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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 AN OFF THE CLOCK EVENT AT MERKLE RETIREMENT PLANNING ON DEC. 2.



Annamarie Morrow, Richelle Smith, Haley Gutschenritter



Kayla Bruns and LuAnne Gafford



John Palmer and Jennifer Boes



Jolene Goodman and Loren Merkle

5-DAY FORECAST

TUESDAY HIGH 34 | LOW 6
Mostly cloudy



WEDNESDAY HIGH 12 | LOW -4
Cloudy and much colder



THURSDAY HIGH 12 | LOW -6
Cold with periods of sun



FRIDAY HIGH 25 | LOW 4
Sunny, not as cold



SATURDAY HIGH 35 | LOW 22
Sunny



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FROM THE PUBLISHER

BREAK OUT THE LONG JOHNS

It's cold outside, and that means one thing — it's time to break out the long johns.

I recall being a child and staying with family friends on their farm for a few days. The woman of the household was a wonderful lady named Marge, and she told me that we would be making long johns. The brain of this 5-year-old envisioned some sort of sweatshop with sewing machines humming away. I was pleasantly surprised to find out that she and I would be in the kitchen making long donuts with a maple glaze of incredibly sugary frosting. Not too many years later, I learned to also appreciate thermal underwear and its waffle weave texture just as much. Long johns were — and continue to be — necessary clothing in the winter weather of northern Iowa, and they were effective sweat-soaker-uppers worn under the then-legal, plastic “sauna suits” we wrestlers wore when trying to make weight.

Even in my suit-and-tie days out of college, I was known to wear long johns. While in a meeting at The Des Moines Register where we were all seated in chairs in a circle, I could see my coworker Shannon laughing at me from across the room. With my legs crossed at the knee, I leaned forward and tried mouthing, “What’s so funny?” She kept laughing. Shannon could see that I was becoming irritated with her, and she finally blurted out, “Quit being such a jerk. I am just laughing at your long underwear that I can see from your suit pant leg.” Laugh all you want, Shannon. I was toasty warm.

Maybe you wonder where the term “long johns” came from. Some say it began with soldiers in World War II who donned the thermal underwear, but the words appeared many years



prior. According to a story in the Summit (Colorado) Daily, the invention of long johns is credited to John Smedley in the English town of Matlock in Derbyshire. Smedley manufactured the clothing on the premises of his Lea Mills in the late 18th century, the story says. The name “long johns” supposedly refers to American boxer John L. Sullivan, who reigned as the heavyweight champion from 1882-1892.

So now you know. The next time you slip into some long johns, you can think of John Smedley and John L. Sullivan. And the next time you eat a delicious maple-glazed long john donut, you can think of me.

Have a great week, and thanks for reading. ■

Shane Goodman

President and
Publisher

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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. ■

DC-G ANNOUNCEMENTS

Wednesday, Feb. 9, early dismissal: 12:30 p.m., Oak View, 1 p.m. all other buildings

Friday, Feb. 18, no school due to professional development ■

FUNERAL NOTICES

RONALD L. BAER

Ronald L. Baer, 87, died Jan. 21, 2022, at EveryStep Kavanagh House in Des Moines. Cremation rites have been accorded and private inurnment will be at Sunny Hill Cemetery in Grimes at a later date. He was born in Grimes. He worked on pipe organs for a living.

An obituary is available at IlesCares.com. ■

WANDA LOUISE SLAUSON

Wanda Louise Slauson died Jan. 23, 2022, two weeks shy of her 91st birthday. Wanda had been under care at the Madrid Home for two years.

Wanda and her identical twin, Waneta, grew up in Johnston, graduating in 1949. Wanda married her high school sweetheart, Russell Slauson, on July 28, 1950. They moved to Grimes in September of 1953. They had four children. Wanda was active as a Boy Scout den mother, Soapbox Derby supporter and as a fan of their school sports. As a great-grandmother, she served as a board member of the Johnston (Station) Historical Society. She is survived by her husband of 71 years.

Graveside services to be announced pending warmer weather. A full obituary is available at www.ilesfuneralhomes.com. ■

DCG SPORTS SCHEDULES

Tuesday, Feb. 1

- 4:45 p.m. **Basketball:** Boys 10th Grade vs. Pella Christian
 6:00 p.m. **Basketball:** Boys 9th Grade vs. Pella Christian
 6:15 p.m. **Basketball:** Girls Varsity vs. Pella Christian
 7:45 p.m. **Basketball:** Boys Varsity vs. Pella Christian

Thursday, Feb. 3

- 4:00 p.m. **Basketball:** Girls JV 2 vs. Gilbert
 7:15 p.m. **Basketball:** Boys JV vs. Gilbert

Friday, Feb. 4

- 4:45 p.m. **Basketball:** Boys 10th Grade @ Pella
 6:00 p.m. **Basketball:** Boys 9th Grade @ Pella
 6:15 p.m. **Basketball:** Girls Varsity @ Pella
 7:30 p.m. **Basketball:** Girls JV 2 @ Pella
 7:45 p.m. **Basketball:** Boys Varsity @ Pella

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EVENTS IN THE AREA

LIL DURK IN CONCERT

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

Saturday, Feb. 5, 6 p.m.

