road. Along with the trail improvements, new pedestrian push buttons and signals will be installed at the County Line Road intersections. The design work will begin this year and construction is scheduled to start in the spring of 2023. The goal is to have the trail open before school starts in the fall. ■

## 22 OF 2022 honors include Grimes leaders

For the fourth year, CITYVIEW's Business Journal recognized the contributions of outstanding business leaders who have made a difference in their communities with the 22 of 2022 honors, presented at a reception on Thursday, Nov. 3, at Sherwood Forest Events Center. Awards were presented by Shane Goodman, publisher of CITYVIEW and president of Big Green Umbrella Media, Inc., which also publishes the Grimes Living magazine, and Jolene Goodman, vice president.

Among those honored were Brian Buethe, president and CEO, Grimes Chamber & Economic Development, and Jay Brewer, past president of Grimes Volunteer Support Services.

### Brian Buethe

"Grimes Chamber & Economic Development, working with dozens of organizational partners, sponsors and literally hundreds of volunteers, successfully navigated the relocation of Grimes Governors Days Community Celebration to a new location in 2022," Buethe said of his greatest accomplishment in 2022.

"Hiring good employees and recruiting dedicated board members" has been his best business decision, he said. "As a membership-based organization representing over 300 diverse companies in the Grimes area, it is important to have intelligent, motivated, caring and kind representatives. Since its inception, GCED has had nothing but good staff, which in turn provides value to the members of the organization, but also to our community at large. If we have good leadership and good staff, even the most difficult challenges become a bit easier."

"Be a good listener, make lists, and do your best to surround yourself with people who are proactive and positive in nature (at work and at home)."



### Jay W. Brewer

"In 2022, we completed 11.5 years of service to the elderly and folks with disabilities in the Grimes community," said Jay Brewer, past president, Grimes Volunteer Support Services, about last year's accomplishments. "One of the reasons for forming GVSS was to help folks in the community remain in their homes longer than they would have been able to without assistance. We have continually seen many examples of this taking place."

During that time, Brewer said GVSS volunteers have driven more than 300,000 miles, donated 48,000 hours of service, provided 25,513 trips, and provided almost 3,800 yard and snow services for the community — all free of charge.

Of his best business decision, Brewer said, "When we organized in 2010, we decided early on to be very active and involved in the Grimes Chamber and Economic Development organization. We became so involved that I was selected as the Chamber's Citizen of the Year in 2010, served as their board chair in 2014, and, in 2018, I was selected as their Ambassador of the Year. We have gained a lot of volunteers and visibility because of our involvement with their organization."

His advice to others: "Take into account the needs of the community and its citizens. Then see how your organization might be able to be of assistance to them." ■





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## LIBRARY

## SCHOOL-AGED library activities



School-aged library activities are designed for ages 5 and older. All activities are free and open to the public. Registration is required when noted. Register at [grimeslibrary.org/calendar](http://grimeslibrary.org/calendar) or by calling the Library at 515-986-3551. Children age 6 and older may be left unattended at library activities; however, we encourage parents to attend with children who may need additional assistance with the activity. See our Unattended Child & Vulnerable Individuals policy online for more information.

### Tail Waggin' Readers

**Dec. 17 and Jan. 21, 9-11 a.m.**

Strengthen your reading skills. Register for 15 minutes of reading aloud and five minutes of play with a therapy dog. This activity is limited to one child at a time. Call the library to reserve your spot.

### Lego Club

**Dec. 22 and Jan. 26 at 4 p.m.**

Bring your creativity and build with our blocks to our monthly theme.

### Early Out Adventures

**Jan. 11: Building Challenge**

**Jan. 25: Weaving**

Early Out Adventures are for school-age kids during Wednesday early dismissals. Activities are flexible to accommodate school travel times — come when you can. Starts at 1:30 p.m.

### No School Days

**Thursday, Dec. 29: Ramps and Pathways, 3 p.m.**

Join us on No School Days for special activities and grab-and-go kits during school breaks.

### ASL Basics

**Jan. 4 at 4:30 p.m.**

Monthly community-led group spreading awareness of and teaching basic ASL skills to early learners.

### Books and Cooks

**Jan. 7 at 10 a.m., Energy Bites**

Calling all cooks. Enjoy a food-themed story then make and taste your own kid-approved healthy treat. Registration required. Contact the Library for any food allergy concerns. ■



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## THE SECRET is out

Jimmo is the Christmas gift we still haven't gotten, even after almost 10 years. It's still a secret today, until you read this article and tell everyone you know. I would hazard a guess that Jimmo affects every single family, in one way or another.

Glenda Jimmo was a 76-year-old in Vermont in 2011. After a serious medical incident, she went to a rehabilitation facility for skilled nursing care to regain her strength. Under the Medicare rules, she was entitled to "up to 100 days" of Medicare coverage. At the time, the "up to" part of that was dependent on whether the patient was either improving or showing progress. After a short time, she was not improving or showing progress, and Medicare discontinued coverage.

