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NOVEMBER 2022

*Living*

# The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

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WELCOME

## IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.

Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too.

That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you for reading. ■

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# The state of **VETERANS'** ORGANIZATIONS

**Veterans share how times are changing**

**By Ashley Rullestad**

While Veterans Day falls on Friday, Nov. 11, each day of the year can present an opportunity to celebrate our veterans and to recognize the contributions they have made — and continue to make — to their country and community.

Regardless of the military branch of service, peacetime or wartime, those who have served our country have made sacrifices, and, for those, we salute them and the organizations they represent. While World War I and World War II veterans shaped the veterans' organizations we know today, it is the veterans of subsequent generations who will determine the future of those groups.

Tom Shatava has been involved in the American Legion for about 20 years. Jason Hughes joined more recently after realizing that veterans' organizations help veterans with health issues.



## FEATURE

### Organizations form

In Grimes, many veterans are affiliated with a couple different groups that cover the area: the Grimes American Legion Post 577 and the Veterans of Foreign Wars Urbandale-Johnston Post 9668.

The American Legion is the largest veterans' organization in the world. It was the American Legion that pushed for the establishment of the Veterans Bureau, which would become the Veterans Administration. The American Legion has been instrumental in gaining veterans' benefits such as the GI Bill, veteran health centers and, most recently, with the passing of the PACT Act, additional health resources for those with lung issues associated with burn pits.

The Legion post in Grimes was established in 1945. Like many Legion posts in Iowa, it grew in numbers after World War II, the Korean War and the Vietnam War, but then membership began to dwindle. The Legion Hall was sold, and, now, meetings are held at a private residence jointly with the Auxiliary.

Tom Shatava has been involved for about 20 years now, and he's one of the remaining 25 Legion members in Grimes.

"I wanted to be a part of the community and the Legion after I moved here," he says. "We might be small now, but we still have a World War II veteran who has been a member of the Legion for 77 years, Don Friar. Our commitment to the community is strong. Even if our numbers are small, we will always send a young man to Boys State and one person to Camp Dodge."

Though Grimes does not have its own dedicated VFW post building, there is a Johnston-Urbandale Post 9668 that meets at the Urbandale American Legion building. The post was chartered in 1989 after veterans, who had been meeting unofficially for a time, decided to apply for an official charter. Fifty-five vets started the group, which now has 122



Local veterans' organizations provide donations to local groups caring for homeless veterans.

members.

In the early days, meetings were held in a member's garage, in public places, and at the VFW state headquarters on Beaver Avenue. From about 2008-2018, the group met in the basement of headquarters until the flood of 2018 destroyed the basement, and a lot of the post's records and supplies. Since then, they've been meeting at the Urbandale American Legion hall on Douglas Avenue.

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Local veterans and their families participate in the 2021 Fourth of July parade.



Dennis Appelhons has been the local VFW post commander for the last five years.

Dennis Appelhons has been a member of the VFW since 1977 and joined 9668 in 2016, where he has served as post commander for the last five years. He helped organize the post's 30th anniversary celebration in 2019, where eight of the original charter members were able to attend the post's festivities.

## What they do

The most important thing any veterans' organization does is to support veterans, and they do it in a number of ways. Appelhons explains that local organizations fill in the gaps when it comes to veteran support, because the federal department of Veterans Affairs can't do

it all.

"Groups like ours that are local support veterans right here in the community. If the community is aware of what our groups can do for veterans, we're most likely to hear about those who might need our help," Appelhons says.

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## FEATURE

That help can be anything from monetary to connecting people with the right resources. Post 9668 has helped veterans pay their mortgage or for car repairs, provided a down payment on a house for a single mother with three kids, and provided transportation or connected them to a VA service officer for medical attention.

"For the VFW and the Legion, we want to get more involved in community activities and get our names and post information out in front of the public, so we participate in a lot of activities in the community and partner with community organizations in town," Appelhons says.

The VFW post 9668 holds flag retirement ceremonies. Anyone who has a worn or tattered American flag that needs to be disposed of properly is encouraged to get it to the post for the ceremonies, which are open to the public.

Both organizations distribute poppies to veterans around Memorial Day and Veterans Day. You'll see Legion Post 577 members in the Governors Days parade, and they have a Memorial Day service and put flags on veterans' graves at Sunny Hill Cemetery.

In fact, it was long-time resident and Auxiliary member Marie Hutcheson who made the list of veterans at the cemetery decades ago by walking the rows and keeping track of them through the years.

"Marie Hutcheson is the rock of the Legion and ladies' Auxiliary," Shatava says. "Her husband, son, grandson, nephews, they're all veterans."

Appelhons wants the public — not just veterans — to be more aware of veterans' organizations.

"If the community is aware of what our groups can do for veterans, we're most likely to hear about those who might need our help," Appelhons says. "When we participate in community events, we are also supporting the community, like with our food drives. It goes both ways, people helping people."

Veterans are also involved in hospice organizations, serving those in their last days as they may grapple with difficult memories from their time in the service. Though they might not want to revisit those times with family members, it can be a comfort to have someone listen who has been through similar experiences.

Shatava hopes Grimes veterans are aware of the Legion and will want to get involved.

"We offer things like a buddy check where we will contact vets we know in Grimes and reach out to them and see how they're doing and see if they need anything. But we need young blood. We range in age from 44 to 98, but our average age is 65-70. I'm 71."

Organizers also emphasize the importance of being involved in any of the veterans' organizations because those organizations are a voice for veteran issues on Capitol Hill, at both the federal and state levels. Locally, they are an advocate for veterans and a place where people can bond over shared experiences.

### A look to the future

Right now, many veterans' organizations are having trouble maintaining membership. The reason is twofold. First, there simply aren't as many veterans. After World War II, the Korean War and Vietnam, the United States had many people who had served. There are fewer now after the days of conflicts in Iraq and Afghanistan, partially due to the mechanization and technology implemented in the military. Also, many younger veterans aren't as interested in being involved or don't see the benefits of veterans' organizations.

"There has been a lot of emphasis the last few years to recruit new veterans who, at the present time, feel they don't have any need for an organization like ours, which helps them acquire services and supports our veterans," Appelhons says. "They feel like, 'I'm self-sufficient and in good health, so I don't need this.' But, eventually, they start realizing it's good to have that support, especially as medical issues due to things like Agent Orange and PTSD and burn pits come to light."

That was one of the reasons Jason Hughes became involved with the Legion. He served in the Iowa Army National Guard, deployed for nine months in Egypt in 2003-2004 and Iraq for 22 months in 2005-2007.

"I hadn't done much since I got out of the service, and I wanted to get involved with veterans now," he says. "There are a lot of different veterans' organizations now compared to 70 years ago when there was just the Legion and VFW, and now we have Iowa Remembers, AmVets, and there are newer organizations, too, since the Iraqi war. It's hard to get younger people involved."

