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MARCH 2024

# Living

MAGAZINE

# Trips OF A lifetime

Residents share stories of their  
dreams-come-true vacations

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# WELCOME

## 104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may be differ, I am happy to be along for the ride.

Thanks for reading. ■



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# Trips OF A lifetime

**Residents share stories  
of their dreams-come-  
true vacations**

**By Ashley Rullestad**

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

While visiting Thailand, Kyle Sinnot took the jaunt to Krabi Island for its incredible scenery.





Connie Pruitt ventured out on her own for a tour of national parks.



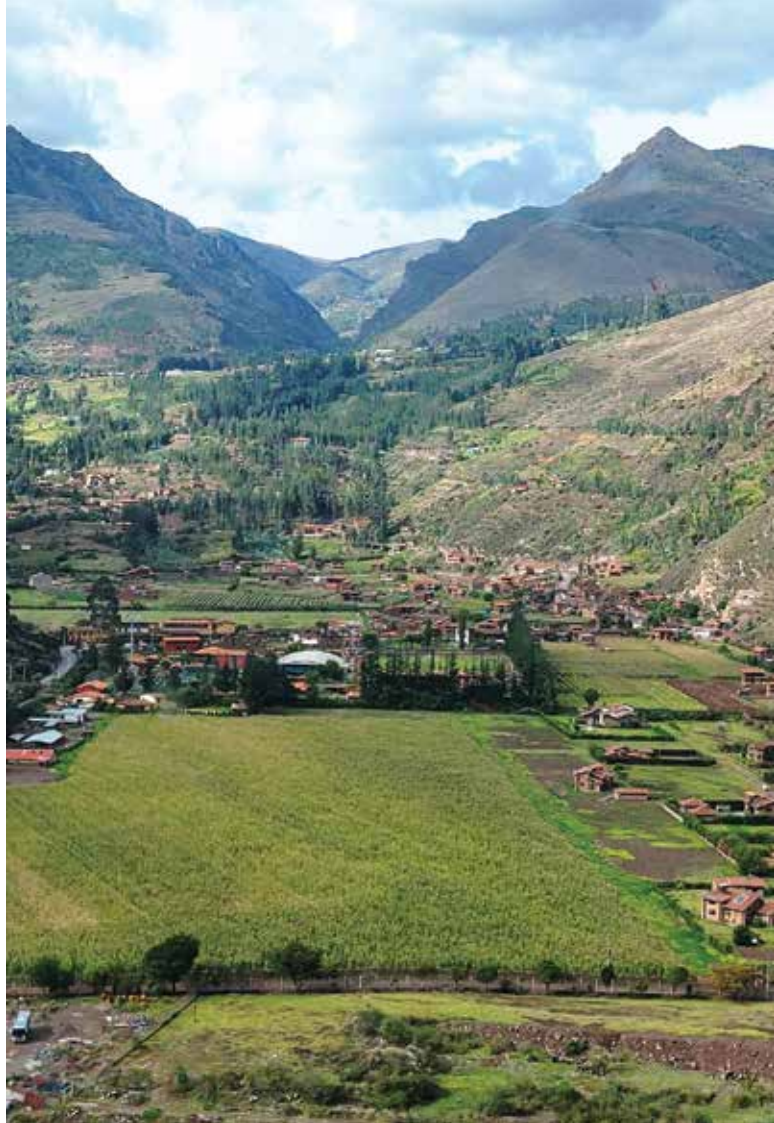
Connie Pruitt camped at six national parks for her 60th birthday. She chose a tent that connected to her SUV.

## 6 before 60

Connie Pruitt has been able to travel to a lot of amazing places, all after the age of 50 and on a budget. She's made travel a priority in her life, and she's visited Peru, Ireland, Scotland, Wales, England, France, Italy, Switzerland, Amsterdam, Holland, South Africa, Egypt, Sri Lanka and the Maldives. But it was a solo camping trip she took after retirement that she says is the trip of a lifetime — so far.

"I was about to turn 60, and I had just retired from 39 years of teaching. I knew I wanted to find a way to continue feeling empowered and young at heart that working gave me. I absolutely love the outdoors and the sense of peace that comes with it, so I decided to do a '6 national parks before 60' solo trek."

First, Connie researched which parks she wanted to see and what the best routes would be to get there. Though she planned which parks she'd



The Kelsos enjoyed the striking beauty of the Andes mountains in Peru.

visit, she stayed flexible so she could go off course to visit interesting, out-of-the-way places as she went.

Connie had an SUV and heard about tents that can be attached to them, so she purchased one and practiced setting it up a couple of times. She also took a backpacking class at REI to get tips on how to prepare and what essentials to take.

"While traveling, I took note on how important it was to be safe while camping solo. For example, when I would set up camp, I would set out two lawn chairs instead of one to give the impression I wasn't alone," she says. "Also, I would try to find spots in the national parks that would be fairly secluded to give me the privacy and tranquility I wanted but also be smart about how isolated I was."

While in the Tetons, she was too late in securing a spot in any of the park's campsites — a testament to how popular national parks are now — and had to go to the Bridget-Teton National Forest instead. The campsite was primitive, and the campsites were relatively far apart.

"That night I was awakened by a loud rustling in the brush next to my tent," Connie says. "My wild imagination made me wonder if it were a bear or a 'Dateline' axe murderer. That was the only night I decided to sleep with the hatch closed and locked on my Jeep."