However, many elder law attorneys have become familiar with the Medicare rules, and they did not interpret the rule the same way that Medicare had interpreted it. Ms. Jimmo became the lead plaintiff in a class action lawsuit against the Centers for Medicare and Medicaid Services (CMS). She, and others like her, believed they were entitled to continuing Medicare coverage for skilled care services as long as the skilled care was needed to either maintain the current status or to prevent further deterioration, arguing that the rules had been misapplied for many years.

On Jan. 14, 2013, they WON! But it's still a secret. CMS promised to engage in an educational campaign to ensure that medical providers knew the old standard they had been using was wrong and that the new standard for qualification is much lower. However, here in Iowa, many providers are still using the old standard. Not only that, at a recent Long Term Care Social Workers of Iowa conference I attended, a government employee who was presenting was STILL training social workers according to the old standard.

You must be the advocate for your spouse, parent, grandparent, aunt or uncle. Hospital stays followed by skilled care stays are very common during the winter. If your loved one is in skilled care, pay attention to the discussion regarding how long your loved one is entitled to continue receiving skilled care services paid for by Medicare, and when you hear someone say that they must be making progress, you shout, "Jimmo!" Scan the QR code for a link to the government website fact sheet on this case. ■



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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# HOUSE stays in family

Huiatt glad to be in community she's grown to love.

While Erin Huiatt was at first reluctant to move to Grimes, she's found it to be a community of a lifetime.

She and her father moved to town from West Des Moines in 2002 when she was a freshman in high school.

"I had no desire to leave a school and community I had known for the majority of my life," Huiatt recalls. "My dad, on the other hand, was looking to get away from the 'big city' and live in a small town, but not too far from the Des Moines metro."

So, they compromised.

"We would move as long as I could open enroll at my current school in West Des Moines," Huiatt says. "Twenty years later, I am still here, married, and my husband, Travis, and I are living in Grimes raising our family."

The Huiatts' home just so happens to be the one Huiatt lived in with her dad.

"After my husband and I got engaged in 2008, we knew we needed to begin thinking about where we would want to raise our future family," she shares.

At that time, the couple lived in Ankeny but started looking into different options.

"My dad approached us with the idea," Huiatt says. "He was a single guy living in a four-bedroom home and had no need for all the space. A few months later, Travis and I moved in, and we still call the same house home."

Since making it their own, the couple has knocked down walls, laid new flooring, painted the walls — numerous times — landscaped and much more.

"My husband is very handy, and I am blessed that he loves to take on home projects," Huiatt says. "We have thought of moving, but what keeps us is all the time, memories and love that have been put into making this house our home."



The Huiatt family in the Grimes Governors Day Parade.

One extra special part of the Huiatt home is the willow tree in the backyard that they planted the summer she found out she was pregnant with their oldest child.

"It is now referred to as 'Mom's Tree,' and it is probably my favorite thing about our home," Huiatt says.

Over the years, Huiatt has become involved with a few organizations in town. She's part of the PTO at her daughter's school and serves as a Girl Scout troop leader. In addition, she's active within the Grimes Chamber and sits on the Grimes Leadership Academy Committee that will launch in 2023.

"I am passionate about supporting small business owners and future leaders within the Grimes community," Huiatt says.

And, today, everything seems to have come full circle.

"I love the small-town community feel, yet we are not too far from the Des Moines metro," Huiatt says. "Exactly the same reason that brought my dad here 20 years ago. Little did I know it would be the same reason our family would stay." ■



The Huiatt children by the Little Library near their home.



## A DOSE of optimism

We all understand the importance of being optimistic, but sometimes it's difficult when the headlines are full of doom and gloom. The stock market slump, persistent inflation and rising interest rates dominate economic news.

In the spirit of the holidays, I want to offer a dose of optimism to help you wash down the egg nog.

Retirement income taxes are going away next year in Iowa. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans like 401(k)s. The same goes for distributions from deferred compensation plans and plans maintained or contributed to by a self-employed person. This applies even if you are still working.

Medicare premiums are going down, and Social Security is going up. The standard Part B premium will be \$164.90, \$5.20 lower than in 2022 (I didn't forget about the big jump in 2022; I'm being optimistic here, remember). Social Security is getting its biggest bump in 40 years, an 8.7% cost-of-living adjustment or COLA. The average benefit will increase by \$146 monthly from \$1,681 to \$1,827.

Those are a couple of small wins. The big wins come when you



have a customized, written retirement plan. We've been talking with the individuals and families we work with about taking advantage of the economic conditions. We know that, on average, recessions happen every five to six years, so when we helped them put together their retirement plans, we had that in mind. Then when the recession hits, we look at action steps like Roth conversions or Dollar-Cost-Averaging and decide if it's time to execute.

You may have been watching your 401(k) take a hit and think it's too late to act. Or you've been told to sit back and wait it out. I disagree. Now is the time to take control. You don't have to be a victim of market conditions. There are likely things you can do right now to help you get through this economic storm and put yourself in a better position for the next one. Then you can worry less about the stock market swings and focus more on the joy — something we all want to experience during the holiday season.