Despite the challenges, the VFW Post 9668 has partnered with the Urbandale American Legion post and plans to make some



DCG senior York Meggison was awarded the Samsung Scholarship and was selected as one of two Iowa Senators to attend Boys Nation in Washington D.C. last summer.

improvements to its facility to hopefully be a welcoming place for all veterans in the area. In the works is the possibility of commissioning a Freedom Rock as a memorial to, and reminder of, veterans' service to the country, along with a new lighted flag display.

The VFW also wants to install drop boxes for worn American flags so the public has an easy place to leave them to be gathered for flag retirement ceremonies.

Both organizations plan to continue increased involvement in community events and in helping out in various ways, like granting scholarships to local students. For Shatava, it's about continuing the legacy set forth and established by other veterans and continuing that work into the future.

"We want to have the community get to know who we are and how we can better serve the community and help the veterans," Shatava says. "We're limited now to what we can do, but the more members we get in, the more help we can provide." ■



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### RYAN LINCOLN

First Sergeant

#### MARINES

Afghanistan 2011-2012

#### *How can the public best honor veterans?*

"I think the community does a pretty good job when compared to other generations of service members that were not treated so well. I think it's important to remember that we are normal people just like anyone else but have a litany of unique experiences due to our service both inside of combat and in peacetime."

— Ryan Lincoln



### RICK HUTCHESON

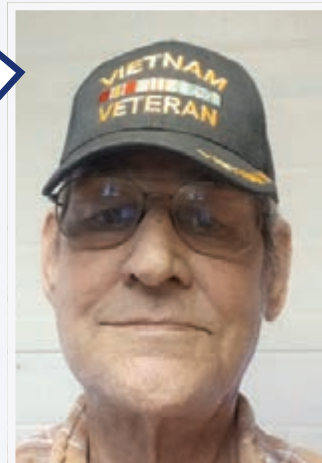
E5 Sergeant

#### ARMY

Vietnam, 101st Airborne Recon Platoon 1970

#### *How can the public best honor veterans?*

"People today seem a lot more aware of thanking veterans for their service. I notice that when I wear my veteran cap. Just acknowledging a veteran, I feel shows that you are honoring them." — Rick Hutcheson







## CARL WONG

E4 Corporal

### MARINES

#### *How can the public best honor veterans?*

"The public can best honor veterans by remembering they are males and females, young and old, may or may not have served during time of war, and come from all walks of life." — Carl Wong

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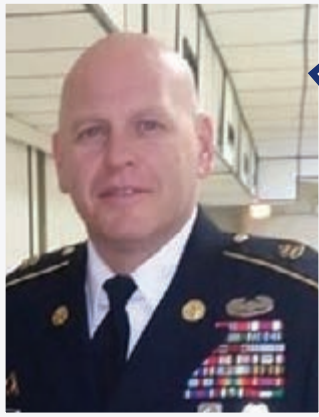
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## JOE HERMAN

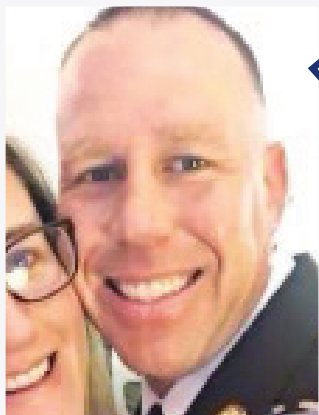
Master Sergeant/E8

### ARMY

Desert Storm 1990-1991, Operation Iraqi Freedom 2003-2005

#### *How can the public best honor veterans?*

"I think the best way the public can honor veterans is just by showing support for what they have done for their country. Less than 1% of the public serves. I have always received support and gratitude for my service and it means a lot." — Joe Herman



## ZACH FULLER

Currently Sergeant First Class

### ARMY NATIONAL GUARD, 2002 TO PRESENT

Deployed 2003-2004 Mosul, Iraq; 2005-2006 Baghdad, Iraq; 2010-2011 Paktia Province, Afghanistan

#### *How can the public best honor veterans?*

"By saying thank you. Shaking a service member's hand and telling them thank you may seem like a simple gesture, but it goes a long ways. Even though I'm currently in the military, I still find it extremely important to go up to other veterans to let them know they are appreciated. Especially when I come across someone from World War II, Vietnam or the Korean War. They went through some really tough stuff. And the sacrifices so many of them made will never be able to be repaid."

— Zach Fuller



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## WHERE WE LIVE

By Lindsey Giardino

# NEW BUILD turns into decades-long residence

Tragers enjoy community.



Larry Trager says his family lives in a “front porch” type of neighborhood and people often gather out front of their homes.

Larry Trager and his wife, April, moved to Grimes 23 years ago when they decided to relocate from Des Moines to somewhere with a small-town feel, yet still close to the big city amenities.

It worked out well that, at the same time, Trager’s job at John Deere Financial was building its new finance headquarters in Johnston.

The Trager family initially thought they’d move into an existing home but decided it made more sense to build their own. It was only the sixth home to be built in their development.

“We didn’t think we could afford a new-build home, but, after taking a tour and seeing the prices at the time compared to existing homes and the renovations/updates needed, it only made sense to build new,” he explains.

Trager’s favorite part of the home, though, is a more recent addition: their sunroom.

“It lets in so much light,” he says. “We also really like the size of our yard, our flower beds — although they didn’t do too well this year — and our front patio that we just did two years ago.”

The family also enjoys their active neighborhood.

“There is always someone outside during the warmer months, and people are always out front,” Trager says. “Our neighborhood is really a ‘front porch’ type of neighborhood.”

And while they like that Grimes is growing, they feel it’s a double-edged sword in that it can start to lose some of its small-town feel.

But as an extension of his appreciation for the community, Trager makes a point to give back how he can. He volunteers for the Grimes Storehouse from time to time, helping pick up food from local stores, and he also volunteers with their church, Grimes United Methodist.

“Grimes is just an all-around great community to raise a family,” Trager says. “Everyone is so friendly. You have easy access to anything you need. And we feel the school system is hard to beat.” ■





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## LEGAL limitation of switching Medicare plans



There were two great articles about Medicare enrollment in last month's magazine, written by AnnaMarie Morrow and Jane Clausen. Re-read them after you have read this article, for more insight.

There are two kinds of Medicare: Original Medicare and Medicare Advantage. They are different, and you cannot have both.

Original Medicare is Plan A (covers hospital costs) and Plan B (covers doctor office visits, lab tests, and outpatient procedures). Both plans have deductibles and co-pays causing you to need a Medicare Supplement Plan (sometimes called Medigap): Plan E, F or G, for example. Plan F is a comprehensive plan that pays 100% of the co-pays and deductibles. It is no longer offered to the person who is just now turning 65. If you already have it, you can keep it. KEEP IT. Part D is the drug plan. Original Medicare DOES NOT pay for dental, hearing aids or routine vision care.

