

GRIMES/DALLAS CENTER

AUGUST 2022

Living

MAGAZINE

GARDEN harvest

Where do all the tomatoes go?

Volunteering a way of life for Wager

GOOD NEIGHBOR

Wyangardens join relatives in Grimes

WHERE WE LIVE

Overnight apple cinnamon French toast casserole

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WELCOME

ONE TOMATO, two tomato, three tomato, four...

My childhood home had a backyard full of tomato plants. Mom was obsessed with this, especially in canning the tomato juice. Our basement was full of Mason jars of the red stuff, and most everything we seemed to eat had tomato juice in it.

The entire process seemed like a lot of work for something that could be purchased at the grocery store for pennies. Whenever I told Mom this, I was given the task of immediately pulling weeds in the garden. I learned to keep that opinion to myself.

Today, I am convinced that we would all be healthier if we ate more foods that we grew ourselves in the ground and less foods that we unwrapped from plastic. Maybe not a 100-percent diet of things made with tomato juice, but you get the idea.

That sounds like a good plan, but it does take a change of habits — and some patience.

I am often poked at by friends for not eating enough vegetables. I don't understand the criticism. After all, I eat potatoes. But what about green vegetables, I am often asked. Well, I eat pickles, too.

My wife, Jolene, helped broaden my vegetable diet, and our daughter, Abby, pushed it along. For years, we had a "salsa" garden off our deck. It was a humble display but one that kept them both busy with tomatoes, peppers, onions, lettuce, carrots, green beans, cucumbers and kale, among other items. To be honest, some of it tasted like grass, but I kept an open mind.

I would like to tell you that I have shunned all pre-packaged foods and am eating out of the garden now, but that would be a lie — unless there are Snickers candy bar seeds. Meanwhile, stories like the ones we feature this month are a gentle nudge to remind us all about not only the nutritional benefits of gardening but the social ones as well.

Thanks for reading. ■



SHANE GOODMAN

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GARDEN harvest

Where do all the tomatoes go?

By Ashley Rullestad

Tomatoes are ripening on the vines. Ears of sweet corn with their plump kernels are being shucked, grilled and devoured. Cucumber vines are spreading, and, below the ground, carrots and potatoes are approaching that just-right time for being pulled or dug up, washed and added to pot roasts and soups.

For gardeners, the bounty of the harvest delivers fresh ingredients for now and plenty to preserve for the upcoming winter. And, as often happens, they find themselves with an overabundance. Where do all those tomatoes, zucchini, cucumbers, onions and more go?

Carl Lee grew up learning about the joy of gardening and the greater joy of giving the harvest to others. Now he is teaching his grandchildren those lessons. Photo by Todd Rullestad

FEATURE

A faith garden

Carl Lee has been gardening at a plot at Maranatha Baptist Church in Grimes for a few years now. He grew up on a farm in western Iowa with a big garden and, these days, enjoys involving his grandkids with growing food for family, friends and the community.

"We don't really raise it for ourselves. We like to give it away, and that's what I'm trying to teach the grandkids — to do it for others. We give away about 90% of what we grow to neighbors and friends and church people. If I have excess, I take some to the food pantry, so it's a great way to help others, too."

Lee grows a variety, including lettuce, onions, potatoes, cauliflower, broccoli, peas, tomatoes, peppers, cucumbers, cantaloupe and watermelon. His three grandchildren help him with planting, and he spends lots of time in the garden throughout the growing months weeding and watering.

"I love going down to the garden; it's a therapy place for me, and I do a lot of thinking down there early in the morning and at night. It's my place to get away from the world," he says.

It's also a place to gather. Lee maintains three plots at the community garden for friends, doing a lot of the labor for them. It's a way for him to connect with others, as well as serve others.

"It's a tremendous bonding thing. I've met some really good friends down there. We chat about life and learn a lot about gardening, and it's great community bonding. I'm from a farm, and I've done produce for 4-H projects growing up and stuff. It's been instilled in me for a long time, and I'm trying to do that for the grandkids."

Lee is glad to share the garden bounty. If he has anything that's overproducing and abundant, he tells people to just come by and take some.

"It's not really for me; it's for everyone."

It's also a great way to teach the next generation some life lessons.

"I want them to learn where food comes from. When you're in the city, you forget about where food comes from. It doesn't come from the grocery store. Someone had to do that work, and that's sad that we're losing that knowledge."

Green Bean Queen

Jill Ellsworth also grew up with gardening in her blood. Her dad farmed, and her mom maintained a huge garden. Now they grow cucumbers, tomatoes and melons, along with other things. For Jill, her main crop now is green beans — in fact, her husband calls her the Green Bean Queen.

"It's probably just because that's what we did on the farm as a kid. We did flowers and things, too, but we grew tons of green beans, and my mom would can them, so I would get them all prepared for canning and that just became my thing. I don't like to run the canner,



Green Bean Queen Jill Ellsworth is known to bring beans with her when visiting then enjoying conversation while snapping beans together.

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FEATURE

but I get them all picked and snapped and washed — and now my husband cans them.”

In fact, the green beans can be like therapy. Jill enjoys being in the garden, picking as many as she can, and then she takes them to visits with others, and they snap and chat.

“We have an elderly neighbor, Vivian, and she loves visitors, so I will take beans and we snap together and visit. Everyone can snap green beans. Then I leave as many as people want with them. Once things come on, there is oodles and way more than you can eat, so I always share with neighbors and friends.”

Ellsworth is a massage therapist, and her regular clients can enjoy some summertime perks — fresh garden produce. Her friend Becky Burger lives three doors down from her, and she shares with her, too. In fact, back when Carson King’s story came out about helping the kids at the University of Iowa Hospitals and Clinics, she joined a neighbor at his fundraiser and donated canned beans and a 30-minute massage.