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.” www.horizoneventscenter.com.

ERIC CHURCH - THE GATHER AGAIN TOUR

Wells Fargo Arena, 730 Third St. in Des Moines

Saturday, Feb. 12, 8 p.m.

For more information, visit www.iowaeventscenter.com.

‘TOOTSIE’

Feb. 8-13

Des Moines Civic Center, 221 Walnut St.

The Willis Broadway Series returns with “Tootsie.” For more information, visit www.desmoinesperformingarts.org.

CAT SHOW

Saturday - Sunday, Feb. 12-13

Iowa State Fairgrounds

A flood of fancy-footed felines compete for various awards and distinctions. This Fairgrounds event will be at E. 30th and University in Des Moines in the Animal Learning Center. For more information, visit www.iowastatefairgrounds.org.

‘THE REVOLUTIONISTS’

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

Feb. 4-20

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. www.tallgrasstheater.org

‘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

CITYVIEW CHOCOLATE WALK

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatwalk.dmcityview.com>.

IOWA WILD HOCKEY HOME GAMES

Thursday, Feb. 10 vs. Grand Rapids Griffins, 7 p.m.

Friday, Feb. 11 vs. Grand Rapids Griffins, 7 p.m.

Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit www.iowawild.com.
Home games are:

IOWA WOLVES HOME GAMES

Saturday, Feb. 5 vs. Agua Caliente Clippers/Clippers, 7 p.m.

Sunday, Feb. 6 vs. Austin Spurs/Spurs, 4 p.m.

Tuesday, Feb. 8 vs. Austin Spurs/Spurs, 10:30 p.m.

Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit iowa.gleague.nba.com.

DES MOINES BUCCANEERS

Friday, Feb. 11 vs. Sioux Falls Stampede, 7 p.m.

Buccaneer Arena in Urbandale, 7201 Hickman Road

For more information, visit www.bucshockey.com. ■

POLK COUNTY CONSERVATION EVENTS

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/>.

CRITTER CLUB

Feb. 6 and March 16, 1-2:30 p.m.
open house format

Jester Park Nature Center

Come visit Jester Park Nature Center's resident turtles, snakes and salamanders to learn about these misunderstood animals. You may even get to touch a turtle or snake. This is an open house program, so come anytime between 1-2:30 p.m. No registration required for this free event. ■

COMMERCIAL REAL ESTATE TRANSACTIONS

COMMERCIAL REAL ESTATE TRANSACTIONS IN GRIMES FROM DEC. 7, 2021, THROUGH JAN. 6, 2022.

ADDRESS: 2125 E. FIRST ST.,
GRIMES

SALE DATE: DEC. 10, 2022

SALE PRICE: \$1,883,890

SELLER: MENARD INC

BUYER: MLY REAL ESTATE LLC

SQUARE FEET: 0

ACRES: 2.162

ADDRESS: 2100 S.E. 44TH COURT,
GRIMES

SALE DATE: JAN. 4, 2022

SALE PRICE: \$450,000

SELLER: KIPPER, ROY

BUYER: BRICAR INVESTMENTS LLC

SQUARE FEET: 2,160

ACRES: 1.1

ADDRESS: EAST OF UNITED
CONTRACTORS, GRIMES

SALE DATE: DEC. 16, 2022

SALE PRICE: \$2,898,644

SELLER: HERNDON, STEVEN O.

