

GRIMES/DALLAS CENTER

MARCH 2022

Living

MAGAZINE

COLD turkey

Residents share
their experiences of
quitting smoking.

Letters to Santa spread holiday joy

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Prune, mozzarella and basil skewers

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WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.



I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■

SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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FEATURE

Jason Edge-Lord figures he has saved \$8,500 by quitting his smoking habit. Photo by Todd Rullestad

COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Ashley Rullestad

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.





Lisa Lapean quit smoking after being diagnosed with lung cancer.

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Diagnosis motivates change

Lisa Lapean, like many other smokers, has been smoking since she was a teenager. She started at age 16 because of peer pressure and smoked off and on for 42 years.

She tried to quit many times but wasn't successful. She attempted using nicotine gum, the patch and even going cold turkey, but she failed repeatedly — that is, until she was diagnosed with stage 1 lung cancer.

"I will never smoke again, because I don't want lung cancer to come back. I was fortunate. It was caught very early by accident."

Lapean has been smoke free since Sept. 1, 2020. Her advice for those trying to quit is to try to go cold turkey. The first three days will be very difficult, but if you can convince yourself to do something else and avoid your triggers, it gets easier. You can join a gym. Take a walk. Pick up a hobby.

"Don't wait until you get lung cancer to quit. It's no fun having a lung lobe removed."

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1,000 days smoke free

Jason Edge-Lord smoked at least a pack of cigarettes a day for the last 26 years.

"I started at age 18 when a couple of friends I was hanging out with were smoking. I thought I wouldn't get addicted and that I could just easily stop if I ever wanted to. But the years started to add up."

He tried to quit once before in 1995 when he was 21, but it only lasted for three months. Ultimately, he decided to quit smoking when he found out that he would be having a major life changing surgery: a leg amputation. He knew that he'd heal better and faster if he wasn't a smoker.

Edge-Lord used Chantix when he quit.

"It did help some with the cravings, but it's not a miracle drug, and you still have to make the decision each day that you are not going to smoke. It helped, but it still wasn't easy."

He's been smoke free for close to three years now. His quit date was May 19, 2019. He says that the best advice he can give is that cravings don't last forever. They come and go — and they become fewer and fewer until you really have none at all. The trick is to do something else when one pops up.

"I would purposely not smoke at times when I used to always smoke — like after waking up, after eating or while driving. The more I did not smoke during those high craving times, the cravings in general became

TIPS FOR QUITTING

From quitassist.com

- Get support and encouragement from others. Research shows those who do are more successful. Tell friends and family you are quitting and enlist their help. Get expert help from a doctor, health professional, or free counseling and advice from 1-800-QUIT-NOW.
- Learn new skills and behaviors. Plan ways to distract yourself when you feel an urge to smoke. Keep your hands busy. Look for activities that don't involve smoking.
- Get medication and use it correctly if needed. For some people, they can greatly help your chances of quitting for good. Talk to your doctor about this option.
- Be prepared for relapse or difficult situations. Find new ways to handle stress. If you do slip up, don't beat yourself up — learn from it. Monitor your triggers and avoid them. Take care of yourself to manage your weight and mood. Keep reminding yourself of all the benefits of quitting. ■

Remember when...
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FEATURE

less and less. Instead, when you're having a craving, get up and go for a walk, clean something, or play with your pet. Do not give in to the urge to smoke, and the craving will pass. I promise."

Edge-Lord also keeps track of his smoking milestones. He recently reached 1,000 days smoke free. He would have smoked more than 22,000 cigarettes in the time since he's quit. He's also saved a whopping \$8,500.

For his family

Jonathan Lochman started smoking when he started riding motorcycles with an Air Force buddy when he was stationed in Alaska.

"Whenever I asked him why he smoked, he would always say because it lowers his stress levels. One day, we were riding our motorcycles pretty fast, and I made a mistake and totaled my bike. When he came back to see if I was OK, I asked him for a smoke. It actually did calm my nerves, so I kept smoking whenever I got stressed — and then it turned into a habit."

After smoking for 22 years, Lochman was tired of being out of breath and winded. He hated that he smelled like an ashtray, and he wanted his girlfriend to want to kiss him. The biggest reason, though, was his family. He wanted to be a good role model for his two boys. Then, of course, there's the fact that

cigarettes are expensive.

Lochman tried quitting cold turkey and using Wellbutrin and nicotine replacement items like gum and patches. The one that truly worked for him was Chantix and willpower, and he's been smoke-free for two years and 15 days.

"You got to want it. You have to be ready.

If you're trying to wait to make someone else happy, it's not going to work. Seek professional help, and it will be easier. Remove yourself from the presence of smokers until you have been without for a while and can control the urge to smoke. Do it. Quit now for your health. The urge doesn't go away, but your willpower gets stronger." ■



Jonathan Lochman wanted to quit smoking for his two boys.

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RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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COMMUNITY

DALLAS CENTER receives community award for health projects

Dallas Center was presented with the 2022 Healthy Hometown Powered by Wellmark Community Award during the Healthiest State Initiative Annual Awards virtual ceremony on Feb. 17. The award recognizes Dallas Center for its accomplishments in health improvement initiatives within the community.

"The work that has been done to improve the health and wellness of our state is to be celebrated," said Laura Jackson, Wellmark's chief health officer. "And, because this work is so important, Dallas Center will receive \$5,000 to continue improving the physical, social and emotional wellbeing of their community."

Some noteworthy achievements in Dallas Center include:

- Establishing the Pop-Up Produce initiative that provides weekly fruit and vegetable distribution in the community.
- Creation of six school garden beds where local third-grade students planted and harvested produce.
- A local grocer expanded the fresh produce section and added a new cooler.
- Creation of an inclusive playground with a new parking lot and sidewalks to support the playground and link sports fields.

"It's an honor to be recognized as a Healthy Hometown Powered by Wellmark Community Award winner," said Cindy Reisselman with the City of Dallas Center. "We enjoy reviewing the progress — and borrowing the ideas — of other towns that are working to make their communities happier and healthier. We will continue to search for effective ways to encourage citizens of all ages to eat healthier, move more, and participate in groups that support each other."

