

# Living

# Getting TOGETHER

Residents share how  
they build community  
through gatherings

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EDUCATION

**Tuna romesco salad board**

RECIPE

**McGaha inspired by lessons learned from his kids**

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# WELCOME

## GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids. A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■



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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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# Getting TOGETHER

**Residents share how  
they build community  
through gatherings**

**By Ashley Rullestad**

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life.

Beaverbrooke neighbors Addie Vance, Matt Morris, Monica Malmberg and Katie Scholl have become good friends and enjoy many gatherings in their neighborhood. Photo by Todd Rullestad



## FEATURE



Neighborhood gatherings have helped develop neighborhood friendships. Front row, from left: Norah Vance, Hayden Malmberg and Brynlee Morris; second row: Emma Malmberg, Elizabeth Vance, Addie Morris, Monica Malmberg, Addie Vance and Mindy Morris; and, back row: Ben Vance, Justin Scholl, Katie Scholl, Matt Morris, Carsyn Vance and Adam Malmberg. Photo by Todd Rullestad

### Fast friends

Monica and Adam Malmberg have been a part of the Beaverbrooke neighborhood in Grimes for the last four years. Since they've moved in, they say they've been thrilled to be warmly welcomed and part of the many activities in the community.

"There's a group of two or three of us that usually organize things, and we have a close-knit group of four families that are together most weekends, but, when we have larger gatherings and bonfires, everyone is welcome," says Monica Malmberg.

In fact, Malmberg says, if someone has a fire pit going, it's likely it will turn into a neighborhood get-together pretty quickly. The smaller group organizes a neighborhood block party, get togethers for football games and holidays, group trips, and a Smash Park party over Christmas break that included an overnight stay in a hotel in West Des Moines.



The residents of Beaverbrooke frequently get together in their neighborhood.

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## FEATURE

COVID didn't stop them either. The women enjoyed online happy hours together, and they've hosted "Utopia" backyard parties the last two years. "Utopia — The Iowa Musical Revue" is a show that celebrates and pokes a little fun at the unique people, places and traditions of the great state of Iowa. When COVID hit, and they couldn't perform in theaters like normal, they took their show on the road, and Malmberg and company were happy to host the group for a couple of performances.

A few of the families even quarantined together when they had COVID at the same time.

The Malmberg kids, Emma, 16, and Hayden, 9, have also become close with other neighbor kids. They're really like a family, says Malmberg.

"These really have become our best friends. The kids have sleep overs and hang out all the time, too. These are the people that we all say 'We are doing life together.' Our older kids know that any milestone they have, neighbors will probably be involved, too," she says.

### Cul-de-sac fun

Shana Olson enjoys her neighborhood gatherings on N.W. 10th Circle. Her family has lived in the neighborhood for 13 years now, but the fun really started the last few years.

"Though we've lived here a while, there has been lots of movement in the other homes on our street. We were pretty good friends with our neighbors prior to the driveway gatherings, but it's definitely led to us doing more together."

Now the cul-de-sac holds Flamingo Friday with the kids and parents, where the host family lets people know the party is at their house by putting a plastic flamingo in the yard. The gatherings usually involve a fire pit and some drinks, but the kids often do other



Shana Olson says the N.W. 10th Circle neighbors enjoy getting together. They make sure the kids have games to play to keep everyone occupied.

fun stuff, too, like a talent show or glow parade.

"My kids are Halle, 14; Peyton, 12; Cade, 11; and Jase, 8, who are joined by other



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*Pricing and availability believed to be accurate and are subject to change without notice.*



## FEATURE

neighborhood kids when we get together,” Olson says. “The kids love the gatherings because they get to stay up late and have snacks like s’mores and pop. They are also always planning something, like an annual talent show.”

The Friday night gatherings have also led to Saturday morning breakfast on Governors Days and a few other times.

“We just have a good time together,” Olson says.

### Block party bonanza

Kelly and Will Ice moved to Beaverbrooke in Grimes from Colorado eight years ago. In 2019, they helped organize their first neighborhood block party. Then COVID hit, and there was no party in 2020. They were happy to have it again last year, and this year’s gathering is already planned.

“From the sounds of it, it’s going to be a great one. We have a bags tournament and food truck and a band — The Bond — coming to play,” says Kelly Ice. “I’m super excited. This year I had to just pick a date. I know it’s hard during the summer as not everyone can make it. My neighbor Megan has helped me put it together, and another neighbor made our flyers. Then we all pitched in to pay for the band.”

The Ices also have BBQ cookouts with neighbors. Will and some of their neighbors like to smoke meat, so they get together and share the goodness, maintaining social



Shana Olson says the N.W. 10th Circle neighbor enjoy getting together. They make sure the kids have games to play to keep everyone occupied.

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## FEATURE

distancing gatherings in driveways during COVID.

Seven other families are often involved as well. Ice creates a group text so they can plan. Gatherings have included a water slide, water balloon fights, spikeball and volleyball.

“Each house always opens their doors for anyone. There were even times we would just be in our driveways hanging out doing nothing, and, the next thing, everyone would just come and hang out without even having invites. Everyone is always welcomed.”

Ice also hangs out with her pal Abby in another Grimes neighborhood that holds gatherings, and she’s become close to many people in that neighborhood, too.

“They have amazing gatherings and so many kids playing, having fun, too,” says Ice. “We have tried looking for a house over there in that ’hood, but it hasn’t happened, yet. It’s only down the road from us so we go over there a lot. Grimes is such a great, family-friendly town.” ■



Kelly Ice says the neighborhood kids enjoy going on outings together.

