

GRIMES/DALLAS CENTER

JANUARY 2023

Living

MAGAZINE



Digging Up ROOTS

Residents share their
family tree discoveries

Sabus finds rewards in volunteering

GOOD NEIGHBOR

Feta roasted salmon and tomatoes

RECIPE

Widows' group leads to lifelong friendships

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WELCOME

MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even if it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Dan Juffer

Senior Advertising Account
Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



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Digging Up ROOTS

**Residents share their
family tree discoveries**

By Ashley Rullestad

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Grimes/Dallas Center Living magazine.

Aaron Green has learned that one of his family branches stems from Russia.
Photo by Todd Rullestad

FEATURE

The human journey

Aaron Green says it is innate in all of us to seek out the generations that culminated in what we are today.

"Most haven't realized the desire yet, and still most don't know where to start. In any case, I believe it is a crucial part of the human journey to learn all we can about our ancestors. Through that process, we further understand ourselves and are able to project that into our posterity."

Green has recorded most of his discoveries on familysearch.org, but he started the work of genealogy with a process called indexing. This is the foundation of record extraction. It is often scrolling through microfiche or digging through courthouse records. It is a process of deciphering handwritten records and putting them into print. These include census records as well as birth, death and military records.

He warns that it takes a lot of work to do your own family history.

"It takes collecting stories and even the smallest of facts about everyone in your family line. It's photos, family Bibles and the exciting

journeys to cemeteries and other avenues to connect with those lines. It's also an incredible help having family assist in that ongoing work as well."

Green has learned that one of his family branches stems from Russia where a family escaped oppression by fleeing across the border at the bottom of a hay wagon. Another springs from Germany, on to the boxing rings of Chicago and even to Yankton, South Dakota. His family lines have reached to Baffin Island, Canada, and throughout the world through many of his ancestors' military service.

Ultimately, he says it has been a worthwhile journey to get to know those who have come before him.

"On a most personal note, this journey has allowed me rare opportunities to interact with those ancestors and to commune with them. Through your own diligence, you further strengthen the family bonds that span time itself. I would encourage everyone to do their own work and find your own greater purpose and value to your family and friends."

A tree of hundreds

Kendra Boatright Campbell has been working on her family tree since she was in junior high.

"There have been times in my life when I have worked on it more than others. I currently have a little over 1,500 individuals on my tree."

In 2006, she went to southern Italy to meet relatives still living in the small town where her great-grandmother was born. She has traced her family back to 1734 on her Italian side. On her English side, she can go back to 1580 in Sussex, England.

It was her paternal grandfather, Ken Boatright, who originally piqued her interest in



Kendra Campbell has traced her Italian ancestors back several generations.

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This 1908 photo includes Boatwright ancestors, front row: Ambrose Jasper, Sarah Frances and David Watson Boatwright; and, back row: Granville, Valentine and Henry Newton Boatwright. Ambrose is Kendra Campbell's great-great-grandfather.



Kendra Campbell's mom, Linda Boatright, visits her cousin, Tonina De Fazio, in Italy. Campbell's parents are also Grimes residents.

genealogy. He started his research shortly after returning from World War II.

"When he would travel, he would look up Boatrights listed in local phone books and write letters to them when he returned home. He had

lots of handwritten family information sheets that he kept in a large file cabinet in his office at his house."

At that time, her family had just purchased a computer for their home, and the Internet was

still in its infancy. Back then, Prodigy was a bunch of message boards. Campbell found one on genealogy and posted a message looking for other Boat(w)rights.

"I received a message from a man in Texas



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that had a lot of research. We exchanged addresses and promised to mail each other the information we had. Several weeks later, I received a large manila envelope with information on Boat(w)rights in Texas, Missouri and Virginia. I was able to take the information from my grandfather and match it to one person in the tree sent from the man in Texas. It was amazing to see it connect together like one big puzzle.”

Eventually, DNA technology started being used in genealogical research. When Campbell was in college, she was contacted by the same man from Texas who had mailed her family information. He was working on a large DNA project to try to connect together the Boat(w)right family, but he needed help from a male Boat(w)right descendent. Her grandfather agreed to participate, and they were able to confirm the research through the DNA results.

She started researching her mother’s line after college. Her family immigrated from Italy in the early 20th century.

“I have very fond memories of going to my great-grandparents’ home and getting lots of Italian goodies like fresh-made bread and cookies. My great-grandparents spoke Italian and lived on the south side of Des Moines where a lot of Italian immigrants lived.”

Her grandfather introduced Campbell to his cousin, Susan, who had done extensive research into her great-grandmother’s family tree. She had travelled to Italy and spent countless hours pouring over church and town records in her great-grandmother’s birthplace, Bianchi, Calabria, Italy.

She also made a connection to family that still lived in the area. Susan enthusiastically shared information and introduced Campbell to family still in Italy. She was able to visit the country during her time in law school.