The parks she visited included Badlands, Glacier, Yellowstone, Grand Tetons, Rocky Mountains and Great Sand Dunes. Her favorites were Glacier and Grand Tetons for their majesty and beauty.



## FEATURE

Since that trip, Connie actually came out of retirement this year to teach one year at the American Embassy School in Delhi, India.

"It's been an amazing experience, to say the least. Just this last week, I kayaked every day for four days in Kerala in Southern India on a river to the Arabian Sea. Travel is so exciting, and it teaches us so much."

### Ancient peoples, new experiences

Sue Kelso has been visiting Mexico all her life. When she was a child, she went to Tenochtitlan, which was the main settlement of the Aztecs. In 2015, she and her husband, Rick Niemeyer, visited Chichen Itza, the main settlement of the Mayans. Both are in Mexico.

"That left the Incans. We're big cruisers, and Princess offered a land package to the Sacred Valley and Machu Pichu followed by a cruise from Santiago to L.A. Sounded perfect," she says.

They booked the trip with their travel agent, and then Princess took it from there. Right before they were to leave, there was civil unrest



Sue Kelso and Rick Niemeyer traveled to Peru and enjoyed the sites around Machu Picchu.

in Peru, so their plans were dicey until about two weeks before the trip, but it all worked out.

The couple flew to Lima, spent the night there, and the next morning flew to Cusco. Now the seventh-largest city in Peru, Cusco is located in the Peruvian Andes and was once the capital of the Inca Empire. Sue enjoyed the beautiful old town, now known for its archaeological remains and Spanish colonial architecture.

The couple had a guided tour through Cuzco, which they enjoyed, but the elevation

did take some getting used to. Then they took a minivan with their guide to Ollantaytambo, and, from there, they took the train to the town of Machu Pichu.

"The train ride was absolutely gorgeous," says Sue. "The ruins at Machu Pichu are breathtaking. They pair you up with a guide who explains what you are seeing as you go. What the Incans built with no tools is just amazing. There were still a lot of ruins that we didn't see as they keep discovering more."

The couple has also been to Colombia and



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## FEATURE

enjoyed that as well. Sue's mother has been to all the continents and says South America is her favorite. That's another reason why Sue was thrilled to be able to visit Peru and Machu Pichu.

"It was the trip of a lifetime," she says.

### Asia on a budget

Kyle Sinnott and several friends graduated from college two years ago, and they all decided to take the same sales job to start their careers.

"We had a good enough few seasons, so we had some money saved up," he says. "We decided last month to visit Thailand because it is very affordable to do all activities there."

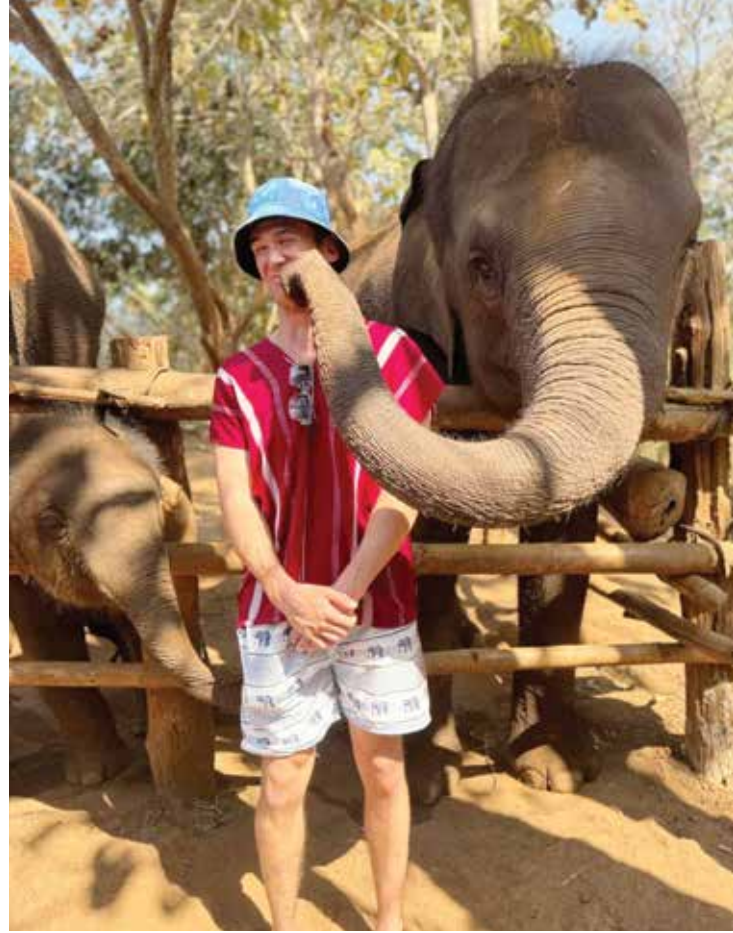
Kyle graduated high school with a travel planner who works for GoodTripco. She set up the entire trip and even planned transportation. They decided they wanted to see the best of what Thailand has to offer, including visiting Krabi Island for its

incredible scenery, Chaing Mai for the beautiful culture and lifestyle, and Bangkok for the shopping and nightlife.

"It is just a completely different world over there: \$2 beers, \$5 meals, \$10 hour-long massages," he says. "It really makes you appreciate life when you go there. No one is ever on their phones. They're outside playing games or selling goods. The food is so healthy and pure over there; it makes me contemplate eating anything back here in the States."