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## RECIPE

# MEDITERRANEAN-inspired dinner parties made easy

*(Family Features)* Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

When entertaining, always use the best ingredients you can find that don't require a lot of fuss, but still feel special. Made with premium cuts of hand-filletted, wild caught yellowfin and albacore tuna, a time-saving ingredient like Genova Premium Tuna is high in protein, a great source of omega-3s and has a uniquely rich and savory flavor that offers a taste of the Mediterranean in every bite.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit [GenovaSeafood.com](http://GenovaSeafood.com). ■



## Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of

Genova Tuna

Servings: 4-6

### ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

### TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided

- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained, patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped
- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste

- forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.
- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.
- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

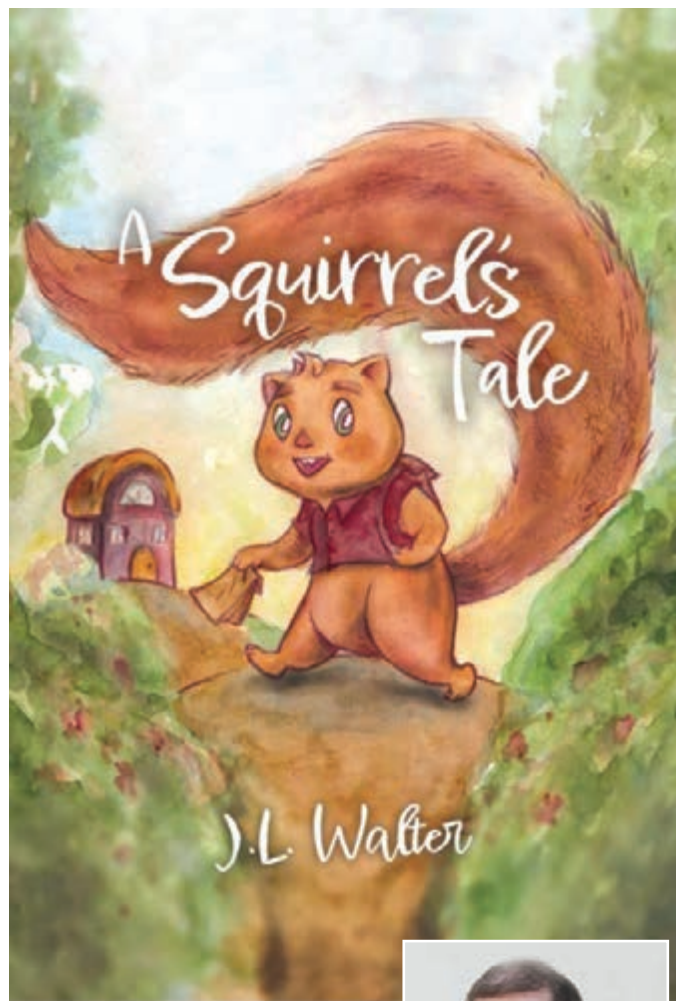


# GRIMES author pens children's book

Lessons learned from his kids inspire story



Jim McGaha's children's book is about being different.



"A Squirrel's Tale" is a children's book written by Grimes resident Jim McGaha — pen name J.L. Walter — about Sammy the squirrel, who has a unique quality: His tail is three times bigger than normal.

As McGaha describes the book, "A great story about a young squirrel starting school and does not realize he is different. His tail is so much larger than any other squirrel. The book is a little sad, a little of life lessons and a lot of fun."

McGaha says the people who know him wouldn't have ever believed he'd write a book. But this past March, he published his first one.

"I wanted to do something different that would challenge me," he says. "I wanted to provide something for kids to read to be excited about without any agenda. My experiences

throughout my kids' youth years as a coach, teacher, mentor, friend and, most importantly, as a dad were my main inspiration for the book."

McGaha is originally from South Carolina but moved to the Grimes area 11 years ago. His two kids are now teenagers, and he instills in them his firm belief that you can accomplish anything if you want it badly enough.

The response to "A Squirrel's Tale" has been overwhelmingly positive thus far, McGaha says.

"I had one person tell me his daughter loved it so much more than the Clifford books," he adds. "The book is targeted toward elementary-age kids that they would read themselves or someone would read to them."

In the future, McGaha isn't ruling out the

possibility of writing another book.

For folks and schools in the Grimes area, McGaha says he'd be happy to come read the book, which is available on Amazon, and sign copies of it.

As for Sammy, the main character in McGaha's book, while his parents are worried about what others might think of him or how they will treat him when he starts school, he's always himself and shows how his differences are what make him so great. It's a lesson McGaha's kids taught him and is part of what served as motivation for writing the book. ■



# MEET Kacey Beyer

Working with teachers to reach their goals

Kacey Beyer is an instructional coach at Dallas Center Elementary, a position she moved into after teaching two years of kindergarten at Dallas Center Grimes. Before her time at DCG, Beyer taught in Waukee for nine years and at Carroll Kuemper for two years doing elementary immersion Spanish. As an instructional coach, Beyer's position is now about supporting teachers and students as well as helping to guide the building staff through their learning to help them grow in their professional practice.



Kacey Beyer is an instructional coach at Dallas Center Elementary.

"My biggest challenges and greatest rewards are truly the same thing, and that is what I love about the way I get to serve teachers. Teachers will come to me with a big dream or a challenge in their classroom, and we work together to collect data, try new instructional strategies, collaboratively reflect, and make those big dreams come true for their students and themselves."

After teaching kindergarten for 11 years, Beyer says she's full of funny stories, but her favorite moments that come to mind in this role all happen when a teacher meets the goal that they have set and accomplishes a big dream for their classroom.

Some goals and dreams she has helped teachers work through are increasing reading fluency rates for students, responding to challenging behaviors with positive language to help make a cultural classroom shift, and helping increase the reading proficiency overall at Dallas Center Elementary through instructional changes in the classrooms.

"When we collaborate and meet these goals together, teachers feel a sense of immense pride in the work they have done and have more tools in their teaching tool box to continue to grow as professionals. Working with an instructional coach is one way to document and deepen the amazing work that teachers are already doing every single day."