“They welcomed me into their homes and showed me my great-grandmother’s childhood home, the church where she was baptized and confirmed, and the train station she left from to start her long journey to the United States. It was a magical experience to see where she grew up and to experience the Italian culture of my ancestors.”

Two years after she went to Italy, Campbell’s parents were able to go and spend time with relatives. They still keep in contact, and she hopes to visit again.

Her advice for those searching is to talk to everyone you can. Living relatives can make a



Dan Wagner’s paternal grandpa, Clay Wagner, in his Sunday meeting clothes on the family’s homestead claim in eastern Colorado.

connection for you in a matter of minutes that may take you hours of research to uncover. She also says, join an Internet search database.

“Do not hesitate to reach out to people to ask questions. I have found that most people working on their genealogy are happy to share.”

Unanswered questions

Dan Wagner started researching his family in his early years.

“When my maternal grandmother died, I listened to my uncles and aunts talking about who was related to who, and I started asking questions and writing down basic genealogical data.”

In the beginning, he asked relatives and read books about the life and descendants of past ancestors. One of the books left unanswered questions, and he ended up visiting a church in Lancaster, Pennsylvania, and found more information. Like others, it’s only been in the last 20 years that he has used web searches.

Along the way, he uncovered interesting tidbits, like an ancestor no one else was able to find. He also found a common connection between him and his wife. Joseph J. Fluery came from Germany to America around 1700. He had a number of children who Americanized their last name as Flory and Flora.

“This Joseph shows up three times in my

Genealogy Research Sources

National Archives: Resources for Genealogists

www.archives.gov/research/genealogy
Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

Find a Grave

www.findagrave.com
Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one’s memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

Ancestry

www.ancestry.com
ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world’s largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

23andMe

www.23andme.com
The focus of 23andMe, is “real science, real data and genetic insights that can help make it easier for you to take action on your health.” It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■

research. Through my mother-in-law, I am sixth cousin to my wife, while, at the same time, I am seventh cousin to my father-in-law. This makes our children seventh cousins to each other, while, through my father-in-law, they are eighth cousins to their mother.”

He also learned a Civil War battle was named for a church built on land donated by one of his ancestors.

“This is the research that I have the most personal satisfaction in accomplishing. If you want to get started, begin at yourself and work backwards. Ask questions of the oldest members of your family. Record everything you find, no matter how small.” ■

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FOUNDATION raises \$75,000 for scholarships

Record-setting amount raised during annual RED Dinner & Auction.



Officers of the Dallas Center-Grimes Education Foundation are Ryan Caddell, Lori Thomas, Tiffany Hamil and Mike Wemhoff.

More than 150 members of the Dallas Center and Grimes communities attended the Dallas Center-Grimes Education Foundation's (DCGEF) fifth annual RED Dinner & 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 & Auction, attendees were treated to a 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 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 nonprofit 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.

Learn more about DCGEF at www.dceducationfoundation.org. ■

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LEGAL

By Cynthia P. Letsch, J.D.

3 TIPS in avoiding probate

Probate: The process of identifying the rightful heirs and transferring the decedent's property to them in a way that also protects creditors' rights, involving the court system (not a legal definition).

Court involvement is needed, whether there is a will or not, if a person died owning real estate and/or assets valued at more than \$50,000. The law has not caught up with technology. The use of this public process may put your beneficiaries at risk for exploitation and/or identity theft. So, yes, avoiding probate is a wise move, but there is a right way and a wrong way to do it.



1. DO NOT add one of your children as an owner to your bank account.

If you own an account in joint tenancy with another person, that person gets the money when you die, without having to go through probate. If this is your spouse, fine. If it is not, be wary. The money becomes the asset of the other person at the time that you add his or her name. The money becomes vulnerable to that person's creditors, divorce settlement, etc. If you think you have added someone to your bank account just to sign checks, double check with the bank to make sure they did not actually give the person ownership. It happens all the time.

2. DO NOT put your child's name on your house with you.

If you put your child's name on your house, as a joint tenant, you may be creating a huge, ginormous tax issue (in addition to the same financial risks listed in Tip 1). Yes, when you die, your child gets the house without going through probate. But you may have saddled your child with tens of thousands of dollars in unexpected — and avoidable — capital gains taxes. It happens all the time.

3. DO use a revocable living trust to avoid probate.

You maintain control. You can change it anytime you want. It takes the place of a will, where you still get to say who gets your assets when you die. Your beneficiaries get the tax benefits associated with waiting until you are gone to get their inheritance, and you have protected your beneficiaries from potential exploitation or identity theft, which is becoming a more real threat. ■

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.

SCALES drawn to Grimes for myriad of reasons

Says it's all about family and community

Halsey Scales was drawn to the Grimes community three years ago, not only because her boyfriend lived there, but also because of its sense of community, small-town feel and welcoming people.