Kyle says he is thrilled with how the trip went, and his crew is already planning their next trip there.

"My buddies and I are actually going back next winter, but instead of 14 days, we're going for three months. Thailand was by far the most amazing place on Earth...the people, the price, the natural goods, the nightlife — 10/10 recommend going to Thailand." ■



Kyle Sinnott's trip to Thailand included time interacting with elephants.



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## VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 28	4:00PM	Multiple Schools	Waukee High School
Mar 30	11:15AM	Multiple Schools	Dallas Center-Grimes High School
Apr 1	4:30PM	Multiple Schools	Dallas Center-Grimes High School
Apr 2	4:30PM	Multiple Schools	A-D-M, Adel
Apr 4	4:30PM	Multiple Schools	Indianola Stadium
Apr 8	4:30PM	Multiple Schools	Norwalk High School
Apr 9	4:30PM	Multiple Schools	Urbandale High School
Apr 13	8:30AM	Drake University	DCG Stadium
Apr 18	4:00PM	Multiple Schools	Waukee High School
Apr 22	4:30PM	Multiple Schools	West Des Moines Valley High School
Apr 23	4:00PM	Multiple Schools	Northview Middle School
Apr 25	4:15PM	Multiple Schools	Bondurant-Farrar High School
Apr 25-27	TBD	Drake University	Drake Stadium

## VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 26	4:30PM	Waukee	Waukee High School
Mar 30	11:15AM	Multiple Schools	Dallas Center-Grimes High School
Apr 2	4:30PM	Multiple Schools	A-D-M, Adel
Apr 8	4:30PM	Multiple Schools	Norwalk High School
Apr 11	4:00PM	Multiple Schools	Waukee Northwest High School
Apr 13	8:30AM	Jim Duncan Inv.	Drake Stadium
Apr 16	4:30PM	Multiple Schools	DCG Stadium
Apr 18	4:30PM	Multiple Schools	Northview Middle School
Apr 23	4:30PM	Multiple Schools	A-D-M, Adel
Apr 25-27	TBD	Drake University	Drake Stadium
May 2	4:30PM	Multiple Schools	Norwalk High School



**Schedules are subject to change. Scan for up-to-date schedule.**

## VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 1	11:00AM	Multiple Schools	The Legacy Golf Club
Apr 4	3:30PM	Multiple Schools	Westwood Golf Course-Newton
Apr 8	12:00PM	Multiple Schools	Briarwood Golf Course
Apr 9	1:00PM	Multiple Schools	Willow Creek Golf Course
Apr 15	10:00AM	Multiple Schools	Willow Creek Golf Course
Apr 18	9:00AM	Toni Dickey Invite	Otter Creek Golf Course
Apr 22	10:00AM	Ames	Veenker Memorial Golf Course
Apr 23	10:00AM	Multiple Schools	Pella Golf and Country Club
Apr 25	10:00AM	Multiple Schools	Elmwood Country Club
May 2	9:00AM	Multiple Schools	Copper Creek Golf Course
May 6	10:30AM	Multiple Schools	Indianola Country Club
May 9	4:00PM	Multiple Schools	Perry Golf & Country Club

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# ENTER GRIMES

## SPRING SPORTS SCHEDULES 2024

### VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 25	7:30PM	Johnston	Johnston High School
Apr 2	6:00PM	Oskaloosa	DCG Stadium
Apr 4	7:30PM	DM Christian	DCG Stadium
Apr 9	7:00PM	Pella	Pella High School
Apr 12	7:30PM	ADM	DCG Stadium
Apr 13	10:00AM	Waterloo West	Cedar Valley Soccer Complex
Apr 16	6:00PM	Pella Christian	Pella Christian High School
Apr 18	7:00PM	Indianola	DCG Stadium
Apr 20	10:00AM	CR Kennedy	Kingston Stadium
Apr 23	7:30PM	Valley	DCG Stadium
Apr 26	7:30PM	Urbandale	Urbandale High School
Apr 29	7:30PM	Norwalk	Norwalk High School
May 2	7:30PM	Dowling Catholic	Dowling Catholic High School
May 7	7:00PM	Newton	Newton High School
May 10	7:00PM	Muscatine	DCG Stadium

### VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 22	8:00PM	Multiple Schools	Ankeny High School
Mar 25	6:00PM	Johnston	Johnston High School
Mar 29	4:00PM	Multiple Schools	Ankeny Centennial High School
Mar 30	8:00AM	Multiple Schools	Ankeny Centennial High School
Apr 2	7:30PM	Oskaloosa	DCG Stadium
Apr 9	7:00PM	Pella	DCG Stadium
Apr 16	7:30PM	Pella Christian	Pella Christian High School
Apr 20	11:00AM	Multiple Schools	Valley Stadium
Apr 26	5:00PM	Multiple Schools	Grimes Plex
Apr 27	9:00AM	Multiple Schools	DCG Stadium
Apr 29	7:00PM	Norwalk	DCG Stadium
May 3	7:00PM	Bondurant-Farrar	DCG Stadium
May 6	7:30PM	ADM	ADM High School
May 7	7:00PM	Newton	DCG Stadium
May 10	7:00PM	Gilbert	Gilbert High School
May 14	7:00PM	Indianola	Indianola High School
May 16	7:30PM	Dowling Catholic	Dowling Catholic High School

# GO MUSTANGS!



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# BUSY giving back to the community

Dudley takes the time to volunteer.