When she's not at school, Beyer is spending time with her husband, Danny, and their two girls, Isabella, 11, and Tabitha, 9, and one spoiled miniature goldendoodle named Cinnamon. They like to celebrate and join in all the town activities in Dallas Center like the farmer's market, skating rink, parks, Fall Festival, and holiday celebrations. Beyer also enjoys practicing yoga and meditation and is working towards becoming a certified yoga instructor through a program that focuses on social-emotional wellbeing in education.

"The biggest challenge facing everyone in education right now is the social-emotional status of students and teachers in a post-pandemic world. We work together as a school team as much as possible to support our students and each other, but we are looking to the district, the families of the DCG community, and the state government to support teachers and students more in this area. We can create change if we all work together." ■



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## HVAC

By Scott Bontrager

# AIR conditioning: myth versus fact

There are a lot of myths when it comes to your air conditioner, and knowing the truth can help save you money and keep it running at its best. Have you fallen for one of these common costly air conditioning myths?



**MYTH: Your home will cool faster by turning the thermostat down.**

**FACT:** Cooling your home will always be a matter of time. Even if you set the thermostat at the lowest setting, your AC unit will continue to run at the same pace.

**MYTH: Bigger AC units work better.**

**FACT:** An AC unit whose capacity is too big for the space will force its compressor to turn itself on and off in quick intervals, which wears it out, shortens its life, and uses a lot of electricity.

**MYTH: Turning off the AC when you're not home will save energy.**

**FACT:** This is only true for extended periods and mild weather. If you turn off the AC before going to work on a hot summer day and turn it back on when you get home, it has to work harder to cool your home.

**MYTH: It's best to let your AC unit "kick the bucket" before replacing.**

**FACT:** Buying a new AC unit can cost you money in the beginning, but its higher efficiency will save you more money than operating an old one.

**MYTH: Thermostat location doesn't affect air quality or temperature.**

**FACT:** A thermostat should always be placed away from heating or cooling sources, and in a central location where it can get an average reading of the temperature levels in your home.

**MYTH: Fans keep a room cooler.**

**FACT:** Fans move air in a room but do not affect the air temperature. However, it creates a wind-chill effect, so it may make you feel cooler.

**MYTH: Close vents in unused rooms to save energy.**

**FACT:** Closing vents in rooms you do not use throws off the air distribution throughout your home. It causes pressure to build up in your ducts, making your AC unit work harder.

**MYTH: AC maintenance is a waste of time and money if you have a newer unit.**

**FACT:** If you have a high-efficiency, modern air conditioner, don't you want to keep it performing that way for as long as possible?

These are just a few of the myths out there. If you find yourself questioning how to achieve comfort in your home, call your local HVAC professional. ■

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



## LIBRARY

# GRIMES Public Library news



The Library's Summer Reading program ends on July 31. Not only does the reading challenge conclude at the end of the month, but many of the Library's programs take a break during the month of August as well to allow the librarians time to gear up for another great season of fall programming. Looking to visit the Library with kids in August? There's still lots of fun things you can do!

### Grimes Food Truck Fest

Join us 4:30-7:30 p.m. on Aug. 1 for our second and final Grimes Food Truck Fest of the summer hosted by the Grimes Public Library Friends Foundation. Trucks will be located in the Library parking lot in Waterworks Park. Celebrate the end of the Library's Summer Reading Program and enjoy children's activities including face painting, balloons, and bounce houses provided by the Grimes Public Library Youth Department.

### Fun things to try in the Library

- **AWE Computer** – computer with mouse and keyboard preloaded with 75-plus interactive games and stories for ages 2-8.
- **Play Touch Table** – pop balloons, race a car, or learn to recycle with this fun touch table. Table is located in the children's area but has games appropriate for kids and teens.
- **Nintendo Switch** – video game console with many ways to play — handheld or on the TV. Play the included games or check out any available switch game to play. Recommended for ages 6-plus.
- **Oculus Quest VR** – virtual reality headset preloaded with games. For safety reasons, the VR headset may only be used by patrons aged 9 and older and in the Library's large meeting room. Call ahead to reserve the space.
- **Makerspace** – hands on activities available for tinkering. Robot cubes, 3D pen, craft supplies, patterns blocks, Lego's, Perler Beads™ and more! ■



## SAVE THE DATE

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Friday August 5, 2022 8 am-2 pm  
Hwy 141 Garage Sale Food Booth in front of the School

### KNIGHTS OF COLUMBUS HOT RODS AND HOGS

Saturday August 6, 2022 10am-2pm  
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# FACE the financial storm head on

The first half of 2022 has been a financial storm. Inflation hit a 40-year high, interest rates are rising, and the S&P 500 declined 20% through mid-June — the steepest start to any year since 1939. There are things you can do right now to help your retirement savings weather the storm.

Take your 401(k), for example. We often talk to the families and individuals we work with about rebalancing their 401(k). When the market is down, stocks are on sale. Depending on your retirement date and your other retirement savings, this may be the time to put more into the stock market and less in bonds. We are also talking about new contributions to 401(k)s or other employer-sponsored plans. Now may be a time to dedicate those new contributions to equities, allowing you to take more risk with a smaller part of your portfolio. Also, look at how many shares you own, not the value of those shares. If you can ride out this storm, the more shares you buy on sale, the more you can enjoy the sunny days when the market goes up again. Like any retirement decision, these moves must help you achieve your goals, and you must understand and feel comfortable with the risk you are taking.



You can make other strategic moves that don't have anything to do with the stock market. Developing a long-term tax plan is one of them. Having three buckets of money: taxable, non-taxable and tax-deferred allows you to draw income from these buckets in a way that can decrease your tax burden. A long-term tax plan could also include paying more taxes one year to pay fewer taxes later, as in the case of a Roth conversion. 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 transferred over, but you never pay taxes on that money again if it's a qualified withdrawal. Inside the Roth account, you can buy stocks, and if the market is down, you buy them at a lower rate. Then you can ride the market volatility back up and do so in a tax-free account.