We skipped Plan C, which is also called Medicare Advantage, and it is an alternative to Original Medicare. It is more like the insurance you would have if you were working. It has large co-pays, deductibles and requires that you use only in-network providers.

If you leave the Original Medicare Plan and discover that was a bad idea, you can go back to Original Medicare: if you do it within 12 months (during the open enrollment period January through March,) and it is the first time you are trying to switch. After that, you are not guaranteed that you can purchase Medigap insurance, and you will have to go through medical screening.

The moral of this story is that the laws governing switching back and forth between Original Medicare and Medicare Advantage are very technical. Be wary of changing your plan through an unsolicited phone call or by calling a number you got from the television. By and large, these people are only interested in selling you insurance and are not interested in helping you discover which plan is right for you. They are not illegal scams, per se, but advertising laws are not very strict and/or strictly enforced, and some companies will tell you things that are untrue or very misleading, at best, to get you to switch. Be sure to review your plan every year but do it with a local agent who will actually care that you are in the plan that is right for you. ■

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

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# DESTINATION: Grimes

Destination Grille offers fine dining, rooftop

Grimes is known for its sweetcorn, Mrs. Grimes Chili beans and, most recently, a swath of strip malls and restaurants.

And now, Grimes can also be known as the place to go for a premier dining and rooftop bar experience at the Destination Grille.

Located at 2491 E. First St. and overlooking N.E. Destination Drive, the place opened up in spring 2022. The massive two-story building includes a fine dining restaurant and bar on the lower level, an upstairs bar and outside patio, a small garden-level patio, a casual lunch takeout seating area, along with meeting and party rooms on both floors.

Destination Grille is the brainchild of two partners, both in the commercial real estate business: Kurt Mumm and Mark Hanrahan.

As the pair had never ventured into the dining and bar scene, they chose the location based on potential — and they both live nearby.

“We’re just guys who love to eat and have a cocktail,” Mumm said. “We thought the place deserved something more than a sports bar vibe.”

Indeed it does. Walking in, you feel you’ve arrived at an upscale metropolitan eatery. Pictures and videos of sandy beach scenes and calming scenery replace multiple TV screens. The décor is solid wood with roomy private booths and tables, ambient lighting throughout and a colorful backlit bar.

The upstairs patio reminded me of a rooftop bar off a beach in Fort Myers, Florida. As I gazed out, I almost expected to see ocean waves and



Destination Grill includes a variety of seating options, including a couple of bar areas, the roof top patio and main dining area.

high rise condos. Instead, I viewed a water tower, some empty lots and new construction. However, it is an ideal place to witness a gorgeous sunset — and Iowa has had a few doozies lately.

Patio seating includes couches, tables and high-tops with red awnings for shade. A private bridal shower was roped off, but I strained my head to see a table full of tasty-looking appetizers and heard the DJ spinning tunes. Meeting and party rooms can be resized for weddings, events and more, with easy parking.

The upstairs indoor patio bar has a more intimate feel, but serves a limited menu.

The dining room menu includes specials called the DG Features. When I visited, it was Destination South Korean, including two lobster foie gras dumplings with fried brussels sprouts for \$38 or Korean fried chicken for \$22.

A variety of chef’s specials help “challenge the kitchen.” Lobster is in several dishes (and those live lobsters greet you from their tank when you first walk in). The lobster roll was meaty atop a crusty thick bread. For \$28, it comes with a side. A special appetizer was corn ribs, made from you guessed it — Grimes sweetcorn.

A craft cocktail list, wine by the bottle and glass, a full bar, and non-alcoholic mocktails round out the bar menu. The Osceola martini included mulberry gin, lime, syrup, honey and blood orange soda for \$12. Prime rib is offered up Friday and Saturday nights. Entrees range from \$14 to \$48.

It is a splurge restaurant and bar; however, you don’t need to break the bank. Hit happy hour from 3-5 p.m. for \$3 domestic cans, \$5 Tito’s and select appetizers. Hand-rolled crust pizzas start at \$16.

The next time you’re looking for a unique destination, try Destination Grill. It’s a game changer in the suburban dining experience. ■





# A RECESSION doesn't have to ruin your retirement

You've seen the reports and likely felt the impact of soaring inflation, rising interest rates, and a stock market slump. It's a recipe for a recession, and some experts predict that this economic storm could last well into next year.

Many people have asked me if our phones have been ringing off the hook with people worried about their retirement. The answer is no. The families and individuals we work with have a retirement plan built with times like this in mind. Their customized retirement plans are built to withstand recessions and include action steps they can take in times like these. The goal is to help people live out their retirement vision, no matter what is going on with the economy.

If you don't have a customized retirement plan, you might be worried about the impact a recession will have on your retirement. If you've logged on to your 401(k) and seen your account balances drop, it may feel like a recession could ruin your retirement plans. You can't control these economic conditions, but there are some things you can do to take control of your retirement. You may realize you can still retire during a recession or come through it in a better position to retire.



If you don't like what's happening with your retirement accounts, consider reevaluating your risk. As you near retirement, it's important to understand how your portfolio will react to stock market swings and to make sure your investments reflect your risk appetite. Another action step to consider during a recession is a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on the money again. Not the growth or the qualified distributions. If your IRA or 401(k) account balance is down, you'll pay taxes on less money and enjoy tax-free growth on the market upside. For some with cash on the sidelines, a recession is the right time to get into the market, taking advantage of when stocks are on sale. Another strategy to consider is Dollar Cost Averaging. This is a systematic long-term approach to investing a portion of your portfolio into the stock market.

These are just a few ways to take control of your retirement during a recession. If you want to talk more about these strategies or any other questions you have about retirement, schedule a visit with your financial advisor. ■

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

## BUILD THE RETIREMENT OF YOUR DREAMS EVEN IN A RECESSION



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# PREP your furnace for fall

Time to put away your T-shirts and shorts. Fall is here. We've already had a few cool temperatures, so, before that becomes more permanent and you must turn the furnace on every day, here are some DIY tips you can check off to aid in keeping your system healthy this season.



Inspecting your air filter is the most important thing you can do at home yourself; dirty air filters make your HVAC system run less efficiently. Filters become a low priority due to a misunderstanding of what they actually do. Standard HVAC filters are not intended to purify the air you breathe but protect the unit itself. Filters do trap some dust that gets sucked into the ducts, but most basic filters aren't fine enough to trap pollen, dander, particulates and other allergens. If you don't change your AC filter, it will begin to fail and will no longer be able to filter the air properly, letting dust and contaminants get into the AC. Dust jams the moving parts of an AC such as fan motors and valves. Airflow is restricted, which creates a strain on the system, leading to poor efficiency and breakdowns.

If you have an outdoor unit, it's important to keep it free of dirt and debris. Remove anything that can block airflow into the system and turn the power off when washing away all the dirt that has accumulated over the summer. This will increase your system's efficiency and lifespan.

