

GRIMES/DALLAS CENTER

MARCH 2023

Living

MAGAZINE

IN THEIR FOOTSTEPS

**Residents share how they
were inspired to follow a
loved one's path**

Jalapeño sweet potato chowder

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Oolman gets his inspiration from his dad

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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■

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IN THEIR FOOTSTEPS

**Residents share how they
were inspired to follow a
loved one's path**

By Ashley Rullestad

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Jorie Kruger grew up watching her grandfather — then working with him — as he pursued his passion for woodworking. She now is an accomplished woodworker in her own right. Photo by Todd Rullestad

The magic of making

Jorie Kruger credits her love of woodworking to the tutelage and assistance she received from her grandfather as she grew up.

"Growing up, some summer days, my brother and I would accompany my grandpa to job sites. He worked finish carpentry at the time, so I would just marvel at the process and try to envision what it would look like finished."

Her love of building grew thanks to her middle school technical education teacher. (She still has the matching side tables she and her brother made 20 and 23 years ago in eighth grade.)

At 16, Kruger was upgrading her bedroom and found a bed from Pottery Barn that she loved. It was \$3,000 and not in the budget, so she went to her grandpa, and they made it together. From there she was hooked — and she still has the bed. Kruger started making stuff for her first apartment, then hobby items like a recycled table made out of an old door in college. She just kept creating and did so more often after friends started asking her to do

projects for them.

For Kruger, some of her favorite memories are of times spent with her grandfather working in his shop. He had every tool imaginable, so most of her learning and creating happened there. He encouraged her, as a woman born of a different generation. Her grandfather trusted her, and, eventually, she was making custom commissioned pieces, and he would just sit and chat while she worked.

They did butt heads sometimes. In fact, once she banned him from his own shop because he wouldn't trust her on her first commissioned piece, and he wanted to change the design.

"The table turned out stunning, and the functionality worked much better than he thought. When it was done, the look on his face was beyond the best feeling I've ever had in this world."

Kruger created her own shop in her home for a short period of time. Then, two years ago, her grandfather passed away. She simultaneously filed for divorce and moved her business back into his shop, and she also started

undertaking historic restoration projects.

"The work I do now, I wish he could see. I definitely felt guided by him. I am learning so much and doing more of the stuff he did through his professional career. I always remember him being able to fix or make anything. If Grandma wanted a desk or some built-ins or a pantry, Grandpa built it. He was the smartest man I knew. He took wood and made it into amazing things, and that was magic to me."

The magic appears to run in the family, as Kruger has two cousins who are skilled in building. One is a construction manager, and the other has a fencing business and farms.

As a lifelong Grimes resident, Kruger is now introducing woodworking to her daughter.

"I actually bring my daughter to the shop often and let her help and learn. She does love the creation process."

Art through generations

Reiko Uchytıl's parents, Steve and Miky Cunningham, began Cunningham Pottery in 1980 and worked as independent artists

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traveling the United States, exhibiting their work in galleries and juried art shows. Uchytíl's father, who studied under Dean Schwarz, taught high school art at Valley High School for 10 years and wanted to explore his own body of work through ceramics. The couple set up their first studio in a garage on the east side of Des Moines and, eight years later, built a new home and studio in West Des Moines.

"As a teen, I did not see art as my career. I studied physiology and psych at Iowa. But, when it came to graduate work, I knew it wasn't for me, and I was happy I still had art as an outlet."

After years of enjoying helping her folks, Uchytíl's mother suggested she apply to the Des Moines Arts Festival's emerging artist program the year she was graduating college. She was accepted — and that was the turning point.

"I took a deep dive down the rabbit hole searching for my voice. The studio was always there as a creative outlet. (My parents) always encouraged me to create in any medium, but I love how organic and



Reiko Uchytíl says her favorite medium for art is clay, and she uses a variety of techniques to create the pieces she makes.

grounding clay is."

Her current predominant processes are achieved through sgraffito and mishima. Sgraffito is "a form of decoration made by scratching through a surface to reveal a lower layer of a contrasting color, typically done in



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slip-on ceramics before firing.”

Mishima is “a technique of inlaying slip, underglaze, or even clay into a contrasting clay body.” Uchytel favors the bold graphicness of the black and white finish and tops it off by adding a pop of color. Mishima allows for extremely fine, intricate design work with hard, sharp edges that can be difficult to achieve in any other way.

Being an independent artist and entrepreneur has both its positives and challenges. Uchytel worked multiple jobs for years until she took the step to focus all her energy in one direction. She has been a full-time artist since 2016. Now she travels throughout the United States, sharing her art and experiencing everything the lifestyle can offer. Her goal is to continuously create throughout her life.

“My folks’ passion that art is for everyone resonated with me. The whole art community feels like a big family. You love to bond over shared experiences and crazy stories from weather, being on the road and just learning about the diversity of backgrounds that art brings together.”

Uchytel isn’t the only artist in the family. Her sister is a mixed-media artist, and her brother has talent but is currently pursuing a career in the Air Force. Uchytel’s husband is also skilled in graphic design, photography and woodworking.

“As a whole family, we enjoy all forms of art. We all mostly practice visual arts but enjoy music and the performing arts.”

Grandma’s legacy

Chad Cline started Mema’s Italian Grinders in Grimes after seeing the love and legacy his grandma shared with her customers in Newton.

“She was the matriarch of our family, and she started a pizzeria in my hometown in Newton in 1959 called The Pizza House. It was of the first woman-owned businesses in Newton and one of the first that offered pizza delivery in central Iowa.”