Some may say sit back and wait it out when a storm is brewing, but I disagree. Face the storm head-on by developing a plan for your retirement savings so you can take control of your money and your retirement vision. ■

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

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# DOES FIXED income benefit from rising rates?

On June 15, the Federal Reserve hiked interest rates by 0.75%, the largest rate hike in more than 28 years. This puts the current rate at 1.65%. The current projections suggest rate hikes will continue to near 3.5% by December of 2022. This is likely priced into the bond market yields today.

What affect does this have on bond investors, and is there a benefit to the rising rates? Over the past decade, we had seen continuous decrease in the interest rates. Now we are seeing a rising rate environment that has not been experienced in a very long time. Generally, interest rate moves have an opposite correlation to the prices on bonds. Rates moving higher pushes bond prices lower. The longer the duration of a bond, the more negative an impact rising rates will have. (See graph below.)



So how can rising rates be a benefit to investors? Return on a bond is not just about the price. Rising rates can create losses. The shorter the duration of your bond portfolio, the shorter time horizon until the bond matures. As the bonds mature, you can now reinvest those proceeds at higher rates.

Bonds bring stability and diversification to our portfolios, so when investors see these “safe” investments lose value, this can understandably cause concern. However, this near-term view can overlook the longer-term value of higher yields. As simple as this sounds, bonds do mature, and when they mature, we can invest these proceeds at higher yields, generating more income for our clients in the future. Bonds play an important role for retirees. Though rising rates will cause bonds to lose value, eventually the decline in price will be more than offset as bonds mature and can be reinvested at higher yields. Bond investors who are patient and let their existing bonds mature and reset at higher yields will be rewarded, versus those selling the bonds and locking in their losses. ■

For more information, please contact Wade Lawrence with City State Bank Trust & Investments at 515-986-BANK. 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. The materials are based upon publicly available information that may change at any time without notice.

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**CoolSculpting® Elite** is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. **CoolSculpting® Elite** is not a treatment for weight loss.

#### Important Safety Information

This procedure is not for everyone. You should not be treated with **CoolSculpting® Elite** if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria.

Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations lessen as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment.

Rare side effects may happen in 1 to 10 out of 10,000 **CoolSculpting® Elite** treatments (between 0.01% to 0.1%). One such rare side effect is a visible enlargement in the treated area, which may develop 2 to 5 months after treatment, will not resolve on its own, and may require surgical intervention for correction.

Please see full Important Safety Information for **CoolSculpting® Elite** on CoolSculpting.com.

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Patient was treated with CoolSculpting® on her abdomen. Results may vary.



## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



### Corn Feed

Saturday, July 23, 5-7 p.m.

Grimes United Methodist Church, 801 W. First St.

Come enjoy a sweet corn dinner for a freewill donation. The church is holding its first annual Corn Feed and raising money to send a team on a mission trip to Uganda in summer 2023. In addition to sweet corn, there will be hot dogs, baked beans, cole slaw and dessert.



### Warren County Fair

July 27 - Aug. 1

Warren County Fairgrounds

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit [www.warrencofair.com](http://www.warrencofair.com).



### National Balloon Classic

July 29 - Aug. 6

Memorial Balloon Field,  
15335 Jewell St., Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit [www.nationalballoonclassic.com](http://www.nationalballoonclassic.com).

### Summer Concert Series

Second Tuesday each month through September, 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: Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, 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](http://www.iowarboretum.org) or contact Event Specialist Amber Schmidt at [amber@iowarboretum.org](mailto:amber@iowarboretum.org) or 515-795-3216.



### Levitt Amp Summer Concerts

Various dates

Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. July concerts are: July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



### Summer Stir

Friday, July 22, 5-9 p.m.

East Village

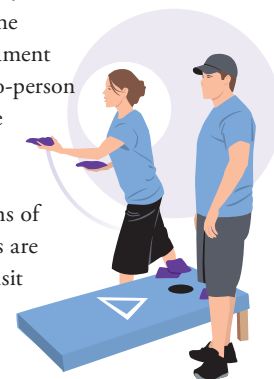
CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the East Village's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at [summerstirs.com](http://summerstirs.com).

### Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.

Sully's Irish Pub, 860 First St., West Des Moines

Registration starts at 2 p.m., and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.





## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

### 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/](http://thebrentonarboretum.org/) cheers or by phone, 515-992-4211 ext. 3.



### 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: July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; 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.



### Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon (8 a.m. to noon in October)  
Des Moines Historic Court District  
The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



### 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 Births has NF, a genetic disorder that causes tumors to grow on nerves. There is no cure. Register at [shinealightwalk.org/iowa2022](http://shinealightwalk.org/iowa2022). For information, contact Claudia Becerra at [cbecerra@ctf.org](mailto:cbecerra@ctf.org).

### Events to keep you active

Get your fitness on at these fun runs, rides, games and competitions.

- **July 23-30: RAGBRAI.** The 2022 Register's Annual Great Bicycle Ride Across Iowa will travel through Sergeant Bluff, Ida Grove, Pocahontas, Emmetsburg, Mason City, Charles City, West Union and Lansing, [ragbrai.com](http://ragbrai.com)
- **Aug. 5-7, 19-21: Des Moines Challenge** takes place at various disc golf courses. [desmoineschallenge.com](http://desmoineschallenge.com)
- **Aug. 6: Disc Tournament** hosted by The Friendly Sons of St. Patrick of Central Iowa. All proceeds will benefit the Iowa Food Bank. [friendlysonsiowa.com](http://friendlysonsiowa.com)
- **Sept. 18: ARL Dog Jog** supporting homeless pets at 5452 N.E. 22nd St., Des Moines, [iowadogjog.com](http://iowadogjog.com)
- **Sept. 24: NAMI Walks Your Way Iowa 5K** at Terra Lake Park, 6300 Pioneer Parkway, Johnston, [namiiowa.org](http://namiiowa.org)

**SCAN TO BUY TICKETS**

### Promotions

**Aug 6**  
Pop it Giveaway

**Aug 7**  
Demonios  
Principal | Prairie Meadows | Barilla |  
Atlantic Bottling Coca-Cola | Tito's

**Aug 10**  
Country Night  
Outdoors Dan Radio Show | DNR

**Aug 12**  
Cubbie's Birthday  
Iowa One Call

**Aug 13**  
Clark the Cub  
Outdoors Dan Radio Show | DNR



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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.