Clint Dudley has been involved in the Grimes community for nearly two decades.

In 2005, his business, Shade Tree Auto, relocated to town from Johnston, and the new location was a bit challenging to find.

"I found myself with more time and needing more customers," Dudley explains. "The Grimes Chamber was a great place to become more involved in the community, and while I did find customers, I found more in the way of friends and connections."

Since then, he's been heavily involved with the organization as a volunteer and board member. Along with that, Dudley also serves on the Greater Des Moines Partnership's Board of Directors.

In addition, Dudley gives back to the community as a volunteer and board member for Grimes Volunteer Support Services (GVSS). He helped start the Kiwanis Club in Grimes, managed the Easter Extravaganza at the Community Center for a number of years, and has sponsored school-to-work students through Shade Tree Auto.

That's not all, though.

Dudley currently sits on the advisory board for DMACC's automotive campus, is a committee member for the Grimes Leadership Academy, was a den leader for his son's Cub Scout troop in West Des



Clint Dudley, this month's Good Neighbor, gives back in many ways personally and through his business, Shade Tree Auto.

Moines and much more.

For Dudley, giving of himself through volunteering is simply something he enjoys doing.

"Years ago, a keynote speaker came to our leadership class and claimed that donating time and money comes back tenfold," he says. "Over the years, it seems like even more than that. I wish I could say I do it because it's the right thing to do, but honestly, it just feels good to make a difference to people who need help and appreciate it."

One of his favorite experiences from volunteering comes from the Easter Extravaganza.

"The Easter Extravaganza has 10,000 candy-filled Easter eggs — probably more now that Crossroads Church has taken over — hand stuffed by dozens of volunteers a week before the event, spread over two football fields' worth of grass each April," Dudley explains. "Watching every last Easter egg get picked up in under 60 seconds has to be one of my favorite memories."

When it comes to volunteering, Dudley encourages others to consider doing it because it doesn't have to take much time.

"Finding something that has meaning to a loved one is probably the easiest place to start," he says. "If you don't think anyone loves you, GVSS has ride opportunities for a few minutes a week that make a big difference to those who need them. They will totally love you; I guarantee it."

Dudley adds, "Most of the people I know in Grimes have a lot of great things to say about this community. My experience is that it's easy to be a part of those great things." ■

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**LEGAL**

By Cynthia P. Letsch, J.D.

## THE U.S. Supreme Court, Colorado and Mr. Trump

Mr. Trump wins. The Colorado Supreme Court had earlier ruled that Mr. Trump could not be on the presidential ballot in Colorado because he had engaged in an insurrection. The 14th Amendment of the U.S. Constitution bars anyone who has taken an oath to the United States from subsequently holding office after having been engaged in an insurrection or rebellion. Why do we have this amendment?



After the Civil War, many people were quite concerned that secessionists from the South would be re-elected to federal office in the Southern states, and then there would be either gridlock or another war. Depending on whether you were raised in the South or the North, you learned that the Civil War was either about states' rights or slavery. Both are true.

The real issue was: Can a state make its own law about slavery or is this a law that can only be made at the federal level? Southern states whose economies were vitally tied to slave labor, strongly insisted it was a state's right. The Northern states strongly disagreed. Many Southern states then announced they were leaving the United State of America to start their own country, the Confederate States of America. President Lincoln said no. (A whole semester of high school history in just one paragraph.)

Fast forward to now. The Colorado Supreme Court said Mr. Trump could not be on the ballot because, if he won, he could not hold office due to the Jan. 6 insurrection, for which he has already been found guilty. Mr. Trump proceeded to argue that the word "office," as used in the 14th Amendment, did not include the "office" of President of the United States. He lost in Colorado. However, he won at the U.S. Supreme Court, but for totally unrelated reasons.

It boils back down to states' rights vs. federal rights. All nine Supreme Court justices agreed that individual states cannot keep a person off the ballot for federal office based on whether the person is actually eligible to serve, if the person wins. If a person who is ineligible to serve wins, Congress can grant amnesty, by a 2/3 vote, removing the obstacle to serving. It happened several times in the past, shortly after the Civil War. Now you know.

Ignore the media versions of what happened. Read what the Justices said for yourself. The QR code provides a link.

It really is just this simple. ■



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).



# EASY Easter eats

*(Family Features)* Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

## Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

### Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.

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"It's pretty cool when your kids hear something you've been teaching them for years, but it's not coming from your voice," Chad said. "It's like having someone else in your corner," Alissa said.

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# THE \$12 million disappointment

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We recently met with a couple, age 55; their financial advisor told them that the \$1 million they saved for retirement would grow to \$12 million by age 100. You might think the couple would celebrate, sit back, and get ready to enjoy retirement, but they didn't. They came to us and said something just didn't look right.



So, we took that \$1 million retirement savings and put together two comprehensive retirement plans. One showed them with \$1.7 million at age 100 (using a 6% rate of return), and the other showed them running out of money at age 88 (using a 4% rate of return).

So why are the projections so different? We need a clearer understanding of the numbers. The \$12 million projection did not include spending, taxes or inflation. The advisor focused on one thing: investments. Plus, the projected rate of return was 8%.

We start our planning process by asking the couple about their lifestyle, what they want to do in retirement, and figuring out how much money it will take to pay for those things. Then, we work on an investment plan that doesn't solely rely on the stock market; we call this building a recession-resistant portfolio. We also like to use conservative stock market rates of return assumptions, like 4-6%, then, if the

market is great, you are ahead, but if the market is down, the plan still works.

