

GRIMES /  
DALLAS CENTER

# Living Weekly

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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## SEEN AROUND TOWN

### THE GRIMES CHAMBER OF COMMERCE HELD A LUNCH AND LEARN AT THE DCG HIGH SCHOOL ON DEC. 8.



Steve Rogers, Ben Butzke and Tim Short



Mike and Anne Wemhoff



Brian Buethe and Jason Kerndt



Cynthia Letsch, John Palmer and Cyle Taylor

### 5-DAY FORECAST

**TUESDAY HIGH 6 | LOW -14**  
Sunny and bitterly cold



**WEDNESDAY HIGH 23 | LOW 18**  
Mostly sunny, not as cold



**THURSDAY HIGH 33 | LOW -6**  
Mostly cloudy, not as cold



**FRIDAY HIGH 17 | LOW 6**  
Mostly sunny, colder



**SATURDAY HIGH 25 | LOW 17**  
Sunshine and some clouds



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FROM THE PUBLISHER

# ARE YOU READY FOR A CONVERSION?

Whatever happened to conversion vans? If you are smiling right now, you probably owned one. If anything ever needed to come back, these are it.

I never owned a conversion van. I'm a bit too young for those, but my older brother had one. He also had a moustache, silk shirts and a belt with his name on it. Just saying.

If you are not familiar with conversion vans, let me help you out. They were essentially cargo vans that were decked out, typically by a third-party company but also by a generation of do-it-yourselfers. Popular full-sized models that were used for the base included the Chevrolet Van, the Dodge Ram Van, the Ford E-Series and my personal favorite, the GMC Vandura.

Trendy features included shag carpet, captain's seats, luxury lighting, 8-track players and

lots of oak trim. The cool ones had fold-down beds, fiberglass bubble tops and gas stoves.

Conversion vans started to become popular in the 1960s with the hippies, and those Volkswagen models were groovy. But the ones I recall were in the 1970s — and the more custom paint they had, the better. Think nature scenes, flames and lots of Americana. Those were the days of Evel Knievel, after all. The side windows were also a signature feature, often in small circles, rectangles or diamonds and almost always tinted.

Few things are as identifiable with the 1970s era as conversion vans. Unfortunately, they went along the wayside with dark wood paneling, crochet throws and bean bag chairs.



Some say that the demise of conversion vans was due to the federal government and vehicle manufacturers demanding new safety guidelines be adhered to. Others say the vans priced themselves out of the market with extravagant features. In reality, rising fuel costs made these gas-hogs less attractive for the average American.

Regardless, conversion vans were the ultimate vehicle for road trips, and they looked really cool in the driveway, too. Don't call it a comeback, but you may be converting to one soon.

Have a great week, and thanks for reading. ■

**Shane Goodman**

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Publisher

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## POLK COUNTY CONSERVATION EVENTS

### GROUNDHOG HIKE

**Brown's Woods**

**Wednesday, Feb. 2, 10:30 a.m.**

Can they really forecast an early spring? Do they actually hibernate? Why do we celebrate groundhog day anyway? So many questions surround this little rodent. Uncover all the truths during this fun and hands-on hike on the day we celebrate its existence. All ages welcome to this free event. Registration required by Feb. 1. Register online at <https://www.polkcountyiowa.gov/conservation/>.

### TODDLER TALES

**Feb. 3 10 a.m.**

**Jester Park Nature Center**

Let your imagination run wild with this free nature-themed story time aimed at ages 3 and older. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. Topic is Little Cloud. Registration required the day prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>.

### CHINESE NEW YEAR CELEBRATION

**Jester Park Nature Center**

**Saturday, Feb. 5, 10:30 a.m.**

Celebrate the year of the tiger. During this program, learn all about the history of the Chinese New Year, similarities between Chinese zodiac and western astrology, and, of course, tigers! All ages are welcome to this free event. Registration required by Feb. 4. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■

## DCG SPORTS SCHEDULES

### Tuesday, Jan. 25

- 6:15 p.m. **Basketball:** Girls Varsity vs. Grinnell  
7:45 p.m. **Basketball:** Boys Varsity vs. Grinnell

### Thursday, Jan. 27

- 5:30 p.m. **Wrestling:** High School JV/ Varsity @ Newton  
6:00 p.m. **Basketball:** Girls JV 2 Game vs. Southeast Polk  
7:15 p.m. **Basketball:** Boys JV Game vs. Bondurant-Farrar

### Friday, Jan. 28

- 6:15 p.m. **Basketball:** Girls Varsity @ Indianola  
7:45 p.m. **Basketball:** Boys Varsity @ Indianola