Cline started working at the shop when he was only 7 years old, learning how to count change and take orders. As an adult, he started his own career in information technology, and, though he and his wife talked about opening up their own restaurant, that was mostly just a

fantasy for many years. That is, until 2019.


It was then when Cline decided to have a custom food truck built to see if he could get into that field. He figured he’d run the truck on weekends and enjoy some live music and a bit of extra income.

“What I found was there was a very large desire for food trucks in Des Moines, and we were doing a sales volume out of a food truck that most people don’t do in brick-and-mortar shops. We started that in 2019 and ran it through 2021.”

Because of the food truck, they were able to operate through COVID, and their locations in Grimes brought them great success. Cline was ready to take the jump to a brick-and-mortar shop, and he knew he wanted to do it in Grimes.

“Grimes felt like my hometown of Newton. I knew I’d be able to get to know customers like my grandma did. She was known. If you were having a hard time, and you needed food on a plate, you just came and got it. And pay her next week; it’s no big deal. She had that level of service that people don’t offer these days.”

They looked at a few locations but didn’t



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FEATURE



Chad Cline's grandmother inspired him to enter the food industry and launch a food truck, which is now named Mema's Italian Grinders.

find one that offered dine-in service at the time they wanted to open shop. They hope to be able to offer dine-in service in the future.

The goal is now to earn the business of the people of Grimes and expand with dine-in seating. Cline has been open for 18 months, and they recently added pizzas to their menu — just like Grandma used to do.

"The lessons I learned from my grandma and working at the pizzeria, I have applied to my life in many areas. Her No. 1 component was the human element. She didn't want a chain. She didn't worry about just making money. She wanted to offer great food and a family place to be, and the rest will fall into place."

Cline feels the same way. He's there to serve his customers and to give them the best product he can. He hopes maybe someday his own girls, now 12 and 7, will work at Mema's.

"They think it's pretty cool that Dad runs a restaurant. When they walk in, they know how much I value my staff and my customers, and they see that. I'm instilling the same lessons my grandmother taught me more than 30 years ago. I have an opportunity to offer my girls something that brought me so much joy as a kid." ■

FIXED Income update

Back in June, we wrote about whether Fixed Income would benefit from rising rates. At that time, the Federal Reserve had hiked rates three times and taken the Fed Funds rate from 0% to 1.75%. Since then, we have seen an additional five hikes, taking the Fed Funds rate up near 4.75%.

When will it stop? The truth is no one really knows. As the market tries to price in the expectation of future rate hikes or drops, the Fed continues to tell us that they are data dependent. The unemployment numbers that came out in January were better than expected. We are likely going to be experiencing some pain in this area at some point for the Fed to feel like they are slowing inflation. Current market projections are showing that we have two more quarter point hikes in 2023. Albeit, this is a much slower pace than in 2022. In June of 2022, the expectation was for the Fed to get to 3.4%, and we have flown by that target. Will we get a surprise inflation number moving to the downside in 2023 or will rates just continue to move higher?

What does this all mean for Fixed Income investors in 2023 and beyond? At current levels, bonds appear closer to what would be considered fair value. Short-term bonds may offer more protection for



bond investors who do not have the appetite for the risk of future rate hikes. They also offer a much better yield than just one year ago.

Many economists believe that the impact of rate hikes isn't truly seen for 12-18 months after the hike. So, it is certainly plausible that the Fed will have to reverse course as the economy slows. Investors willing to take on more risk may want to own some longer-term debt that will benefit if the Fed has to reverse course and cut rates in the future.

A couple things to consider:

- Rates up isn't all bad. As bonds mature or new dollars are invested, they are invested at a better rate.
- Bonds revert back to the mean. Bonds lose value when rates move higher. But bonds mature, and, as they get closer to maturing, the price does come back. ■

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LEGAL

By Cynthia P. Letsch, J.D.

UGMA, UTMA, Ugh!

Anyone wishing to sock away some money for a child has a lot of options and decisions to make. The key to making good decisions is defining your goals: 1) are you concerned about receiving a tax benefit for making the gift; 2) do you want the gift to be permanent (meaning you cannot change your mind and get it back later); 3) under what circumstances can the minor take distributions from the account; 4) are you concerned that the account will affect the child's eligibility for federal college funding options; and 5) who is going to be in charge of managing the assets that are being held (and who will take over if that person cannot continue to be in charge)?

Additionally, you will need to decide what types of assets you intend to gift: cash; non-qualified investments; real estate; shares in a family-owned business; personal property with significant value such as classic cars, artwork, coin collections, etc.?

After you have thoroughly vetted your goals and discussed funding options, then you can learn which planning options meet your goals. UGMA is the Uniform Gifts to Minors Act. It provides for transfers of cash or cash/securities investments, insurance policies to your child and is irrevocable, but can affect your child's eligibility for financial aid. UTMA is the Uniform Transfer to Minors Act. It provides for the same types of transfers as the UGMA but expands to real estate, personal tangible property, etc. With both the UGMA and the UTMA, the beneficiary is entitled to full distribution at age 21, which is younger than most college graduates. Typically, the person in charge of the money is a family member.