Take the first step to building a recession-resistant retirement plan. Check out our online Journey to Retirement workshop. Details are below. ■

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

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## AFUE: Why it should matter to you

The terminology for HVAC (heating, venting and air conditioning) can be confusing, and most people have no desire to understand them. But there are a few that you should learn and pay attention to, such as AFUE.

AFUE (annual fuel utilization efficiency) is an efficiency rating that's required by the Federal Trade Commission to be labeled on forced air furnaces.

Furnaces are used to blow the air throughout our home's duct work regardless of whether the thermostat is set to "Heat" or "Cool" or "Fan," but the AFUE rating only applies to the furnace's heating ability.

So why is this important to you? It's important because the higher the AFUE rating, the lower your fuel costs. For example, if your AFUE rating reads 98%, your system uses 98% of its fuel for heat, while 2% gets lost. An older furnace with an AFUE rating of 80 will turn 80% of its fuel into usable heat, which, in turn, means that 20% of its fuel is lost.

The average life expectancy of a heating and cooling system is about 15-20 years. With so many advancements in efficiency, even a 10-year-old system could be due for an upgrade. Each year, your system's AFUE rating can decline about 5% if it is not properly maintained. With scheduled routine annual maintenance for your system, you will have better chances of extending the life of your HVAC system and protecting your investment.

Do you know what the AFUE for your current furnace is? You can find your furnace's AFUE rating on the bright yellow EnergyGuide label that was placed on your furnace by the manufacturer. If you have an older furnace with an AFUE of 70%, then upgrading to an AFUE of 90% could save you around \$20 for every \$100 that you would normally spend.

High-efficiency furnaces are more of an investment when compared to mid-efficiency systems, but, when we factor in that 15-year life span, the money saved on energy costs will be worth it in the long run — especially because Iowa winters can be brutally cold.

Hopefully, you now have a good understanding of what AFUE is and why it's important, especially when considering upgrading your HVAC system. If you still have questions or are ready to learn more about which high-efficiency furnaces are available for your home, contact your local trusted heating and cooling company. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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### Iowa Wild

Wells Fargo Arena

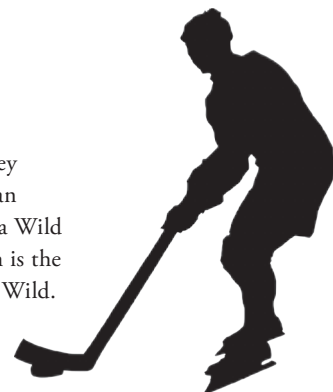
233 Center St., Des Moines

[iowawild.com](http://iowawild.com)

Just one step below the National Hockey League (NHL), you'll find the American Hockey League (AHL) — and the Iowa Wild professional ice hockey team. The team is the AHL affiliate of the NHL's Minnesota Wild.

Home games:

- Dec. 16 at 7 p.m. vs. Texas Stars
- Dec. 17 at 6 p.m. vs. Texas Stars
- Dec. 21 at 7 p.m. vs. Manitoba Moose
- Dec. 23 at 7 p.m. vs. Manitoba Moose
- Dec. 28 at 6 p.m. vs. Colorado Eagles
- Dec. 30 at 6 p.m. vs. Colorado Eagles



### Des Moines Buccaneers

Buccaneer Arena

7201 Hickman Road, Urbandale

[bucshockey.com](http://bucshockey.com)

The Bucs are a member of the United States Hockey League (USHL), the only Tier 1 Junior Hockey League in the country. Home games:

- Dec. 16 at 7 p.m. vs. Waterloo Black Hawks
- Dec. 17 at 6 p.m. vs. Sioux City Musketeers

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### Iowa Wolves

Wells Fargo Arena  
233 Center St., Des Moines  
[iowa.gleague.nba.com](http://iowa.gleague.nba.com)

Des Moines' pro basketball team plays in the Western Conference of the NBA G League.

They were known as the Iowa Energy until their purchase by the Minnesota Timberwolves in 2017. Home games:

- Dec. 29 at 7 p.m. vs. Raptors 905
- Dec. 31 at 2 p.m. vs. Raptors 905
- Jan. 1 at 2 p.m. vs. Texas Legends

### Drake basketball

Knapp Center, 2601 Forest Ave., Des Moines  
[godrakebulldogs.com](http://godrakebulldogs.com)

The Drake University Bulldogs compete in NCAA Division-1 basketball in the Missouri Valley Conference.

Women's home games:

- Dec. 18 vs. Southwest Baptist

Men's home games:

- Dec. 22 vs. St. Ambrose



## HOLIDAY FAVORITES & FUN

### • 'A Christmas Carol'

Dec. 9-18

Stoner Theater, 221 Walnut St., Des Moines

This classic is presented by Iowa Stage Theatre Company. [dmpa.org](http://dmpa.org)

### • 'A Very Merry Tallgrass Holiday'

Dec. 16-18

Tallgrass Theatre Company, 2019 Grand Ave., Suite 100, West Des Moines

This collaboration with Seedlings Children's Theatre features scripts from Drama Notebook's collection of scripts for kids and teens. [tallgrasstheatre.org](http://tallgrasstheatre.org)

### • 'Rudolph the Red-Nosed Reindeer: The Musical'

Thursday, Dec. 22, 2 p.m. and 7 p.m.