SCAN HERE TO VOTE



**SEE RULES OR VOTE ONLINE AT**  
**[www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll)**

1. Your email address  
\_\_\_\_\_
2. Favorite NW Polk County Thrift Store  
\_\_\_\_\_
3. Favorite NW Polk County Dad/Child Date Spot  
\_\_\_\_\_
4. Favorite NW Polk County Mom/Child Date Spot  
\_\_\_\_\_
5. Favorite NW Polk County Bank or Credit Union  
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6. Favorite NW Polk County Restaurant  
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7. Favorite NW Polk County Hair Salon  
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8. Favorite NW Polk County Gymnastics Studio  
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9. Favorite NW Polk County Doctor (person)  
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10. Favorite NW Polk County Dentist (person)  
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11. Favorite NW Polk County Chiropractor (person)  
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12. Favorite NW Polk County Eye Doctor (person)  
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13. Favorite NW Polk County Pastor (person)  
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14. Favorite NW Polk County Health Club or Gym  
\_\_\_\_\_
15. Favorite NW Polk County Boutique  
\_\_\_\_\_

## OFFICIAL BALLOT - THE POLL IS NOW OPEN!

### [WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL](http://WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL)

16. Favorite NW Polk County School  
\_\_\_\_\_
17. Favorite NW Polk County Community Festival  
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18. Favorite NW Polk County Church  
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19. Favorite NW Polk County Restaurant for Dessert  
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20. Favorite NW Polk County Restaurant for Breakfast  
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21. Favorite NW Polk County Restaurant for Lunch  
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22. Favorite NW Polk County Restaurant for Dinner  
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23. Favorite NW Polk County Car Dealership  
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24. Favorite NW Polk County Place for Ice Cream  
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25. Favorite NW Polk County Event  
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26. Favorite NW Polk County Daycare  
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27. Favorite NW Polk County Children's Birthday Party Spot  
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28. Favorite NW Polk County Preschool  
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29. Favorite NW Polk County Library  
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30. Favorite NW Polk County Chamber of Commerce  
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31. Favorite NW Polk County Camping Spot  
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32. Favorite NW Polk County Photographer  
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33. Favorite NW Polk County Dance Studio  
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34. Favorite NW Polk County Place to Take Your Mom and Dad  
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35. Favorite NW Polk County Place to Take Your Kids or Grandkids  
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36. Favorite NW Polk County Place for Auto Service  
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37. Favorite NW Polk County Place to Purchase a Gift for a Woman  
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38. Favorite NW Polk County Place to Purchase a Gift for a Man  
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39. Favorite NW Polk County Realtor (person)  
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40. Favorite NW Polk County Bar  
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41. Favorite NW Polk County Place for Guests to Stay  
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42. Favorite NW Polk County Coffee Shop  
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43. Favorite NW Polk County Florist  
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44. Favorite NW Polk County Garden Center  
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45. Favorite NW Polk County CPA (person)  
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46. Favorite NW Polk County Insurance Agent (person)  
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47. Favorite NW Polk County Pharmacy  
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48. Favorite NW Polk County Grocery Store  
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49. Favorite NW Polk County Pizza  
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50. Favorite NW Polk County Senior Living  
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51. Favorite NW Polk County Home Builder  
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52. Favorite NW Polk County Home Improvement Retail Store  
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53. Favorite NW Polk County Home Improvement Contractor  
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54. Favorite NW Polk County Plumbing Company  
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55. Favorite NW Polk County Electrician (business)  
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56. Favorite NW Polk County Heating and Cooling Business  
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57. Favorite NW Polk County Lawn Care Business  
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58. Favorite NW Polk County Landscaping Business  
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59. Favorite NW Polk County Law Firm  
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60. Favorite NW Polk County Physical Therapy  
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61. Favorite NW Polk County Dog Groomer  
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62. Favorite NW Polk County Financial Planner  
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63. Favorite NW Polk County Retail Store  
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64. Favorite NW Polk County Veterinarian  
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65. Favorite NW Polk County Nonprofit  
\_\_\_\_\_



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## LEGAL

By Cynthia P. Letsch, J.D.

## WHY can rich people get Medicaid?

As an attorney who assists elderly people in getting Medicaid benefits to pay for long-term care, I am often asked, "Why can rich people get Medicaid?"

The reality of the situation is that, if you do not have long-term care insurance, your monthly expenses for nursing home care, medications, etc., will be north of \$10,000 per month, in Iowa. Regular medical insurance and Medicare do not pay for long term care. Surprised?

Even with savings of \$400,000 or \$500,000, you can see that it will be totally gone in less than four years. Yes, I know, the average life span of a person in a nursing home is thought to be short. However, medical science is getting much better at keeping people alive longer, if not actually healthy longer. While average lengths of stay were previously around the two-year mark, the number has been climbing exponentially since 2005, COVID-19 excepting. I have several clients who have been in care centers for more than five years. This means that it is very likely that, by the time grandpa dies, grandma will have no savings left and will likely end up on Medicaid herself.

The Social Security Administration rules recognize this problem. There are special rules for married people that allow nearly all of the savings to be shifted to grandma, and we can get Medicaid benefits to pay for grandpa's care, fairly quickly. When grandpa and grandma are both gone, Iowa Estate Recovery will come around asking what grandpa owned at the time of his death and ask to be repaid. However, usually there is nothing or very little.