UGMA and UTMA accounts can be established at a financial institution, without the need for a formal trust document that spells out the circumstances under which distribution can be made, contingency planning for the event that the beneficiary becomes disabled, and instructions on who should take over if the person in charge is disabled, dies, or is behaving in a nefarious way. By now you should be thinking, "Well, aren't those things important, too?" Yes, they are very important. A trust specifically designed to meet your goals and objectives is the more appropriate way to set aside money for a minor. Get education and advice from a knowledgeable estate-planning attorney before deciding on an UGMA, UTMA, or 529 plan as a means to shift assets to your children. ■

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.



GRIMES is perfect fit for Cavanaughs

Backyard nature offers sense of privacy.

Whitney Cavanaugh has lived in Grimes since August 2011, when she moved to town because her boyfriend (now husband), Brandon Cavanaugh, was taking over Stevie C's, a long-time Grimes establishment, from his father. She previously lived in Iowa City where she was going to school and working at Mercy Hospital.

The couple purchased their lot in 2014 from KRM and built their home customized to what they wanted.

"I was newly pregnant and knew we didn't want to have a newborn in the rental that we were at," Cavanaugh explains. "It took forever to find the lot to build on, and we made the decision based off the creek, trees and walking area behind our house. We wanted the easy access that was out our back yard right on the walking path and to still have the privacy of having no neighbors behind us."

The Cavanaugh's home is a ranch that includes an in-ground pool outside, which, during the pandemic was a "lifesaver with kids," she says.

"The trees make it very beautiful to look at from my deck while having coffee in the morning during the summer," Cavanaugh adds.

She is also glad her kids have friends who live nearby that they can play with and that Grimes in general has a small-town feel with big-city amenities.

"I love that everybody knows everybody in some shape or form in the Grimes community," Cavanaugh says. "I love that my commute from work to home is within a couple of miles. I love the walking paths all through the town and easy access to them. Having a small business in the town where you live and where your kids go to school makes it that much more fun, easy and exciting to be a part of the community and to help out."

Cavanaugh herself owns a medical spa called The Aesthetic Bank in town. She's also involved in some fundraisers for the school district's Booster Club and tries to be part of as many small business events as

she can.

"With that in mind, I have done the Governors Days Parade and a lot of Sip and Shops with other female-owned small businesses in the area," she shares.

Ultimately, for Whitney and Brandon, living in Grimes is nothing but the perfect fit for them and their family. ■



Whitney and Brandon Cavanaugh and their children enjoy their home's location and nearby amenities.

NEW LAWS allow you to save more for retirement

Recently, lawmakers passed a massive bill with more than 90 retirement provisions called SECURE Act 2.0. Some changes, like the RMD age increasing to 73 (from 72), went into effect on Jan. 1, 2023. Other provisions will be phased in over the next few years, including the ability to save more money for retirement in the form of a catch-up contribution.

A catch-up contribution is a type of retirement contribution that allows those 50 and older to put additional money into most employer-sponsored plans and IRAs.

In 2023, anyone eligible can contribute up to \$6,500 to an IRA or \$22,500 to a 401(k). If you are 50 or older, you can put an additional \$1,000 into an IRA and an additional \$7,500 in an employer-sponsored plan like a 401(k) or 403(b). This brings the catch-up contributions to a total of \$7,500 and \$30,000, respectively.

That \$1,000 IRA catch-up limit has been the same for several years. With the passing of SECURE Act 2.0, starting in 2024, that amount will be adjusted for inflation annually in \$100 increments. It's not much, but the inflation adjustment will move that catch-up number above \$1,000



and allow for a slow increase of the limit.

There will be a "special" catch-up contribution starting in 2025. Those age 60-63 can put even more money into their employer-sponsored plans. The formula for determining how much you can contribute is a little convoluted. The "special" catch-up contribution limit is the greater of \$10,000 or 150% of that standard catch-up amount for the previous year.

For some, catch-up contributions are a great way to save and invest more money for retirement. These decisions must be made as part of a comprehensive retirement plan that takes into consideration all your other sources of income, your investments, your tax plan and, most importantly, your retirement vision.

The strategy that is right for your neighbor or co-worker may not be right for you. This mantra applies to many retirement decisions, including catch-up contributions, Social Security, Medicare and more. We help families and individuals understand the rules and take advantage of strategies that will help them live out their 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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HVAC spring cleaning

Warmer days are coming soon, yet, sometimes not soon enough. But, it's safe to say that the bitter cold is appearing farther in our rearview mirrors, and, as we look ahead to warm days, it's important to prepare your system for the warmer months ahead. Here are some things you can do in the spring before switching off the heater and turning on your air conditioner.



Change the air filter

As the seasons change, it's a good time to change your air filter. You should be changing your air filter about every 90 days or as often as the package directs. Some air filters suggest changing the filter in as little as 30 days. Starting your system with a dirty filter can drastically reduce the efficiency of your system, making it harder for your system to operate, increasing your energy bills and putting unnecessary stress on your system. You will also want to remove loose debris from around your system. The best way to do this is by manually clearing any big objects around your system and using a low-pressure hose to remove any remaining debris. A clean unit is an efficient one and can last for a longer period of time. That's money that you'll save on your monthly energy costs and in the long-term.

Clean the vents

Spring is a great time to clean your air vents and grilles. Air vents can oftentimes be forgotten about, but they are just as important as your system. Make sure that each vent is open so air can move freely throughout your home. Also make sure that furniture, rugs and curtains aren't blocking your vents. Blocking your vents can restrict airflow and lead to your home conditioning at an uneven temperature. To clean your air vents, remove the grilles and soak them in warm water and soap. While they are soaking, vacuum out any particles, dust or pet hair that has accumulated during the winter. Then simply dry off the grilles and replace them.