### Saturday, Jan. 29

- 9:00 a.m. **Wrestling:** JV High School Invitational @ WDM Valley  
10:00 a.m. **Wrestling:** High School Conference Meet @ Oskaloosa

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## EVENTS IN THE AREA

### COMEDY SHOWS

**Jan. 29, Jan. 30**

**Hoyt Sherman Place, 1501 Woodland Ave., Des Moines**

**Saturday, Jan. 29, 7 p.m.:** “Jim Jefferies: The Moist Tour.”

**Sunday, Jan. 30, 6 p.m.:** “Fortune Feimster: 2 Sweet 2 Salty.” [www.hoytsherman.org](http://www.hoytsherman.org).

### LIVE MUSIC IN THE METRO

**Various locations**

**Friday, Feb. 4, 7 p.m.:** Hailey Whitters will be performing at Wooly’s, 504 E. Locust St., Des Moines; [www.woolysdm.com](http://www.woolysdm.com). After more than a decade in Nashville, this country singer broke through in 2020. Whitters has added five new songs, and as the title of her album implies, she is “Living The Dream.”

**Saturday, Feb. 5, 6 p.m.:** Lil Durk at Horizon Events Center, 2100 N.W. 100th St. in Clive; [www.horizoneventscenter.com](http://www.horizoneventscenter.com). Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his Signed to the Streets mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, “Remember My Name” and “Lil Durk 2X.”

**Friday, Feb. 11, 8 p.m.:** Chad Elliott at xBk, 1159 24th St., Des Moines; [www.xbklive.com](http://www.xbklive.com). Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as “Iowa’s Renaissance man” by Culture Buzz Magazine.

### CONCERTS AT WELLS FARGO ARENA

**730 Third St. in Des Moines**

[www.iowaeventscenter.com](http://www.iowaeventscenter.com)

**Saturday, Feb. 12:** “Eric Church - The Gather Again Tour” at 8 p.m.

**Saturday, March 26:** “Elton John’s Farewell Yellow Brick Road” at 8 p.m.

**Monday, March 28:** “KORЯ TOUR” with special guests Chevelle and Code Orange at 6:30 p.m.

### DES MOINES PERFORMING ARTS SHOWS

[www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org)

**Saturday, Feb. 5:** “Step Afrika!” at the Des Moines Civic Center, 221 Walnut St. - Wellmark Family Series.

**Feb. 8-13:** “Tootsie” at the Des Moines Civic Center, 221 Walnut St. - Willis Broadway Series.

**Friday-Saturday, Feb. 25-26:** Comedy XPeriment at the Stoner Theater, 221 Walnut St.

### ‘LONG DAY’S JOURNEY INTO NIGHT’

**Feb. 11-20**

**Stoner Theater, 221 Walnut St., Des Moines**

Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction. [www.iowastage.org](http://www.iowastage.org)

### ‘THE REVOLUTIONISTS’

**Feb. 4-20**

**Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines**

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. [www.tallgrasstheater.org](http://www.tallgrasstheater.org)

### ‘THE MAGIC FLUTE’

**March 5-6**

**Des Moines Civic Center**

**221 Walnut St., Des Moines**

Des Moines Metro Opera’s 50th Season begins with a family-friendly production of “The Magic Flute” by Wolfgang Amadeus Mozart at the Des Moines Civic Center. ■



# GRIMES COMMUNITY CONNECTIONS SPOTLIGHTS

Grimes Community Connections is an all-volunteer citizen group providing leadership and support for organizations and activities that serve to better the community of Grimes. The group lists volunteer organizations online at <https://www.grimesiowa.gov/OurCommunity/VolunteerOpportunities/>

[GrimesCommunityConnections.aspx](https://www.grimesiowa.gov/OurCommunity/VolunteerOpportunities/GrimesCommunityConnections.aspx) and promotes them on social media. Visit the site for information about listing additional organizations.

Grimes Living Weekly is featuring some of the organizations listed on the site.