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

Come see all of your favorite characters including Santa and Mrs. Claus, Hermey the Elf, the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph. [dmpa.org](http://dmpa.org)

### • Mannheim Steamroller Christmas

Dec. 23, 2 p.m. and 7:30 p.m.

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

A holiday favorite returns. [dmpa.org](http://dmpa.org)

### • New Year's Eve Pops: Frank & The Great Ladies of Song

Saturday, Dec. 31, 8 p.m.

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

The Des Moines Symphony performs. [dmsymphony.org](http://dmsymphony.org)

### • Holiday Hullabaloo

Through Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only

Horizon Events Center, 2100 N.W. 100th St., Clive

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

## January

• **Weekends through March 31: Dome After Dark** on Friday evenings, educational lectures during **Learn on**

**Saturdays** and, on Sunday afternoons, the **Botanical Blues** concert series at the Des Moines Botanical Garden; [dmbotanicalgarden.com](http://dmbotanicalgarden.com)

• **Jan. 6: Taylor (Swift) Fest** at Wooly's at 9 p.m.; [firstfleetconcerts.com/woolys](http://firstfleetconcerts.com/woolys)

• **Jan. 6-8: Iowa Home Expo** at the Jacobson Exhibition Center, Iowa State Fairgrounds; [iowahomeexpo.com](http://iowahomeexpo.com)

• **Jan. 8: Game Day** from 1:30-4:30 p.m. at Central Library; [dmpl.org/events](http://dmpl.org/events)

• **Jan. 13-14: Cinch World's Toughest Rodeo** at Wells Fargo Arena; [worldstoughestrodeo.com](http://worldstoughestrodeo.com)

• **Jan. 20: Kids Night Out**, 5:30-8:30 p.m. at Blank Park Zoo; [blankparkzoo.com](http://blankparkzoo.com)

• **Jan. 21: Collision of Rhythm**, a tap dancing and beatboxing duo at 11 a.m. at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

• **Jan. 21: Fire & Ice**, CITYVIEW's legendary interactive winter pub crawl in Historic Valley Junction. 1-4 p.m. Tickets at [fire-and-ice.dmcityview.com](http://fire-and-ice.dmcityview.com)

• **Jan. 22: Nate Bargatze in the "Be Funny" tour** at 7 p.m. at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

• **Jan. 25: Make Your Own Herbal Tea Blend** from 6:30-7:30 p.m. at Forest Avenue Library; [dmpl.org/events](http://dmpl.org/events)

• **Jan. 27-28: Indulge - A Wine, Cheese and Chocolate Affair**, 6-9 p.m. at West End Architectural Salvage; [facebook.com/IndulgeDSM](https://facebook.com/IndulgeDSM)

• **Jan. 31: Secret Life of Bears** at 7:30 p.m. Des Moines Civic Center; [dmpa.org](http://dmpa.org)

• **Jan. 31 - Feb. 2: Iowa Ag Expo** at Iowa Events Center; [iowaagexpo.com](http://iowaagexpo.com)

• **Jan. 31 - Feb. 5: "Forbidden Broadway: The Next Generation"** at Temple Theater; [dmpa.org](http://dmpa.org) ■



## RECIPE

# BEEF up the holiday menu

*(Family Features)* At this year's holiday gatherings, you can put together a show-stopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. Incorporate beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider a holiday favorite from Beef Loving Texans such as a must-have main course like classic beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon mustard wrapped in a golden-brown puff pastry. Find more beef-inspired holiday dishes at BeefLovingTexans.com. ■

## Classic beef Wellington

*Recipe courtesy of Beef Loving Texans*  
Total time: 1 hour, 30 minutes  
Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- flour
- 1 sheet puff pastry

### DIRECTIONS

- In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.
- Heat oven to 425 F.

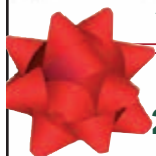
- In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.
- Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.
- Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold



pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

- Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four 2-inch vents in top of pastry.
- Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.
- Carve into slices and serve.

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## FINANCE

By Wade Lawrence, CFP®

# 2022 year-end tax tips

### 1. Defer income to next year

Consider opportunities to defer income to 2023, particularly if you think you may be in a lower tax bracket then. For example, you may be able to defer a year-end bonus or delay the collection of business debts, rents, and payments for services.



### 2. Accelerate deductions

Look for opportunities to accelerate deductions into the current tax year. If you itemize deductions, making payments for deductible expenses such as medical expenses, qualifying interest, and state taxes before the end of the year (instead of paying them in early 2023) could make a difference on your 2022 return.

### 3. Make deductible charitable contributions

If you itemize deductions on your federal income tax return, you can generally deduct charitable contributions, but the deduction is limited to 50% (currently increased to 60% for cash contributions to public charities), 30%, or 20% of your adjusted gross income (AGI), depending on the type of property you give and the type of organization to which you contribute. (Excess amounts can be carried over for up to five years.)