To find out more information about this initiative, visit Wellmark.com/HealthyHometown. ■



The Baker's Pantry fresh produce aisle was redesigned. Local produce is used when possible.



The final inclusive playground has three pieces of equipment, is surrounded on all sides by sidewalks, and has a padded rubberized surface.



Dallas Center Elementary students plant the school's community garden.

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PREPARE your AC for spring

Spring is almost here, and warmer weather is on the way. But, before we can celebrate, follow our HVAC spring checklist below to ensure your system operates safely and efficiently all season long.

Throughout the fall and winter, leaves, sticks, dirt and other debris inevitably build up around your HVAC unit. Make sure to clean any build-up around your system, leaving 1-2 feet of clearance. Cleaning around your AC unit will maximize airflow and ensure that your system performs at its best.

While the spring weather has you in deep cleaning mode, don't forget about your air vents. Be sure that each vent is open so air can circulate evenly throughout your home. You should also make sure that furniture, rugs and curtains aren't blocking your vents. To clean your vents, remove the grills and soak them in warm water and soap. While the grills are off, vacuum any particles, dust or pet hair accumulated during the winter. To finish, dry off the grills, replace them, and — ta-da! Your vents are as good as new.

If you have a programmable thermostat, it's a great idea to set up a new schedule as the weather changes. Programmable thermostats provide optimal comfort and save energy and money, so, if you don't have one, don't delay installation any longer.

It's time to change your filters. It's recommended to change your filters every 30-90 days, depending on use or the kind of filter you have. Replacing your filters is the easiest way to prevent damaged equipment and maintain energy efficiency. Make a note to check, clean, or replace your filters at the beginning of each season.

Your AC has been sitting dormant for months; you need to make sure it's ready to take on the warmer weather ahead. If it's warm enough to test your system, it is always a good idea to make sure that it works before you really need it every day. You can test your AC system by turning it on and running it for a few minutes to make sure cool air circulates throughout your home.

If you notice anything unusual about your HVAC system or feel like your AC is not working as well as last year, contact a professional. Hopefully, this spring cleaning checklist prepares you for the warm weather ahead. ■

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



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SEED starting — just the basics

As March begins here in central Iowa, it is time to start seeds indoors for transplanting into your yard or vegetable garden later in the spring. This month, I have some seed-starting tips for the benefits of allowing you to get a jump start on the growing season.



Starting seeds on your own allows you to have some variety in your garden as you can order seeds not found at your local retailer. As you begin the seed-starting process, you will find the actual seed package is a valuable tool. The seed package provides you key information such as how many days it takes for the seed to germinate after planting. Germination is the time it takes the seed to come out of dormancy, which is in essence about how many days before you see the seedling emerge from the soil. The seed packet also provides the recommended time frame to start seeds indoors, which is usually listed as weeks before last frost. In our area, that is usually around May 1. Refer to the seed packet for other important info such as planting depth as well.

Once you have your seeds and are ready to start planting, I recommend a good seed starting soil mixture that contains peat moss or coco coir, part perlite and vermiculite. Good seed-starting mixtures can be found at most local garden supply retailers. Containers in which to start seeds can range from as elaborate as purchased tray systems with plastic lids to as economical as any plastic containers covered with plastic wrap. Remember, once a seed has germinated, a covering is no longer needed. A seed warming pad is also a good investment as it really helps keep the soil warm during the germination stage, which speeds up the germination process. An indoor thermometer set near your seed starts is necessary as well so that you can maintain a constant temperature, which is important when it comes to germination.

Once seeds germinate and start to emerge from the soil, lighting becomes important. The most economical form of lighting is a brightly lit room near a window; however, this is not the most effective form of lighting. An effective way to manage lighting for your seedlings is by using adjustable artificial grow lights. There are many great choices online that are reasonably priced, lightweight and easy to store when not in use. Some artificial lighting kits are LED, which lowers operational cost. Being able to control light is important to ensure you have strong and healthy plants. A good watering device or refillable spray bottle makes it easy to water when seedlings are small. As you plant your seeds, make sure you label your seed starts noting the date the seeds are planted. This will be handy to reference when you get ready to transfer your seedlings. Lastly, a good tool to have is patience. Gardening is somewhat of a science experiment, but, most of the time a successful and enjoyable experiment. Happy gardening! ■

Information provided by David "Dusty" D. Rauschenberg, Dallas Center resident, Master Gardener, Master Conservationist, #thegoodpmgardener, dustyrauschenberg@gmail.com

BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers that may not be as Internet savvy, or that are lonely, can be easy prey for fraudsters. ■



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

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STOCK market volatility

Choose opportunity over fear

We've already experienced some big stock market swings this year. In early January, the S&P hit a record high. By the end of the month, there was a 10% drop from recent highs and then a sharp turn back up again.



The same month, the Dow Jones was down more than 1,000 points in one day. CNN's "Fear and Greed Index" fell solidly into "fear mode." Many predict the volatility will remain, pointing to inflation, the pandemic, interest rates, and geopolitical concerns as part of the cause.

If retirement is 20 or 30 years away, this volatility is just a blip in your retirement savings journey. It can be a good thing if you regularly contribute to your retirement accounts

and enjoy buying in at the low points of those market swings. For those of you who are 5 to 10 years away from retirement, this could make you sweat if you don't have market volatility built into your retirement plan.

Since the fourth quarter of 2021, we've been talking with the individuals and families that we work with about the possibility of market volatility. I view stock market volatility as an opportunity more than anything. A customized retirement plan should have some special "plays" (to steal a sports reference) that you can run when market volatility hits. One example is dollar-cost averaging. This is taking money from safer investments in your portfolio and buying into the market at a lower rate. Another "play" could be the Roth conversion. This involves transferring funds from a traditional IRA or 401(k) into a Roth account. You will pay income tax on the amount rolled over in the year you make the conversion, but you

never pay taxes on the money again, allowing you to ride the market volatility back up and do so in a tax-free account.