Adjust the thermostat

If you have a programmable thermostat, it is a great idea to set up a new schedule since the weather is changing. If you don't already have a programmable thermostat, it is highly recommended. It not only provides optimal comfort but saves energy, which saves you money.

Most importantly, schedule your annual maintenance. After your equipment is maintained, you'll have peace of mind realizing your system is well prepared to provide worry-free air — even on the hottest days. ■

Information provided by Kendel Richlen, owner,
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EDUCATION

By Ashley Rullestad

SERVICE learning provides valuable experience

Projects designed to benefit others

Students at Oak View, the building that serves seventh and eighth graders, are hard at work during their service learning unit. The goal of service learning, which is something the district has been doing for the last several years, is to educate students while providing services to those around them in the community.



Elmer Foster, physics teacher and superintendent of Dallas Center, created the first score clock used in a high school game in 1934.

“The service component deals with educating our school, school board and community,” says Joel Rankin, who teaches eighth-grade history. “Kids write letters, do presentations and interviews then share with the community. It’s a powerful experience for our students as they strive to make their building and community a better place.”

Each teacher at Oak View presents a topic for students to focus on. Students narrow down their top three choices and focus on one of them. Rankin’s topic is History in Our Community, something that’s interesting and local for students but not a typical part of the curriculum for middle schoolers.

“We are focusing on a few stories regarding the past. Dallas Center is the home of the first score clocks ever used in U.S. high schools. It is a story of Elmer Foster, physics teacher and superintendent of Dallas Center, that created this invention in 1934 after a controversial game. Dallas County also was home to the Underground Railroad during the 1850s. We have researched citizens involved in the harboring of slaves, helping them get to safety as they sought refuge from the Fugitive Slave Act.”

Students have also participated in the following projects:

- Oak View Survival Guide – Helping new students transition to the building.
- Songs for Teachers – Serenading Oak View teachers.
- Crafts for Kids – Students creating crafts for students at the Ronald McDonald House.
- Newscast – Documenting Service Learning for Oak View communication.
- Maker’s Space Technology – Creating “how to” videos in Maker’s Space.



Students work on a project for their service learning unit.

- So You Want to Be an Author? – Writing authentic pieces after discussions with community members and students.
- Valentines for Kennybrook – Designing Valentine's Day crafts for Kennybrook residents.
- Raising Awareness of World Issues – World Peace Day awareness at Oak View.
- Creating Lifelong Friendships and Acceptance – Creating art for Kennybrook residents and holding a grandparent breakfast.
- Game Explainers – Creating directions for students to use while playing card and dice games at Oak View.
- The Book Reporters – Designing book reviews for fellow students.
- DCG Game Day – Organizing a field day for DCG students with special needs.
- School Garden – Planting an herb garden while learning how to prepare fresh foods.
- Pollinator Garden – Preparing seedlings to grow in a garden at Oak View.
- Comfort Care – Students will raise funds and supplies to stock bathrooms with feminine hygiene products.
- Youth Shelter Donations – Helping to support youth in the central Iowa area.
- Giant Jenga and Bag Boards – Students create a Jenga game with positive messages on them.
- Animal Rescue League – Students are creating Valentine's Day cards for volunteers at the Animal Rescue League along with making toys for the dogs and cats in the shelter.
- Clothing Closet in Waukee – Gathering new or barely used brand name clothes to donate to the clothing closet.
- Oak View: You Belong Here – Finding new and creative ways to make sure students feel a sense of belonging at Oak View. ■

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FITNESS

By Kammi Abrahamzon

Q: Is there more than one way?

A: It does not have to be so complicated. Whether it is losing weight or gaining muscle, we have all at some point Googled how to achieve our goals. We are immediately hit with so many different viewpoints and conflicting words of advice. Now, even though they are trying to have the same output, all of those viewpoints can be confusing.

You commonly hear that the quickest way to lose weight is to do cardio, but do not forget that increasing your muscle mass also increases your metabolism, which in turn helps you lose weight. Similarly, if you want a six pack, do a bunch of crunches and sit ups, but do not forget that abs are made in the kitchen. We have always known to go to 90 degrees with all of our lifts, but recently some trainers are saying that is not good, and we should stop right before hitting 90. What are you supposed to believe? It can be confusing when you are just starting to figure out the best way to go about achieving your goals. I do not blame you. Especially with all of the forms of social media nowadays, it can be insanely hard to get a straight answer.

My answer to you would be this: Keep it simple. Do not try to over complicate it, especially right from the start. Give yourself some breathing room. Start off slow. Exercise is not a one-size-fits-all kind of situation. Every person and body is different. Some people are just built to gain muscle more quickly than normal, and some people just naturally lose weight more quickly. Is it fair? No, but nobody is built the same. You have to find a method that works for you, whether that be getting into spinning, weight lifting, running, etc. It needs to be something you enjoy and that you can see yourself doing long term. The same runs true for nutrition. Eighty percent of the time, just be mindful of what you are eating. The other 20%, it is OK to stray a bit. The more you enjoy it, the more consistent you will be.

Even though fitness topics can be controversial, one thing will always reign true: Consistency is key. Just keep showing up and putting in the work, and it will pay off. If you miss a day, so what? Just start again the next day. It is not the end of the world. It does not have to be so complicated. All you have to do is start. ■

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



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EVENTS IN THE AREA

Be sure to check for cancellations.