"Grimes felt like home even before I moved here," she says. "I wanted a town that my kids also felt like they belonged in. Grimes gave my family the stability I was looking for for them."

Scales and her children moved in with her boyfriend, but the house, too, felt like home even before then.

"We have three parks that are within walking distance from my house, a new splash pad being built and so many happy kids screaming in laughter running through the yards," she says. "I just knew that this was where we needed to be."

She adds that it's really the neighborhood and the people within it that make her home as special as it is.

"My favorite aspect of my home — besides my family, of course — is the people that surround us — the people who have become our tribe," Scales says. "Our kids play together, our families BBQ together, and we have even shut down the street to enjoy a block party together."

In addition to her work as director of operations for Grimes Chamber and Economic Development, Scales volunteers with Grimes Volunteer Support Services (GVSS) as a driver and has been involved with the school's booster club.

She believes that, even though Grimes is rapidly growing, the small-town feel



Halsey Scales says one of the many reasons she was glad to move to Grimes was it "felt like home" and a place where she and her kids would feel like they "belonged."

remains the same, especially because of all its community events, like Governors Days and the Chamber's Holiday Celebration.

"As you drive the roads of Grimes, you notice home driveways that support our local DCG school district, which is one of the best in the metro, not to mention all the sports that are provided for the kids, both through the

school and recreationally," Scales says. "The support that this community has for each other is like no town I've been to before, like with GVSS helping our elder generation or those who cannot drive get to their appointments, groceries or the Senior Center.

"When you think of the word 'community,' you can't help but think of Grimes." ■

BREAKING down retirement barriers

What's keeping you from retirement? Are you wondering if you have enough money saved? Are you concerned about the cost of health care? Or perhaps inflation, stock market volatility and borrowing costs make you wonder if this is the right time. Coupling these concerns with the lack of a customized, written retirement plan can make these retirement barriers unbreakable.



If you are ready to retire but unsure if you can, you can break down barriers by seeking answers to your questions. Retirement does not have to be a guessing game. A retirement planner can help you decide if you have enough saved for retirement, how you'll pay for health care, build a recession-resistant plan and more.

We do this by helping families and individuals develop a plan that breaks down the barriers, answers their questions and addresses their uncertainties. The plan addresses the six components of retirement: lifestyle, income, investment, tax, health care and legacy.

We start with a conversation about how you want to spend your time in retirement. Do you want to travel, spend the winter in Florida, or be near grandkids? Once you know how you want to spend your time, we can work on developing a plan to fund your retirement vision.

Then we can take inventory of retirement income sources — don't forget about Social Security and pensions — to create a retirement income plan. It's not just the sum of these sources that can help answer your questions; it's developing a plan to spend them and do it in a way that lowers your tax bill.


The cost of health care can feel like a big barrier to retirement, but it can't be ignored. The process includes helping you elect Medicare, make sense of the supplement choices, and develop a plan to pay for long-term care if you need it. Then there is your legacy. If your will, trust or beneficiary designations are not up to date, this can be a barrier to leaving your wealth to loved ones or charities.

When we write this all out for people, we can show them how and why they have enough money to retire, taking the uncertainty out of the next 20 or 30 years of their life. Sometimes they learn that they need to make some changes before they can retire; it's hard to hear, but better to know now than 10 years into retirement.

This could be the year to crush those retirement barriers and start living out your retirement vision. ■

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

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THE YEAR for savings

Looking for new ways to save this new year? Saving money is usually on most people's resolution list, but sometimes this is a tough goal to achieve. Start simple and make some changes at home by looking at how your HVAC system is affecting your energy bills.

Your HVAC system is the highest energy consumption appliance in your entire home, and because your energy bill is a huge portion of your monthly bills, it's important to know how to save as much as possible.

Know the efficiency of your equipment — air conditioner, furnace, heat pump, etc. The higher the efficiency, the less energy is needed to run the equipment. Older HVAC systems have poor efficiency ratings which is why you should compare that to a newer, more efficient system. New systems can have an AFUE of 95%. The long-term savings can be shocking.

What is out of sight is out of mind, but don't assume that your HVAC system is running at peak performance. As it ages, it naturally becomes less efficient. Ensure that your HVAC system is performing as it should, otherwise, this, too, can affect the amount of energy that is needed and increase your bills. Poor performing equipment can result in continuous on and off cycling and a system that is struggling to maintain your home's temperature. Regular annual maintenance is a must on your car just as much as it is for your HVAC system. Routine maintenance helps ensure that your equipment is running at peak performance and can possibly save you from costly repairs and breakdowns in the future.