BUYER: IPE 1031 REV418 LLC

SQUARE FEET: 0

ACRES: 73.57

ADDRESS: EAST OF UNITED
CONTRACTORS, GRIMES

SALE DATE: DEC. 17, 2022

SALE PRICE: \$3,016,956

SELLER: HERNDON BUILDING

VENTURE LLC

BUYER: IPE1031 REV418 LLC

SQUARE FEET: 0

ACRES: 73.57

ADDRESS: 3355 S.E. MIEHE DRIVE,
GRIMES

SALE DATE: DEC. 21, 2022

SALE PRICE: \$55,000

SELLER: MOEHN, PAUL S ESTATE

BUYER: GINA R ROSS REVOCABLE

TRUST

SQUARE FEET: 1,080

ACRES: 0.062

ADDRESS: 3355 S.E. MIEHE DRIVE,
GRIMES

SALE DATE: DEC. 21, 2022

SALE PRICE: \$55,000

SELLER: MOEHN, PENELOPE DONA

BUYER: GINA R ROSS REVOCABLE

TRUST

SQUARE FEET: 1,080

ACRES: 0.062

ADDRESS: 2080 E. FIRST ST.,
GRIMES

SALE DATE: DEC. 23, 2022

SALE PRICE: \$775,000

SELLER: WAL-MART TRS LLC

BUYER: SPOT IN GRIMES LLC

SQUARE FEET: 0

ACRES: 1.186

ADDRESS: NEAR MAPLE WOOD
FARM, GRIMES

SALE DATE: DEC. 21, 2022

SALE PRICE: \$1,545,000

SELLER: MAPLEWOOD FARM LC

BUYER: MAPLEWOOD FARMS

URBAN DALE LLC

SQUARE FEET: 0

ACRES: 29.7 ■

RECIPE

COOKING SWAPS TO HELP MANAGE CHOLESTEROL



(Family Features) When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** – Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.
- **Eat more fish** – Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.
- **Use liquid oils in place of solid fats** – For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.
- **Lower dairy fats** – Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.
- **Increase fiber and whole grains** – Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at heart.org/cholesterol. ■

CHICKEN TORTILLA SOUP

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
- 2 cups frozen whole-kernel corn, thawed
- 2 cups fat-free, no-salt-added chicken broth
- 1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves, minced
- 1/4 teaspoon salt
- 2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
- 1 corn tortilla (6 inches), torn into pieces
- 2-4 tablespoons snipped fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper, cut into matchstick-size strips

Directions:

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

FILM REVIEWS By Michael C. Woody**"THE KING'S MAN"**

Tap the brakes on this origin story for the Kingsman franchise. The first movie is really great, the second was a notch or two lower, and this effort is like that open can of pop in the fridge from New Year's...flat and not enjoyable.

Grade: C

"DON'T LOOK UP"

If you've seen "VICE," "The Big Short" or "Anchorman," you know writer/director Adam McKay is a funny guy. Here he turns his attention to world politics. A researcher has discovered a comet racing toward Earth that is certain to wipe out the planet. The President, Meryl Streep, needs to downplay this event as it will interfere with her goals. COVID? Global warming? You figure it out but be prepared to laugh. A lot. On Netflix.

Grade: B+

"MATRIX RESURRECTIONS"

I'm excited that I could almost follow this third in a trilogy. Almost. The first two movies are a complete mystery to me... mumbo jumbo and video game-like action. The third seemed easier to understand. It is not great but a relief to actually almost know what is going on. Find it streaming on HBO/Max.

Grade: B

"LICORICE PIZZA"

This one is showing up on many Top 10 lists for the best movies of the year. I gotta admit, I'm not sure why. I also can't figure out why this movie was made. A kinda cute relationship between a young couple in the early 1970s. Waterbeds, Richard Nixon and Bradley Cooper as Barbra Streisand beau Jon Peters had my head spinning. Not in a good way. What's the point?

Grade: B ■

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.



"THE KING'S MAN"



"MATRIX RESURRECTIONS"



"LICORICE PIZZA"

GRIMES PUBLIC LIBRARY HAPPENINGS

BREAD MAKING KIT, FEB. 5

Learn how to bake bread as a family. Stop by the Library to pick up your kit while supplies last.

TEEN TUESDAY: DIY SOAP MAKING, FEB. 8 AT 4 P.M.

Join us at the library as we learn how to make our very own soap with the melt and pour (lye free) technique. This program is geared toward our tween and teen patrons (9-18).

EARLY OUT ADVENTURES: BINGO, FEB. 9 AT 1:30 P.M.

Early Out Adventures are for school-aged kids during early dismissals. This week, win fun prizes while competing in a friendly game of bingo. Everyone goes home with a prize.

STORYTIME AT HOME, FEB. 12.

Join us on the second Saturday of each month for a special storytime at home. The Storytime Kit is available starting at 9 a.m. Kits will include rhymes, props and a craft. Live storytime via Zoom is at 10 a.m. The link will be available on the website calendar and Facebook event. The storytime recording is available until the end of day.

TEEN TUESDAY: CATAPULT KIT, FEB. 15.

Send love screaming by constructing your very own catapult. Stop by the Library and pick up your catapult kit while supplies last. ■

EVENTS SET AT THE BRICK ROOM

The Brick Room, 208 S.E. Main St. in Grimes is hosting a variety of activities, including:

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

Adult Murder Mystery Party on Saturday, Feb. 12, 7 p.m. Tickets are \$15 and reservations are required. For information and registration, visit thebrickroomgrimes.com. ■

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 60s, 70s and 80s 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.

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JOKE OF THE WEEK

If a child refuses to nap, are they guilty of resisting a rest?