It's important to keep your registers clean of dust and debris. Wipe them down and keep your vents open so that heat can circulate properly throughout your home.

Keep your ears open for unusual noises when your system is running. Strange noises may be caused by blocked registers, debris in vents, or loose bolts. It's best to call a professional if you can't locate the source of the noise.

Taking preventative action is important for your HVAC's efficiency and performance, and while these are easy DIY tasks that homeowners can handle, it's important to schedule routine annual maintenance. Say you drive your car for 40,000 miles without getting an oil change or refilling your tank — you would be asking for trouble.

This analogy applies to your heating and cooling system as well. Your system won't function as well as it should without proper maintenance. The more efficient your system runs, the more money you'll save on energy bills. Staying on top of maintenance will also extend the life of your system and keep you covered under warranty. ■

Information provided by Sam Yaeger, assistant service manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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## EVENTS IN THE AREA

Be sure to check for cancellations.

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



### Grimes Holiday Celebration (Drive-Thru)

Sunday, Dec. 4, 5-7 p.m.  
Grimes South Sports Complex,  
750 S. James St.

Santa and Mrs. Claus are coming to Grimes for a drive-thru event. Bring the kids to see Santa from the warmth of your car and enjoy activities including trivia, goodie bags, letters to Santa, and holiday lights and music. This annual event is fun for the whole family. Make sure to bring along your letters to Santa for his little helpers to pick up.

The line for this event will be cut off at 6:45 p.m. to ensure that everyone already in line will be able to get through and the event can end on schedule. Goodie bags are first-come first-served. You must be in attendance to receive them. No extra bags will be given to take to those at home in order to ensure all in attendance have a chance to receive them. Organizers will direct traffic as smoothly as possible, and attendees are asked to be patient with the organizers.

### 'She Loves Me'

Dec. 2-11

Ankeny Community Theatre, 1932 S.W. Third St.

This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at [ankenycommunitytheatre.com](http://ankenycommunitytheatre.com)



### 'Come From Away'

Tuesday - Sunday, Nov. 22-27  
Des Moines Civic Center, 221 Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tony-winning Christopher Ashley. Tickets \$40 to \$130 at [dmpa.org](http://dmpa.org).



### Festival Of Trees & Lights

Friday - Saturday, Nov. 25-27  
Iowa Events Center, 833 Fifth Ave., Des Moines

Jumpstart the holidays at this time-honored tradition benefiting the Blank Children's Hospital. Annually, more than 15,000 people attend to enjoy the beautiful decorations, gift shop and festival entertainment. Open 10 a.m. to 7 p.m. Friday and Saturday, then 10 a.m. to 5 p.m. Sunday. Tickets are \$5 per person (ages 2 and younger free), available online or on site. More information at [unitypoint.org/blankchildrens/festival-of-trees.aspx](http://unitypoint.org/blankchildrens/festival-of-trees.aspx).

### Downtown Winter Farmers Market

Saturday, Dec. 3 from 9 a.m. to 1 p.m.  
Historic Court District, Des Moines

Enjoy one more farmers market before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at [dsmpartnership.com/desmoinesfarmersmarket/winter-market](http://dsmpartnership.com/desmoinesfarmersmarket/winter-market).



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*Iowa Living* MAGAZINES

## EVENTS IN THE AREA

Be sure to check for cancellations.

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

### Holiday Hullabaloo

Nov. 25-Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only

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

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



### Christmas at Terrace Hill

Sunday, Dec. 18, 1-4 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Gov. Kim Reynolds and First Gentleman Kevin Reynolds cordially invite families to attend this year's Christmas at Terrace Hill, a fun and festive holiday experience at the Iowa Governor's Residence and National Historic Landmark. Enjoy activities for the kids, spectacular decorations, carolers, delicious treats, and a free photo with Santa and a reindeer. Admission is \$25 per individual or \$50 per family household and must be made in advance either online at <https://terracehillchristmas22.eventbrite.com> or by phone at 515-281-7205. Proceeds from the event benefit the Terrace Hill Partnership, the non-profit organization that supports necessary conservation and restoration projects at Terrace Hill.

### Breakfast with Santa and Mrs. Claus

Dec. 11, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and 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. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



### HOLIDAY MUSIC

#### Community Band Holiday Concert

Dec. 11, 2 p.m.

Stilwell Junior High in West Des Moines

The Greater Des Moines Community Band (GDMCB) will present a holiday concert with a special treat for the children in attendance. They will be given a chance to help direct the band along with a visitor from the North Pole.

Many great holiday pieces will be performed to entertain both adults and children.



#### Des Moines Civic Center

Des Moines Civic Center, 221 Walnut St., Des Moines  
[dmpa.org](http://dmpa.org)

• **Dec. 23:** Mannheim Steamroller Christmas at 2 p.m. and 7:30 p.m.

#### Des Moines Community Orchestra

Sheslow Auditorium, 2507 University Ave., Des Moines  
[desmoinescommunityorchestra.org](http://desmoinescommunityorchestra.org)

• **Dec. 4:** Handel's "Messiah" will be performed at 2 p.m. at Grace United Methodist Church, 3700 Cottage Grove Ave., Des Moines

#### Des Moines Symphony

Des Moines Civic Center, 221 Walnut St., Des Moines  
[dmsymphony.org](http://dmsymphony.org)

• **Dec. 31:** "New Year's Eve Pops: Frank & The Great Ladies of Song"

### Medicare Advantage Seminars

Wellmark Advantage Health Plan is offering in-person seminars for individuals who have questions or are looking to enroll in Medicare Advantage during the annual enrollment period, which occurs through Dec. 7. Medicare Advantage seminars are free to attend and are offered to anyone considering their Medicare options. Topics covered include: Medicare basics, how Medicare Advantage plans work, questions to consider before choosing a plan, and how to enroll. To register for a seminar, visit [Wellmark.com/Attend](http://Wellmark.com/Attend).

Seminar dates and locations include:

• **Tuesday, Nov. 29,** 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines

• **Wednesday, Nov. 30,** 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines

• **Thursday, Dec. 1,** 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

For accommodation of persons with special needs at meetings, call 800-213-3771 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday and some weekend hours. Interested individuals can get personalized support and walk through the options by contacting their authorized independent agent or by contacting Wellmark at the above number and hours. To learn more, visit [Wellmark.com/Medicare/Advantage](http://Wellmark.com/Medicare/Advantage).