Though our comprehensive plan showed them with more than \$10 million less at age 100 (even running out of money in one scenario), they felt better about the numbers. Why? We laid out a clear plan that includes how they are going to fund their retirement lifestyle, invest for growth, take steps to reduce their retirement tax bill, pay for health care, and leave a legacy with whatever is left when they are gone.

Now, they are heading into retirement with a clear understanding of how they could live comfortably, protect their nest egg, AND grow their investments. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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## WELLNESS

By Dr. Shawn Spooner

## THE RELATIONSHIP between sleep and anxiety

The intricate relationship between sleep and anxiety is one that affects a vast number of individuals. Sleep, an essential component of our daily lives, not only rejuvenates the body but also plays a vital role in regulating our emotional and psychological health. Conversely, anxiety can significantly disrupt sleep patterns, creating a vicious cycle that impacts quality of life.



This lack of restorative sleep can heighten anxiety, creating a persistent loop that can be hard to break. Sleep disturbances are commonly observed in individuals with anxiety disorders, underscoring the deep connection between sleep quality and mental health. Techniques such as mindfulness, cognitive-behavioral therapy for insomnia, and regular physical activity have been shown to improve both sleep quality and anxiety levels. Additionally, maintaining a consistent sleep schedule and creating a calming bedtime routine are practical steps that can foster better sleep hygiene.

Innovative technologies like Alpha-Stim® also offer promising solutions. This device, which employs gentle cranial electrotherapy stimulation, has been shown to help reduce anxiety and improve sleep quality. By modulating the brain's electrical activity, Alpha-Stim® can promote relaxation and ease the transition into deep, restorative sleep, offering a non-invasive option for those seeking relief from anxiety and sleep disturbances. ■

Information provided by Dr. Shawn Spooner, Solace Wellness Center, 2330 Rocklyn Drive, Urbandale, 515-650-3738, [www.solaceiowa.com](http://www.solaceiowa.com).

## FITNESS

By Haley Powers-Risdal

## Q: Is it important to hit cardio after weights?

**A:** The short answer is yes and for a couple of reasons. Since it is getting warmer than usual outside, there are probably some of you who are going to start throwing some cardio into your routine. This warmth makes us want to be outside and has us thinking about our summer bod. So, if you are looking to lose weight or shed those last couple of pounds, doing cardio after your lift is going to set you up for success. When you are lifting weights, your body burns through its glycogen storage. Once you start doing your cardio, your body then begins burning into your fat storage. Your fat storage is always the last fuel source for your body, so being able to hit it with cardio after is ideal. The other side of it is that, if you were to do your cardio prior to your lift, it will fatigue you. Going into your lift already fatigued is not good because you won't be able to perform your lift as well, and you are setting yourself up for a greater chance of injury. You can definitely warm up on cardio to get the body moving but try not to spend more than 10 minutes warming up. So, my challenge for you is, next time you are in the gym strength training, end with 30 minutes of cardio for the next week and see how you feel. ■



Information provided by Haley Powers-Risdal, certified personal trainer/head coach at Anytime Fitness 255 S.W. Brookside Drive, 515-300-9262, [GrimesIA@anytimefitness.com](mailto:GrimesIA@anytimefitness.com).

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# EATING well as you grow older

As we get older, it can be difficult to eat well and nutritiously, especially when preparing meals for one or two people. Sometimes it's easier or quicker to eat processed food that's loaded with sugar and salt. Sometimes loneliness takes away our appetites or physical issues prevent us from eating.



while dairy products, almonds and leafy greens are good sources of calcium.

- **Enhance flavor.** Taste buds change as we age. Spices and other ingredients such as garlic, olive oil, butter, marinades, onions and ginger can enhance taste and enjoyment. If you like a zing, you can add citrus or hot peppers.

- **Chew smartly.** It's important to choose foods that you can chew comfortably and prepare foods in a way that aids chewing. Examples include cooking vegetables, making smoothies and slow-roasting meats and cutting them into small pieces.

- **Snack wisely.** Don't be afraid to snack.

In fact, eating a small meal or snack every two to three hours can help improve your appetite. Be sure to choose healthy snacks as much as possible. Examples include fresh fruits and vegetables, hummus, nuts, yogurt, oatmeal and cottage cheese.

- **Find opportunities to socialize.**

Local volunteer opportunities or senior centers can offer social occasions that allow you to enjoy meals with others. Assisted or

independent living communities also offer many opportunities to socialize — and the best part is that trained, knowledgeable culinary professionals do the cooking and baking for you.

- **Stay hydrated.** Drink six to eight glasses of liquid a day, preferably water. Water helps your skin, hair, kidneys, brain and spinal cord stay healthy. It's also essential for digestion. Feel free to add citrus to your water or opt for a cup of tea or low-fat soup, but limit your intake of alcohol, coffee and soda.

These tips are just a few ideas to help you not only eat well but also enjoy and look forward to your meals.

Note: This is not medical advice. Please consult a healthcare professional for personal medical guidance. ■

This article was written by Cassia for use by Chris Ruzicka, your local Director of Sales for Meadowview of Clive, [Chris.Ruzicka@CassiaLife.org](mailto:Chris.Ruzicka@CassiaLife.org), 515-644-8740.