### 4. Save more for retirement

Deductible contributions to a traditional IRA and pre-tax contributions to an employer-sponsored retirement plan such as a 401(k) can reduce your 2022 taxable income. For 2022, you can contribute up to \$20,500 to a 401(k) plan (\$27,000 if you're age 50 or older) and up to \$6,000 to IRAs (\$7,000 if you're age 50 or older). The window to make 2022 contributions to an employer plan generally closes at the end of the year, while you have until April 18, 2023, to make 2022 IRA contributions.

### 5. Weigh year-end investment moves

You shouldn't let tax considerations drive your investment decisions. However, it's worth considering the tax implications of any year-end investment moves that you make. For example, if you have realized net capital gains from selling securities at a profit, you might avoid being taxed on some or all of those gains by selling losing positions. Any losses over and above the amount of your gains can be used to offset up to \$3,000 of ordinary income (\$1,500 if your filing status is married filing separately) or carried forward to reduce your taxes in future years. ■

For more information, please contact Wade Lawrence or Bryce Block with City State Bank Trust & Investments at 515-986-2265. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice.

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## EDUCATION

By Ashley Rullestad

# GIRLS wrestling season official

Working through the kinks of a new sport



DCG girls wrestling team

This year, Dallas Center-Grimes student athletes will have a chance to get involved in a new sport — girls wrestling. In January of 2022, the IGHSAU Board of Directors voted to sanction wrestling as the 11th sport offered to member schools, and there are now more than 100 host schools, including DCG, offering girls' wrestling programs at their respective schools for the upcoming season.

Coach Rex Gray reports the team started the year with three new wrestlers at the high school level and several at the middle school, but they continue to see interest and have girls joining.

"During this first season, you will see a lot of different opportunities for our girls to wrestle. You will see duals, traditional tournaments as well as a few other non-traditional style tournaments. Setting goals was hard this season because there were so many unknowns. We didn't know how many teams there would be, or how many girls there would be. As the sport evolves, you will see a season that is very similar to the boys side."

In the future, the plan is to eliminate the non-traditional, scramble style meets. The schools that combined this season will have enough numbers to start separating, and all girls will be wearing the correct women's cut singlets. They expect to have a full season of duals and tournaments. Gray says everyone has to be on board for this to happen, though, from school administrators and coaches to the community.

"Ultimately, we would like to just see each of the girls enjoy wrestling and improve throughout the season. I know that's not really a tangible, measurable goal, but having girls meet their personal goals and want to continue on with the sport is more important than anything else."

For Gray, the opportunity is a big deal and a long time coming. Even though it's tough mentally and physically, girls wrestling is the fastest growing sport right now. It has been a sport in several other states now that IHSGAU sanctioned it, the sport can now grow even more in Iowa.

"All these girls will be able to look back and say, 'I wrestled.' And not only that, but also, 'I helped start that. I wrestled in the very first sanctioned season.' That's something to be proud of. Hopefully they can carry that around forever. I'm excited to see this sport grow in the state and at DCG." ■



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## SKIN DETECTIVES: The case of contact dermatitis

Have you washed your shirt with a new detergent, and it made you itch? Or used a hand cream, and your skin got red and started to burn? What you may have experienced is contact dermatitis (skin inflammation) caused by an allergic reaction.

Did you know? There are more than 15,000 substances that can touch your skin and cause an allergic reaction. It is also possible that a person may be allergic to more than one substance.<sup>1</sup>

• **The symptoms:** Allergic contact dermatitis can develop on any part of your skin, but since we touch most things with our hands, it normally starts there and can affect areas like the face, neck, underarms, scalp and feet. During the allergic reaction, your skin may feel itchy, burning or stinging with a swollen rash, hives or blisters.

• **Common causes:** People often become sensitized to allergens after many contacts over a period of time. Once you develop an allergy to the substance, even a small amount can cause a

reaction. Common allergens include:

- Nickel – jewelry, buckles and clothing
- Topical medications – antibiotic creams
- Balsam of Peru – cosmetics, personal care items and flavorings
- Fragrance – perfume, shampoo and skin care products

• **Urushiol** – poison ivy, oak and sumac

• **Latex** – medical supplies including gloves

• **Diagnosing the problem:** A dermatologist will examine the area, and, in some cases, it may be obvious, like a rash from exposure to poison ivy. After the exam, if the cause is still unknown, they may suggest a patch test. This test checks your skin's reaction to a variety of substances you may find in your home, at work or during recreational activities.

The provider will place small amounts of allergens on your back and cover each with a patch. These patches will remain in place for the next 48 hours. During this time, your skin may feel itchy, but it is important to keep the patches

in place. After the 48 hours, your provider will remove the patches and check for reactions. In most cases, another follow-up will be scheduled 2-5 days after the patches are removed for a final analysis.

• **Treatment options:** If allergic reactions are found, your provider will inform you of the substance(s) so they can be avoided and discuss ways to prevent future contact. To relieve symptoms, the provider may suggest cool compresses, topical medications and antihistamines. In more severe cases, systemics like prednisone or phototherapy may be used.