## RECIPE

# A FOIL PACKET meal for sweet fall simplicity

(Family Features) Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a “diabetes superfood” because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at [ncsweetpotatoes.com](http://ncsweetpotatoes.com). ■

## Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
  - 3 tablespoons taco seasoning
  - 1/2 cup tomato sauce
  - 1 can (15 ounces) black beans, rinsed and drained
  - nonstick cooking spray
  - 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
  - 2 tablespoons butter
  - 3/4 teaspoon salt
  - 1 1/2 cups fresh chopped spinach
  - 1 1/2 cups shredded cheddar cheese
  - sour cream and guacamole (optional)
- Preheat oven to 425 F.
- In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
- Lay out six 12-inch aluminum foil pieces;



- spray each with nonstick cooking spray.
- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
  - Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
  - Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
  - Serve with sour cream or guacamole, if desired.

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## FINANCE

By Wade Lawrence, CFP®

# TAX-efficient ways to transfer wealth

Gifting is a powerful financial tool that can be just as personally rewarding for the donor as it is the receiver. A well-thought-out gifting plan will take advantage of the proper timing, amount and types of gifts made. Below are a few tax-efficient transfers worth considering.



### Annual gifting

The annual gift tax exclusion for 2022 is \$16,000 per donor (spouses have a combined \$32,000). This amount can be gifted to any number of people, per year, without having to file a gift tax return. Anything above this limit generally is not taxed to either party, it simply reduces the donor's federal lifetime exemption for gifts and estates. Consider the type of gift given as well as the amounts. Rather than cash, gifts can also be made with appreciated assets to shift gains from higher income taxpayers to those with lower income.

### Direct payments

Making direct payments for qualified medical care or educational expenses on behalf of a loved one is a simple and straightforward gifting strategy. For example, many schools will allow you to pay tuition directly and avoid any gift tax consequences. There are no limits on the amount of these gifts, but they must be paid directly to the institution.

### Roth IRA conversions

Depending on your income tax bracket and overall financial situation, it could make sense to convert some or all Traditional IRA assets to Roth IRAs. In the year the conversion takes place, the account owner will pay income taxes on the amount converted. As a result, the assets in the Roth IRA can grow tax free and eventually be distributed tax free to beneficiaries.

### Irrevocable trusts

For more complicated planning, one might consider putting appreciating assets into various irrevocable trusts held for the benefit of heirs as another potentially attractive strategy. Irrevocable trusts can remove the transferred assets (plus any future appreciation) out of the grantor's estate while potentially retaining access to a certain level of cash flow.

### Charitable giving

There are several ways to effectively transfer appreciated assets or pre-tax assets to charities to avoid gain or income recognition completely. If you are considering charitable giving it is especially important to consider how those gifts are made rather than simply gifting cash. Qualified Charitable Deductions (QCD) for required minimum distributions are a great way to get tax benefit for charitable gifts. ■

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

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## MEET Molly Kremer

Making third grade fun

Dallas Center-Grimes teacher Molly Kremer started her 12th year as an educator this fall teaching third grade at Heritage Elementary. She has previously taught fifth grade and second grade, but this is her first year teaching third grade at DCG. Like other elementary teachers, she teaches her young learners the core subjects of reading, math, writing, social studies and science, supplemented with other learning in classes like media, art, gym and music.

As it is for most teachers, one of the biggest challenges of the job is a lack of time. Being pulled in a lot of different directions and handling a myriad of tasks every day — or every minute — can be difficult.

"I'm always juggling all the different responsibilities, and having time to get it all done is hard sometimes."

But one of the biggest rewards of the job is getting to know the students and their families.

"It is so fun to see a student's personality shine and see them grow throughout the year and then getting to share those positive things with parents as well."

Kremer laughs when she's asked about whether she has funny moments with her students to share. There are so many funny things students have said over the years that she regrets not writing them all down.

"I always think I will remember them and then they fade," she says. "But, this year I asked students in our morning meeting what the hardest part of being a kid is, and they shared that taming their inner beasts was challenging, and I just had to laugh."

When she's not at school, you can find Kremer spending time with her family including her husband, Mike, and their two kids, Ivory and Easton. Kremer also grew up playing tennis and has been getting back into playing more recently.

Though it can be a whirlwind transition to move to a new school, Kremer says she enjoys being a part of the Heritage family.

"I've really enjoyed my time here and feel lucky to get to be a part of such an amazing community." ■



Molly Kremer has taught second and fifth grades and, this year, is teaching third grade.

## Join Us!

**MASS TIMES:** Saturday: 5pm • Sunday: 9am • Evening Mass time: 5pm  
**RECONCILIATION:** Saturday 4pm

**THANKSGIVING MASS** Thursday, November 24 at 9am  
**ADVENT** Starting the weekend of November 27th

### HOLIDAY VENDOR FAIR

Saturday, December 3rd from 9am-2pm. Call Brenda if you are a vendor wanting to get in.

### THE IMMACULATE CONCEPTION

Thursday, December 8th. Holy Day of Obligation Mass at 8am & 7pm

### CHRISTMAS MASS TIMES

Saturday, December 24 at 4pm & 6pm • Sunday, December 25 at 9am

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



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# BUILD a relationship with your pharmacist

You may become a healthier person.

Do you think of your pharmacist as the busy person behind a window or counter? Someone who simply prepares and dispenses medications? We've long been more than just drug experts, but our role continues to expand and change. Building a relationship with patients to enhance their health has become a vital part of our profession.



You, too, are likely to benefit from working closely with a pharmacist who knows you well. That's someone who knows your health concerns, recalls your medication history, and can help you stay on track. And all of this can only help when it comes to advising you about:

- Potential drug, supplement or food interactions.
- Possible allergies or side effects.
- What to avoid while taking a medication

or do if you miss a dose.

- When to call the doctor.

Who benefits? These are examples of people who may benefit the most:

- Those with chronic or complex conditions who are likely to take more than one medication.
- Older individuals, who often value a personal touch tailored to their unique needs.
- Patients recently discharged from the hospital who may need extra help managing their prescriptions and care.

Let's work together. Building a trusting, long-term relationship with a pharmacist is no less important than it is with your doctor. Shared knowledge may not only make you less anxious, but also really pay off in terms of health outcomes. For one thing, you're more likely to reap the benefits of your medicine while having fewer problems.

Why is that so? Research shows that, if you trust your pharmacist, you're more likely

to take your medicines the right way and to stay watchful for side effects. If you value this relationship, you are more likely to:

- Feel comfortable asking questions.
- Request information about adverse effects and drug interactions.
- Understand instructions.
- Share information, which can help the pharmacist better guide you in decision making.
- Follow up if you have a problem.

A ready resource: With longer hours and no appointment needed, community pharmacists are more accessible than many health care professionals. That makes it easier to get answers when you need them. Why not take advantage of all we have to offer? I, for one, am ready and willing to be an ally in your quest for better health. Come talk to me, and let's have a conversation. ■

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

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## HAIR LOSS: Know the signs, causes and treatments

You may have heard that the “baldness gene” is inherited from your mother’s side of the family. Actually, this is not true. Patterns of baldness can be inherited from many genes, which can come from either side of the family. So, be sure to check your mother’s and father’s relatives for any genetic predisposition you may have for hair loss.