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## THERE'S STILL time to fund an IRA for 2023

The tax filing deadline is fast approaching, which means time is running out to fund an IRA for 2023. If you had earned income last year, you may be able to contribute up to \$6,500 for 2023 (\$7,500 for those age 50 or older by Dec. 31, 2023) up until your tax return due date, excluding extensions. For most people, that date is Monday, April 15, 2024.

You can contribute to a traditional IRA, a Roth IRA, or both. Total contributions cannot exceed the annual limit or 100% of your taxable compensation, whichever is less. You may also be able to contribute to an IRA for your spouse for 2023, even if your spouse had no earned income.



### Traditional IRA contributions may be deductible

If you and your spouse were not covered by a work-based retirement plan in 2023, your traditional IRA contributions are fully tax deductible. If you were covered by a work-based plan, you can take a full deduction if you're single and had a 2023 modified adjusted gross income (MAGI) of \$73,000 or less, or married filing jointly with a 2023 MAGI of \$116,000 or less.

If you were not covered by a work-based plan but your spouse was, you can take a full deduction if your joint MAGI was \$218,000 or less, a partial deduction if your MAGI fell between \$218,000 and \$228,000, and no deduction if your MAGI was \$228,000 or more.

### Consider Roth IRAs as an alternative

If you can't make a deductible traditional IRA contribution, a Roth IRA may be a more appropriate alternative. Although Roth IRA contributions are not tax-deductible, qualified distributions are tax-free. You can make a full Roth IRA contribution for 2023 if you're single and your MAGI was \$138,000 or less or married filing jointly with a 2023 MAGI of \$218,000 or less.

**Tip:** If you can't make an annual contribution to a Roth IRA because of the income limits, there is a workaround. You can make a nondeductible contribution to a traditional IRA and then immediately convert that traditional IRA contribution to a Roth IRA. (This is sometimes called a backdoor Roth IRA.) Keep in mind, however, that you'll need to aggregate all traditional IRAs and SEP/SIMPLE IRAs you own — other than IRAs you've inherited — when you calculate the taxable portion of your conversion.

Contact your financial professional to discuss your current situation and see if the above can apply to you and your household for added retirement funding for 2023. ■

For more information, please contact Wade Lawrence or Bryce Block with City State Bank Trust & Investments at 515-986-2265. Disclosure: 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.

## EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging "I was mad" isn't likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: "I felt disrespected because I had previously explained why I didn't want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn't trust them to respect my feelings going forward." Lisa Feldman Barrett explains this phenomenon in her book "How Emotions Are Made," and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



Information provided by Elijah Evans, LMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

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# NEW library benefits community

Features many amenities



In case you missed it, the brand-new Grimes Public Library is officially open.

The 22,300-square-foot space, located at the corner of North James and Beaverbrooke Boulevard, features an expanded collection, playscape with a slide, five study rooms and public meeting rooms. There's also a cozy fireplace, coffee bar, Everbright wall and a drive-thru for book returns and holds pick up.

Teens can also enjoy the mezzanine level that features young adult books and video games.

In addition, the new library has a comfort room designed for nursing mothers and individuals who need a break from the sensory stimulation. There are adult-sized changing tables available as well, which enables families who have older children with special needs to enjoy the public space for longer periods of time.

"Libraries are unique spaces that are welcoming to everyone," says Library Director Cheryl Heid. "Whether our space is a place to meet a friend, learn a new activity or enjoy your favorite book, we hope this new space brings you joy and shows how Grimes is truly a great place to live."

The new library building was paid for through local option sales tax (LOST) funds, donations, and city and library funds, including monies raised by the Friends of the Grimes Public Library.

"The group has been essential in helping to educate people about the benefits of a public library and in getting the LOST vote passed several years ago," Heid says. "Overall, the Friends have raised about \$30,000 in the past three years. We are looking forward to growing the group to really help with fundraising in the future."



The new Grimes Public Library features 22,300 square feet of space at the corner of North James and Beaverbrooke Boulevard.



The new Grimes Public Library features a playscape with a slide.

The Friends group raised funds for the new library through four main events: a hot dog dinner, two food truck nights and Bingo.

"We are just so happy that the library is being well utilized," Heid says. "Libraries are a large part of a city's social infrastructure. It is a place for people to interact, make new friends, study, meet old friends, learn how to play and work on social skills. Libraries are also great equalizers — allowing those with no means of buying technology or other items a chance to use and learn the same technology and other items that others are using." ■



## LIBRARY

### NEW 1,000 Books Before Kindergarten finisher

Another youngster has completed the 1,000 Books Before Kindergarten program at Grimes Public Library. This nationwide program encourages families to read 1,000 books together before a child reaches kindergarten. It is a fun and free way to start your child on the path to success with prizes at every 100 books. Stop by the Library to sign up.



**Name:** Elliot Swamer

**Parents' names:** Ian and Bree Swamer

**Age:** 1

**Favorite book:** "Pout Pout Fish"

**Favorite animal:** Penguin ■

## NEWS BRIEFS

### REP. ANDREWS welcomes Marine Corps League members



Rep. Eddie Andrews (R-Johnston) recently welcomed the following members of the Marine Corps League to the Iowa House: Jack M. Studebaker of Colo, Dennis Jones of Des Moines, Mary Nagel of Dougherty, Carl Evans of Johnston, Tim Evans of Blairsburg, Ryan Lincoln of Grimes, P.J. Pins of Norwalk and Jeff Strause of Burlington. ■

### JONES receives achievement award

Four Iowa high school seniors received a 2024 Iowa Bankers Association Student Athlete Achievement Award during the Iowa High School Boys Basketball State Tournament championships on March 8 in Des Moines. One student from each class was awarded a \$1,000 scholarship from the IBA to the college of his choice.