Talk to a dermatologist about the contact dermatitis treatment plan that is right for you. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180. [www.aad.org/public/diseases/eczema/types/contact-dermatitis/patch-testing-rash](http://www.aad.org/public/diseases/eczema/types/contact-dermatitis/patch-testing-rash). 1. American Academy of Dermatology.

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# SIMPLE tips on managing stress

The holiday season is upon us. For many, this is a wonderful time of year but, often times, can also be a very stressful time of year. Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster). Left unchecked, chronic stress can negatively impact your health. Here are some helpful tips on managing stress.



## Learn to calm your body and mind

It is normal to feel anxious, sad, or even angry when faced with a stressful event. But while we can't always change or control the things that happen in our lives, we can try to better manage stressful events or even triggers.

**Exercise:** Take a walk, join a gym, look up a new routine on YouTube, or break out the 1980s Jazzercise. Just 30 minutes of physical activity a day can boost your mood. Don't let the cold weather keep you inside. Bundle up and get some fresh air and enjoy a walk or run outside.

**Relax:** Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind. Never tried yoga or meditation before? Look for a beginner's class online and give it a try. There are even great apps that you can download on your tablet or phone that can guide you.

**Phone a friend:** Staying connected to people who understand us and know our journey can be a great way to alleviate stress. Sometimes all you need to do is vent or talk it out.

**Listen to music:** Ever felt lost in a song? Music can affect both your mind and your body. Upbeat music can make you feel more positive, while a slower tempo can help quiet your mind and relax your muscles.

**Sleep:** Do you find it difficult to sleep when you're stressed? Sometimes, the worries of the day interfere with our ability to get a good night's sleep — right at the time when that's what we need the most. Put away the electronics, turn off the TV, and try to quiet your mind. Having trouble shutting down your thoughts? Try white noise or relaxation music.

**Find time for fun:** It's OK to put down your worries and responsibilities for a moment and take time for you. Give yourself permission to do the things that put a smile on your face. ■

Information provided by Jane Clausen, Adel HealthMart, 113 N. Ninth St., Adel, 515-993-3644.

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## HEALTH

By Dr. Aaron Martin

### SHOULDER pain from my neck?

Shoulder pain is one of the most common reasons for visiting a physician, especially a chiropractor. The underlying causes of shoulder pain often are associated with tissue disturbance coming from your neck. Shoulder symptoms that are aching, dull, constant — even without use, located on top of the shoulder blade, between your shoulders, at the nape of your neck, or even down the arm into your hands and fingers are most often attributed to your neck tissues. These tissues become irritated, inflamed or even damaged and will refer to and/or radiate pain and symptoms to your upper back and shoulder. They can even feel like you have a “muscle knot” or a “tight” feeling. A clear understanding of what is causing the symptoms is the first step to effective treatment and the results you want to achieve. The examination of pain and referred symptoms, especially chronic symptoms, shouldn't be limited to just the location of your symptoms. That type of examination wouldn't even be appropriate for a blinking car engine light on your dashboard. The lightbulb is the obvious problem, but a deeper look into the cause of the blinking light needs to be realized and repaired effectively. ■



Information provided by Dr. Aaron Martin, Iowa Chiropractic Clinic & Sports Injuries, 1451 S.E. Third St., Suite 100, Grimes, 515-452-0250.

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## HEALTH

By Dr. Mallori Phillips

### HOLIDAY safety first

'Tis the season to discuss our most common holiday eye injury with kids and adults: unwrapping their favorite Nerf gun and targeting innocent bystanders. Look out, Uncle Frank!

If someone at your holiday celebration is hit in or near the eye with a projectile, pay attention to the signs and symptoms. Bleeding in the eye, blurry vision, seeing starbursts, or experiencing any other uncomfortable symptoms are all warning signs to seek help from an eye care professional. The outcome of such an event can be as minor as a corneal abrasion or as major as a vision-threatening retinal detachment.

Eye injuries can be avoided with the use of proper protection. If you are considering purchasing a toy that launches projectiles, think about stuffing the stockings this year with safety goggles. Hold both children and adults accountable for using safety eyewear. Every year during the holiday season, I treat multiple eye injuries that harm both active participants and innocent bystanders. Last year, the most common injuries in our clinic were caused by dart guns and stomp rockets.

Let's have the responsible type of fun; before the Nerf gun wars begin, check the stockings for protective eyewear. ■



Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, [www.totalfamilyeye.com](http://www.totalfamilyeye.com).

## FITNESS

By Kammi Abrahamzon

### Q: Is nutrition important for progress?

**A:** For quality results and progress, nutrition plays a huge part. You hear it all the time, but it is true when people say, "We need to be fueling our bodies correctly in order to see the best results possible." Everyone has a basal metabolic rate, a minimum of calories needed by your body to function. Every person should be at least eating more calories than that amount. If you are not meeting those calorie needs, your body is going to start storing everything because it does not know when its next meal is going to be. This is going to sound weird, but the more muscle you have, the more you are going to have to eat to maintain it. Muscle burns more calories than fat. So, if your goal is to gain muscle, you are going to have to increase your intake, especially with lean proteins and clean carbs. If you are wanting to lose weight, you still need to eat more than your basal metabolic rate. If you don't, your body is just going to hold on to everything, and your muscle will start to decrease. You need to be aware of what you are putting in your body. Try it for a month and see how much progress you can make. ■



Information provided by Kammi Abrahamzon, Anytime Fitness, 255 S.W. Brookside Drive, 515-300-9262, GrimesIA@anytimefitness.com.