Another place to check is your ductwork, doors and windows. All are notorious for leaks and can make it impossible to maintain that desired comfortable temperature in your home. Simple DIY strategies such as caulking and weather strips can fix some leaks, while others require a professional. You can go a step further and have an energy audit performed. The specialized equipment that is used in these tests will be able to pinpoint the leaks in your home.

Gradual increases on your energy bill are to be expected, but big increases are not and are an indication that something is wrong. Go into this new year with savings in mind. Just by implementing one of these energy savings tips on your New Year's resolution list will promote monthly savings. ■

Information provided by Kendel Richlen, owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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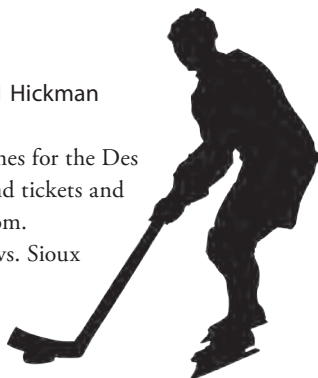
To submit calendar items for consideration, send to tammy@iowalivingmagazines.com.

Des Moines Buccaneers

Buccaneer Arena, 7201 Hickman Road, Urbandale

This month's home games for the Des Moines Buccaneers. Find tickets and details at bucshockey.com.

- Jan. 27 at 7 p.m. vs. Sioux City Musketeers
- Jan. 28 at 6 p.m. vs. Lincoln Stars



Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team.

More information at iowawild.com.

- Jan. 20 at 7 p.m. vs. Milwaukee Admirals
- Jan. 21 at noon vs. Milwaukee Admirals
- Jan. 24 at 7 p.m. vs. Rockford IceHogs
- Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds
- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds



Fire & Ice

Saturday, Jan. 21 from 1-4 p.m.

Historic Valley Junction, West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at fire-and-ice.dmcityview.com or \$30 at the door.



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Saturday, Jan. 21 at 8 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Spend your Saturday evening with the legendary Dionne Warwick, six-time Grammy award-winner known for hits such as "Don't Make Me Over," "Walk on By" and "Say a Little Prayer." Jan. 21 also marks the 100th anniversary celebration of Hoyt Sherman Place. Reserved seating is \$75, \$99, \$125, \$140 or \$250. Highest-tiered tickets include champagne and chocolate service. Learn more at hoyshtsherman.org.

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The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to zagazigshrine.org. For event information and tickets, visit iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus.



More area events

- **Jan. 27-28:** Indulge - A Wine, Cheese and Chocolate Affair, 6-9 p.m. at West End Architectural Salvage; facebook.com/IndulgeDSM
- **Jan. 31:** "Secret Life of Bears" at 7:30 p.m. Des Moines Civic Center; dmpa.org
- **Jan. 31 - Feb. 2:** Iowa Ag Expo at Iowa Events Center; iowaagexpo.com
- **Jan. 31 - Feb. 5:** "Forbidden Broadway: The Next Generation" at Temple Theater; dmpa.org
- **Feb. 1-28:** Explore Visual Black History at Forest Avenue Library; dmpl.org/events
- **Feb. 3-4:** I'll Make Me a World in Iowa, an African American Festival. Details TBA at worldiniowa.org
- **Feb. 9:** Drew Lynch stand-up comedy at 7:30 p.m. at Hoyt Sherman Place; hoyshtsherman.org

WIDOWS form group, become lifelong friends

Meetings every week since 1997

Without a doubt, fate intervened in Gloria Perry's life — kismet that led to lifelong friendships.

In 1993, Perry's husband, who was sick with cancer for four years, wished to die at home. She was 39 at the time with three teenage children. While she initially agreed, she couldn't go through with it when the time came.

The couple compromised, and her husband went to hospice at Kavanagh House, where he died a week later. It was there that Perry met Joyce Hutchinson, the director at the time, and the two became close.

Six months later, Hutchinson's own husband passed away. It wasn't until a few years later, though, that Perry and Hutchinson were chatting on the phone, and Hutchinson invited her to join a group of widows called LADOS (Life After the Death of a Spouse).

"The LADOS group would meet once a month for a support meeting but would also meet for dinner once a week," Perry explains. "The majority of people who attended LADOS were over 60 and retired."

Yet she and a few other members were younger than that and still working. They couldn't get to the restaurant before 5:30 p.m., and, by that time, the older LADOS members had finished eating and were ready to go. One evening after eating, they decided there was more to life than eating at 5 p.m. and went for a glass of wine after dinner.

The rest is history.

In February 1997, their widow's group, which they call SSENIPPAH (happiness spelled backward), met officially for the first time for a Valentine's Day dinner.

Since then, they've met every Wednesday, starting with evening gatherings and now shifting to noon meetings. The group alternates between going to restaurants and having a meal at a group member's home.

Over the years, the widow's group has shifted from grieving together to becoming more of a social group. They've done things like go on cruises and to shows at the Des Moines Playhouse, as well as take trips to far-flung places like France and Ireland.