“I just was so inspired by his story and raising money for the hospital,” Ellsworth says. “I just love to share the love. A friend gave us sweet corn the other night, and another neighbor grew daffodils and brought those over, and it’s fun sharing different things with people. Growing things never gets old.”



Jill Ellsworth grows an abundance of green beans in her garden.

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Grimes United Methodist Church faith garden supports the Grimes Storehouse by providing fresh produce for those needing food.

Faith garden

The Grimes United Methodist Church has supported the Grimes Storehouse for years. In fact, it used to be housed at the church. Senior Pastor Ben Wedeking says church members quickly became interested in the idea of doing

more to help people in the community who are hungry and in search of nutritious food offerings — not only boxed and canned items, which are easier to store.

“One of our passions as a church is with this whole vision we want to provide healthy food. I

grew up food insecure, and I remember how it was to get canned pork and beans and knock-off Doritos and how that becomes one of your food groups.”

All food and services from the Storehouse are provided free of charge to Grimes

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individuals and families who are in need of basic food and supplies. It is the only food pantry in Grimes. The Grimes Storehouse's challenge is to not only reduce or eliminate hunger but to also feed people's hope and sense of purpose in their lives.

Wedeking is on the board at the Storehouse. He reached out to church members Sue Pegg and Esther Royer and suggested a community garden to raise food just for the Storehouse. Soon church members were working on a plan about what should be done and came up with the concept. Volunteers tilled the land and did the fencing to get the garden ready for planting. This year is the second year of the garden growing food for the Grimes community.

"The amount of food that the Lord provides from this garden has been astronomical. I was blown away with the poundage," Wedeking says. "The storms that came through have completely missed our garden, so, to me, it's not just a coincidence. God is doing something in this group of people and with this desire to see people fed." ■




Volunteers working at the Grimes United Methodist Church faith garden make it possible for the Grimes Storehouse to supply fresh produce for those in need.

It's All About Family


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RECIPE

WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net. ■

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)
- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

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WYNGARDENS join relatives in Grimes

Say they found home in a great location

Kristin and Keenan Wyngarden haven't lived in the Grimes community for long — less than a year, in fact — but it's a place they've already grown to love.

They decided to move to the community to be closer to family, many of whom live nearby, including Keenan's parents, sister, brother and their families.

The couple chose their home primarily because of the great neighborhood it sits in.

"We loved the neighborhood and that it was so close to the elementary school our boys will be going to," Kristin says. "It is also very close to my in-laws' home and my husband's sister's house. It has been great to get their help when we've needed to with the boys or around the house."

With the house being in close proximity to the elementary school, their boys will one day be able to walk to school. They have great neighbors, too, and appreciate how friendly everyone is. In fact, the Wyngardens' next-door neighbors have boys the same age as theirs and look forward to watching them grow up together.

In addition, "There are walking paths nearby, and we are also close to our favorite ice cream shop, Al's Dairy Freeze," Kristin says.

Some of the things they like most about their ranch home are the open floor plan and that their backyard is adjacent to the school property.

"My son's favorite room is the snack room, aka the pantry," Kristin jokes.

As for Grimes in general, she and Keenan appreciate that it's growing so much but still feels like a smaller community. They like having everything they need within a 20-minute drive — a real perk, says Kristin.

"We are so happy we chose Grimes to be our home," Kristin says. "We have fit right into the community and love everything about living here. I encourage anyone who may be moving to the Des Moines area to consider Grimes." ■



Kristin and Keenan Wyngarden are glad to be living closer to relatives and are happy they found a home so close to the elementary school their kids will attend.

MEET Joan Cundiff

New principal at Oak View is excited to join DCG.

Joan Cundiff, an Iowa native, grew up in Harlan and completed her bachelor's and master's degrees in education at Drake University. She worked in Bakersfield, California, with the Kern High School District for six years as an English teacher, Link Crew leader, and JV soccer coach before coming back to Des Moines to be closer to family. She was with the Des Moines Public School District at Lincoln High School, Roosevelt High School and Weeks Middle School, serving as an English teacher, instructional coach and associate principal.



Joan Cundiff joins Oak View as its principal.

Now she joins Oak View as its principal.

"I can't say enough how excited I am to be a part of the Dallas Center Grimes district. I appreciate the support that DCG has for its school system. Families are involved, and there is a sense of community pride, even as the community experiences growth."

Cundiff says she is excited to return to middle school. At this age, kids are starting to come into their own, figuring out who they are and what they believe, and they bring a sense of whimsy to the building as well, she says.

"The students that I have met so far have been wonderful, and it makes me excited to see them develop as scholars. I have been able to meet almost all of the staff, and everyone is here to support the kids. The teachers are fantastic, and I can't wait to see the excellence that they bring out in the students this school year."

Cundiff describes herself as a collaborative leader. It's her view that everyone has better outcomes when they work in collaboration with others when possible; ideas are enhanced and made better by bringing people together.

"As I said before, we have fantastic people at Oak View. I plan on tapping into their knowledge, skill sets, and creativity to make this year a great year for all of us in the building."

This means that students will have opportunities to share their voice on things happening in the building. Students need to feel that they belong, and she wants to make sure that their sense of belonging comes from ownership of their learning spaces. Cundiff also wants to work with families, because school is one component of the community, and everyone can work together to help develop students as successful citizens who help to make the DCG community an even better place to live.

Cundiff has three daughters, Payton, Ryan and Hadley, who are involved in many different activities. When they aren't running to or from activities, you can find the family exploring the outdoors, going on adventures, reading, playing at parks or baking. ■

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WHY is my AC blowing warm air?

Summer is in motion, and we're all enjoying the outdoors while it lasts, but, at the end of the day, we need to recover in a cool and comfortable home. One of the most common AC malfunction questions we receive during the summer is, "Why is my HVAC blowing warm air?" Luckily, this malfunction can sometimes be fixed or prevented by the homeowner.