California has taken a drastic step in this arena. In two years, they are completely dropping any limit on the resources a person, married or single, can have and still get Medicaid. The theory is that if they do not make someone spend all their savings before giving them Medicaid, there may be some money left, so that the state can actually recover some money back after the person has died. Personally, I think this is brilliant. Moral of the story: It takes more than \$1 million in savings before a person is rich if you define rich as having sufficient resources to pay for long-term care without impoverishing your spouse. ■

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).



# IT'S PARTY time – and pests are not invited

As your outdoor spaces are looking beautiful and ready for guests with those perennials that are no longer hiding and the annuals blooming bright, some of your unwanted party guests are also starting to show up in your yard. There are some plants that can help keep some of those flying pests away from your outdoor events year after year. Take time to consider adding some of the plants provided in this article to your yard so you can enjoy your outdoor time with your friends and family.

First to consider is Allium (pictured) which is a member of the onion family and produces a colorful bloom and a fragrance that is not loved by aphids and slugs. Second, basil, thyme and mint fragrances are known to keep flying insects away. A note worth mentioning, many varieties of mint are invasive, and control is advised by putting them in a pot or beds with distinct borders. Third, Lavender and its beautiful color emits a strong fragrance that can repel mosquitoes, flies and fleas while adding beauty to your landscape. Some English varieties of lavender such as Munstead or Hidcote Superior are hardy here in Iowa to the range of -30 degrees F to -20 degrees F. To help Lavender survive the winter, use a layer of straw or mulch over the top for some added protection.

Fourth, the bright orange and yellow colors of the Marigold's varieties can add a great splash of color to the border of your deck or patio. Marigolds also come with insect repelling qualities as mosquitoes do not care for them. Fifth, chrysanthemum is a great plant that bugs do not like — especially the crawly ones such as ants, beetles, roaches, bed bugs and ticks — and is used in some bug repellants. Lastly, the most widely used ingredient in many mosquito repellents these days is Citronella, which is derived from Citronella Grass. A downfall of Citronella Grass is that it does not like Iowa's winter climate. However, plant it in a pot, and you can then bring it inside for the winter.

Surround your outdoor living spaces with a few of these suggested plants, and you will insure that only the guests that you have invited come for a visit. Not only will your guests have the visual beauty of your garden, they also will have abundant fragrances to enjoy. ■

*Information provided by Dusty Rauschenberg, Dallas Center resident, Master Gardener, Master Conservationist, #thegoodpimgardener, dustyrauschenberg@gmail.com.*



Allium



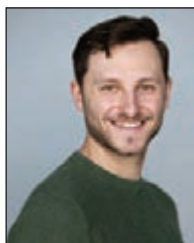
Marigold



## PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■

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



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## IT floats!

Deaver designs his own four barrel boat.

Most guys want no part of building a pontoon from scratch. Except Dallas Center's Scott Deaver. Give him eight barrels and a 7-foot by 14-foot space with which to fit them under, and he's good to go.

Months later, resting beside his garage is "The Ghost," a mostly blue, mostly complete, barrel boat.

"I went a little overboard," he admits of the build. "A lot of guys will build them dirt cheap with just a platform and the barrels under it with a trolling motor. I wanted a little more than that."

The project began in his garage in October 2021, and, in just a few months, it was ready for water. He hoped, anyway.

"I figured she'd float," he says of the maiden voyage. "It was a lot of fun to finally get her out there."

As to why Deaver undertook the project, the answer is simple: because he could.

"I just wanted to build it," he laughs.

And because it would be less expensive to do it himself. Or so it was supposed to be.

"I figured initially it might be a couple grand, maybe \$2,500. I went a little over that," he laughs. "I built all the cabinets, fabricated all the rails, added a canopy. It added up."

On the list of "must-haves" for his "new" boat was an electric anchor.

"I didn't want to be hauling ropes up and down," he says. "I mean, I'm 66, so who knows? In 15 or 20 years, I may not want to haul that rope. I just wanted to be able to drop it in the water and go and not worry about things."

Now that it's lake-ready, he's taken his wife, Jackie, out a few times, and a few friends as well. So far, so good.

Creating something from scratch is nothing new for Deaver. The steel work he creates in his garage can be seen in Dallas Center in the form of signs at the sports complex and other parks around town.

Being of the "creative mind" is beneficial, but it can also be somewhat of a burden. Sometimes, a project just never reaches the "done" stage. That's familiar territory for Deaver. "The Ghost," admittedly will never quite be "done."

"I'll just keep working and rebuilding the parts," he laughs. "It's an ongoing thing, and it helps to keep me busy." ■



Scott Deaver started building his barrel boat pontoon, "The Ghost," in October 2021.

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## HOW to best manage bites and stings

It's that time of year. We are all outside a lot more enjoying the beautiful weather. After a long winter and rainy spring, we deserve to enjoy the weather. With that comes more risk of bites and stings from those pesky ticks and mosquitoes. Do you know what to do if you get stung by a bee or wasp, or find a tick on your leg? Here are some helpful tips.



First of all, when it comes to protection, DEET is still the gold standard. Read the label and understand that anything above 50% really isn't needed. Aim to find a product with 10-30%. Higher percentages may last longer; however, anything over 50% tends to plateau. If the smell of DEET is too bothersome, look for a product containing picaridin, or Natrapel. There isn't as much research on this ingredient, but it may work as well as DEET. Oil of lemon eucalyptus 30% seems comparable to DEET 15% against mosquitoes but may not protect against ticks. Try to avoid combination sunscreen and bug spray products. Sunscreen needs to be applied more often than bug spray.