You want a retirement plan constructed in a way that you don't have to worry about the market or the headlines. A customized retirement plan will help you avoid making emotional decisions with your retirement savings. The plan will help you understand how much risk you are taking with your money and how your portfolio will be impacted when the market swings. Then you can stay out of "fear mode" and focus more on getting to retirement or enjoying retirement. That's a lot more fun than staying glued to the TV or news websites when market volatility hits. ■

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

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WHEN BUYING is easy, paying later can be a problem

If you shop online, you might have noticed a growing number of buy now, pay later (BNPL) services that offer the option to spread out the payments on your purchases. Buyers who make one partial payment upfront and agree to several additional interest-free installments can receive their orders right away. This is a key difference from the layaway plans of the past: Shoppers had to wait until the balance was paid to take their goods home. Many stores discontinued layaway plans in the 1980s when the use of credit cards became widespread.



BNPL plans are more popular with younger consumers trying to stretch their paychecks, partly because they are more comfortable shopping online (and particularly on smartphones). At first glance, it may seem like a worthwhile convenience, but there are good reasons to think twice before committing to installment purchases.

Credit is credit

BNPL plans are essentially point-of-sale loans. Applying for the financing is quick and easy, which seems like a plus when time is tight.

However, speedy access to credit also provides instant gratification and allows for more impulse buying. It might tempt you to overspend on things you don't really need and probably wouldn't buy if you had to save up and/or pay 100% of the cost upfront. And if you make a lot of smaller purchases across multiple services, it may be harder to keep track of how much you are actually spending.

In fact, one criticism of BNPL services is that they make it easier for consumers to fall into debt. As with credit cards, you would face financial consequences such as late fees and/or high interest rates if you encounter a financial setback and can't pay the installments on schedule.

Another point to consider is that credit card companies report on-time payments to the credit bureaus, so using credit cards responsibly can help you build a positive credit history. In contrast, some BNPL lenders may not bother to report on-time payments — though they will surely report missed payments and collections. Before you use any BNPL service, read the fine print carefully to make sure you understand the terms and conditions and the company's credit reporting policies. ■

For more information, please contact Wade Lawrence or Bryce Block with City State Bank Trust & Investments at 515-986-2265. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal.

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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

March 29, 4:30-6:30 p.m.
Meadows Gym

The 12th year of the Business Expo takes place on March 29. Come join Grimes Chamber & Economic Development for a walk around the Meadows Gym and check out some local businesses and what they have to offer. The event is free, and kids are welcome.



'Amongst the Stars'

April 2, 5-7 p.m.
Metro Ice Sport Facility, 5100 N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.



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- Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.
- Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.

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March 19, 10 a.m. to noon
Grimes Presbyterian Church parking lot, corner of Main Street and S.E. Third Street

Drive-up, Donuts and Donate is being held to raise funds for Sarah Kramer. She is a long-time Grimes resident who has been battling COVID complications and has been in the ICU for more than two months. Support Sarah by donating what you can and get a donut. T-shirts and bracelets will also be available for purchase to help Sarah with the cost of her medical bills. Any help is appreciated.



Register for Des Moines Art Center camps

Camps run June 6-Aug. 12
Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit www.desmoinesartcenter.org.



An Evening with Author Dan Hunter

Monday, March 28, 6:30 p.m.
Artisan Gallery 218, Valley Junction, 218 Fifth St., West Des Moines

Beaverdale Books and Artisan Gallery co-host Iowa native Dan Hunter, who will share his new book, "Pandemic Panacea." It's a collection of cartoons juxtaposing old magazine photos with crisp new captions and the down-home humor Hunter is known for.

April Lunch & Learn

Wednesday, April 13, 11:30 a.m. to 1 p.m.

Dupaco, 1701 E. First St., Grimes

Each month, Grimes Chamber & Economic Development gives its members the opportunity to meet for networking, lunch and to learn about items of interest regarding Grimes and the Metro area. The public is invited to attend this event, held on the second Wednesday of the month. Cost is \$15 for GCED members; \$20 for nonmembers and walk-ins; and \$7.50 for attending but no lunch. This month's speaker and sponsor will be Dupaco, and a tour of their new facility will be offered. Caterer TBD.

'Black Women of Distinction' exhibit

Now through April 30
Artisan Gallery 218, 218 Fifth St., Valley Junction

The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.

Celebrate Olmsted 200 Week and Meet the Author: Justin Martin

Tuesday, March 29, 7 p.m.
Waveland Golf Course Lodge

Celebrating Parks for All People, presented by Des Moines Founders Garden Club, honors the legacy of Frederick Law Olmsted on the 200th anniversary of his birth. Meet Justin Martin, author of "Genius of Place, The Life of Frederick Law Olmsted." Best remembered for his landscape architecture, from New York's Central Park to Boston's Emerald Necklace to Stanford University's campus, Olmsted was also an influential journalist, early voice for the environment, and abolitionist credited with helping dissuade England from joining the South in the Civil War.



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GOLF: BOYS

DATE	TIME	OPPONENT	LOCATION
04-01-22	9:00AM	Multiple Schools	Woodland Hills Golf Course
04-04-22	4:15PM	Multiple Schools	Westwood Golf Course-Newton
04-12-22	1:00PM	Multiple Schools	Grinnell Country Club
04-14-22	TBD	Woodward Granger	Woodward-Granger High School
04-15-22	1:00PM	Multiple Schools	Bos Laden Golf Course
04-16-22	8:30AM	Multiple Schools	Pella Country Club
04-18-22	4:00PM	Multiple Schools	Ames Golf and Country Club
04-19-22	1:00PM	Multiple Schools	Newton - Woodland Park
04-29-22	12:00PM	Multiple Schools	Lakeview Country Club
05-03-22	1:00PM	Multiple Schools	Bos Laden Golf Course
05-05-22	4:15PM	Multiple Schools	Oskaloosa Golf Course
05-07-22	9:00AM	Multiple Schools	Ames Golf and Country Club
05-09-22	9:00AM	Norwalk	Willow Creek Golf Course