It may seem obvious, but the first thing you should check is your thermostat. If your system is blowing hot air, your thermostat might have been switched to heat by accident. If this is the case, the fix is as simple as flipping it back to cool.

After checking your thermostat, check if your HVAC system is receiving power. Locate your electrical panel and look for a tripped breaker or blown fuse. Since AC units use a lot of energy, the circuit breaker may automatically shut off as a safety precaution. If your breaker continues to shut off, call an HVAC professional to take a further look at this problem.

Although air filters alone can't cause your AC to blow warm air, debris can build up, leading to frozen evaporator coils. The word "frozen" could make you think of cool air, but, instead, it blocks cold air from flowing throughout your home. To fix this problem, turn your unit off and change the air filter. Wait until your AC has thawed before you turn it back on again. If the coils continue to freeze, this could signal a more serious problem. Turn your system off and call an HVAC professional immediately.

If you have checked everything inside and still can't find any problems, it's time to inspect the outdoor unit. Just like your indoor unit, the outdoor evaporator coils need good airflow. Keep at least a 2-foot clearance around the outdoor unit at all times. Getting regular maintenance done will also help to prevent your system from clogging. If your outdoor unit is congested, turn it off and remove anything within 2 feet. Go a step farther by rinsing off the smaller debris with a garden hose.

For future use, clip this article and tape it near your indoor equipment. Stay prepared and have this article handy when problems arise. It's always recommended to have your equipment receive annual maintenance, which is the ultimate way to continue optimal efficiency and hopefully prevent future emergencies. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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GRIMES Public Library news

Two young readers have completed 1,000 Books before Kindergarten 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.

Child's Name: Jack Hanson
Parents' Names: Andrew and Emily Hanson
Age: 5
Favorite Book: "The Gingerbread Baby"
Favorite Animal: Cheetah



Jack Hanson



Macy Ring

Child's Name: Macy Ring
Parents' Names: Jill and Dan Ring
Age: 5
Favorite Book: "Pinkalicious"
Favorite Animal: Cheetah

Fall programming

September marks the beginning of our fall season of programming at Grimes Public Library. Check out these new monthly series. Visit the Library's online calendar at grimeslibrary.org/calendar for a full list of events.

New kids series:

- **Kids Play.** Hands-on, guided experiments, crafts and play designed to be developmentally appropriate for ages birth to 5. Third Friday of the month at 10 a.m.

- **Books and Cooks.** Enjoy a food-themed story then make and taste your own kid-approved healthy treat. Ages 5-plus. Registration required. Contact the Library for any food allergy concerns. Held the first Saturday of the month at 10 a.m.

New adult series:

- **Coffee and Conversations.** Come and go during these morning gatherings in the Library's meeting room. The library will provide coffee, cards, puzzles and more for our patrons to enjoy while spending time getting to know each other and enjoying some leisurely time at the library. Second and fourth Tuesday of the month, 10 a.m. to noon.

- **Bring Your Own Book Club.** Interested in the idea of a book club but uninterested in being told what to read? Our Bring Your Own Book Club is the perfect opportunity to share what you've been reading and hear about what others are reading. Library staff will guide the discussion but attendees are encouraged to come ready to share about what they've been reading and watching lately. Meetings are held in the library meeting room the third Tuesday of the month, 10-11 a.m.

- **Friday Crafting Corners.** A library staff member will be demonstrating how to make a creative craft and helping you to make your own to take home. Dates and times for these events will be announced in the fall, and registration will be required. ■

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WHILE Iowa phases in a flat income tax, you may get a break right away

Many pre-retirees and retirees are cheering as Iowa will join a growing list of U.S. states that do not tax your retirement income. Next year, Iowa will be added to the list of 12 states that don't tax distribution from pensions or defined contribution plans such as 401(k)s.

These changes are part of a bill Gov. Kim Reynolds signed into law earlier this year that also phases in a flat tax rate on all earned income. By 2026, Iowa will have a flat income tax rate of 3.9%. Currently, the state has nine brackets and a top marginal rate of 8.53%.

If you are 55 or older, you don't have to wait until 2026 for some of these reforms to kick in. Retirement income taxes go away next year on pension income and distributions from IRAs, annuities, and employer-sponsored plans like 401(k)s. State income taxes will also be eliminated on distributions from deferred compensation plans and plans maintained or contributed to by a self-employed person. You get these tax breaks even if you are still working.

These tax law changes may impact some of your retirement strategies. For example, if you are considering a Roth conversion, you may want



to wait until 2023. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount rolled over, but you never pay taxes on the money again. Not on the growth or the qualified distributions. You'll still have to pay federal taxes but, starting next year, you won't pay state income taxes on the conversion, if you are 55 or older.

If you are turning 72 this year, Required Minimum Distributions (RMDs) are knocking on your door. RMDs are the amount of money the IRS requires you to take each year from retirement accounts you haven't paid taxes on yet, like a traditional IRA. The IRS does let you defer taking your first RMD until April 1 of the next year. There is some opportunity for tax savings here. Keep in mind, if you defer this year, you will have to take two RMDs next year and they are still subject to federal tax.

These are just a couple of strategies to consider. Before making any moves, you want to understand how they impact your overall retirement plan. See a professional for a retirement analysis that includes looking at your other sources of income and your retirement vision to help you decide which strategies are right for you. ■

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

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Bonds offer investors a guaranteed rate for a certain length of time. At purchase, you know the exact yield and maturity or call date of the investment. The variable of holding a bond comes after purchase as values are updated daily based on how attractive your yield is in relation to newly issued bonds — as well as the perceived stability of the issuer. As rates have risen in the first half of 2022, bond values have declined. If you sell the bond early, you realize those losses. If you hold your bond to maturity, you will continue to receive the promised yield — as well as receive the principal at maturity if the issuer is solvent.