## ISU EXTENSION AND OUTREACH DALLAS COUNTY:

Extension serves the community, families, and all Iowans through various programming. Volunteers help with one-time needs all the way to monthly volunteers. Youth are

on waiting lists hoping to join 4-H programs as volunteers are sought for once-a-month youth programs for one to two hours a month. For more information, contact Jeff Jackson. Office phone: 515-993-4281 Email: [jsjack@iastate.edu](mailto:jsjack@iastate.edu) Website: [www.extension.iastate.edu/dallas](http://www.extension.iastate.edu/dallas)

## MS MOMENTS:

This organization hosts nine fundraising events each year in the Des Moines metro area. The dollars raised stay in Iowa and help provide grants to families afflicted with multiple sclerosis for health club memberships, acupuncture and medical massage. These services are vital to keep families fighting this disease. Volunteers are needed for each of their events, which are listed on their website. Contact Karrie Anderson. Office phone: 515-402-5694 Email: [msmoments@inittocureit.org](mailto:msmoments@inittocureit.org) Website: [www.msmomentsiowa.org](http://www.msmomentsiowa.org)

## SPECIAL OLYMPICS IOWA:

Special Olympics Iowa provides sport competitions and events for children and adults with intellectual disabilities. Events take place all year round in various parts of the state. Upcoming volunteer opportunities/needs are listed on their website and updated one to three months prior to an event on [www.soiowa.org/volunteer](http://www.soiowa.org/volunteer). Contact Elin Phipps, Director of Volunteers. Office phone: 515-986-5520 Email: [Volunteer1@soiowa.org](mailto:Volunteer1@soiowa.org) Website: [www.soiowa.org/volunteer](http://www.soiowa.org/volunteer)

For more information about Grimes Community Connections, visit <https://www.grimesiowa.gov/OurCommunity/VolunteerOpportunities/GrimesCommunityConnections.aspx> This page is often updated with new organizations so visit often for more volunteer opportunities. ■

## EVENTS SET AT THE BRICK ROOM

The Brick Room, 208 S.E. Main St. in Grimes is hosting live music Fridays in January from 5:30-7:30 p.m. and live jazz in January on Thursdays from 8-10 p.m. with \$5 cover charge.

An open mic comedy night is Jan. 28, starting at 7:30 p.m., with donations appreciated.

Family Valentine's activities will be offered Feb. 11, 5:30-8 p.m.

An Adult Murder Mystery Party is Saturday, Feb. 12, 7 p.m. Tickets are \$15 and reservations are required. For information and registration, visit [thebrickroomgrimes.com](http://thebrickroomgrimes.com). ■



## RECIPE

# 5 REASONS TO EAT MORE TART CHERRIES



*(Family Features)* If you want to add superfoods to your diet in the new year, Montmorency tart cherries may be perfect for you.

Montmorency is the variety of tart cherries grown in America, primarily on small family farms. Compared to sweet cherries that are typically eaten fresh during the summer season, tart cherries are available year-round as dried, frozen, canned, juice and juice concentrate.

Decades of scientific research has shown Montmorency tart cherries are deserving of their superfood reputation. Here are five reasons to enjoy them more often:

**Sleep:** Tart cherries are one of the few food sources of melatonin and have been the focus of multiple sleep studies.

**Exercise recovery:** Tart cherry juice has become a popular exercise recovery drink for athletes.

**Arthritis and gout:** Studies have explored the impact of Montmorency tart cherry juice consumption on gout attacks and arthritis symptoms.

**Heart health:** Montmorency tart cherry research has examined blood pressure and blood lipids.

**Versatility:** Although they remain perfect for pie, tart cherries can easily transition from sweet to savory, adding complex flavors to oatmeal, smoothies, salads, granola bars, trail mix and grain bowls.

Look for dried U.S.-grown tart cherries at the store and online for enjoyment and health. Find more recipes and scientific research at [ChooseCherries.com](http://ChooseCherries.com). ■

## TART CHERRY BEDTIME BITES

*Recipe courtesy of the Cherry Industry Administrative Board*

**Yield:** 12 bites

- 6 medjool dates, pitted
- 1/2 cup dried tart cherries
- 1/2 cup finely shredded coconut flakes
- 3/4 cup unsalted cashews
- 1 teaspoon almond extract
- 1 pinch fine sea salt

### Directions

In food processor, process dates until broken into pea-sized bits. Add dried tart cherries, coconut flakes, cashews, almond extract and sea salt; process until combined. Form into 12 balls and chill two hours.

## TART CHERRY OVERNIGHT OATS

*Recipe courtesy of the Cherry Industry Administrative Board*

**Servings:** 2

- 1 cup dried tart cherries, plus additional for topping (optional)
- 1 cup old-fashioned oats
- 1 cup almond milk
- 1/2 cup slivered almonds, plus additional for topping (optional)
- 2 tablespoons tart cherry concentrate
- 2 tablespoons chia seeds
- 1/2 teaspoon cinnamon
- honey, for topping (optional)

### Directions

In large jar or container, mix cherries, oats, milk, almonds, cherry concentrate, chia seeds and cinnamon. Cover and refrigerate overnight.