GOLF: GIRLS VARSITY

DATE	TIME	OPPONENT	LOCATION
04-07-22	3:30PM	Multiple Schools	Westwood Golf Course-Newton
04-11-22	12:00PM	Multiple Schools	Briarwood Golf Course
04-18-22	10:00AM	Multiple Schools	Willow Creek Golf Course
04-19-22	4:15PM	Multiple Schools	Bos Laden Golf Course
04-21-22	9:00AM	Multiple Schools	Otter Creek Golf Course
04-25-22	10:00AM	Multiple Schools	Veenker Memorial Golf Course
04-28-22	10:00AM	Multiple Schools	Elmwood Country Club
05-02-22	2:30PM	Multiple Schools	Indianola Country Club
05-03-22	4:15PM	Multiple Schools	Beaver Creek Golf Course
05-05-22	9:00AM	Multiple Schools	Copper Creek Golf Course
05-09-22	9:00AM	Multiple Schools	Pella Country Club
05-16-22	4:00PM	Multiple Schools	Lakeview Country Club

SOCCER: BOYS VARSITY

DATE	TIME	OPPONENT	LOCATION
04-01-22	7:00PM	Ballard	Ballard Middle School
04-05-22	7:00PM	Oskaloosa	Lacey Sports Complex
04-07-22	7:00PM	Winterset	DCG Stadium
04-12-22	7:00PM	Grinnell	DCG Stadium
04-15-22	7:00PM	Adel DeSoto Minburn	DCG Stadium
04-16-22	10:00AM	Multiple Schools	Cedar Valley Soccer Complex
04-19-22	7:00PM	Indianola	DCG Stadium
04-21-22	7:00PM	Nevada	DCG Stadium
04-23-22	10:00AM	Multiple Schools	Kingston Stadium
04-26-22	7:00PM	Pella Christian	Pella Christian High School
05-02-22	7:00PM	Pella	TBA
05-05-22	7:30PM	Gilbert	TBA
05-06-22	5:30PM	Des Moines Christian	Des Moines Christian School
05-10-22	7:30PM	Norwalk	Norwalk High School
05-17-22	7:00PM	Newton	TBA



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TRACK & FIELD: BOYS JV/V

DATE	TIME	OPPONENT	LOCATION
03-08-22	2:00PM	TBA	UNI-Dome
03-11-22	3:15PM	Iowa State University	Iowa State - Lied Recreational Center
03-18-22	TBD	Central College	Central College
03-24-22	4:00PM	Multiple Schools	Bear Athletic Center - Fitness Center
03-28-22	4:30PM	Multiple Schools	Urbandale High School
03-31-22	4:00PM	Multiple Schools	Waukee High School - Field House
04-02-22	11:15AM	Multiple Schools	Dallas Center-Grimes High School
04-04-22	4:30PM	Multiple Schools	Dallas Center-Grimes High School
04-05-22	4:30PM	Multiple Schools	A-D-M, Adel
04-07-22	4:30PM	Multiple Schools	Indianola Middle School
04-11-22	4:30PM	Multiple Schools	Norwalk High School
04-18-22	5:00PM	Multiple Schools	Waukee Northwest High School
04-21-22	4:00PM	Multiple Schools	Waukee High School - Field House
04-25-22	4:30PM	Multiple Schools	Valley High School
04-26-22	5:00PM	Grinnell	Grinnell High School

SOCCER: GIRLS VARSITY

DATE	TIME	OPPONENT	LOCATION
03-25-22	5:00PM	Multiple Schools	Ankeny High School
03-28-22	7:30PM	Johnston	DCG Stadium
04-02-22	10:30AM	Multiple Schools	Urbandale High School
04-05-22	7:00PM	Oskaloosa	DCG Stadium
04-09-22	10:00AM	Council Bluffs TJ	Gale Wickersham Complex
04-12-22	5:30PM	Grinnell	Grinnell - Ahrens Park
04-15-22	7:15PM	Adel DeSoto Minburn	ADM High School
04-19-22	6:45PM	Indianola	Indianola Middle School
04-21-22	7:00PM	Nevada	S.C.O.R.E. Complex
04-25-22	5:30PM	Winterset	Earlham High School
04-26-22	5:30PM	Pella Christian	DCG Stadium
05-02-22	7:00PM	Pella	Pella High School
05-06-22	7:15PM	Bondurant-Farrar	TBA
05-10-22	7:00PM	Norwalk	TBA
05-13-22	7:30PM	Gilbert	Gilbert High School
05-17-22	7:00PM	Newton	Newton High School

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04-14-22	4:00PM	Multiple Schools	Waukee Northwest High School
04-21-22	4:30PM	Multiple Schools	Urbandale High School
04-26-22	4:30PM	Multiple Schools	A-D-M, Adel



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HOME is where the heart is

Community, schools hold special place in Sonntag's heart.



Amy and Tyler Sonntag built their dream home in Dallas Center on property that provides plenty of space for their family to spread out and enjoy.

Amy Sonntag has lived in the area since she was 13, when she moved to Dallas Center with her family, and then to Grimes, where she graduated from high school.

She moved away for a few years after that but knew she eventually wanted to come back and make the area her permanent home.

"Ten years ago, my husband, Tyler, and I settled back in Grimes before moving to Dallas Center four years ago to our forever home," Sonntag says. "I love the small-town feel and wanted my kids to go to a school where I knew they would have a quality education with outstanding staff. My dad taught for several years in the DCG school district, so I knew this is where I wanted my kids to be as well."

The Sonntags purchased two-and-a-half acres of land more than a year before they built their dream home on it.

They chose the spot for a number of reasons.

"We loved the country feel of the location, as well as the land to stretch out on," Sonntag says. "The thing we loved the most was that we had room to grow in our new home while being in a neighborhood still. We love seeing all the neighbors outside and kids riding bikes and dirt

bikes all summer.

"We have about two acres behind our home for our kids to run on," she adds. "Not to mention we're a quick Gator ride down to the river for a swim or to simply see the most amazing sunsets."

For Sonntag, the Dallas Center/Grimes community holds an extra special place in her heart since it's where she's from.

"My oldest is in high school and has had some of the same teachers that I had growing up," she says. "Not to mention my children are growing up with children of former classmates and friends, which is really special."

Because of her affinity for the community, Sonntag is involved with numerous activities, including the Dallas Center Season Fun Committee, specifically as co-chair of the Hometown Christmas event, as well as Beta Sigma Phi Sorority, a non-academic sorority created to provide social and cultural opportunities for women, all of whom live in the Dallas Center/Grimes area.