Perry says about 50 women from around the metro are officially part of the group, but about 20 to 25 show up on a regular basis. She also believes that God has had his hand in getting everyone involved in the group, herself included.

"Each member has a unique story as to how one small moment in time put them in the right place at the right time to make their paths cross with someone already in the group," Perry says. "If I had decided to



A group of women who had lost their husbands met in 1997 (above) to support each other. They have met weekly ever since and now meet for the friendships that have formed. Below is a 2022 photo of the group.



honor my husband's wishes, or if I could have done it and had him die at home, I never would have met Joyce Hutchinson, and I never would have been involved in this group."

Perry explains that another woman became involved because she was subbing in a card group, and the next day her husband died. A woman she had played cards with was a member of the group and asked her to join. Another member joined after learning of the group from a member who was a nurse visiting her home.

"It's just amazing how one little, tiny connection, thread, has drawn us all together," Perry says. ■

RECIPE

ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.



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5 WAYS to improve your finances in 2023

With the holidays in the rear-view mirror, we all look forward to a fresh start in 2023. A new calendar year presents an opportunity to reflect on what we've accomplished in the past and focus on what we would like to improve. In this article, we will look at five ways to simplify your financial picture and provide opportunities to make 2023 the best year yet.



1. Review your budget

Having a budget is the backbone to a strong financial statement. Track your spending on fixed versus variable expenses to find ways to potentially free up cash flow.

2. Pay down debts

In 2022 we saw rate hikes that make borrowing more expensive. In 2023, look to avoid the trap of paying the minimums on what you owe and chip away at your debts from smallest to largest balance.

3. Increase your retirement contributions

The IRS increased 401(k) retirement contributions for eligible employees to \$22,500 and \$6,500 as a catch up for those over 50. Individual Retirement Accounts (IRAs) also saw an increase to \$6,500 and \$1,000 for a catch up. The new year is a great time to increase your 401(k) deferral 2-3% or to talk to us about starting your own IRA.

4. Manage your risk by reviewing your current allocations

2022 gave us a great opportunity to analyze our current risk and the potential for a market draw down. Review your allocations of stocks vs. bonds to ensure they align with your time horizon for retirement.

5. Have a financial plan

In the words of the late, great Yogi Berra, "If you don't know where you are going, you'll end up some place else." Our City State Bank Trust and Investment advisors believe this rings true regarding retirement planning. It's essential to have a vision of how you want to spend your retirement years, so we can position your assets to help meet those goals. ■

For more information, 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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Sunday: 9am and

Evening Mass time: 5pm

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RECONCILIATION

Saturday 4pm

ASSUMPTION BOOK CLUB

January 21, February 18, March 18 from 8:30am-10am

PASTORAL COUNCIL APPRECIATION DINNER

Starting January 21 after 5pm Sunday Mass

BAPTISMAL PREP CLASS January 22 at 1pm

New parents or those that haven't taken the class within the past 3 years

ADULT FAITH STUDY GROUP ON "LECTIO EUCHARIST"

Starts the week of January 16th. Mondays at 8:30am or Wednesday's at 5pm & 7pm

FAMILY CATECHESIS EVENT

February 19th Preparing for Lent after 9am Mass

ASH WEDNESDAY MASS February 22nd at 8am & 7pm

STATIONS OF THE CROSS

All Fridays during Lent season starting at 5pm. Mass to follow.

FISH FRY FRIDAY'S

Starts Friday, February 24 from 5:30-7pm dine-in or drive-thru. Free Will Donation.

EVENING PRAYER & BENEDICTION

Sundays during Lent at 4:30pm

"HAPPY HOURS"

Sunday evenings starting after 5pm Mass. This year's theme is "Do You Believe"

Pickleball: Now open on Tuesdays and Wednesdays at 9am. \$2 per day to play.



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12 HEALTHY habits to adopt in 2023

Forget New Year's resolutions. Healthful living is a 365-day process made up of small steps that can add up to a big change. Make 2023 the year you become the best you that you can be.



1. Eat more fruits and vegetables:

A diet rich in produce can help lower blood pressure, reduce the risk of heart disease and stroke and protect eye health.

2. Move more: Exercise can improve brain health, help you manage your weight and strengthen your bones and muscles. Regular physical activity can also reduce your chances of developing type 2 diabetes, heart disease or stroke.

3. Eat earlier: When researchers compared 6 p.m. dinners to 10 p.m. dinners, they found higher blood sugar levels and less fat burned overnight for the late dinners.

4. Practice gratitude: Grateful people are more likely to take better care of themselves. But practicing gratitude does more than lessen your

aches and pains; it also reduces toxic emotions and lowers stress.