### Did you know?

More than 80% of men and almost 50% of women will experience significant hair loss during their lifetime.<sup>1</sup> More than 80 million Americans are affected by this condition.<sup>2</sup>

### The warning signs

Your scalp has more than 100,000 hairs. Each day, around 50-100 fall out as they complete their growth cycle. Most people don’t notice that daily hair loss, but when the rate of shedding outpaces new growth, or when new hair is thinner than the hair shed, alopecia is the result.

Alopecia, the most common form of hair

loss, can be broken into three different types including: patterned — progressive, symmetrical thinning of the hair on the front, top and sides of the scalp; diffused — loss of hair (more than 200 hairs per day) evenly across the entire scalp; and focal — loss of hair in patches on the scalp and sometimes face and body.

### Why am I losing hair?

The causes for hair loss can range from heredity (most common) to primary skin diseases, drug interactions, hormonal fluctuations, nutritional deficiencies, infections, autoimmune disorders and physical or emotional stress.

### The COVID-19 effect

Some people developed noticeable hair loss after recovering from COVID-19. A few months after the infection, their hair started to fall out in clumps. This happens when more hairs than normal enter the shedding phase at the same time. A fever or severe illness can start this shedding phase.

### Diagnosis

An initial evaluation will be done by a board-certified dermatologist. During the consultation, the physician will discuss your medical history, previous triggering events and a list of family members with hair loss. A physical examination of your scalp and nails is also done to review current problem areas. Biopsies and blood tests may also be needed.

### Treatment options

After the patient evaluation, a treatment plan will be developed that may include topical medications, oral prescriptions or nutritional supplements.

Talk to a board-certified dermatologist about a hair loss treatment plan that’s right for you. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180.

1. NYU Department of Dermatology
2. American Academy of Dermatology

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## HEALTH

By Andrea Gustafson

### THE CHANGE of seasons

A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?



- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.

- **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.

- **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.

If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

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

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## HEALTH

By Dr. Mallori Phillips

### DIABETIC Eye Disease Awareness Month

How many fingers are you holding up after you take the prediabetes test? If you have been diagnosed with diabetes or even prediabetes, your primary care physician or endocrinologist may have asked you to schedule an appointment for an eye exam. Diabetes affects the vascular system throughout the entire body, including the eyes. The tissue that lines the back of the eyeball is called the retina, which is partially composed of blood vessels. When diabetes starts to affect the eyes, microaneurysms and hemorrhages can appear in the retina. These changes are called diabetic retinopathy.



If you are at risk for diabetes, be sure your optometrist has the advanced equipment necessary to monitor your condition. Diabetic retinopathy can be detected in real-time with specialized scanning devices. Retinal cameras capture images of the optic nerve, macula and blood vessels. OCT scans provide a cross-sectional view of all the layers of the retina which can further detect swelling of the macula if a blood vessel starts to leak.

An evaluation of the retina should be performed annually to rule out diabetic retinopathy. After the eye examination is complete, your eye doctor will communicate the results with your primary physician or endocrinologist. ■

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

## FITNESS

By Kammi Abrahamzon

### Q: Do you suffer from sciatica?

**A:** If you are someone, like our Coach Cole here at Anytime Fitness, that suffers from sciatica, you know how impeding it can be. The sciatic nerve has a huge nerve head, so when it gets irritated, it will make itself known. The pain travels from your lower back to your hips, buttocks and then down your legs. Trying to exercise when it flares up or sometimes even just walking can sound like a huge feat. In some severe cases, your leg might feel a little numb as well. Two big causes of why the sciatic nerve may get pinched are either you may have a herniated disc, or it could stem from your core. In most cases, it is mild, so, after some exercises and treatment, you will be fine in a couple of weeks. It is going to sound crazy, but one of the biggest ways to help with sciatica is exercise. Even though you may not feel like exercising, it will help. You want to focus on building your core. Good posture is going to be key. Make sure you are hitting a lot of core and back exercises. A strong foundation goes a long way to help alleviate the irritation of that nerve. If you focus on doing your stretches and workouts regularly, you will be good as new. Your body supports you through everything, so make sure you are listening to it. ■



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

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## HEALTH

By Dr. Aaron Martin

### GOT PAIN in the feet?

Did you know that chiropractic can help with pain in your feet? By adjusting the feet, not only can you relieve foot pain, but you will often improve knee, hip and lower back pain as well. There are 27 bones in each foot, and the bones in the foot make up more than 25% of the entire skeletal bones in the body. The bones in the foot are the foundation of the skeleton and dictate how the frame above is supported and functions. More times than not, pain in the feet and ankles is due to soft tissue injuries, cumulative trauma, arthritis, nerve compression and tension, and inflammation due to poor foot mechanics, mobility and function, and alignment of the tarsal bones in the feet. Foot conditions can also be the cause of that nagging lower back pain that never seems to get better with treatments. Not all chiropractors treat extremities, so you will need to seek out a specialty chiropractor who can properly diagnose the cause of your pain and effectively provide experienced treatment. Depending on your specific condition, a tailored clinical plan will be implemented to address the underlying cause of the pain in your feet. ■



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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# BLESKACEK is new GVSS president

Longtime volunteer takes on new role.



Mike Bleskacek has served as a volunteer with Grimes Volunteer Support Services (GVSS) for more than a decade. He started as a volunteer driver, helping provide transportation to folks' medical appointments, social events and more. He is now serving as the organization's president. It's a role he assumed after Jay Brewer, the former president and one of GVSS' original founders, asked for someone to take over his position. Bleskacek felt called and volunteered his services.

There was one caveat, though: He's not a computer guy.

Thankfully, he has other folks within the organization who can help him with that.

Bleskacek, a Grimes resident for 24 years, officially took over as GVSS president in April and has thus far enjoyed his new role.

In fact, he's enjoyed every minute of his time with GVSS.

"It's fun helping other people," Bleskacek says. "You get a lot of enjoyment out of it, and you know you're helping other people who are in need."

He shares that the motto of GVSS is "neighbors helping neighbors," and that's exactly what he strives to do. In addition to his duties as president, he still drives people to appointments as well.

Ultimately, volunteering with GVSS gets Bleskacek out of his house and in contact with other people — something he's always appreciated doing. That's why his former career was dedicated to the retail sector.

Being a GVSS volunteer also enables Bleskacek to help people in need.



Tim Short of Edward Jones presents a Good Neighbor certificate to Mike Bleskacek.

"It's just a feel-good feeling working with the clients we have," he says. "They're all good people."

Bleskacek shares that he tells his clients he's paying it forward because someday he might need to depend on GVSS services as well — something he knows he can count on.

