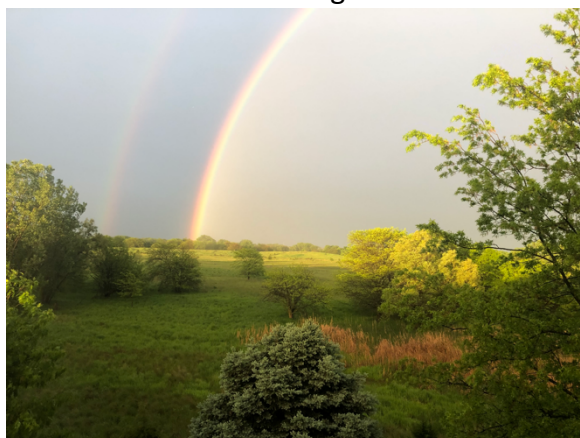


7/22/2019

Hello Hammes Family!

I can't believe it's already July! I hope all is well with everyone! I am so glad that we've started up the letters. It's always exciting to read and find out what everyone has been up to!

For those that don't know, Tanner and I moved to Lincoln, Nebraska in January. Let's just get one thing straight- we are NOT Husker fans! I remain a Hawkeye fan, and Tanner stills seems to like Iowa State. Although, Tanner is pretty excited about Fred Hoiberg being the new basketball coach! We are renting a very nice townhouse for now in a quiet neighborhood. We are on the very North side of Lincoln. Our backyard faces an area of protected wetlands, so we have seen a lot of wildlife! We have seen deer, coyotes, turkeys, and lots of birds! Here is a picture I took after it rained. I've never seen such an incredible sight!



We knew for about a year that we would be moving. It was definitely a tough decision, as both of us have lived in Marshalltown our whole lives except for when we were at college. College was only an hour away, and I basically went home every weekend to work! I was definitely more nervous about moving. I was mostly nervous about looking for a new job. The word I used to describe myself as would be "workaholic". I've worked since I was about 12 years old, and I am so thankful for that. I can't thank my parents enough for teaching me the value of hard work. Taco John's was basically my home away from home. After graduating college, I think I was working about 60-70 hours a week. I loved every minute of it! The best part about my job was that I was proud of what I did, and that I worked for people who valued and appreciated their employees. That was the thing I was most nervous about, was finding a place that really cared about what they did and valued their employees!

Tanner started working right away when we got to Nebraska. He is working at the University of Lincoln-Nebraska as a post-doctoral research associate for a Professor. I will let Tanner describe what he does/studies, as I really don't understand any of it!—(TANNER) I am investigating rhodium-catalyzed hydroboration reactions. I am also preparing my job application dossier, which consist of a CV, teaching philosophy, current and planned research plans, and a diversity

statement, and will begin applying for tenure track faculty positions to teach organic chemistry at small undergraduate institution in the next 1-2 years.

About two weeks after moving, I went back to Marshalltown for a week because my Dad had a trip planned to go to Arizona, and our assistant manager at Taco John's conveniently scheduled her wisdom tooth surgery at the same time. I was totally fine with going back, because I hadn't been working for two weeks and was going a little crazy. I had everything unpacked and was starting to wonder what I should do. It was the middle of winter and I was stuck inside! So, I went back and worked for a week. After that week, I went back to Lincoln and reality kind of sunk in. I knew when we moved that I would be back in a couple of weeks, so I wasn't too sad about moving. However, leaving Marshalltown after working that week was definitely bitter sweet. When I got back to our new home, I started applying for jobs. Long story short, the job search took a lot longer than what I had expected. I had interviewed at about 5-7 different places and had a couple of job offers, but nothing really seemed like it was the right fit. Finally, I found the right fit! Since March, I have been working at Home Care Assistance as a Recruiter. Home Care Assistance offers different options, including: 24-hour care, hourly care, and dementia/alzheimer's care. Our goal is to keep people comfortable in their own homes, so they don't have to live in a nursing home or assisted living facility. We do whatever they might need, such as: housekeeping, cooking, laundry, transportation, bathing, dressing, transferring, etc. We have about 200 clients and have about 300 caregivers. My responsibility at my job is to recruit, interview, and hire all of our Caregivers. I am truly blessed to work with some amazing people. I work with about 12 people in our office, including our 2 owners. I am very glad that I enjoy my job! It has definitely been an adjustment only working 40-45 hours every week.

Since moving to Lincoln, I joined a Kickboxing studio! I am pretty much obsessed with kickboxing and go 6 days a week! I did a little bit of kickboxing in college, but never got that into it. It's been a great way to stay in shape! Tanner continues to run 4-5 times every week. He even convinced me to run the Sigourney 5k! I am not a runner, so I had to start training in May. It's definitely not my favorite way to work out, but we like to go on runs together occasionally. Tanner plans on running his 2nd marathon in September.



Tanner got a new meat smoker, and has enjoyed grilling/smoking a lot! So far I think he's done brisket, wings, ribs, brats, chicken, salmon, cod, and steak. Matthew came up for a visit about a month ago and got to enjoy some good food from the smoker! It was fun taking Matthew around Lincoln and doing some different things with him!



Tanner also enjoys fishing when he has free time! He found a lake about 15 minutes from our house that he has been fishing at. I think he's pretty jealous of where Blake's house is though, and that he can basically walk through his neighbor's house and be at the lake! We hope to visit Blake and Danielle soon, and I am sure there will be some fishing involved!



We have also enjoyed doing some hiking in Lincoln! Last week we went to Mahoney State Park and did about a 3 mile hike. We didn't go too far because it was about 97 degrees out that day! We have explored a few other trails around the area, and I am looking forward to doing it more!



Grace, our dog, has adjusted well to her new home! We like to take her for walks in the evenings. She loves being a lap dog and taking naps!



We continue to go back to Marshalltown at least once a month to visit our families. I have also picked up a few shifts at Taco John's on the weekends as well!



We had a great time in Sigourney over the 4th of July! It was great seeing family and hanging out at Grandma and Grandpa's! I think my favorite thing we did in Sigourney (besides getting the 5k over with) was doing the golf cart ride! It was so much fun driving all around Sigourney and seeing different parts of the town that I've never seen before! We also enjoyed a nice evening out at the farm with Dennis and Lori!



We are looking forward to the Family picnic coming up in a few weeks! We love you all, and are so lucky to be part of such an amazing family!

Sincerely,

Tanner, Allison, and Gracie Metz