## HEALTH

By Andrea Gustafson

### NAVIGATING family and the holidays

The holidays can bring a lot of joy but can also come with a lot of stress. Schedules get busy, to-do lists get long, and family gatherings are inevitable. Despite, often, loving our families, spending more time with them than normal can be challenging. Rather than suffering through and being stressed, here are some tips on navigating the holidays with family.



- **Communicate** – Talk to the people you are spending time with about your concerns/expectations for the get-together and what you are willing to do and not do. Be direct and clear.

- **Set boundaries** – "No" is a complete sentence. We all have limits to how much we can fit into the schedule, and, when it's full, it's full. Set boundaries around what you are physically and mentally able to commit to and don't go past that.

- **Self care** – There is no getting around this time of year being more stressful than normal. Make sure you are taking time to do the things needed for yourself. This can be as simple as making sure you are eating and getting enough sleep. But it's important keep it up this time of year. ■

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

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# DRIVING builds friendships

Perry finds her calling.



When Gloria Perry retired in 2017, she knew she wanted to find a way to make use of her newfound time. She also firmly believes in paying it forward — something her parents instilled in her as they regularly helped people in need.

The following year, Perry began to volunteer with Grimes Volunteer Support Services (GVSS). Since then, the longtime Grimes resident — she's lived in town since 1979 — has found her calling.

"It's just a good fit," Perry says. "I like driving."

As a driver for GVSS, Perry takes clients to doctor appointments, the grocery store, the hairdresser, the senior center for meals and many other places.

"You name it, we're there," she says.

Perry also serves as GVSS's financial secretary and is the organization's Chamber Ambassador. As part of that role, she represents GVSS at Grimes Chamber and Economic Development events. Recently, she helped fill 300 goodie bags to hand out at the chamber's Grimes Holiday Celebration.

For Perry, the best part of being involved with GVSS is forming relationships with the clients she helps.

"You just become friends with them," she says.

She shares that one of her clients had a husband who was in hospice at the VA. For three months, Perry drove her there every day so she could visit him.

"I became very attached to her," Perry says. "Being a widow myself, I felt truly blessed to be with her on her journey and helping her out when she really needed it. I felt we had a deep bond."

She takes another one of her clients to a memory care facility a couple times a week so she can spend time with her husband there.

"Every client is special," Perry says. "They all are unique and have their own special stories. And they're so grateful that we're there to help them out."

She adds of her service with GVSS, "It just makes my day, because I feel like I'm doing something important. It gives me a purpose. And I just like being involved. It keeps me going."

While sometimes people have a hard time accepting help, Perry puts them at ease.

"I like to tell them they are allowing me the pleasure to know that I've made a difference in their lives, and they make a difference in mine,"



Gloria Perry uses her extra time after retirement to volunteer.

she says.

Perry encourages other folks in the community — people of any age — to consider volunteering with GVSS as well.

"There's something for everybody," she says. ■

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# A GRIMES Christmas memory

## Hayrack rides and Santa visits

Who in Grimes can remember the first Grimes Sunday Christmas Celebration? Always and still is the first Sunday in December.

Today, Nov. 1, 2022, I did visit with Peggy Main as to the year this started. She said it would be 50 years ago, which would be 1972. The reason I asked her for this information is that her husband, Breck, was on the hayrack with his two boys. Peggy said her kids still remember and talk about the hayrack rides.

When this began, farmers with their tractors, hayracks and straw took to the streets, picking up the kids and any parents who were brave enough to endure the cold ride.

This all ended up at City Hall (now Chamber and GVSS). The fire chief, Bruno, as I recall, took the fire truck to the factory so they would not freeze.

Coffee and hot chocolate were readily consumed. Santa Fred Roth was set up in a corner of the bay talking to the kids and handing out candy canes.

There was standing room only. The phone was kept busy by dads calling home to have the

wife bring winter jackets and gloves, because they knew the trip home would be on the hayrack. Breck was one as he endured the ride in a denim jacket.

At the January Recreation meeting, President Jerry Crosser stated the next Christmas would be held at the school. That was a well-received statement. So, the first year, we put out a call for mothers and others to bring a couple dozen cookies to serve with coffee and hot chocolate. Mr. Crosser was the Grimes school principal during all of this.

Mendell had collected money from the local businesses so we could have a drawing. This was the year that Cure 81 1/2 hams came out. There was just enough money to purchase nine hams. This drawing went on for a number of years. The crowd was great, with plenty of room after the previous year's location.

At the January Recreation meeting, President Jerry Crosser stated he had talked to the home economics teacher, and, if the committee would pay for the ingredients, the home economics class would bake the cookies. That was also well-received by the members.