Jaden Jones, Dallas Center-Grimes High School, received the Class 4A award.

Scholarship recipients are selected each year based on their academic performance, athletic participation, leadership skills and community involvement.

"The Iowa Bankers Association is proud to recognize these remarkable high school seniors that are leaders on their teams, in the classroom and in their community," said Jenica Lensmeyer, of IBA. ■

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## PERFORMANCE center provides more opportunities



The Mustang Performance Center provides more space and equipment for students and student-athletes to use.

Dallas Center-Grimes students and student athletes are working out in a brand-new facility — the Mustang Performance Center — that recently opened at the high school. Jake Lewis, Mustang performance head coach, says the facility is the result of a lot of support from the school district and community.

“We are very fortunate to have great people making decisions at the district level as well as an incredibly supportive community. The combination of the two creates a cohesive culture of school improvement that continues to push us towards the goal of positively impacting students,” Lewis says.

“The district has long-term school improvement plans in place to meet some of the needs of our growing district, including improving multiple aspects of the high school, including renovated and new art rooms, locker rooms, music rooms, and a new auxiliary gym,” he adds. “In the old weight room, during the 2022-23 school year, approximately 65% of the student body — more than 640 students — used the facility. The district decided it was no longer sustainable or suitable long-term for that large number of students to continue to grow in a facility that was less than 3,000 square feet in space. For the last two years, district leaders have worked to create one of the best new facilities in the state.

“The new Mustang Performance Center (MPC) features 24 full-power rack stations, allowing us to rack 48 barbells at a time as needed. Every rack station has a full set of urethane bumper plates customized with both school colors and logo for each weight interval. In addition, each rack station is complete with an adjustable bench, a full set of resistance bands, and many other specialized rack-mounted attachments. Each grouping of six power racks has its own full set of customized urethane dumbbells from 10-85 pounds.

“The MPC is also outfitted with 8 cable pulley systems complete with medicine ball, kettlebell, and multi-purpose storage solutions. In addition, the MPC features a 100-foot by 15-foot indoor turf area as well as an indoor track lane designed for various training usages.

Students interact with different types of training technology within the Mustang Performance Center. Each rack station is equipped with a rack-mounted iPad through which students log daily training session attendance as well as enter training data.

“Now, every student in our high school has access to quality performance and general fitness training via our physical education program as well as extracurricular opportunities. Having this new facility affords us as teachers and coaches to better address the various individualized needs of our students to provide them with the best experience possible. ■

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## EVENTS IN THE AREA

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For more information or to register, visit [www.thebrentonarboretum.org](http://www.thebrentonarboretum.org).

- Wednesday, March 27, 10-11 a.m., Nature's Healing.
- April 4 and April 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels.

### Grimes Community Hunger Fight

Saturday April 13

The public is invited to join the packing team at the 12th Annual Grimes Community Hunger Fight with Meals from the Heartland. It's not just an event; it's a heartfelt crusade against hunger, and organizers are rallying the community to join forces. Gather your friends, family and neighbors, or come as an individual. Sign up to volunteer, donate, or become a business sponsor at [community.mealsfromtheheartland.org/GrimesHungerFight](http://community.mealsfromtheheartland.org/GrimesHungerFight).

### The Business Expo

Tuesday, March 26, 4:30-6:30 p.m.  
Meadows Gymnasium, 2555 W.  
First St., Grimes

The public is invited to the 14th year of the Business Expo. Check out some local businesses and what they have to offer. Look for plenty of free goodies from Grimes Chamber member businesses, face painter, and a balloon artist. Free admission and kids are welcome.

### Solar Eclipse Stations

Thursday, April 4, 4-7 p.m.  
Grimes Public Library, 200 N.E.  
Beaverbrooke Blvd.

Stop by the Library to learn more about the upcoming solar eclipse on Monday, April 8. Experience interactive learning stations and grab your own solar viewing glasses, while supplies last. This event is for school-aged children.

### You Can Grow Orchids

Saturday, April 13  
Canoyer Garden Center, 3355 S.E.  
Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.



### I Am Uniquely Her: Harnessing Your Power

April 4, 10:30 a.m. to 3 p.m. with social hour to follow  
Simpson Barn, 6169 Northglenn Drive, Johnston

Join the Grimes, Johnston and Waukee Chambers of Commerce for a unique event focused on career development, leadership, networking and personal growth. The event includes lunch, a self-defense course, vision boards, the opportunity for new headshots (\$15), and inspiring women leaders who will help you harness your power. Featuring special appearances by Iowa Secretary of State Paul D. Pate, Jackie Schmillen, Rachel Eslick with Mae We All, and Katie McDonald Photography. Don't forget to bring your business cards for networking and a special drawing to win a Self-Defense Keychain Set. Cost is \$35 for chamber members and \$45 for non-members. For more information and registration link, visit <https://business.grimesiowa.com/events/details/i-am-uniquely-her-1871?calendarMonth=2024-04-01>.

### Check Out What's Cooking

Tuesday, April 16, 6:30-7:30 p.m.  
Grimes Public Library, 200 N.E.  
Beaverbrooke Blvd.