In addition, Sonntag's husband owns Sonntag Roofing, which is based out of Dallas Center.

Ultimately, the Sonntag family enjoys being



part of a growing community and has nothing but appreciation for both Dallas Center and Grimes.

"Dallas Center, however, has our hearts, and we will be a part of this community for as long as we can," Sonntag says. "Knowing all of our neighbors and community members is an amazing feeling. Knowing you can rely on your community when you need them is something that we treasure and appreciate." ■



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FITNESS

By Kammi Abrahamzon

Q: What is stopping you?

A: Think about it right now. Is there a fitness goal you have been wanting to achieve? Is there extra weight you have been wanting to get off? We all know life gets in the way. We all know it is so easy to come up with an excuse and put it off for another day. In doing so, it gets easier and easier to wait, and the goal gets farther and farther away. Why do we wait though? Why not just start now?



You hear it all the time: "If it is truly a priority, you will make time for it," and, honestly it is not wrong. Life is full of obstacles or random things popping up, but it is how we deal with them that proves to ourselves that we can handle it. Why not make your health a priority? Think about your day. We all have the same 24 hours to use up. Try to find 45 minutes right now that you can prioritize to your health. Whether it is getting into the gym or doing a workout at home, I bet you can find that 45 minutes somewhere.

I want you to do two things right now. First, imagine if you were to start today (eating healthier or simply going on a walk), where would you be one month from now? Second, if you didn't start today, where would you be one month from now? Be honest with yourself. What is truly stopping you? ■

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

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HEALTH

By Paul Guerdet

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

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ROSACEA can mimic sun allergy

Sun allergies are a diverse and complicated part of dermatology. They can make it impossible to make a living with outside work. They can ruin fun outdoor activities with itching, redness, pain and even blistering.

Some are caused by medicines or contact with photosensitizing substances that can be figured out by your dermatologist and eliminated.

Many times, it's a treatable allergic response to altered proteins in our own skin — proteins altered by sun exposure and sun damage. It's important to see an experienced dermatology office that can sort this out. If the sun causes facial redness or arm rashes, it's important to first react with hats, shade and SPF 50 sunscreen.

We frequently say: "If you're sneezing, sinuses draining, or experiencing food allergies, start at the allergist's office. If you have an actual rash, start at the dermatologist's office."



In other words, skin problem — skin doctor.

It's also important to realize that red-faced people who get worse in the sun can be experiencing a presentation of rosacea. Rosacea is common in German, Celtic and Scandinavian people. Rosacea is a complex affliction with many different factors involved. The best scientific evidence suggests it's an interplay of dysregulation in our facial skin's immune system and the neurovascular "flushing controls" in our skin. The best evidence for this is the improvement that occurs when medications like doxycycline improve immune dysregulation in the skin. Rosacea is also frequently flared by microbes in our facial pores called demodex. Some cases of rosacea are stinging, exhibiting what we call "skin barrier problems." Atopic dermatitis is often involved, too. It takes a dermatology office with special expertise to help these individuals.

Left untreated, rosacea redness can persist and worsen into a permanent disfiguring purplish bumpy facial rash called rhinophyma. That's why we treat rosacea and keep it

controlled until it "burns itself out." We follow many older adults who "outgrow" rosacea and no longer need measures to prevent it. This likely represents another age-related change in the immune system's regulation.

In our Iowa population, we follow many people who develop rosacea and struggle with flushing, redness and acne-like facial rashes. Treatments include topical medications, oral medications and medical lasers. Our clinic maintains two different laser systems, pulsed dye and IPL, that improve redness and broken facial blood vessels in rosacea patients. Which laser we go to first is a judgment based on subtleties of the condition and skin type. Lasers are typically used when rosacea is difficult to control with medications and sunscreens alone. A great dermatology office can be measured by its results in helping people look healthy and safely enjoy the outdoors. ■

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

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HEALTH

By Dr. Aaron Martin

SPINAL PAIN: non-surgical solutions

Making the decision to schedule surgery isn't something that should be taken lightly. There are times when surgery is the only answer, but, sometimes, there are other non-invasive options that can provide the same — and sometimes even better — results.

Spinal decompression therapies offer relief from chronic back pain by taking pressure off the neural elements of your spine. Whether your pain is from an injury or degeneration (typical wear and tear), spinal decompression can relieve the pressure that your spine puts on your spinal cord and/or nerves, without surgery.

Flexion-distraction therapy is another non-invasive and medication-free solution for spinal, neck, arm and leg pain. It's a gentle, controlled treatment for low back pain that normally takes just 12 visits, and some find relief in just a visit or two.

All of the above-mentioned therapies can be complementary or alternative solutions to surgery. Patients with common issues like sciatica, spinal stenosis, herniated discs, degenerative disc disease and facet syndrome can benefit from these therapies. Scheduling an evaluation with a chiropractor will let you know if any of these non-surgical solutions are the answers to your persistent pain. You don't have to live with chronic pain. ■

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





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HEALTH

By Dr. Mallori Phillips

EYES are windows to our health

Did you know that diseases that affect the entire body can be detected during a comprehensive eye exam? Macular degeneration and glaucoma are not the only conditions that are diagnosed at an optometry office; diseases such as diabetes, heart disease and neurological problems can also be detected during an eye examination.

In my four years of practicing optometry, I've examined patients who have ultimately received a diagnosis of multiple sclerosis, diabetes, high blood pressure and benign brain tumors. Most modern clinics now use special technology which gives detailed information about the patient's retinal tissue. The availability of microscopic retinal imaging has been helpful in detecting systemic diseases during an eye exam. Advancements in technology have helped eye doctors around the globe co-manage patients with primary physicians and specialists such as neurologists, rheumatologists and endocrinologists.

It's important to note that retinal scans can also be captured for children. Recording these scans in children is beneficial because genetic eye problems can be detected early, which is helpful in determining a treatment plan for young patients. Schedule a comprehensive eye exam for all of your family members to ensure everyone's eyes are on a healthy path. ■

Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, www.totalfamilyeye.com.