Spoon into bowls and enjoy cold or warmed up. Drizzle with honey or sprinkle with extra dried tart cherries and almonds, if desired.

## FILM REVIEWS By Michael C. Woody

As I write this, we are digging out of the end of the holiday movie season. Here's a quick (but large) list of what's out there. Some of them are easy to find (i.e.: wide release or streaming) and some not so much (art house). Several of these will be on my top 10 list for 2021 for sure.

**“THE POWER OF THE DOG”**: Those of you with Netflix can find this on that streaming service. It is a dirty, dusty looking film with some of the year's best performances. Benedict Cumberbatch and Jesse Plemons play sibling cattle ranchers in 1925 Montana. Cumberbatch plays the mean, obstinate brother who nearly always defers to his brother. That changes when Plemons' character marries and brings his bride back to the ranch to live. She brings her son who is a bit too effeminate for Cumberbatch's character. This very dark and nasty Shakespeare-like tale plays out under stunning Montana vistas and ends with an evil but wonderful finale that I didn't see coming but found very satisfying. On Netflix. **Grade: A**



“THE POWER OF THE DOG”

**“SING 2”**: The first one was a charming, animated movie about a bunch of animals trying to put on a musical. Wonderful characters and a great soundtrack made this a big hit with the little ones. “Sing 2” picks right up where the last one left off, leading with Prince's “Let's Go Crazy.” **Grade: A**



“SING 2”

**“SPIDER-MAN: NO WAY HOME”**: I'll admit that it's easy to guess that the current Spider-Man movie has plenty of laughs and action. What you don't expect is strong emotions and a serious need for Kleenex. I've been a Spider-Man fan since 1973, so I've been round the block with this character. In short, this is one of the best movies of the year (easily the biggest audience pleaser) and deserves every bit of praise that it is getting. **Grade: A**

**“AMERICAN UNDERDOG”**: If you thought you knew everything about former UNI, former Iowa Barnstormer and former Super Bowl Champion and MVP quarterback, Kurt Warner, I'll bet you are wrong. What a great movie about a man who just would not take no for an answer. Spirituality, football action and strong family ties keep this movie moving forward into a real crowd-pleaser. **Grade: A ■**



“AMERICAN UNDERDOG”

*Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.*

# GRIMES PUBLIC LIBRARY HAPPENINGS

## KID FRIDAYS

### Tangrams KIT, Jan. 21

Stop by the Library to pick up your Tangram Kit while supplies last. Your kit will include the supplies to recreate some images and a reversible tangram that you can use to create any image you'd like.

## EARLY OUT ADVENTURES

### Winston Matching Game, Jan. 26, 1:30 p.m.

Early Out Adventures are for school-aged kids during early dismissals. Join local author Megan Cline as she shares a book from her popular Winston series followed by making your own game of memory.

## LEGO CLUB

### Jan. 27 at 4 p.m.

Come build with our blocks to our monthly theme. This program is geared toward school-aged patrons (5 and older).

## KID FRIDAYS

### Play with Your Food, Jan. 28 at 4 p.m.

Come to the Library and make different types of play dough out of food. This program is geared toward school-aged patrons (5 and older).

## STORIES & STEM

### Jan. 31 at 3:45 p.m.

Read "Over and Under in the Pond" together as a group then explore the theme more with hands on STEM activities. This is a 45-minute after-school program geared toward kindergarten to second grade. ■

# LUNCH AND LEARN

Grimes Chamber and Economic Development invites the public to its monthly Lunch and Learn Wednesday, Feb. 9, 11:30 a.m. to 1 p.m. at Grimes Community Complex Room 402, 410 S.E. Main St. Cost is \$15 for GCED members, \$20 for non-members and walk-ins, and \$7.50 for attending but no lunch. The speaker will be talking about Farrell's Extreme Bodyshaping. ■

## CLASSIFIED ADS

**FOR SALE:** Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

**PUPPY:** 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

**LOOKING TO BUY:** Vinyl Records. Will pay cash for your 60, 70's and 80's rock as well as jazz and blues. Please call Brian at 515-326-5033.

**FOR SALE:** Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

**FOR SALE:** 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

**BABY BED FOR SALE:** Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

**BUNK BEDS FOR SALE:** Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

**SEND IN YOUR FREE CLASSIFIED AD BY MONDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM**

LIST 50 WORDS OR LESS FOR FREE.

## JOKE OF THE WEEK



*How much does a pirate pay for corn?*

*A buccaneer!*