"My big wish is that we could have something like this in every city, because there's people in other cities who are in as much need as our people are," he says. "The main thing, the secret to this and the success we've had, is our volunteers. Without them, nothing gets done." ■

**Do you know a Good Neighbor who deserves recognition?**

**Nominate him or her by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).**

## Happy Thanksgiving

We hope your home is filled with family and friends sharing joy and laughter this Thanksgiving holiday.



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## WINTER SPORTS SCHEDULES 2022

### VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:30PM	ADM	ADM High School
Dec 2, 2022	7:45PM	Grinnell	DCG-Meadows Gym
Dec 9, 2022	7:45PM	Newton	DCG-Meadows Gym
Dec 10, 2022	5:00PM	DM Christian	DCG-Meadows Gym
Dec 16, 2022	7:45PM	Oskaloosa	Oskaloosa High School
Dec 20, 2022	7:45PM	Johnston	DCG-Meadows Gym
Jan 3, 2023	7:45PM	Norwalk	Norwalk High School
Jan 6, 2023	7:45PM	Indianola	DCG-Meadows Gym
Jan 10, 2023	7:45PM	Pella Christian	DCG-Meadows Gym
Jan 13, 2023	7:45PM	Pella	Pella High School
Jan 17, 2023	7:45PM	Ankeny	Ankeny High School
Jan 20, 2023	7:45PM	Grinnell	Grinnell High School
Jan 21, 2023	TBD	Gilbert	Gilbert High School
Jan 24, 2023	7:45PM	Newton	Newton High School
Jan 27, 2023	7:45PM	Oskaloosa	DCG-Meadows Gym
Jan 31, 2023	7:45PM	Norwalk	DCG-Meadows Gym
Feb 3, 2023	7:45PM	Indianola	Indianola High School
Feb 7, 2023	7:45PM	Pella Christian	Pella
Feb 10, 2023	7:45PM	Pella	DCG-Meadows Gym
Feb 14, 2023	7:45PM	North Polk	DCG-Meadows Gym
Feb 16, 2023	7:45PM	Ballard	DCG-Meadows Gym

### VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 18, 2022	7:45PM	Ballard	DCG-Meadows Gym
Nov 22, 2022	7:45PM	North Polk	DCG-Meadows Gym
Nov 29, 2022	6:00PM	ADM	ADM High School
Dec 2, 2022	6:15PM	Grinnell	DCG-Meadows Gym
Dec 9, 2022	6:15PM	Newton	DCG-Meadows Gym
Dec 10, 2022	3:30PM	DM Christian	DCG-Meadows Gym
Dec 16, 2022	6:15PM	Oskaloosa	Oskaloosa High School
Dec 17, 2022	7:30PM	CPU	Johnston High School
Dec 20, 2022	6:15PM	Johnston	DCG-Meadows Gym
Jan 3, 2023	6:15PM	Norwalk	Norwalk High School
Jan 6, 2023	6:15PM	Indianola	DCG-Meadows Gym
Jan 10, 2023	6:15PM	Pella Christian	DCG-Meadows Gym
Jan 13, 2023	6:15PM	Pella	Pella High School
Jan 17, 2023	6:15PM	Ankeny	Ankeny High School
Jan 20, 2023	6:30PM	Grinnell	Grinnell High School
Jan 24, 2023	6:15PM	Newton	Newton High School
Jan 27, 2023	6:15PM	Oskaloosa	DCG-Meadows Gym
Jan 31, 2023	6:15PM	Norwalk	DCG-Meadows Gym
Feb 3, 2023	6:15PM	Indianola	Indianola High School
Feb 7, 2023	6:15PM	Pella Christian	Pella
Feb 10, 2023	6:15PM	Pella	DCG-Meadows Gym

### VARSITY BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	6:30PM	Norwalk	Norwalk High School
Dec 3, 2022	10:00AM	Multiple Schools	DCG-Meadows Gym
Dec 8, 2022	6:30PM	Indianola	Indianola High School
Dec 10, 2022	10:00AM	Multiple Schools	Johnston High School
Dec 15, 2022	5:30PM	Multiple Schools	DCG-Meadows Gym
Dec 17, 2022	9:30AM	Multiple Schools	Waukee Northwest
Jan 5, 2023	5:00PM	Multiple Schools	Carlisle High School
Jan 7, 2023	8:00AM	Multiple Schools	Benton High School
Jan 12, 2023	6:30PM	Oskaloosa	DCG-Meadows Gym
Jan 14, 2023	9:00AM	Multiple Schools	ADM High School
Jan 19, 2023	5:30PM	Pella	Pella High School
Jan 21, 2023	9:00AM	Multiple Schools	Urbandale High School
Jan 26, 2023	6:30PM	Newton	DCG-Meadows Gym

### VARSITY GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 14, 2022	5:30PM	Multiple Schools	DCG-Meadows Gym
Nov 19, 2022	9:00AM	Multiple Schools	Nevada High School
Nov 22, 2022	7:00PM	Multiple Schools	Norwalk High School
Nov 26, 2022	10:00AM	Multiple Schools	Linn-Mar High School
Dec 6, 2022	5:00PM	Multiple Schools	Norwalk High School
Dec 12, 2022	4:00PM	Multiple Schools	Saydel High School
Dec 15, 2022	6:00PM	Multiple Schools	DCG-Meadows Gym
Dec 16-17, 2022	9:00AM	Multiple Schools	Young Arena
Jan 5, 2023	5:00PM	Multiple Schools	Carlisle High School
Jan 7, 2023	10:00AM	Multiple Schools	Ogden High School
Jan 14, 2023	9:00AM	Multiple Schools	Waukee Northwest
Jan 19, 2023	5:30PM	Pella	Pella High School

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# CHURCH fundraiser feeds community

550 meals served at Harvest Home event.

On Sunday, Oct. 9, the First Presbyterian Church of Grimes served a record-breaking number of meals through its Harvest Home fundraiser.

That's quite the feat when the church has been around for 140 years.



Volunteers at First Presbyterian Church prepared and served their largest Harvest Home meal yet.

Pastor Carl Lee explains how, up until the pandemic, the dinner was served indoors at the church. But starting in 2020, they shifted it to a drive-thru event. It's actually been a blessing in disguise, because they're able to serve more people outdoors, he says.

In 2020, 350 were served; 450 people received meals last year. This year, 550 people were served in just an hour and a half.

Twenty committee members helped plan the Harvest Home fundraiser this year, while 38 congregation members helped out in the serving line on the day of the event.

There were a couple folks who stood outside the church directing traffic, a few ticket takers, a few people who put cards on people's cars noting how many meals they wanted, and a whole assembly line of people who packaged the meals.

The dinner included all the Thanksgiving fixings like turkey, mashed potatoes, gravy, cranberry sauce and dressing. Everything was homemade, too.

"They get the whole works," Lee says.

He adds that the church started cooking the turkeys — 24 total this year — on the Thursday prior to the event, as well as 240 pounds of potatoes. Two congregation members also baked more than 60 pumpkin pies.