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

The Expo

Tuesday, March 21, 4:30-6:30 p.m.
Meadow's Gymnasium, 2555 W.
First St., Grimes

Enjoy a walk around the Meadows Gym and check out some local businesses and what they have to offer at this year's Expo. The event is free to attend. Kids are welcome and activities will be available for them.

Hoops and Hops

March 16-18

Cowles Commons, 221 Walnut St.,
Des Moines

Celebrate the NCAA Tournament at the Sixth Annual Hoops and Hops downtown. Large screens will be set up in a heated tent, with beverages from the Iowa Craft Beer Tent and local eats from multiple food trucks. Want to get in on the action?

Two basketball courts will be set up. The event is free and runs 10 a.m. to 10 p.m. each day. Fans are encouraged to sport team colors and bring chairs (no outside food and drink). Details at dmpa.org.



DSM Book Festival

Saturday, March 25

Capital Square, 400 Locust St., Des Moines

The DSM Book Festival connects book lovers with local and nationally acclaimed authors, fellow enthusiasts, nonprofits and entertainment. Headlining authors include Chris Bohjalian ("The Flight Attendant"), Sequoia Nagamatsu ("How High We Go in the Dark") and others. More details are at dsmpartnership.com/dsmbookfestival.

Grimes Community Hunger Fight

April 15

Grimes Methodist Church, 801 W. First St.

This year, the 11th Annual Grimes Hunger Fight will take place on April 14 (students) and April 15 (everyone). This is a Meals from the Heartland packaging event, and the public is invited to participate. In the past 10 years, more than 3,600 volunteers have come together to package more than 600,000 meals. You can participate this year by donating funds and/or helping package meals on the 15th. The goal is to package 60,000 meals. Donations determine how many meals will be packaged. Each meal costs less than a postage stamp, just 25 cents. In order to package 60,000 meals, \$15,000 must be raised. A donation in any amount will help feed a starving child.

Registration for packaging on Saturday, April 15 is now open at community.mealsfromtheheartland.org/GrimesHungerFight. Donations can also be made at that link.



St. Patrick's Day Parade

Friday, March 17, at noon

Downtown Des Moines

It's that time of year again. Dig out your greenest attire and get ready to feel lucky, thanks to The Friendly Sons of St. Patrick of Central Iowa's highly anticipated annual event. The parade begins at noon and runs along Grand Avenue and 15th Street in the Western Gateway district. Participant registration and the parade route may be found at www.friendlysonsiowa.com/Parade/parade.htm.



Gather flags for retirement

Spring clean-up

Johnston/Grimes Fire Department on Merle Hay Road

When doing your spring cleaning, gather any old flags you have and take them to the drop box behind the Johnston/Grimes Fire Department on Merle Hay Road. Boy Scout Troop 44 takes care of the retired flags and will burn them appropriately at a ceremony near Flag Day in June.

Harlem Globetrotters

Tuesday, March 21 at 7 p.m.

Wells Fargo Arena, 223 Center St., Des Moines

Not your average basketball players, the Globetrotters are bringing their crazy tricks and legendary athleticism to Des Moines during their 2023 World Tour. Bring the whole family for a high-energy experience and a nonstop great time. Tickets at www.iowaeventscenter.com/events.



Botanical Blues

Sundays, through March

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Enjoy this winter concert series at the Greater Des Moines Botanical Garden. For more information, visit dmbotanicalgarden.com.

EVENTS IN THE AREA

Be sure to check for cancellations.

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

Learn on Saturdays

Saturdays, through March, 10:30 a.m. to 12:30 p.m.
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. For more information, visit dmbotanicalgarden.com.



GDMCB Concert

Sunday, April 16, 2 p.m.
Perry Fine Arts Center, 1200 18th St., Perry

Greater Des Moines Community Band presents Celebrating and Connecting Thru Music. Director Christa Miller and Assistant Director Carl Johnson will be joined by guest directors Steve Cook and Jay Nugent.

Elks Pancake Breakfast Buffet, Bake Sale, and the Easter Bunny

Sunday, April 2, 8 a.m. to noon
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. This is the first Sunday of the month as the Lodge will be closed on Easter, the second Sunday. The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support the Hoop Shoot Program, other youth activities and veteran support activities. ■



WDM Elks Spring Style Show

Saturday, April 29
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

Funds raised will benefit Clive Community Services (Food Pantry and Clothes Closet). Attendees are asked to bring one or more non-perishable items. Tickets are \$12 each or reserve a table for eight for \$110. Doors open at 10 a.m. with a soup and salad lunch at noon and the style show at 1 p.m. featuring Cindy's Boutique. Enjoy visiting vendors. Door prizes will be available. For more information about the show or being a vendor, contact Roxanne Ludwig, 515-778-7711.



Gary's Ride

Waukee Racoon River Valley Trailhead
Saturday, May 20

Gary's Ride is a fundraiser for MercyOne Richard Deming Cancer Center for terminal brain cancer patients. Riders and non-riders are invited to the celebration at The Handlebar Restaurant in Dallas Center. It will feature great food and entertainment for the whole family. For more information and to register, visit garysrideiowa.org.