When markets are volatile, it is common to see an increase in the marketing of guaranteed investment products. These products often use the fear of weary investors who are too willing to overlook the expenses and opportunity costs in return for promises of safety. Below are a couple of investment pitfalls to watch out for.

- **Annuities** can offer a guaranteed fixed rate and most often have a surrender charge for a specified period. These investments work fine for investors looking for fixed rates, but only if the surrender period matches the period that the rate is guaranteed. If the two do not match, you are promising to pay a surrender charge or keep your money in the annuity without knowing the rate you will receive.

- **Indexed annuities** offer investors participation in market upside, yet also downside protection. Investors need to understand how the upside return is calculated — and whether the company has the option to change those rules during your surrender term, which is common. Variable annuities can also offer guaranteed returns. However, your guaranty is often tied to giving up the ability to withdraw your principal by using the “guaranteed return value” to annuitize. If you annuitize, you generally give up the option to take your original investment in a lump sum and instead receive a lifetime payment.

Any of these investments can work in a portfolio. Understand the details of the investment, the fees associated, and ability to access your own money. It also helps to understand the overall rate environment to discern whether the offering sounds too good to be true. If so, dig into the details further or call a professional for help. ■

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

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EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com.

Mid Iowa Modelers Expo Third Annual NNL

Saturday, Aug. 20, 9 a.m. to 4 p.m.
Grimes United Methodist Church,
801 W. First St.

Being an NNL event, this contest is geared toward Automotive Modelers; however, any models, including military vehicles (non-tracked units) are welcome, although awards are generally auto-related.



Grimes Farmers Market

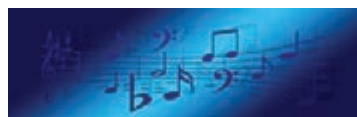
Friday, Aug. 26, 4-7 p.m.
Grimes Public Library, 200 N.
James St.

Enjoy perusing the variety of vendors and find some fresh produce for dinner.

Tour de Grimes Bike Ride

Saturday, Aug. 27, 10:30 a.m. to 1 p.m.
Waterworks Park, 200 N. James St.

Rotary Club of West Polk County is hosting this ride, which features a distance Fun Ride of 21.8 miles (first ride departs at 10:30 a.m.) and a family ride of 4.63 miles (departs at 11 a.m.). The Tour de Grimes is an annual bike ride event that begins and ends at Waterworks Park in Grimes. The event is a fundraising effort for what will eventually be a new veterans exhibit in the Heritage at Grimes development, adjacent to the new Grimes Public Library, which is currently under construction. The Family Ride will be led by Grimes Mayor Scott Mikkelsen, which is why this event is also referred to as the Mayor's Bike Ride. Individual riders can register in advance or the day of the ride for \$10/person. A family can register for their entire group for \$20. Additional donations are not expected, but would be welcome in support of advancing the veterans exhibit project more quickly. For more information, contact Mike Bonnett, mbonnett@lmcompanies-inc.com, 515-865-6086



Pro Disc Golf Tournament Concert

Saturday, Aug. 20, from
7-10 p.m.

Pickard Park, 2205 E.
Second Ave., Indianola

Disc golf's top athletes will compete for more than \$50,000 in prizes at this stop on the Disc Golf Pro Tour. New for 2022 is a Cory Wong concert the evening of Aug. 20. Purchase tickets for the tournament, the concert, or both at <https://tinyurl.com/3kvs4mp5>.

Iowa State Fair

Through Aug. 22

Iowa State Fairgrounds, 3000 E. Grand
Ave., Des Moines.

If you haven't been to the State Fair — where have you been? More than one million people visit this event every year. Enjoy every type of food you can imagine on a stick, carnival rides and games, the best of agriculture, live music and endless sights to see. For more information, visit iowastatefair.org.



Shine a Light NF Walk

Aug. 20, 8 a.m. registration, 9
a.m. walk

Raccoon River Park, 2500
Grand Ave., West Des Moines

This walk benefits the Children's Tumor Foundation. One in 3,000 babies born has NF, a genetic disorder that causes tumors to grow on nerves. There is no cure. Register at shinealightwalk.org/iowa2022. For information, contact Claudia Becerra at cbecerra@ctf.org.

High Trestle Trail Full Moon Ride

Saturday, Aug. 20

Various start locations

This free party ride starts at 8 p.m. at any of the three destination bars on the trail: Flat Tire Lounge in Madrid, Nite Hawk Bar and Grill in Slater, or The Whistlin' Donkey in Woodward. Each bar features live music. Riders are encouraged to wear a helmet, have proper bike lights and ride safely on the High Trestle Trail as these rides may include up to 600 riders. Details can be found at bikeiowa.com/events.



25-Year Celebration

Saturday, Aug. 27

The Brenton Arboretum,
25141 260th St., Dallas Center

Celebrate The Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at thebrentonarboretum.org/cheers or by phone, 515-992-4211 ext. 3.

EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com.



Author reading

Thursday, Sept. 1, 6:30-8 p.m.
Beaverdale Books, 2629
Beaver Ave., Des Moines

Author Jennifer Ohman-Rodriguez will read from her memoir, "A Time to Mourn & A Time to Dance: A Love Story of Grief, Trauma, Healing & Faith." (Chalice Press, 2022) Interspersed with reading passages from her book, Ohman-Rodriguez will present real-life applications of somatic and spiritual healing practices. More information is available at: <https://beaverdalebooks.com/event/jennifer-ohman-rodriguez/>.

Multicultural Music Festival

Friday and Saturday, Sept. 2-3, 2-10 p.m.
Friday: Raccoon River Nature Lodge,
2500 Grand Ave., West Des Moines
Saturday: Railroad Park,
Historic Valley Junction,
West Des Moines

The outdoor festival includes live music, food trucks, arts, culture, crafts and a kid fun zone. For more information, visit www.tasteofthejunction.org.