Join this interactive cooking series for adults that highlights delicious recipes from cookbooks in the library's collection. A library staff member will demonstrate how to make the dishes with patron participation. Supplies are provided and registration is required. This month learn what foods help boost your brain power. ■

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## CHAMBER

By Brian Buethe

# GROWING together and building our future

Have you noticed how Grimes seems to be buzzing with energy lately? Maybe it's because of the relatively mild weather we've been experiencing, or perhaps it is something else. From new businesses cropping up to expanding neighborhoods, it's clear that our town is on the move. But amid all this growth, let's not forget what makes Grimes truly special — our sense of community.



Sure, we're one of the fastest-growing communities in Iowa, but let's not let that growth overshadow the importance of staying connected and involved. In fact, it's more important than ever that we come together as neighbors, friends and business partners to shape the future of our town.

Supporting local businesses isn't just a feel-good gesture; it's an investment in our community's prosperity. When we choose to shop at local stores and dine at Grimes restaurants, we're fueling our local economy. Plus, with an increasing number of restaurants to choose from, eating in Grimes is easier than ever.

But being involved in the community goes beyond just where we spend our money. It's about rolling up our sleeves and getting our hands dirty (sometimes literally). Whether it's volunteering at a local event, joining a service organization, helping a nonprofit, volunteering at a school event, or simply lending a helping hand to a neighbor in need, there are countless ways to make a difference in Grimes.

And let's not forget about the power of connection. In a town that's growing as quickly as ours, it's easy to feel like just another face in the crowd. But by taking the time to get to know our neighbors and build relationships within our community, we can create a sense of belonging that transcends zip codes and street names. When we are able to really know one another, we can better understand how to celebrate the great things and how to walk alongside someone when times are tough.

So, here's the bottom line, Grimes: Let's embrace our growth and use it as an opportunity to strengthen our bonds as a community. Whether you've lived here for decades or just moved in last week, you have a role to play in shaping the future of our town. So, let's roll up our sleeves, support local businesses, and continue to build Grimes into the vibrant, thriving community we are destined to become. I look forward to seeing you at the new library, at the GrimesPlex, in the grocery store, or perhaps just meeting on the sidewalk. #lovegrimes ■

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

**GRIMES CHAMBER &  
ECONOMIC DEVELOPMENT PRESENTS**

**the  
expo**

**Presented by:**

**NAPA AUTO PARTS**

**TUESDAY, MARCH 26TH**  
**Meadow's Gymnasium**  
**2555 W 1st. St. Grimes, IA 50111**  
**4:30PM - 6:30PM**

**Grand Prize, Local Businesses, Free Give-a-ways,  
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## OUT & ABOUT



JD Herst and Katie Woodward at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



Mike Bleskacek and Halsey Scales at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



Joan Warren and Kari Fisher at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



Brett Fisher, Dan Bertsch and Chad Allison at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



BobbiJo Wolfe and Clint Dudley at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



Tara Rethman and Moria Adams at the Grimes Chamber and Economic Development After Hours hosted by the Grimes Farrell's at First Street Tavern on March 7.



Tom Harmsen and Sherri Schroeder at the Dallas Center Betterment social at Five Points in Dallas Center on Feb. 22.



Tyler Lyon, Deb Morrison, Ryan Kluss, Darla MacConnell, Tim Short and Jeff Weddle at the Dallas Center Betterment social at Five Points in Dallas Center on Feb. 22.



Ryan Kluss and Scott Gustafson at the Dallas Center Betterment social at Five Points in Dallas Center on Feb. 22.



Dawn Carlson and Cole Birkholtz at the Dallas Center Betterment social at Five Points in Dallas Center on Feb. 22.



Shane Goodman, Deb Bengtson and Abigail Chihak at the Dallas Center Betterment social at Five Points in Dallas Center on Feb. 22.





A ribbon cutting was held for Dragon Pho and Boba, 270 W. First St., Grimes, on Feb. 28.



BobbiJo Wolfe and Lu Anne Gafford at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Madison Taiber and Julie Quandt at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Halsey Scales and Cyle Taylor at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Joan Warren, Courtney Moller and Gloria Perry at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Dini Anderlik and Kari Fisher at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



John Palmer and Tim Short at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Owners Uyen "Gwen" Dau and Bounchanh "Chan" Chanthaphon at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Moria Adams and Tara Rethman at the ribbon cutting held for Dragon Pho and Boba on Feb. 28.



Jenni King at her pop up boutique, Simply Stella Rose, on March 8.



Nora and Brynn Stelter at Simply Stella Rose on March 8.



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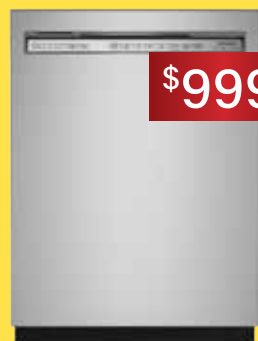
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 • 3 racks  
 • 47DBA  
 WDTA50SAKZ



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**Whirlpool Dishwasher**  
 • Stainless Steel Tub  
 • 3 Racks  
 • Fingerprint Resistant Stainless Steel  
 WDT750SAKZ

**Whirlpool Washer**  
 • 4.7-4.8 cu ft  
 • 2 in 1 Removable Agitator  
 • Built-In Water Faucet  
 • Presoak Option  
 WTW5057LW

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