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VARSITY BOYS TRACK

| DATE | TIME | OPPONENT | LOCATION |
|-----------|---------|-------------------|-------------------------|
| March 23 | 4:00PM | Multiple Schools | Bear Athletic Center |
| March 30 | 4:00PM | Multiple Schools | Waukee High School |
| April 1 | 11:15AM | Multiple Schools | DCG High School |
| April 4 | 4:30PM | Multiple Schools | A-D-M, Adel |
| April 6 | 4:30PM | Multiple Schools | Indianola Stadium |
| April 10 | 4:30PM | Multiple Schools | Norwalk High School |
| April 15 | 8:30AM | Jim Duncan Invite | DCG Stadium |
| April 25 | 4:30PM | Multiple Schools | Northview Middle School |
| Apr 27-29 | TBD | Drake Relays | Drake Stadium |

VARSITY GIRLS GOLF

| DATE | TIME | OPPONENT | LOCATION |
|----------|---------|------------------|------------------------------|
| March 30 | 4:00PM | Saydel Community | Beaver Creek Golf Course |
| April 6 | 3:30PM | Multiple Schools | Westwood Golf Course-Newton |
| April 10 | 12:00PM | Multiple Schools | Briarwood Golf Course |
| April 13 | 4:15PM | Multiple Schools | Newton - Woodland Park |
| April 17 | 10:00AM | Multiple Schools | Willow Creek Golf Course |
| April 18 | 4:15PM | Multiple Schools | Beaver Creek Golf Course |
| April 20 | 9:00AM | Multiple Schools | Otter Creek Golf Course |
| April 24 | 10:00AM | Ames | Veenker Memorial Golf Course |
| April 27 | 10:00AM | Multiple Schools | Elmwood Country Club |
| May 2 | 1:00PM | Multiple Schools | Grinnell Country Club |
| May 4 | 9:00AM | Multiple Schools | Copper Creek Golf Course |
| May 11 | 2:30PM | Multiple Schools | Beaver Creek Golf Course |

VARSITY GIRLS TRACK

| DATE | TIME | OPPONENT | LOCATION |
|-------------|---------|-------------------|----------------------------------|
| March 23 | 4:00PM | Multiple Schools | Bear Athletic Center |
| March 28 | 4:30PM | Waukee | Waukee High School |
| April 1 | 11:15AM | Multiple Schools | Dallas Center-Grimes High School |
| April 4 | 4:30PM | Multiple Schools | A-D-M, Adel |
| April 10 | 4:30PM | Multiple Schools | Norwalk High School |
| April 13 | 4:00PM | Multiple Schools | Waukee Northwest High School |
| April 15 | 8:30AM | Jim Duncan Invite | Drake Stadium |
| April 18 | 4:30PM | Multiple Schools | DCG Stadium |
| April 20 | 4:30PM | Multiple Schools | Ankeny Stadium |
| April 25 | 4:30PM | Multiple Schools | A-D-M, Adel |
| April 27-29 | TBD | Drake Relays | Drake Stadium |
| May 4 | 4:30PM | Multiple Schools | Norwalk High School |

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VARSITY BOYS SOCCER

| DATE | TIME | OPPONENT | LOCATION |
|----------|---------|------------------|-----------------------------------|
| March 28 | 7:30PM | Johnston | DCG Stadium |
| April 4 | 7:00PM | Oskaloosa | DCG Stadium |
| April 6 | 7:30PM | Dowling Catholic | DCG Stadium |
| April 11 | 5:30PM | Pella | DCG Stadium |
| April 14 | 7:00PM | ADM | ADM High School |
| April 15 | 10:00AM | Multiple Schools | Cedar Valley Soccer Complex |
| April 18 | 5:30PM | Pella Christian | Pella Christian |
| April 20 | 7:00PM | Nevada | SCORE Recreation Athletic Complex |
| April 22 | 9:00AM | Multiple Schools | Kingston Stadium |
| April 24 | 7:00PM | Grinnell | Grinnell High School |
| April 27 | 7:00PM | Indianola | Indianola Middle School |
| April 28 | 7:30PM | WDM Valley | Valley Stadium |
| May 1 | 7:30PM | Norwalk | DCG Stadium |
| May 4 | 7:00PM | Gilbert | Gilbert High School |
| May 9 | 7:00PM | Newton | DCG Stadium |

VARSITY GIRLS SOCCER

| DATE | TIME | OPPONENT | LOCATION |
|----------|---------|------------------|----------------------------------|
| March 24 | 5:00PM | Multiple Schools | Ankeny High School |
| March 28 | 6:00PM | Johnston | DCG Stadium |
| April 1 | 10:00AM | Thomas Jefferson | Gale Wickersham Athletic Complex |
| April 4 | 7:00PM | Oskaloosa | Oskaloosa High School |
| April 6 | 6:00PM | Dowling Catholic | DCG Stadium |
| April 11 | 7:00PM | Pella | Pella High School |
| April 13 | 7:00PM | ADM | DCG Stadium |
| April 17 | 5:30PM | Pella Christian | DCG Stadium |
| April 24 | 7:00PM | Winterset | DCG Stadium |
| April 25 | 5:30PM | Grinnell | DCG Stadium |
| April 29 | 9:00AM | Multiple Schools | Urbandale High School |
| May 2 | 7:00PM | Norwalk | Norwalk Warrior Stadium |
| May 5 | 7:00PM | Bondurant-Farrar | Bondurant-Farrar High School |
| May 9 | 7:00PM | Newton | Newton High School |
| May 12 | 7:30PM | Gilbert | DCG Stadium |
| May 16 | 7:00PM | Indianola | DCG Stadium |

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ARE YOUR medications causing nutrient deficiencies?

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



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

Hair. Vitamin C, zinc or iron deficiencies can damage your hair follicles, as can a diet insufficient in protein or essential fatty acids, resulting in dry, brittle or thinning hair.