White Eagle Multicultural Powwow

Friday, Sept. 2, 5-8 p.m.
Saturday, Sept. 3, 10 a.m. to 9 p.m.
Sunday, Sept. 4, 10 a.m. to 5 p.m.
Jester Park, 12130 N.W. 28th St.,
Granger

This is a free, family-friendly outdoors event to celebrate diversity in our community through performances, retail vendors and food vendors.

Prostate Cancer Awareness 5K Run/Walk

Sunday, Sept. 11
Principal Park, 1 Line Drive, Des Moines

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising 5K Run/Walk, along with a 1-mile walk and a Junior Blue Believers Run. Funds raised stay in the area to provide support and awareness to men and their family affected by prostate cancer. For more information, including partnership opportunities, visit www.prostatecancerawarenessofcentraliowa.com.



Summer Concert Series

Sept. 13, 6-8 p.m.
The Iowa Arboretum &
Gardens, 1875 Peach Ave.,
Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be Diva and the Deacons featuring Tina Haase Findlay, with food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org or contact Event Specialist Amber Schmidt at amber@iowaarboretum.org or 515-795-3216.



Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.

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Aug. 23-28

Sept 13-18

Sept 26-28

Promotions

Aug 23
\$1 Hot Dogs & Dog Days
Berkwood Farms |
Animal Rescue League, Premier Credit Union,
Downtown Doggy Daycare, Paws & Pints,
Pet Supplies Plus, Tito's Handmade Vodka

Aug 25
Back to School Night
Great Southern Bank | Boys & Girls Club

Aug 27
Demonios
Principal | Prairie Meadows | Barilla |
Atlantic Bottling Coca-Cola | Tito's

Sept 13
\$1 Hot Dogs
Berkwood Farms

SCAN TO BUY TICKETS



DALLAS COUNTY

HIGH SCHOOL FALL

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 19	7:00PM	Des Moines North	DCG Stadium
Aug 26	7:00PM	North Polk	DCG Stadium
Sep 2	7:30PM	Bondurant-Farrar	Bondurant-Farrar
Sep 9	7:00PM	Johnston	Johnston
Sep 16	7:00PM	Norwalk	DCG Stadium
Sep 23	7:00PM	Winterset	Winterset
Sep 30	7:00PM	Council Bluffs	Council Bluffs
Oct 7	7:00PM	Des Moines Hoover	DCG Stadium
Oct 14	7:00PM	Lewis Central	DCG Stadium
Oct 21	7:00PM	Glenwood	Glenwood

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	6:00PM	North Polk	North Polk
Sep 5	6:00PM	Bondurant-Farrar	DCG Stadium
Sep 12	6:00PM	Johnston	DCG Stadium
Sep 19	6:00PM	Norwalk	Norwalk
Sep 26	6:30PM	Winterset	DCG Stadium
Oct 3	6:00PM	Grinnell	DCG Stadium
Oct 10	6:00PM	Waukee	Waukee

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 23	4:30PM	Multiple Schools	DCG
Aug 27	9:00AM	Grinnell	Grinnell
Aug 30	7:15PM	Grinnell	Grinnell
Sep 6	7:15PM	Indianola	Indianola
Sep 13	7:15PM	Pella Christian	DCG
Sep 17	8:00AM	Bondurant-Farrar	Bondurant-Farrar
Sep 20	7:15PM	Pella	Pella
Sep 24	8:30AM	Multiple Schools	Nevada High School
Sep 27	7:15PM	Norwalk	DCG
Oct 1	8:00AM	Multiple Schools	Urbandale
Oct 4	7:15PM	Newton	Newton
Oct 6	7:00PM	ADM	DCG
Oct 11	7:15PM	Oskaloosa	DCG
Oct 13,	5:00PM	Indianola	Indianola

JV1 VOLLEYBALL

DATE	TIME	OPPONENT
Aug 25	5:00PM	Multiple Schools
Aug 29	6:00PM	Urbandale
Aug 30	5:30PM	Grinnell
Sep 1	6:00PM	Valley
Sep 6	5:00PM	Indianola
Sep 10	8:00AM	Multiple Schools
Sep 13	5:00PM	Pella Christian
Sep 19	5:00PM	Multiple Schools
Sep 20	5:30PM	Pella
Sep 27	5:00PM	Norwalk
Oct 3	5:30PM	Ballard
Oct 4	5:00PM	Newton
Oct 6	5:30PM	ADM
Oct 11	5:00PM	Oskaloosa

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



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ALL SPORTS SCHEDULES 2022

ALL

DATE	LOCATION
Aug 25	DCG
Aug 29	DCG
Aug 30	Grinnell
Sep 1	Valley
Sep 6	Indianola
Sep 10	Urbandale
Sep 13	DCG
Sep 20	DCG
Sep 26	Pella
Sep 27	DCG
Sep 29	DCG
Oct 3	Newton
Oct 4	DCG
Oct 6	DCG

JV2 VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	5:00PM	Multiple Schools	DCG
Aug 29	6:00PM	Urbandale	DCG
Aug 30	5:30PM	Grinnell	Grinnell
Sep 1	6:00PM	Valley	Valley
Sep 6	5:00PM	Indianola	Indianola
Sep 10	8:00AM	Multiple Schools	Urbandale
Sep 13	5:00PM	Pella Christian	DCG
Sep 20	5:30PM	Pella	Pella
Sep 26	5:00PM	Multiple Schools	DCG
Sep 27	5:00PM	Norwalk	DCG
Sep 29	5:00PM	Winterset	Winterset
Oct 3	5:30PM	Ballard	DCG
Oct 4	5:00PM	Newton	Newton
Oct 6	5:30PM	ADM	DCG
Oct 11	5:00PM	Oskaloosa	DCG

BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 25	4:30PM	Gilbert	ISU Cross Country Course
Aug 30	4:30PM	Multiple Schools	DCG Middle School
Sep 8	5:00PM	Marshalltown	Marshalltown
Sep 12	4:30PM	Ballard	Ballard Golf & Country Club
Sep 22	5:00PM	Indianola	Indianola
Sep 29	5:00PM	Southeast Polk	Southeast Polk
Oct 6	5:45PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 10	TBD	Multiple Schools	DCG Middle School

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 25	4:30PM	Gilbert	ISU Cross Country Course
Aug 30	4:30PM	Multiple Schools	DCG Middle School
Sep 8	4:45PM	Marshalltown	Marshalltown
Sep 12	4:30PM	Ballard	Ballard Golf & Country Club
Sep 19	5:20PM	Multiple Schools	Hillcrest Country Club - Adel
Sep 24	TBD	Kansas University	Rim Rock Farms
Sep 29	4:30PM	Southeast Polk	Southeast Polk High School
Oct 6	4:30PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 10	5:00PM	Multiple Schools	DCG Middle School

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SURPRISING tool for tax planning

This could be perfect for you, and, if not for you, then share the news. An IMQ: An Inter-Marriage Qualified Domestic Relations Order can save you thousands of dollars.

We typically see Qualified Domestic Relations Orders (QDROs) in divorce. Since the IRS will not allow a transfer of tax-qualified money without triggering income tax obligations, the only option, other than death, to transfer these assets is by a court order. In divorce, the court awards some part of the retirement account to the other spouse. The court order is sent to the plan manager, who then transfers some or all of the account to the spouse, while retaining the characteristics of the account as a tax-qualified account.

The same can be done between married people who agree to shift the account, or part of it, with the use of an IMQ. It is a joint application filed in court by both spouses that requests that the court order a shift in ownership. There is no requirement to prove anything to the court, other than that both parties are requesting the shift. The court process is minimal, but you will need a lawyer.

Why would you do that?

1. If one spouse is older than the other spouse and required to take RMDs but does not want to, shifting the account to the younger spouse stops the RMD requirement if the younger spouse has not yet reached that age or lowers the RMD according to the younger spouse's life expectancy. This may be gold right now when the market has dropped and people really do not want to have to liquidate and take RMDs.

2. If one spouse is seriously ill or has been diagnosed with a progressive illness, it may be a good idea to shift the IRA to the non-ill spouse. In some cases, it means we can save the IRA from having to be liquidated if we eventually need to obtain Medicaid benefits for the other spouse. It opens the door for actually keeping it intact or annuitizing it for the well spouse at the point of the Medicaid application. This way, the taxes can be spread over a much longer time period.

It is not very often that we encounter financial rules that can actually help those of us who are not in the 1%. Now you have a new topic for conversation. Did you know? ■

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.



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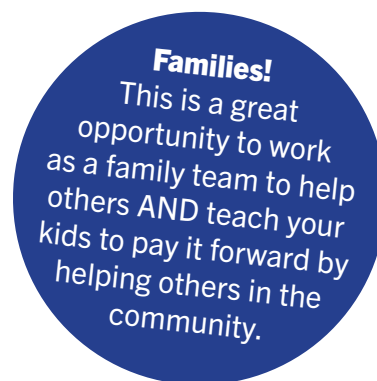
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HEALTH

By Dr. Mallori Phillips

DRY, red, itchy eyes?

Suffering from sore eyes? What remedies have you tried? Many patients report feeling overwhelmed as they compare over-the-counter eye drops in order to relieve eye irritation. The first step is to identify the issue you are treating.

Perhaps your main goal is to reduce redness caused by eye irritation you experience throughout your normal daily routines. In this case, you most likely instill eye drops each morning after brushing your teeth. Interestingly, using some eye drops consistently can make your eyes more red and more irritated. For instance, Visine and Clear Eyes have specific chemicals in their formula that can cause rebound reactions when you stop using the product. Try Lumify instead. Lumify acts on a different cell receptor, preventing the risk of developing a rebound reaction after discontinuing the drop. While the cost is a little higher, your eyes will thank you.

Maybe your goal in using eye drops is to reduce itchiness caused by allergies. Zaditor, Alaway or Pataday are three different over-the-counter brands that are highly recommended to target irritation caused by allergies.

Spending time contemplating the options in the eye drop aisle can be overwhelming. Ask your trusted eye doctor which drops will work best for your specific needs. ■



Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, www.totalfamilyeye.com.

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NEWS BRIEFS

BILL RILEY Talent Search winners



Inspiring Dance hosted a Bill Riley Talent Search in Grimes as part of Governors Days. It was a qualifying event for the Iowa State Fair. This year, more than 20 acts competed in either the Sprout or Senior Division. The winners were Rio Slaughter, Renzo Slaughter and Selena Williams with a dance trio in the Sprout Division and Grace Wood with a baton twirling solo in the Senior Division. ■

THIRD Charity Home completed

Proceeds to help create life-changing wishes for children with critical illnesses.

The 2022 Make-A-Wish Iowa Charity Home, in partnership with Frampton Homes, was revealed at a recent ribbon cutting. This is the third charity home to benefit children fighting critical illnesses. Make-A-Wish Iowa was the recipient of almost \$200,000 in proceeds donated from the past two charity homes.

"We are so excited to be partnering with Make-A-Wish Iowa again," said Dani Frampton, Frampton Homes. "We hope to surpass previous years' donations to create more opportunities for children fighting critical illnesses to find hope, joy and strength through their one true wish."

Wish child Aila Nesbitt helped cut the ribbon at the reception that thanked the Frampton Homes Team and the generous companies and subcontractors who donated their time, skills and supplies to this project. Aila's wish to go to Walt Disney World Resort was granted in April to celebrate the end of her long fight with leukemia.