So what do you do if you get stung by a bee or wasp? First, scrape off the stinger (only bees leave their stinger). Wash with soap and water and apply a cold compress for about 10 minutes. Give an oral antihistamine (e.g., Diphenhydramine (Benadryl)) and apply topical

corticosteroid such as hydrocortisone cream. Always seek immediate medical attention if there is a systemic allergic reaction such as hives or trouble breathing.

Tick bites are common here in Iowa, so here are some tips regarding ticks. If you have a tick on you (look hard, they can be so small they look like a scab or freckle), remove with fine-tipped tweezers and grasp as close to the skin as possible and pull straight out. Wash the bite area with soap and water. Do not try to burn the tick off or use nail polish remover or Vaseline. This may cause the tick to embed farther into the skin. Save the tick for identification. Try to determine how long the tick may have been attached. The risk of Lyme disease is low if attached for less than 36 hours. An antibiotic may need to be prescribed to prevent Lyme disease.

Continue to monitor for symptoms of Lyme disease for 30 days. Most will get a rash, commonly a bull's-eye appearance, at the site of the bite within seven days. The rash is not typically itchy or painful. Also, flu-like symptoms may appear such as chills, fatigue, fever or headache. Consult your physician if any of these occur.

As always, your pharmacist is there to help with prevention products or remedies to treat bites or stings. ■

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

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## HEALTH

By Dr. Mallori Phillips

# WATERY eyes: Could dryness be the reason?

When I ask my patients if their eyes ever feel dry, the typical response I receive is, "No, Doctor; my eyes water all the time!" Experiencing symptoms of watery eyes is somewhat counter-intuitive; often, excessive watering can actually mean that your eyes are dry.

The front surface of the eye, known as the cornea, is lined with nerve endings. When the eyes are dry, these nerves send signals to fluid-secreting glands which are responsible for forming the tear film that coats and protects the cornea. Two main components of the tear film are water and oil. Dry eye conditions occur for two primary reasons: low tear volume or poor tear quality. Many patients treat low tear volume with over-the-counter artificial tears. To enhance tear film quality, oil-secreting glands are the focus; using warm compresses and fish oil supplements will improve the quality and volume of oils that lubricate and moisturize the eyes.

A few common risk factors of developing dry eyes include being female, being a contact lens wearer, and having an autoimmune condition. While older people have an increased risk, several pediatric patients battle dry eyes, which can be linked to increased screen time. If you suffer from dry eye, consult with your trusted optometrist. ■

Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, [www.totalfamilyeye.com](http://www.totalfamilyeye.com).



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## HEALTH

By Dr. Aaron Martin

# OH, my aching back

Pain when sitting, standing, bending... sound familiar? There are a variety of symptoms when it comes to back pain, and they can vary from mild to severe and can also be debilitating. Low back pain can start from an activity — sometimes we forget we aren't as young and flexible as we used to be — and may start suddenly and slowly, gradually getting worse over time.

Your lower back is known as the lumbar region of the spine and carries the weight of your entire upper body. Because of this, it's important to act sooner rather than later and seek an examination by a chiropractor. There are non-surgical and painless spinal decompression treatments that reduce the likelihood of recurrent back pain flare-ups and help prevent the development of chronic lower back pain.

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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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# MOHS surgery

Improving outcomes for skin cancer patients

• **The history of Mohs surgery.** Developed by Frederic E. Mohs, M.D., in the 1930s, the Mohs micrographic surgical procedure has been improved over the years. As the process evolved, surgeons refined the technique and now excise the tumor, remove layers of tissue and examine the fresh tissue immediately. The normal treatment time has been reduced to one visit, allowing for immediate reconstruction of the wound. The color-coded mapping of excised specimens and their thorough microscopic examination remains the definitive part of the surgery.

• **Highest potential for cure.** Mohs micrographic skin cancer surgery provides the highest potential for cure and minimizes the chance of tumor regrowth. Clinical studies have shown that the cure rate is the highest of all treatments for skin cancer; up to a 99%, five-year cure rate.\*

In this procedure, a specially trained physician serves as a surgeon, pathologist and reconstructive surgeon. It relies on the accuracy

of a microscope to track and ensure removal of skin cancer down to its roots. This enables the surgeon to precisely identify and remove the entire tumor, while leaving as much healthy tissue unharmed as possible. Mohs surgery is frequently used for treating the two most common forms of skin cancer — basal cell and squamous cell carcinoma, as well as other rare forms of skin tumors.

• **Effectiveness.** Not only has Mohs micrographic surgery proven to be more effective than other procedures, it has also shown to be cost effective. In a study of costs of various types of skin cancer removal, the value of the Mohs process was found to be comparable to the cost of other procedures, such as electrodesiccation, curettage, and cryosurgery. It is also less expensive than multiple repeated surgical procedures and radiation.

• **Reconstruction.** The best method of managing the wound resulting from surgery

is determined after the cancer is completely removed. When the final defect is known, management is individualized to achieve the best results and to preserve functional capabilities and maximize esthetics. The Mohs surgeon is trained in reconstructive surgery and will usually perform the reconstructive procedure necessary to repair the wound. A small wound may be allowed to heal on its own, or the wound may be closed in a straight line with stitches. Other surgical defects may be best repaired using a skin graft or a flap of adjacent skin.

It's important to note that there is no "modified" Mohs procedure. Outcomes and cost effectiveness are dependent on the fact that each step of the surgery is performed precisely. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180. Source: [www.mohssurgery.org/about-asms/](http://www.mohssurgery.org/about-asms/) [about-mohs-surgery/mohs-surgical-procedure/](http://about-mohs-surgery/mohs-surgical-procedure/).

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## 4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.



Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

### 1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen

levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

### 2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

### 3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

### 4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

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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# IOWA REMEMBERS honors the fallen

Organization has ties to Grimes community.



Iowa Remembers — an organization with the sole goal of honoring lives that have been lost — was formed in 2010. But it wasn't until after Amanda Justice-Petersen's first husband, SSG James Justice, was killed in Afghanistan on April 23, 2011, that she heard about the group.