Skin. Healthy-looking skin requires vitamins A, C and D as well as antioxidants.

Teeth and gums. Calcium is vital for bone strength while vitamin C can help heal swollen and bleeding gums.

Weight. If you experience unexplained weight loss or gain, your diet may be lacking in

vital nutrients.

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

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

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

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

Are your prescriptions to blame?

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

Statins. These cholesterol-lowering drugs can inhibit the production of coenzyme Q10 (CoQ10).

Acid reflux and heartburn medicines.

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

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

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

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

Metformin. A common drug used by diabetics can reduce levels of folic acid and vitamin B12.

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

If you are aware of the potential risks, you can avoid complications by taking supplements. Talk to your doctor and your pharmacist about nutrient depletion. Before reaching for the nearest supplement, ask your pharmacist which ones might best benefit you. ■

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

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ACTINIC keratosis: Know skin cancer warning signs

Spring is almost here with more outdoor activities and increased sun exposure. That means it's a good time to check your skin for any moles or spots that have changed in size, shape or color. Early detection of skin cancer is critical. It's also important to be aware of spots that may become skin cancer in the future, like actinic keratosis (AK).

Did you know?

Around 58 million Americans have one of more actinic keratoses.¹

What is an AK?

AKs are a common skin growth. They form on skin damaged from long-term exposure to ultraviolet (UV) rays from the sun and/or indoor tanning. AKs are considered precancerous, but, if left untreated, a small percentage of them will develop into squamous cell carcinoma — a common and sometimes invasive form of skin cancer.

What do they look like?

Many appear as small dry, scaly patches of skin.

They can be red, pink, tan, silvery or flesh colored. Some are raised bumps that have a sandpaper texture. Sizes can vary from a small spot to an inch in diameter. AKs can also form in groups and cover a large area of skin.

Where do they appear?

AKs are frequently seen on areas that have the most sun exposure like the face, ears, scalp, shoulders, neck and the back of the hands and forearms.

Risk factors

The most common risk factors are people with fair skin, blonde or red hair, and blue or green eyes. AKs are caused by the accumulation of sun exposure over a long time, so people over 55 years old and especially those who work or exercise outdoors are at a higher risk.

Treatment options

Surgical options include cryotherapy (freezing tissue), curettage/desiccation (shave lesion and heat or chemical agent to destroy AK cells) and laser treatment. Topical treatments include

chemical peels and 5-fluorouracil for larger areas. Photodynamic therapy for face and scalp is an effective way to destroy lesions without harming healthy tissue.

Prevention

Seek the shade, especially between 10 a.m. and 4 p.m. Use a broad spectrum UVA/UVB lotion with an SPF of 30 or higher and reapply every two hours or after swimming or excessive sweating. Wear protective clothing including broad-brimmed hats and UV-blocking sunglasses. Check your skin monthly for changes and see your dermatologist every year for a full body skin exam. Never use tanning beds.

Talk to your dermatologist about sun protection and your annual skin cancer screening today. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180. 1. www.skincancer.org/skin-cancer-information/actinic-keratosis

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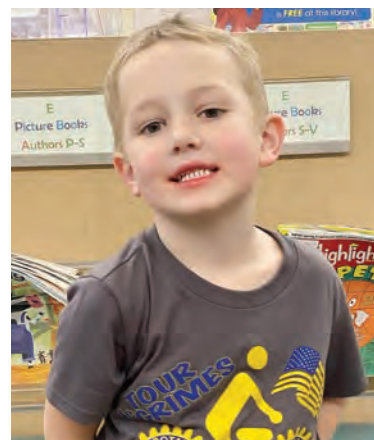
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LIBRARY

GRIMES Public Library news

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



Name: Archer Anderson

Parents' names: Jake and Sarah Anderson

Age: 4

Favorite book: "Little Blue Truck"

Favorite animal: Sharks ■

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LAWN CARE

By Kevin Johnson

STARTING your lawn off on the right foot in 2023

Now that winter is just about over, you may be thinking about how to improve your lawn this year. Whether you use a lawn care professional who has the expertise and specialized equipment to provide the best results or you decide to tackle the lawn yourself, the first steps toward improving your lawn are determining the size of your property and assessing the current condition of your lawn.

The size of your lawn determines the proper amounts of fertilizer and herbicides needed to obtain the best results. Using just your lot measurement doesn't take into account the property easements and deductions for areas that will not be treated. Utilizing your county assessor's website can guide you in determining the correct area that will be treated. Many of these sites have tools that can assist in the measurement process.

Are you thinking about seeding your lawn this spring? The majority of homeowners are usually most concerned about crabgrass and dandelion control. The products used to control these weeds will be detrimental to seeding. Don't despair. Seed your lawn in the fall.

Always consult with a lawn care professional or county extension specialist if you have questions. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.



HEALTH

By Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■

Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.



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RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission
Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.

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OOLMAN gets his inspiration from his dad

Longtime GVSS volunteer continues giving back.

John Oolman has lived in Grimes his entire life, save for a period when he was a student at Iowa State University. He originally grew up on N.E. Harvey Street

and, after getting married, bought a home with his wife on the west side of town in the Autumn Park area.

Throughout those many years living in town, Oolman has served as a volunteer with Grimes Volunteer Support Services, mostly as part of the lawn mowing crew and the snow patrol.