Aila's family expressed the joy of giving back to the organization that had helped their family in the toughest time of their lives. She was recruited as the honorary construction superintendent for the 2022 Frampton Homes Charity House and oversaw the whole process.

The home is in the Willow Hill development in Grimes at 2725 N.W. Brookside Drive. All three charity homes have been built in the Grimes community. The house is currently listed with DePhillips Real Estate Group. ■

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GETTING the most out of your pharmacy visits

Not everyone likes to visit the pharmacy, but we really do enjoy seeing all of our customers. Maybe you aren't feeling well or are dealing with a new condition you are anxious about. Good news. If you choose a locally owned independent pharmacy, a pharmacist is a simple phone call away, and pharmacists are readily available to answer your questions if you stop in. So make the most of your time visiting your pharmacy with these simple tips:



- **Use the same pharmacy for every prescription.** This is especially important if you have multiple doctors to help ensure your prescriptions will not interact. Consistency is important for good health.
- **Update your information.** Have you been diagnosed with a new condition or have had unwanted side effects? Keeping your information updated can help your pharmacist spot red flags. Has your address or phone number changed? Let them know so they can contact you if needed.
- **Ask questions about over-the-counter medications.** OTC medications do not require a prescription, but they can interact with

other medications, lessen their effects, or adversely impact a chronic condition.

• **Ask for help.** Do you frequently run out or need to make multiple trips to the pharmacy? Ask if the pharmacy offers any programs such as delivery, medicine synchronization, or compliance packaging to help keep you on track.

• **Annual medication review.** Ask your pharmacist to review your prescriptions. They can work with your physician(s) to keep your medicine regime up to date and most cost effective under your current health plan.

• **Immunizations.** Ask your pharmacist if you are due for any immunizations. From COVID-19 vaccines to influenza, shingles and tetanus, they can provide them all and can easily check your eligibility.

Building a strong healthcare team is the first step to bettering your outcome. It's your health. If you are unsure of a diagnosis or treatment, don't be afraid to ask questions. If you don't understand the answer, ask for clarification until you understand. Your team is here to work for you. ■

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

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HEALTH

By Dr. Aaron Martin

CHRONIC stiff neck

Do you have a chronically stiff neck? Does the stiffness lead to or accompany headaches, pain in your shoulder or neck with possible pain between the shoulder blades or in the arms, or difficulty focusing your eyes and general balance issues? Then you may be suffering from the functional impairments that have been identified in chronic neck pain patients.



While it seems easy to feel your stiff neck, it does not seem to move particularly well with a typical chiropractic adjustment. Furthermore, the response can be unsatisfying, short-lived, or even irritating for you.

In order to assess and manage a chronic stiff neck, it is vital to appreciate the larger dimensions, in general, more skillfully. First, we know the challenge of chronic neck stiffness and pain extends far beyond restricted joints and painful mechanical tissues. While these are the most visible components, they are just the tip of the iceberg.

What have you been told previously about your neck? Have you had an MRI or X-rays that have shown degenerative changes and been told were a significant cause of your pain? This may have led you to believe that you will always have pain and stiffness. This is often the case but untrue.

A modern neuromusculoskeletal medicine approach combined with specific chiropractic care can put you on the path towards relief. ■

Information provided by Dr. Aaron Martin, Iowa Chiropractic Clinic & Sports Injuries, 1451 S.E. Third St., Suite 100, Grimes, 515-452-0250.

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HEALTH

By Kendall Way

END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.



Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■

Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, way@sstherapyandconsulting.com.

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ACNE: It's more than skin deep

The teenage years. Puberty. Bodies changing. Acne. Most people experience some form of acne during adolescence. In fact, it's the most common skin disease in the United States, affecting 85% of all teenagers and more than 50 million people (American Academy of Dermatology).

Acne can be difficult alone — then add the 24/7 use of cell phones, selfies and social media, and you can see why many teens are experiencing increased levels of anxiety compared to previous generations. According to a Harris Poll, a group of 1,010 teens aged 15-19 years old were surveyed, and 71% said acne negatively impacted their body image, 67% noted acne lowered their self-esteem, and 45% stated they were embarrassed to post photos on social media because of their acne.

Answering your acne questions

Q: After I get into my twenties, will my acne clear up?

A: Not always. Although most people will get acne in their teens, some will experience acne breakouts in their 20s, 30s and 40s. Acne can

affect you at any time because it's linked to hormones, not age.

Q: If I have acne, does that mean my skin is dirty?

A: No. Excessive dirt may aggravate acne, but acne is an inflammation of the oil glands and hair follicles which are below the skin's surface.

Q: Can stress make me break out?

A: Yes. Stress has been linked to acne flare-ups. For example, students are more prone to acne problems during exam times.

Q: Should I wash my face several times a day with a strong cleanser?

A: No. Excessive scrubbing can irritate the skin and make acne worse. The best treatment plan includes washing twice a day with a gentle cleanser and using an oil-free moisturizer after.

Teen acne reminders

• **Take it seriously.** Even if your teen's acne is

not severe, it can affect how they feel about their appearance. So, if they ask about their acne, take them seriously, and let them know it's important to you, too.

• **Treat it early.** Waiting for acne to “go away” or thinking your teen will “grow out of it” is not a good idea. Early treatment can help prevent permanent scarring and reduce future outbreaks. Getting this “head start” is the best way to keep their acne under control.

• **Look for signs of emotional distress.**

These may include loss of interest in activities previously enjoyed, avoidance of social gatherings, poor performance in school, or feelings of anxiety or depression. If you see any of these signs, talk to your teen and make an appointment with a dermatologist.

Keep this in mind since many teens will be heading back to school for the fall term soon. ■

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

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PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.



Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a

person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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VOLUNTEERING a way of life for Wager

Desire to serve others comes from within.