5. Eat breakfast: Recent studies have shown that people who eat a hearty breakfast may burn twice as many calories as those who eat their biggest meal in the evening. Another study showed that adults with type 2 diabetes were better able to control their blood sugar by eating a high-energy meal for breakfast and a low-energy one for dinner.

6. Drink more water: You have likely heard that you should drink at least eight 8-ounce glasses of water a day. While that is a reasonable goal, the fact is each of our needs is different, based on our health, activity level and even where we live.

7. Power down: One in four Americans brings their cell phone to bed with them. Studies have shown that the blue light from devices can interfere with sleep. Power down at least an hour before bedtime.

8. Get more sleep: Not getting enough sleep is linked to increased risk of obesity, stroke, heart attacks, type 2 diabetes, depression, even Alzheimer's disease.

9. Try new things: Trying new things keeps your mind and body active. In fact, learning a new skill can lead to changes in adult brains, creating new connections between brain cells.

10. Quit smoking: The benefits once you quit smoking can be seen almost immediately. In fact, within 20 minutes of quitting, your heart rate and blood pressure will drop.

11. Build muscle: For most adults, adding strength training to their exercise plan two to three times a week can have many health benefits, especially for seniors. In addition to increasing muscle strength, strength training can preserve bone density and reduce the risk of osteoporosis.

12. Get outside: Nature has been linked to many health benefits, from lowering stress to increasing attention, even improving empathy and cooperation. From a walk in your local park to hiking in the wilderness, there is increasing evidence that nature positively impacts both our physical and mental wellbeing. ■

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

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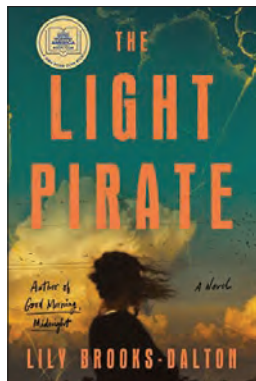
'The Light Pirate'

Change is an incredible, inevitable, potent beast, and I don't think I've ever read a piece of fiction that more aptly illustrates that point. This is an incredibly sad story that somehow manages to feel timeless and almost fairy-tale-like in its melancholy.

Wanda is named in the midst of a monstrous tragedy, and a fitting name it is — the hurricane that changed everything for her family and the entire state of Florida. Bombarded by storms and an apocalyptic change in landscape, Florida is now nearly empty and almost unlivable. Still, Wanda stays, using her lifelong skills to survive along with a rich and unique community of people determined to find life in a time of extreme chaos.

Filled with unforgettable characters, terrifying nature and a startlingly prescient message, "The Light Pirate" is a phenomenal book for anyone looking for a deep story of resilience and humanity at the extremes. ■

— Review by Julie Goodrich



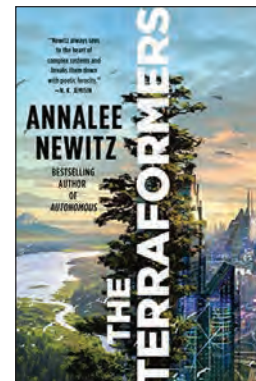
By Lily Brooks-Dalton
12/6/22
336 pages
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Grand Central Publishing

'The Terraformers'

I love sprawling epics and interconnected stories. I love character-driven sci-fi even more. To top it off, I adore everything Annalee Newitz writes. Lo and behold, I absolutely loved their newest effort, "The Terraformers," a sci-fi epic presented as three interwoven novellas that managed to feel both huge and impactful while still clearly being an intimate character study across generations.

Meet the Rangers, a group that works to protect the environment of a planet set for development by corporations that want to sell that planet as a vacation property for only the wealthiest people. It's a dirty job, literally, and creates a number of scenarios and situations that offer an eerie parallel to our current times, despite being far in the future. The ramifications of the Rangers' actions over time form the plot of the story, but there are enough wild, silly and hilarious situations and characters to carry the heavy plot with a lot of joy. By the end, I had fallen in love with Newitz's inventive, poignant writing all over again. ■

— Review by Julie Goodrich



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EDUCATION

By Ashley Rullestad

MEET Lisa Hofmann

Advocating for individual students' needs.

Lisa Hofmann started teaching in the Des Moines Public School District as a sixth-grade reading teacher and eighth-grade language arts teacher at Harding Middle School, but she has been with Dallas Center-Grimes since 2002. She now teaches special education at the high school.

"When I was in college, there was a push for teachers to either earn your early childhood endorsement or a special education endorsement. While at my first teaching position, I wasn't a special education teacher, but there were so many strategies that I used in my general education setting, it just made sense to finally apply for special education positions after I was ready to go back to teaching."

Now, Hofmann helps students in grades 9-12 who are working below grade level in the areas of reading, writing, math and behavior. This is done through a class called Instructional Methods. She also co-teaches in the general education classrooms.