"I was initially inspired by my dad, Ron Oolman, who is also a volunteer at GVSS," Oolman shares. "He asked me while I was in college if I would be willing to help out with the snow patrol when available, and I have been doing it every year since. He has always been an inspiration with the philosophy that, if you can help out, you should."

For Oolman, helping shovel snow or mow a lawn only takes a small amount of time, but for those he's helping, it's a task that could prevent them from leaving their homes safely when it's slippery outside or they can't do the physical labor for any number of reasons.

"I enjoy being part of GVSS because it's a program I wish every community had. It allows those of us who can help serve those who need it, and, for me, it's like a free workout," Oolman says. "Outside of GVSS, I do volunteer events with my work, Wells Fargo, and typically look for events where all of my co-workers and friends can work together to help the community."

Oolman encourages others to volunteer if they can, particularly with GVSS.



Tim Short, Edward Jones, presents the Good Neighbor certificate to John Oolman.

"Simply because, if we don't have enough volunteers, then we won't be able to continue to provide services for those within our community who depend on it," he says. "The time commitment is very minimal, but it means the world to those who we help, and I know we have more people who have asked for the service than we have volunteers to help."

For Oolman, the choice to continue living in his hometown is because of the small-town feel and the strong sense of community.

"That being said, I don't think many people believe they have enough time to help or aren't aware of how to sign up for volunteer opportunities like GVSS," he adds. "I would encourage them that, if they can find a few hours a month, it will really help keep that small-town feel as we all help each other." ■

Do you know a Good Neighbor who deserves recognition?
Nominate him or her by emailing tammy@iowalivingmagazines.com.

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CHAMBER

By Brian Buethe

GRIMES Leadership Academy launching in 2023

Grimes Chamber & Economic Development is excited to announce that the inaugural class of the newly created Grimes Leadership Academy will be seated this year. The initiative was first publicly announced at the organization's Annual Dinner and Awards Ceremony, which took place in late January. As of today, applications are being accepted via the website www.GrimesLeadership.com.



So what is the Grimes Leadership Academy? A great place to begin is to share the Mission Statement, which reads as follows: "The Grimes Leadership Academy is a premier leadership program that seeks to identify and resource leaders, encouraging and equipping them to be more effective leaders in the workplace and the community, and providing opportunity for relationship building and professional networking."

The Grimes Leadership Academy (GLA) is an intense 10-month leadership experience that begins in August 2023 and concludes in May 2024. The program is targeting individuals who either live and/or work in the community. While there is no cost to apply, if accepted, there is a tuition fee of \$1,200 to participate — an amount that would be higher, but for the generosity of many sponsors and supporters. In fact, employees of local nonprofit organizations are also eligible to apply for a scholarship that, if awarded, will help defray the cost of tuition.

Upon completing the Grimes Leadership Academy training, our goal is to ensure that participants will grow in their understanding of five essential practices. A more detailed explanation of the five essential practices, along with additional information, can be found at www.GrimesLeadership.com.

We would like to thank the work of those who have been involved in the development and implementation of the program to date. We would also like to acknowledge our many Chamber Member Sponsors including Christian Brothers Automotive, Shade Tree Auto, City of Grimes, Summitcreek Church, Cramer & Associates, State Farm Andrea Sabus Agency, Jones Lang LaSalle, TAAG Development, Bankers Trust, Bam Motors, and Abaci Consulting. Thanks also to Raccoon Valley Bank for allowing us to conduct numerous meetings in their Grimes facility.

We look forward to bringing this new initiative to the community of Grimes. By identifying, educating, and empowering people connected to Grimes, we believe it will help allow us to continue to improve as a community. We envision graduates of the program will be better prepared to take on important leadership roles in their businesses, in local service organizations, run for elected office, serve on important boards and committees, etc. If you are interested, please visit the website to contact Grimes Chamber & Economic Development to inquire further. #lovegrimes. ■

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

RESIDENTS' Choice

Area businesses were presented Iowa Living magazines Residents' Choice certificates.



Mark and Miranda Paup, Golden Rule Plumbing and Heating



Cierra Berkley and Karalee Kerr, Grimes Public Library



Madison Taiber, Halsey Scales, Dini Anderlik, Brian Buethe – Grimes Chamber of Commerce and Economic Development



Dave Thilges, Lisa Thilges and Lauren Santos, Prairie View Animal Hospital



Bill Ahrens, Chad Millhollin and Travis Bergeson, Toyota of Des Moines



Many Hands Thrift Market

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Shannon Sayre and Shelby Warren, Hy-Vee Pharmacy



Stephen Helkenn, Grimes Fareway



Emily Ayers, KinderCare Child Daycare Center



Hunter Cushman, Grimes Menards



Mark Bonnell, Pole Position Raceway



Jennifer Rumsey and Josh Walddle, Community Choice



Libbey Lewis and Paula Voss-Larson, Talking Heads Salon



Susanne Newman, Canoyer Garden Center



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Austin Delp and Nick Vander Zyl, Sky Zone Trampoline Park



Jordan Walker and Taylor Heyerdahl, Pour Choices Neighborhood Bar

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8 winter skin care rules for young children



1. Turn home temperature down and moisture up. Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air.

2. Moisture is not good everywhere. Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.

3. Seal the skin following a bath. Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.

4. Hydrate and eat right. Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.

5. Teach good habits early. Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.

6. Keep baths short. Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.

7. Get smart about soap. Children don't need fragrant soaps. Formulations that are fragrant-free and soap-free are best. Body washes should not need to be scrubbed. Wash gently and pat dry.

8. Sunscreen is still needed in winter. The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



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