"When the Second Annual Iowa Remembrance Run was put on that same September, I was the speaker," Justice-Petersen says. "I was only five months out from his death, and my emotions were so raw, but it was extremely impactful to see all of the people out there running and walking to honor service members like James."

Justice-Petersen was asked to be on the board of Iowa Remembers shortly after that. Then, in 2016, the woman who founded Iowa Remembers announced she was stepping down from the organization and, if no one filled her position, it would be disbanded.

"I remember sitting with Anna Fuller, who was also a board member at that time, deciding we couldn't let that happen," Justice-Petersen says. "Anna stepped in as the director of Iowa



Board members for Iowa Remembers include Zack Fuller, Anna Fuller, Matt Petersen, Amanda Justice-Petersen, Kaylee Durham, Zac Durham, Karry Sweeney, Zach Sweeney, Rob Dobek and Ben Doyle.

Remembers and I as the president."

Iowa Remembers shows Gold Star families that the sacrifice of their loved one will not be forgotten. The organization hosts an annual 5K walk/run, which brings together hundreds of people to do just that.

"While a lot of participants have a direct connection to someone being honored (family

member, friend or served with them), many people don't have this connection," Justice-Petersen says. "Seeing the tears in their eyes during the reading of the roll call or as they walk/run the last portion and take in all the flags and photos is something you just don't have at other events."

This year's Iowa Remembrance Run will

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## GOOD NEIGHBOR



The Iowa Remembrance Run is organized annually by Iowa Remembers to show military families that the death of their loved ones in the line of duty will not be forgotten. The final stretch of the 5K is lined with flags and photos of the fallen

be held on Sunday, Sept. 25 at Raccoon River Park. Register online at [www.iowaremembers.com](http://www.iowaremembers.com).

Justice-Petersen points out that this isn't a competitive race. While chip timing is available, most folks choose to run unchipped or walk the route. And because the event is designed to honor the fallen, placement awards aren't given out, but registrants receive a T-shirt, medal and lunch.

Justice-Petersen adds that Iowa Remembers does not actively raise money. Whatever is left over from sponsorship and 5K registration fees goes toward putting on the following year's event, as well as for small gifts throughout the year for Gold Star families, mostly around the holidays and the death anniversary of a loved one.

"This is just one more way we can show them that we are actively remembering," she says.

Iowa Remembers has many ties to the Grimes community. Justice-Petersen says the board consists of four Grimes residents. Two of the board members, Zack Fuller and Zac Durham, also served on the same deployment as her first husband, James.

In fact, Justice-Petersen and Zack Fuller's wife, Iowa Remembers Director Anna, share an interesting background.

"We both lived in Grimes, both of our husbands were deployed to different parts of Afghanistan, and we had daughters all right around the same age, but we didn't know one another," Justice-Petersen says. "When Anna heard the news of James' death, she showed up at my doorstep. And she kept showing up for years after. She helped me through my darkest days and is the first person to still reach out to me on dates she knows will be hard. That is what is at the heart of Iowa Remembers." ■





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## CHAMBER

By Brian W. Buethe

# THE LESSONS to be had while traveling

As I pen this article, I am in the process of traveling to St. Louis, Missouri. The reason for the trip is to attend a surprise 80th birthday party for my Aunt Margaret — a sweet person who I wish you all could meet. On the spectrum of available travel in today's world, a quick drive down to St. Louis isn't too far afield. By contrast, Grimes Chamber & Economic Development has led Global Familiarization Trips to the international destinations of Ireland and Italy.



While it already occurs to an extent, in the coming years, more and more people will be traveling to Grimes. With the anticipated construction of the Grimesplex and yet-to-be-determined surrounding amenities, tourism will increase in our community. On its face, this will have tremendous positive benefits to the businesses of Grimes. If you've ever traveled, even when you try to do it frugally, it typically becomes an expensive venture. So, there will be an economic benefit.

However, traveling can have even greater benefits, notably education and understanding. When we travel somewhere new, we see things that are unfamiliar to us. If we see a monument, engage a business, or interact with a unique attraction, it may spark an idea, make us wonder why it exists where it exists. We hear different dialects or perhaps even different languages, especially when we travel abroad. Most important, we see how people live differently, interact differently, etc. If the people from the places we have traveled to were to visit our community, they would have similar observations and learn similar lessons from interacting with us.

Author Dan Brown wrote in his book "The Lost Symbol," "We all fear what we do not understand." Full disclosure, I've never read the book, so the context may be different, but the lesson holds true regardless. Sometimes we fear different people, different cultures, different ways of doing things... largely because we do not know them, let alone understand them. Travel helps to break down those innate fears by helping us to become aware and ultimately gain an understanding of different places, different people, and different ways of doing things.

When we travel, we garner ideas on how we might ourselves do something different or better. We can find various ways to run a business, build a community, eat different cuisines, etc. Or, alternatively, we might find things that we don't appreciate, and we can learn to avoid going down a path that another community or business has already traversed.

Whenever I travel, I'm always trying to learn. I encourage you to do the same. While we, as a chamber of commerce, encourage you to invest locally, we're not only talking about your money. You can use your intellect, your experiences, your time, etc. to invest in the community of Grimes. As the people and businesses of Grimes grow and improve, so does our community. As you embark on that next family vacation, business trip, or some other adventure, when you come home, use what you've learned. Hopefully, I can pick up a few ideas here in St. Louis, a.k.a., "The Gateway to the West"... kind of like Grimes! ■

Information provided by Brian W. Buethe, President | CEO  
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Retirement party honoring Jay Brewer at Grimes Community Complex. Mike Bleskacek presenting Jay Brewer a plaque for his years of service with Grimes Volunteer Support Services.



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# HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

## WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

## HOW DO I SCHEDULE AN APPOINTMENT?

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