"Over the last 20 years, I have co-taught in almost every core department in the building with a variety of incredibly talented teachers. Not only do I get to know more students this way, I also get to assist in developing a curriculum that best fits the needs of all students."

Every teaching job has its challenges, though. For Hofmann, one of the biggest ones is the educational system itself. Students come from a variety of backgrounds, families and issues, and there is not one way of teaching that fits them all. For Hofmann, this often means pushing the envelope as she advocates for students to help them get what they need. It may not be what the norm is, but it may be the one thing that particular student needs at that moment to be successful.

She says her biggest reward will always be when she sees students after they have graduated and sees what they have accomplished.

Funny moments happen in teaching, too, she says. One year, she had a student who ran away from the classroom when he became upset.

"I thought I saw him enter the boys restroom, which eliminated me from going in after him. I located a male teacher who went in and tried to persuade him to come out. It wasn't five minutes later that we discovered that the student that I thought was in the restroom was actually back in my classroom waiting for me."

She never did find out who was in the restroom.

When she's not at school, you'll find Hofmann spending time with her family. Currently she and her husband are building a cabin in Lake of the Woods, Ontario.

"It has been a huge project, especially after not having access to Canada for two summers due to COVID. We also have four daughters, three sons-in-law and six grandchildren who we try to keep up with on occasion, so that makes life just a bit busy." ■



Lisa Hofmann teaches the Instructional Methods class for students in grades 9-12 who are below grade level.

FITNESS

By Kammi Abrahamzon

Q: Can you spot-reduce fat?

A: I think we can all agree on how great it would be to live in a world where, if we wanted a flatter stomach, all we had to do was a couple of crunches. If we wanted thinner arms, we would be able to do a couple of exercises and have it go away. Unfortunately, our bodies are not wired that way. In a world where instant gratification is around every corner, and technology is thriving, our bodies still cannot just choose a specific area where to lose fat. Everyone is different on where they lose fat first — some in the midsection, some in the face, or even some in the glutes. For men, the body tends to start losing fat in the midsection. For women, it is usually all over the body. Women's bodies are also designed to retain fat because of childbirth and hormone balance, so it may be a little harder to lose. Use that as fuel, though. Just because we cannot get that instant gratification does not mean it is not worth it. Fat loss is a process and a lifestyle change. It is you fighting for the body you want for yourself. Fighting for that moment where you feel insanely confident in your own skin. Set a goal and hold yourself accountable or find someone to help you stay accountable. It is amazing how a little bit of consistency can go a long way. ■

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



HEALTH

By Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■

Information provided by Monica Meier, PhD, MS, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, meier@sstherapyandconsulting.com



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SABUS finds rewards in volunteering

Dedicated volunteer with GVSS, Special Olympics and more

When Andrea Sabus learned of Grimes Volunteer Support Services (GVSS) at a Grimes Chamber and Economic Development lunch in 2014, she thought what a wonderful and great service it was for the community.

"I loved how it was built just from a good place of helping people," she says. "I thought about the people in my life I don't live near and how it would be so nice to know they have access to an organization that can help them when I couldn't. I wanted to be a part of that to give other family members who may not live close peace of mind."

The next year, Sabus started driving for GVSS — something she's enjoyed doing ever since.

"I love the clients I get to drive each week," she says. "I look forward to talking with them and hearing what they have been up to week to week. You get pretty attached."

Sabus recently wrapped up five years as a board member for GVSS as well. In addition, she's volunteered with Special Olympics of Iowa for more than 20 years with one of their annual fundraisers, as well as coordinates volunteers for the organization's Summer Games in Ames. Sabus has also served on the Grimes Chamber and Economic Development Board of Directors



for the past six years.

"I have been very blessed in my life with my family, friends and good health," she says. "If I am able, I will always volunteer to give back. I like being a part of something that is bigger than me, and I think it's important to teach my children that as well."

Moreover, Sabus finds volunteering and helping others a rewarding thing to do.

"I enjoy seeing the smiles on their faces, whether it be the GVSS clients or the Special Olympics athletes," she says.

Sabus shares that GVSS is always looking for volunteers and encourages folks to check it out.

"It doesn't cost anything to volunteer in your community, but you are rewarded tenfold in smiles and thankfulness from those that you



Tim Short, Edward Jones, presents Andrea Sabus with the Good Neighbor certificate.

help," she says. "It could take just 30 minutes a week to help GVSS if you take a client to and from an appointment or to lunch at the community center.

"Grimes is a wonderful community full of great people and great businesses," she adds. "GVSS is a large part of what makes Grimes great. We would love for as many people to be a part of it and share with others in the community." ■

Do you know a Good Neighbor who deserves recognition?
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YOU DON'T have to, but ...