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DRINKING coffee for diabetes and heart health

If you are anything like me, you can't wait to take a sip of your favorite coffee first thing in the morning. Reports suggest that 62% of Americans drink coffee every day and,



on average, three cups per day. Have you been confused over claims of health benefits of drinking coffee over the years? The claims seem to vary depending on who you ask. Does it really benefit heart health? What about diabetes? Should some avoid drinking coffee altogether?

Let's first talk about heart health. It is still unclear if drinking coffee reduces the risk of developing heart disease. It may lower

the risk for heart failure or slightly lower the risk of dying from any cause or from heart disease. Drinking at least two cups of coffee daily is linked to about a 30% reduced risk of heart failure. Be mindful, drinking too much coffee, say more than five cups per day, has been linked to increased heart attack risk in people with existing heart disease.

There is, however, more positive research on coffee use and diabetes. There is some evidence that suggests drinking caffeinated coffee reduces the risk of developing Type 2 diabetes. This evidence, however, might only be associated with a larger intake of coffee, which we all know isn't always best. Too much coffee can lead to irregular heartbeat, sleeping problems, anxiety and headaches. Also, it needs to be pointed out, this is black

coffee, not your chocolate mocha with extra whip cream. So good, though, right? If you are diabetic, it is important to monitor your blood sugar closely while drinking coffee as the caffeine can both increase or decrease blood sugar.

So what's the conclusion? There might be some benefit when consumed in moderation and no more than four cups per day. This amount of caffeine is generally safe for most people. Consuming very high amounts can cause serious health problems. So grab your favorite flavor of coffee and know that your coffee should provide you some health benefits. ■

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

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WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

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A HELPING hand for Santa

Letters to Santa spread holiday joy.

Although the holidays came and went, it's never too early to look to the next season.

Grimes resident Bryce Charlton and his husband, Austin, think so, too.

For the past few years, the couple has coordinated a Letters to Santa project for the community, which was inspired by their desire to give back to the place they call home.

"My husband and I have always wanted to find a creative way to give back to the community and make it an ongoing project," Charlton explains. "After Christmas in 2018, we bought a metal Santa's Mailbox for the yard. In 2019, when we decided to put the mailbox out, we decided to start the Letters to Santa project and just see how it would go."

And how has it gone, exactly?

"The first year, the community responded really well," Charlton says. "The word got out just by mouth and Facebook, and we ended up with roughly 150 letters that year."

The following year, nearly 450 letters came through the Charltons' mailbox for Santa.

"The members in the community loved this so much, they were telling family members in different states," Charlton says. "We received letters from Rhode Island, Nebraska, Wisconsin and Maine."

This past December, when they announced they were offering the Letters to Santa project again, he says people made comments such as, "So glad to see you're doing this again" or "My



kids were asking if we get to do letters again this year."

"We have come to be known as Santa's helpers," Charlton says.

For the couple, their favorite part of offering the project is the fact they help bring joy to children in the Grimes community and beyond.

"We see so much Christmas spirit in the children just by reading their letters," Charlton says. "Then, when we respond and hear from the community how much their children loved the response and how they were telling everyone they know that Santa responded to their letter, it just fills us with so much joy."

The Charltons hope the Letters to Santa project continues to grow and expand beyond the Des Moines metro. They also hope to continue to find fun and creative ways to make each year a little different. For instance, this past Christmas, they put temporary tattoos in the letters back to the children.

The couple also hopes to get involved in other volunteer work in the community as a way to continue to give back.



Austin and Bryce Barongan-Charlton receive the Good Neighbor Certificate for helping hundreds of kids get answers to their letters to Santa.

"We want to thank everyone in the community for helping bring our vision of this project to life by having their kids write letters and drop them off to the mailbox," Charlton says. "We also want to provide a thank you to all those who randomly donated stamps, envelopes or even money toward those things. Even though it was not asked for, it was beyond appreciated. We are excited to continue this tradition for the community for many years to come." ■

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



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THE FIRST 48 hours

Part 2 of a 3-part article

This is a continuation of the article published in last month's issue, which provides direction to those who have recently lost a loved one and believe they are responsible to take the immediate steps to secure the decedent's property and identify assets. Keep in mind that a nomination under a will does not convey any legal authority until a judge has determined that the person is qualified and has appointed the person in that capacity.



If there is a revocable living trust, the trustee has authority over all the assets that are held in the name of the trust (which usually includes personal items like furniture, clothing, tools and jewelry), but not the assets that are not held in the name of the trust. In many cases, there are assets that are not held by the trust, even when there is a trust.

In the first article, we discussed securing the real estate, protecting the personal property and contacting the attorney. The additional following steps should also be taken within the first 48 hours.

- Locate the last will and testament or a revocable living trust. Check the decedent's wallet for an attorney business card. If you discover a power of attorney document, it is no longer valid, but the attorney who prepared it may have prepared other estate-planning documents. If you cannot find a will and think there is one, try calling local attorney offices to see if anyone has created one.

- Gather all the keys you can find. One may go to a safety deposit box. Leave the keys on the keyring you found them on. This may help identify what they go to.

- Designate someone to collect and go through the mail. This may alert you to the location of bank or investment accounts.

- Locate abstracts for real estate. An abstract is the thick, legal-sized bunch of papers that contain the legal history of the real estate. This is different than the deed. You need the abstract to sell the real estate. (Check the freezer.)

- Locate the titles for all vehicles with a registration, including boats, trailers, campers, etc.

- Locate the income tax returns for last year, or the most current year you can find.

- Notify the bank, where checking and savings accounts are held, of the death. Accounts not in joint ownership will be frozen. Do not panic.

- Do not allow anyone to use the decedent's credit cards. ■

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.

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MEET Joel Rankin

Putting a twist on teaching social studies

Raquel Gao, daughter of Qin (Ken) Gao and Yan Hong (Lily) Liu, and Emma Adair, daughter of Eric and Jaclyn Adair, are eighth-grade students in the Talented and Gifted enrichment opportunity at Oak View.



Joel Rankin regularly dresses the part for certain lessons in his social studies classes at Oak View.