Stefanie Wager has lived in Grimes her entire life except for when she taught abroad in Mexico City for a year. In fact, her family was one of the first to settle in Grimes. Her great-great-great grandpa John Rosenberg arrived in town in the late 1800s.

Wager was raised to believe in the importance of giving back and helping those who need it. She has volunteered formally since she was a high school student, first at homeless shelters and then at hospitals in Des Moines.

Wager received the Presidential Volunteer Service Award in 2000 and the Governor's Volunteer Leadership Award in 2007 for volunteering as a Court Appointed Special Advocate (CASA).

Today, Wager is heavily involved with the United States Committee for Refugees and Immigrants (USCRI), which is one of the three agencies responsible for resettling refugees in the Des Moines area. This includes transporting families from the airport to temporary housing, grocery shopping for families, serving as a mentor for families, and

more that might be needed.

Wager shares she was also able to collect many household items for USCRI — everything from toiletries to furniture — because of the generosity of Grimes residents. These items helped each family have the basics once they were able to move into permanent housing. This was much needed after the influx of Afghan refugees into the Des Moines area.

Recently, Wager also started volunteering with Des Moines Refugee Support — an organization that supports efforts such as school supply drives, free clothing events, transportation to athletic clubs for younger children, sending students to various camps in the area and more.

"Iowa was the first state to welcome the refugees from Vietnam in the 1970s, and I believe the way we treat those coming into our communities says a lot about who we are as Iowans," Wager says. "It has also been deeply emotional to get to know Afghan families who literally risked their lives for our country. It is such an honor to give back to them in these small ways."

Additionally, for the past seven years, Wager has served on the board of directors of the National Council for the Social Studies (NCSS), including as president in 2020-21. NCSS is the largest professional organization



Stefanie Wager has been honored for her many volunteer efforts over the years.

for social studies educators. This volunteer position allowed her to interact with teachers and leaders across the country and be a voice for the importance of social studies and history education.

"For me, I just enjoy helping people," Wager says. "There is no greater joy than the intrinsic value of service to others." ■

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We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Northwest Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in the October issue of our Grimes, Urbandale and Johnston editions. You can vote in one or every category, or anywhere in between. Mail in this paper ballot or vote online at the link below. But do so quickly, as the **poll closes on Sept. 1.** One vote per resident, please.

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THOUGHTS turn to 'back to school'

As the calendar turns to August, my thoughts immediately go to the start of the school year. New opportunities for my kids, new teachers, new friends to be made, lots of new material for them to learn. I can't help but feel both excited and sad as we go back to school and the routine it brings. Excited because there will be so many new things for my kids to experience and a great return to a routine for our family. Sad because our summer has been filled with making fun family memories. Practices for fall sports are starting, and the upcoming State Fair will be the last official event before the first day of school.

A couple weeks ago, I saw a post online about a campaign to "clear the lists" for teachers for the upcoming school year. Intrigued by what this meant, I had to do a little research and was pleasantly surprised with what I found. Teachers had posted their Amazon lists to a spreadsheet and asked for help to buy the extra items they need for their classrooms. There are many people helping clear the lists by buying a couple things for a handful of teachers. The generosity shown by strangers never ceases to amaze me. If you are able, consider buying a couple extra things this year for your child's teacher off their Amazon list. Most will send them to you if you ask, and the impact you have on their classroom is appreciated. I might be a bit biased, but I think the educators we have in the Dallas Center-Grimes district are some of the best in the state.

Just because the summer is winding down doesn't mean things at Grimes Chamber and Economic Development are slowing down. We continue to do many ribbon cuttings for the local businesses choosing Grimes. We are gearing up for our annual total resource campaign that will begin in September. If you are ever curious how you can get involved, reach out. As always, I feel very fortunate to live and raise my kids in Grimes. Pay it forward if you can. ■

Information provided by Ryleah Cross | Edward Jones – Ryleah Cross; Grimes Chamber & Economic Development board chair.



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GROUND Breaking

The Grimes Chamber of Commerce, in conjunction with the City of Grimes, held a groundbreaking ceremony for the Grimes Public Library on June 28. The new building will be located at 200 N.E. Beaverbrooke Blvd.



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OUT & ABOUT



Grimes Chamber President Ryleah Cross presents a plaque to The Brick Room owner, Denise Schmitz on July 21.



The Grimes Chamber of Commerce held a ribbon cutting for The Brick Room on July 21.



BobbiJo Wolfe and Brenna Young at the ribbon cutting for The Brick Room on July 21.



Nick and Nicole Heuton at the ribbon cutting for The Brick Room on July 21.



Brian Pierce and Sarah Schaefer at the ribbon cutting for The Brick Room on July 21.



Brian Bueth and John Palmer at the ribbon cutting for The Brick Room on July 21.



Kate Horbach and Jenny Broesder at the ribbon cutting for The Brick Room on July 21.



Averi Haines, Brooklyn Haines and Vivien Way at the Dallas County Fair in Adel on July 15.



Sophie Meekma at the Dallas County Fair in Adel on July 15.



Lailn Pedicini at the Dallas County Fair in Adel on July 15.



Paisley Wyatt at the Dallas County Fair in Adel on July 15.

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Maytag® Washer 3.8 Cu. Ft. w/agitator Deep wash option. MVWC465HW



MAYTAG® Electric dryer 7.0 Cu Ft. 12 cycles. Drum light. MEDC465HW

Whirlpool® \$1,399



5.0 Cu. Ft. Whirlpool® Gas 5-in-1 Air Fry Oven. Air Fry Basket. Fan Convection Cooking. SpeedHeat™ Burner. WFG550S0LZ

Whirlpool® \$899 EACH



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4.6 Cu. Ft. Top Load Impeller Washer with Built-in Faucet WTW5010LW

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224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939

How to Ease Back-to-school Anxiety

1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpeditriacs.org