The calendar has flipped once again, and, so begins a month, perhaps longer, of screwing up the dates on letters, checks, etc. It sometimes takes me a while to catch on to change, even if it happens every year. I've come back around to the idea of making resolutions in the New Year — something I gave up on for a time. Usually, for me, they are a bust, as I understand they are for many. However, every once in awhile, something will stick that yields some positive results for either myself or those around me.



The concept of resolutions at the new year are far from a new trend. In fact, according to my extensive research (e.g. a quick consultation with Professor Google), the practice has been going on in some form or fashion for at least 4,000 years. Evidently, the first recorded New Year resolutions were from the ancient Babylonians, who were also the first to have New Year celebrations in general. The only caveat is that they were celebrating the new year in March instead of January. My imagination pictures Babylonians getting together and contemplating whether to go on a diet and hit the gym in the new year, save up for a new chariot, etc.

In our community, we enter the new year with great anticipation almost every year. We are blessed to be in a community in which there is something new and exciting to celebrate annually — something I personally hope will continue for a long time. This year, we have new restaurants to choose from that have recently opened or are under construction. Parents can look forward to taking their kids to the new splash pad in Waterworks Park. The entire community will be able to gather at the new Grimes Public Library. And groups from far and wide will begin to travel to Grimes to visit the Grimesplex (the largest multi-use sports turf complex in the Midwest) when it opens later this year.

If you have an interest and/or opinions about economic development in Grimes and want to become more involved, a good first step would be to engage in the community. Get to know your neighbors. Learn about the many wonderful businesses that have existed in Grimes for a long time. Better yet, get to know the people that run them. Need an introduction? Contact www.GrimesIowa.com. If we know them, we'll help make a connection.

Your resolutions don't have to center around development. Other ideas include: join a service organization, attend a sporting event, donate your time and money to a good local cause. There are more, but you get the idea. It is clear that, in Grimes, there is opportunity to fulfill many altruistic resolutions that would better you and/or those around you, but, ultimately, you don't have to. However, we hope you do. #lovegrimes ■

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

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OUT & ABOUT



Grimes Chamber and Economic Development held a ribbon cutting for Gateway Family Dental on Dec. 14.



Jami Behun and Dr. Holly Steger at the ribbon cutting for Gateway Family Dental on Dec. 14.



Katie Bloemker and Katelyn Kriegel at the ribbon cutting for Gateway Family Dental on Dec. 14.



Joelle Jameson Stills and Terri Trumbo at the ribbon cutting for Gateway Family Dental on Dec. 14.



Blair Livinghouse, Rosa Marquez and Isabelle Marquis at the ribbon cutting for Gateway Family Dental on Dec. 14.



Jay Brewer and Mike Bleskacek at the ribbon cutting for Gateway Family Dental on Dec. 14.



Madison Taiber, Nikki Mulbrook and Halsey Scales at the ribbon cutting for Gateway Family Dental on Dec. 14.



Dr. Holly Steger receives a plaque from Brian Buethe at the ribbon cutting for Gateway Family Dental on Dec. 14.



Loren Merkle, with Merkle Retirement Planning, was voted Favorite Northwest Polk County Financial Planner in the Iowa Living magazines Residents' Choice Poll.



Haley Gutschenritter, Allyson Braun and Richelle Smith at the Grimes Chamber and Economic Development after hours event hosted by Merkle Retirement Planning on Dec. 2.



Brian Buethe and Jay Mathes at the Grimes Chamber and Economic Development after hours event hosted by Merkle Retirement Planning on Dec. 2.

OUT & ABOUT



Members of the DC-G High School Singers performed at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High school on Dec. 8.



Members of the DC-G High School jazz band performed at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High school on Dec. 8.



Sandra Wiser and Cynthia Letsch at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High School on Dec. 8.



Mike Bleskacek and Greg Means at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High School on Dec. 8.



Sandy Ellis and Joan Warren at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High School on Dec. 8.



Dr. Mallori Phillips, Delaney Doremus and Emily Mullen at the Grimes Chamber and Economic Development's lunch and learn hosted by DC-G High School on Dec. 8.



DC-G varsity basketball cheerleaders Rylee Matthes-Stumbo, Arianna Freitas, Sophie Carpenter, Eliie Schmitz, Emily Romig and Grace Mernone on Nov. 30 in Adel.

CLASSIFIEDS

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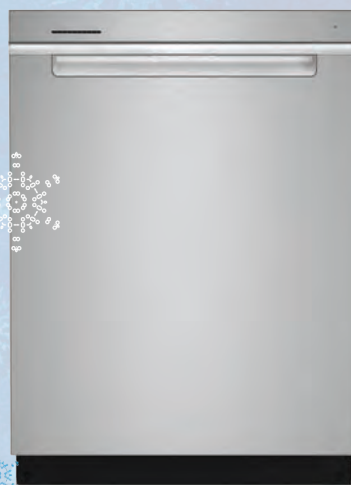
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