"We go through a lot of food. It's a fun time, and the congregation really enjoys it," Lee says.

The fundraiser takes a lot of hands to put on, but Lee says he feels blessed that people step forward to get it done. He adds that the majority of the food is donated by community members and organizations.

"We've got a purpose and a mission here in Grimes, and that's what we're trying to do," he says.

Lee shares that the First Presbyterian Church of Grimes is trying to become more mission-oriented and do more to serve the community, and the annual Harvest Home fundraiser is just one extension of that. People are already looking to next year's event, too, which will be on the second Sunday of October.

"It's a wonderful affair," Lee says. "It's just a great way of bringing the people of the church together and yet a way we can go and do service to the community." ■

## WINDING down and ramping up

As I start to close the chapter on 2022, I have been reflecting on the amazing things we have accomplished as a chamber this year. As of this article, we have held 20 ribbon cuttings. That means that, through the month of October, we have welcomed 20 new businesses to our community that have made the choice to join our chamber. They have recognized that the benefits of chamber membership have a positive impact on their business. We have also welcomed countless other businesses who aren't new to the community but are new to our chamber in 2022. In addition to ribbon cutting ceremonies, we have hosted two groundbreaking ceremonies for large municipal projects in Grimes. The Grimes Public Library and the Grimes Splash Pad are both going to bring new or improved opportunities to our community.



We are well into our annual Total Resource Campaign: an annual sales campaign that helps our organization fund the many events we host throughout the year, while also promoting our many members. The biggest public-facing events we organize include Grimes Governors Days and the Grimes Holiday Celebration. Finally, we are on track to launch a new important initiative in 2023. Right now, a small group of dedicated individuals is working to finalize the underpinnings of what will be known as the Grimes Leadership Academy. Watch for more information about this opportunity in the coming months.

The list of successes doesn't mean that we didn't have any hard times this year. Our chamber, along with everyone else, has experienced pains with higher priced goods and services. We moved the Governors Days celebration to the Grimes South Sports Complex, after many years at Grimes Waterworks Park. While we felt like the weekend was a success overall, there are parts we know we can improve upon for next year. We heard from many of our members the difficulty they are having hiring and retaining employees, which is something we intend to continue to address in the coming year and beyond.

As we move full steam ahead into the next year, I am excited and hopeful for the opportunities that lie ahead. We have tremendous momentum and lots of things to accomplish. I am grateful that I have had the opportunity to serve as board chair this year. I have met many amazing people and learned more about businesses within our membership. I have had the pleasure of working with Brian, Halsey and Madison (staff at Grimes Chamber & Economic Development) as they do the leg work of making the events run smoothly and keep everything afloat on the back end. I'm thankful that my husband and I made the decision to move to Grimes, because I believe we are in the most amazing city in the metro area. I wish you all a healthy and happy holiday season! #lovegrimes ■

Information provided by Ryleah Cross, an Edward Jones Financial Advisor, is the 2022 Board Chair for Grimes Chamber & Economic Development, where she is a longstanding and well-respected member.

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## OUT & ABOUT



The Grimes Chamber of Commerce held a ribbon cutting for ABC Electric on Oct. 26.



The Grimes Chamber of Commerce held a ribbon cutting for Vision Bank / Purpose Bank on Oct. 13.



The Dallas Center Betterment Foundation held a ribbon cutting at Mashe Modern Fabric and Quilting on Oct. 22.



Dr. Holly Crowson and John Crowson at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



Phil Bubb and Zack Ray at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



Amber Irlbeck and Taylor Fredrickson at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



Jim Byers and Nick Hayek at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



Shane Goodman and Scott Gustafson at The Dallas Center Betterment Foundation after hours social at The Handlebar on Sept. 29.



Tim Short and Jeff Weddle at The Dallas Center Betterment Foundation after hours social at The Handlebar on Sept. 29.



Steve Fangman, Don Bieghler, Bryan Hoffa and Dr. Samuel Fangman at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



Brian Bueth, Adam Bunge, Ben Rickter and Dave Ling at the Grimes Chamber of Commerce Golf Outing held on Sept. 15.



## OUT & ABOUT



The Grimes Chamber of Commerce hosted a ribbon cutting for McDivot's Indoor Sports Pub on Oct. 6.



Joan Warren and Cyle Taylor at the Grimes Chamber of Commerce Off the Clock event hosted by Cooking by J at 2 Harts Boutique on Oct. 20.



Vickie Eichenberger, Deb Bengtson and Shawn Fitzgerald at The Dallas Center Betterment Foundation after hours social at The Handlebar on Sept. 29.



Madison Taiber and Halsey Scales at the Grimes Chamber of Commerce Off the Clock event hosted by Cooking by J at 2 Harts Boutique on Oct. 20.



Erin and Dave Lego at the Grimes Chamber of Commerce Off the Clock event hosted by Cooking by J at 2 Harts Boutique on Oct. 20.



Miranda Kyhl, Meg Dickinson and Abigail Chihak at The Dallas Center Betterment Foundation after hours social at The Handlebar on Sept. 29.



Dan Kline, Dan Hetzel, Pam Woodard and Clint Dudley of Shade Tree Auto receive their certificate for the NW Polk County Residents' Choice for Auto Service finalist on Oct. 27.



Joe German, Bill Lego and Ron Oolman at the GVSS volunteer appreciation event hosted by Shade Tree Auto on Oct. 27.



Rene Lego and Annette Horner at the GVSS volunteer appreciation event hosted by Shade Tree Auto on Oct. 27.



Lorre Herman, Wanda Armstrong and Eileen Bleskacek at the GVSS volunteer appreciation event hosted by Shade Tree Auto on Oct. 27.



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**Max H.**

I've been to many doctors over the last few years and Dr. Brian Waggoner is by far the nicest most compassionate doctor I've ever been too. He's also been my primary doctor my whole life and he's the only reason I've been able to progress and understand all about my health. He has the nicest nurses I've ever met and I've never had a bad experience at his place of work. I would highly recommend going to him if you're looking for a professional pediatrician who cares about his patients.



**Gretchen D.**

My son was born with a tracheoesophageal fistula that led him to have multiple issues with breathing and eating and numerous surgeries. We have seen Dr. Waggoner and Andrea Dettmann Spurgeon for a lot of his care and have had nothing but great experiences. The small clinic setting makes it possible for them to actually know their patients by name and history when they walk in the door before even looking at a charts. It feels as if you are "part of the family". My son is always asking for Dr. Brian. We now have a daughter and couldn't imagine ever going anywhere else!



**Nicole**

Dr. Waggoner and his staff are excellent! We have always had great experiences at our appointments. They are professional and respectful. I highly recommend this clinic!



**Shawna L.**

Dr. Waggoner is so patient with me every appointment and truly listens to my concerns and helps me come up with a solution! you're missing out if you don't give his team a try!