Members also voted that, the next year, we would accept letters for a "Citizen of the Year."

The hayrack rides and other activities, as I recall, were much the same for three years, until the insurance people came into the picture. They instructed the farmers and city the hayrack rides were unacceptable. A different, more expensive policy had to be purchased. So that ended the hayrack. Then we went with a school bus for two years. Then activities were simply held the first Sunday in December with Santa at the school gym.

The last year for hayracks, Jim Boll brought in the horses and buck board wagon for Santa and Mrs. Claus to drive every street. Jim also had all of the harnesses attached with bell strips. The kids went wild on this extra added attraction. An entertaining day and a sad day to announce the insurance problem, the hayrack ride being the ultimate clincher for the Santa visit.

During these special times, the Recreation committee also came up with the "Yard Decoration Contest." They went on to honor other businesses, teachers, etc. ■

## BOOK REVIEWS

Courtesy of Beaverdale Books

### 'Kaikeyi'

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

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

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

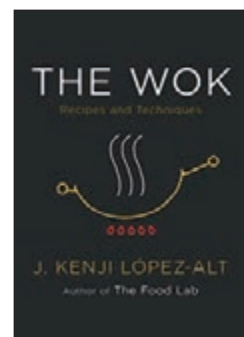


By Vaishnavi Patel  
4/26/22  
478 pages  
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### 'The Wok: Recipes and Techniques'

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

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



By J. Kenji Lopez-Alt  
3/8/22  
336 pages  
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W.W. Norton Company



## COMMUNITY

### RECORD-SETTING amount raised during event

Annual RED Dinner and Auction supports scholarships.



Attendees of the RED Dinner peruse auction items and mingle.

More than 150 members of the Dallas Center and Grimes communities attended the Dallas Center-Grimes Education Foundation's (DCGEF) fifth annual RED Dinner and Auction held on Nov. 5 at Three Sisters Barn in Dallas Center. The RED event, which is an abbreviation for "Raising Education Dollars," raised more than \$75,000, a record-setting amount for their scholarship programs.

During the RED Dinner and Auction, attendees were treated to a delicious meal, live auction, silent auction, program and entertainment. In-person attendees could bid on live auction items, while the silent auction was held online for the third year and open to any community members without a ticket who wanted to participate.

"We are extremely grateful to our local community for their support of DCG students," said Mike Wemhoff, DCGEF board president. "From donors and sponsors to attendees and our fantastic volunteers, DCGEF is making a difference for DCG students in their pursuit of higher education."

DCGEF is a 501(c)3 non-profit organization, volunteer-run, and operated separately from the Dallas Center-Grimes school district. Its mission is to support DCG students in their pursuit of higher education through financial scholarships generated in partnership with community philanthropic and fundraising initiatives.

During the program, former DCG student Tyler Willey presented his college experiences at Buena Vista University, a school he says he wouldn't have been able to attend without the financial support of the DCGEF scholarship.

"I was considering attending a local state college following high school," said Tyler. "But the RED scholarship I received from DCGEF changed everything for me. With the additional funds, I was able to go to a private school a little further from home and have had an amazing educational experience. I am so grateful to the DCG community for their support."

Last year, DCGEF awarded 120 scholarships totaling \$151,000 to the DCG class of 2022. These scholarships were a combination of DCGEF-fundraised and investment dollars and locally sponsored scholarships. Scholarships are awarded each May to the DCG graduating class.

Visit [www.dcgeducationfoundation.org](http://www.dcgeducationfoundation.org) to view a list of RED event sponsors. ■

# Happy Holidays

## FROM OUR STAFF TO YOUR FAMILY

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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 that 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 who 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). ■

Information provided by Brian Buethe, president and CEO, Grimes Chamber & Economic Development.



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## OUT & ABOUT



Grimes Chamber & Economic Development held a ribbon cutting for Simply Stella Rose, 1409 N.W. Sunset Lane, on Nov. 22.



Grimes Chamber & Economic Development held a ribbon cutting for Midwest Heritage, 221 N.E. Gateway Drive, on Nov. 9.



Grimes Chamber & Economic Development held a ribbon cutting for 2 Harts Boutique, 250 W. First St., Suite A, on Nov. 1.



Grimes Chamber & Economic Development held a ribbon cutting for Mid Iowa Gymnastics, 1500 S.E. 19th St., Suite 380, on Nov. 4.



Jay Brewer, past president of the Grimes Volunteer Support Services, was awarded a CITYVIEW Business Journal 22 from 2022 award on Nov. 3.



Brian Bueth, president and CEO of Grimes Chamber & Economic Development, was awarded a CITYVIEW Business Journal 22 from 2022 award on Nov. 3.



Ryleah Cross and Halsey Scales at the Joint Legislative Luncheon on Nov. 16.



Brian Bueth and Andrea Woodard at the Joint Legislative Luncheon on Nov. 16.



Senator Jack Whitver, Representative John Forbes, Supervisor Robert Brownell, Representative Eddie Andrews, Representative-Elect Heather Matson at the Joint Legislative Luncheon on Nov. 16.



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