Joel Rankin is an eighth-grade social studies teacher and the varsity boys basketball coach at Dallas Center-Grimes Oak View. Mr. Rankin has been teaching full time for about 26 years now. He has also been the head basketball coach at DC-G for 20 years. His students have seen him as very eccentric and weird... but in a good way. Mr. Rankin likes to get kids outside of their comfort zone and get them to experience new things.

Many people know Mr. Rankin as the teacher who raps, acts, wears masks and does rather peculiar — but memorable — activities. Spoiler alert! In one particular unit, Road to Revolution, Mr. Rankin's classes got to pretend to be Paul Revere, moving and galloping from classroom to classroom yelling, "The regulars are coming!" Or, in the Boston Tea Party unit, they might even go into the lunch room and steal milk from the lunch ladies. Mr. Rankin's goal is to make his students remember what they learn from doing these activities.

A major influence for Mr. Rankin's teaching style came from his own teachers. When Mr. Rankin was in college, his teacher came to school dressed up as Marie Antoinette.

"She wouldn't go by her normal name," he says. "You couldn't ask her any other questions that day about anything other than the French Revolution, and I never forgot that because it was entertaining."

That had inspired Mr. Rankin to do activities during his classes to make it more interesting and entertaining for the kids.

One of these activities is a volleyball-type game. Mr. Rankin splits the class into two teams and they pass the ball back and forth between the two teams, like in volleyball. Once a team can't get it back to the other side of the room, Mr. Rankin will ask the team that scored a point a social studies question for more points. Almost every student in the class enjoys this game.

When Mr. Rankin is not teaching social studies, he coaches the varsity boys basketball team. He does this by trying to build up teamwork and trust so their group can be more efficient and have an overall excellent performance.

As far as teaching and coaching go, Joel Rankin says, "It's been a great profession. Like any job, there are tough days. It is tough when kids don't do their work, and I have to track them down. Eighth graders are awesome overall — a big ball of energy with many changes going on physically, emotionally and socially. Each day is different. I love this adventure." ■

Join Us

FISH FRY FRIDAY'S

Drive-thru & Dine-In
5:30pm-7pm

MASS TIMES

Saturday: 5pm
Sunday: 10am and
Evening Mass time: 5pm

RECONCILIATION

Saturday 4pm

Parish Reconciliation • March 30 at 6:30pm

MARCH

- 17 6pm K of C Rosary, Mass, Dinner & Meeting
- 18 5pm Stations of the Cross followed with Mass
5:30-7pm K of C Fish Fry (Drive-thru or Dine-In)
- 20 10am RCIA
11-12:15pm Religious Education Classes (K-4 Grade)
1pm Baptismal Prep Class
4:30pm Evening Prayer & Benediction followed with Mass
6-8pm 1st Yr. Confirmation
6pm Happy Hours "The Veil Removed"
- 21 8:30am AFF Philippians Bible Study
5:45-8:30pm Jacobs Martial Arts
- 22 6pm Finance Meeting
5:30-7pm BB Practice (gym)
7pm Social Justice Meeting
- 23 9-11am Pickleball (gym)
5pm AFF Philippians Bible Study
7pm AFF Philippians Bible Study
7-8:15pm Religious Education Classes (5-8th Grade)
7-8:15pm Youth Group
- 24 5:45-8:30pm Jacobs Martial Arts
- 25 5pm Stations of the Cross followed with Mass
5:30-7pm K of C Fish Fry (Drive-thru or Dine-In)
- 27 10am RCIA
11-12:15pm Religious Education Classes (K-4 Grade)
2:30pm Server Training
4:30pm Evening Prayer & Benediction followed with Mass
6pm Happy Hours "The Veil Removed"
- 28 8:30am AFF Philippians Bible Study
5:45-8:30pm Jacobs Martial Arts
- 29 5-7:30pm BB Practice (gym)
- 30 9-11am Pickleball (gym)
5pm AFF Philippians Bible Study
6:30pm Parish Reconciliation
7-8:15pm Religious Education Classes (5-8th Grade)
- 31 5:45-8:30pm Jacobs Martial Arts

APRIL

- 1 5pm Stations of the Cross followed with Mass
5:30-7pm K of C Fish Fry (Drive-thru or Dine-In)
- 2 Confirmation Retreat
- 3 10am RCIA
11-12:15pm Religious Education Classes (K-4 Grade)
4:30pm Evening Prayer & Benediction followed with Mass
6-8pm 2nd Yr. Confirmation
6pm Happy Hours "The Veil Removed"
- 4 8:30am AFF Philippians Bible Study
5:45-8:30pm Jacobs Martial Arts
- 5 6:30pm Adult Faith Meeting
- 6 9-11am Pickleball (gym)
5pm AFF Philippians Bible Study
7pm AFF Philippians Bible Study
7-8:15pm Religious Education Classes (5-8th Grade)
- 7 5:45-8:30pm Jacobs Martial Arts
- 8 5pm Stations of the Cross followed with Mass
5:30-7pm K of C Fish Fry (Drive-thru or Dine-In)
- 9 9am Decorate for Palm Sunday
5pm RCIA
- 10 **Palm Sunday**
11-12:15pm Religious Education Classes (K-4 Grade)
- 1 2pm First Eucharist
- 2 5:45-8:30pm Jacobs Martial Arts
- 3 6:30pm Adult Faith Meeting
- 4 9-11am Pickleball (gym)
- 5 5:45-8:30pm Jacobs Martial Arts

**During Lent our Mass times on Friday are 5:30pm there will be NO 8am Mass during Lent
AFTER EASTER our Mass times will be Sat. 5pm, Sun. 9am & 5pm.**



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GRIMES Public Library news

Two more youngsters have completed 1,000 Books Before Kindergarten 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.



Child's Name: Eddie Jensen
Parents' Names: Amanda and Frank Jensen
Age: 3
Favorite Book: "The Berenstain Bears – Ready, Get Set, Go!"
Favorite Animal: Dog or Bear



Child's Name: Gideon Russell
Parents' Names: Josh and Mollie Russell
Age: 6
Favorite Book: "Dragons Love Tacos 2: The Sequel"
Favorite Animal: Octopus

LIBRARY EVENTS

- March 18, 1 p.m., Paint Galore: Join us at the Library as we get creative and make art with different types of paint and application techniques. This program is geared toward our school-aged patrons (5 and older).
- March 19, 9-11a.m., Tail Waggin' Readers: Strengthen your reading skills. Spend 15 minutes reading aloud and five minutes playing with our therapy dog, Liesl. This event will take place inside and is limited to one child at a time. Call the library to reserve your spot.
- March 24, 4 p.m., LEGO Club: Come build with our blocks to our monthly theme. This program is geared toward our school-aged patrons (5 and older).
- March 25, Flying Butterfly KIT: Stop by the Library to pick up your flying butterfly paper craft kit while supplies last. This program is geared toward our school-aged patrons (5 and older).
- March 29, DIY Wind Chimes KIT: Celebrate the sounds of spring by making your very own wind chime. Stop by the Library to pick up your DIY Wind Chime kit while supplies last. This program is geared toward our tween and teen patrons (9-18).
- March 30, 1:30 p.m., Message in Disguise: Early Out Adventures: Early Out Adventures are for school-aged kids during early dismissals.



This week, discover real codes and writing systems used both now and throughout history and use them to decipher and write your own secret messages.

- April 2, 10 a.m., Family Building Day: Construct creations together with Legos, Duplos, and other building materials. This program is geared toward the entire family.
- April 5, 5:30 p.m., Adult Book Club: This book club is for ages 18 and older and meets the first Tuesday evening of every month. Multiple copies of the book are available at the Library.
- April 14, 4 p.m., Pollinator Party: Bring the family to learn about bees and the important work of pollination with a presentation and story, craft and activity. Then plant seeds to take home and grow your own native pollinator garden to help our local bees. ■

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CHAMBER

By Brian Buethe

THE VALUE of compliments

I was recently reading an article in a publication called "The Daily Umbrella." This is a daily email that is produced and distributed by Big Green Umbrella Media, Inc. Shane Goodman is the president and publisher of the organization, and he regularly includes short articles about his observations and experiences, based on his history and/or current events.



Shane and I are roughly the same age, so his historical perspectives on growing up in a small Midwestern community often align with my own experiences. Reading his articles take me down memory lane. While time marches on, one thing that seems to be consistent through generations is that, as we age, we often look back on the past and appreciate the "simpler times."

Some generations lived through much more difficult times. If you've ever known folks who lived through World War II, you may have heard them talk fondly of those years, despite the sacrifices they made at home and abroad. They would often recollect how people came together, trusting their fellow man in the trenches, making sandwiches for the troops, and supporting those left behind on the home front.

Shane's article had nothing to do with war. Rather, he was describing an interaction that he had with a business that had been operational since before the aforementioned war. A new owner was taking over the business, and Shane paid them a compliment, thanking them for the good food and expressing his gratitude for just being in business.

This is a story about perspective. The last few years have been difficult — more difficult for some than others. The story of the pandemic has played out differently for different people. As a society, the narrative certainly evolved. At one point, there was solidarity. We recognized everyday heroes such as nurses, teachers, truck drivers, front-line retail staff, and many more too numerous to mention. People were doing good things to make the best of a bad situation.

More recently, many people seem to be unnecessarily hurtful for minor transgressions. Your local Chamber of Commerce cannot change the world with an article. But we can encourage people in our community to remember the value of a compliment. Don't be quick to cast aspersions on local businesses or your neighbors. When a complaint is warranted, they, too, should be levied with kindness. Shane's sincere praise is an example of how a moment of gratitude can really brighten someone's day, which is something I hope we can all appreciate. While we do have our challenges, let's do our best to recognize the good stuff, too. ■

Information provided by Brian Buethe, President | CEO, Grimes Chamber & Economic Development

OUT & ABOUT



Lynn Benson and Brian Bueth at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Erin Lego and Greg Means at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Lu Anne Gafford and Deb Crookshank at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Chris Gierut, Cheryl Heid and Eric Gilmour at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Scott Carpenter, Nicole Grethen, Tim Short and Kayla Bruns at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Jake Anderson and Jay Brewer at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



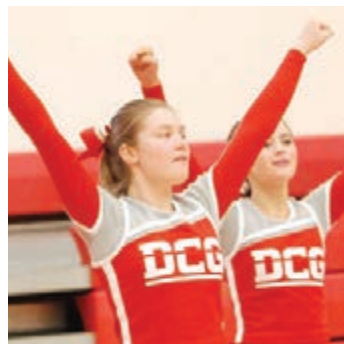
Gloria Perry, Brian Bueth and Lynn Benson at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Cail Fletcher and Andy Borchering at the Grimes Chamber and Economic Development's "Grimes Off The Clock" event on Feb. 25 at the Grimes Public Library.



Arianna Freitas at the DCG vs. Nevada varsity boys basketball game on Feb. 24.



Grace Mernone at the DCG vs. Nevada varsity boys basketball game on Feb. 24.



Rylee Matthews-Stumbo, Sophie Carpenter, Elli Todd, Arianna Freitas, Ellie Schmitz and Grace Mernone at the DCG vs. Nevada varsity boys basketball game on Feb. 24.

VARSITY Basketball

The DCG vs. Nevada varsity boys basketball game was played on Feb. 24.



Blake Perrin



Bo Huston



Tyler Bailiff



Trevor Hamil



Cole Glasgow



Jackson Jones



Jacob Runyan



Sophie Carpenter



Rylee Matthews-Stumbo



Elli Todd



Ellie Schmitz

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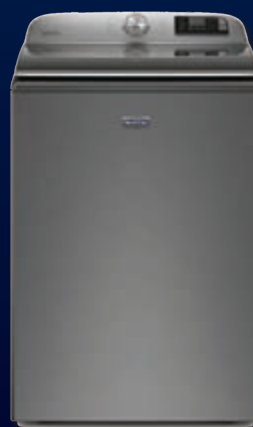
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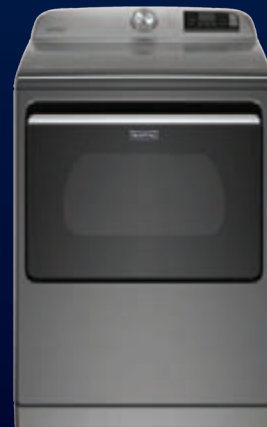


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