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JUNE 2022

Living

MAGAZINE

art FOR ALL

Community art is transforming public spaces

Library groundbreaking upcoming

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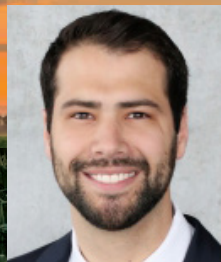
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WELCOME

TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

Thanks for reading. ■



SHANE GOODMAN

Publisher

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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.



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FEATURE

Kathy Stevens has been participating in a special category for artists at the Iowa State Fair: painting an annual sculpture piece. Photo by Todd Rullestad

art FOR ALL

Community art is transforming public spaces

By Ashley Rullestad

The days of art being confined to museums and galleries are long gone. Sculptures now grace parks, and blank walls become the canvas of choice for mural artists. Now, “beautification” is a buzz word, and it is no longer limited to adding flowers on street corners. Whether strolling or driving through a community, now your eye is as likely to be caught by a piece of public art as it is by the signs along the way.



FEATURE

Library display

The Grimes Public Library has an art wall where local artists can showcase their work. Currently, it features works by Justin Young. He has enjoyed creating art since he was young but became more serious about it 10 years ago. Since then, he has won numerous awards such as those from the State Fair for fine art, Woman's Club art show, Polk County art show, and Iowa Watercolor Society art exhibition.

"I enjoy creating all different kinds of art such as pet portraits, home and building structures, historical buildings, human portraits, cityscapes, landscapes and ancient Asian ink-brush art to name a few," Young says. "I get my inspiration from everyday life, such as crowds of people doing community activities like farmers markets, art fairs, people visiting art museums, and during weather conditions like rain or shine, blizzards and storms."

Young's art has been on display at local coffee shops, retirement homes, libraries, churches, the Omaha botanical center, the Warren Art Center, and any public places that have adequate space to display art.

"I believe that art is a form of communication, a bridge between people to help them reconnect, recognize, appreciate, support, enjoy, and imagine each other. These social connections help to unite people and society."



The Grimes Public Library regularly exhibits works on its art wall, pictured showcasing art by Justin Young.



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School murals

Derek Roberts, who graduated from DCG this spring, was a member of the Dallas Center Grimes High School art club. The vocal music room was looking to add some pop and inspiration to its boring walls, so they solicited help from the club to paint a mural in the room.

“Other people weren’t that interested, so it became my own project,” Roberts says.

The music folks decided they wanted the mural to say “DCG Vocal,” but the idea behind the design was Roberts’.

“I wanted this piece to be bold and different, so I went with neon lettering. About 75% of the mural is spray paint, and the other 25% is black wall paint. I chose to use spray paint because that’s the medium I like to use most.”

His other works are also spray paint art, but they’re usually on canvas or 11-inch by 22-inch poster board paper. Though he’s headed to DMACC to finish the welding program there, he isn’t giving up on art and would like for more of his work to be shared publicly in the future. He figures sculpture is in his future with his welding background.

Heritage Elementary also has a large mural painted in its front entryway. The mural was painted by local artist Doug Applegate, who has done other pieces of public art in metro schools.

“This building is new and beautiful, but it was also a bit bland, so we wanted to pull out some colors and do something to highlight our commitment to PBIS (positive behavior intervention and supports), which guides our work with students,” says Principal Diann Williams.

The school features color-coded hallways, so Applegate used those colors as well as DCG school colors to come up with some drafts for the project. The district already had some graphics and foundational language, and he used that as inspiration for the piece. The staff voted on the final mural, and it welcomes kids each day.

“We did it over a summer, and it was a fun surprise for students to come back to,” Williams says. “It stands out, and it welcomes you. You can even see it from the outside if you’re paying attention. It connects to some other positive inspiration pieces in the school, like our tree that says ‘Growing Together to Be Our Best,’ because that’s what we want for each student.”

The mural was funded by the school’s Parent Teacher Organization.

Veterans Memorial

Rick Hutcheson, a long-time Grimes resident and disabled Vietnam War veteran, was interested in creating a memorial commemorating the service of all Grimes veterans. Though officially not a public work of art (the memorial is on private property and was created and funded privately), Hutcheson says the memorial is open to the public at any time to visit.

“My mother really wanted a rock here, and so did I,” Rick says. “The City wasn’t interested in pursuing the project, so I decided to do it on my own. I started thinking about the project and got started in August 2015 and have been plowing ahead since then.”

The memorial is located at 100 N.E. Second St. in Grimes and features a painted memorial rock, colored concrete slab, lighted area for nighttime viewing, metal cutouts and signs, landscaping, and benches for seating. The area is accessible and has public sidewalk access and rear parking access.

Alan Newman was the painter hired for the project. The artwork depicts a helicopter landing in Vietnam and troops marching



The mural at Heritage Elementary welcomes students each day.

through the jungle. On the south side of the rock is the USS Iowa on top, a Coast Guard cutter on the center, and the Bismarck sunk below the surface on the bottom. On the front is the tomb of the unknown soldier. In 2021, the rock was repainted by Damon Clapper from Dallas Center.

“This project is being done on behalf of the American Legion and all of the veterans. My goal is to honor all those who served,” says Newman.



Though officially not a public work of art (the memorial is on private property and was created and funded privately), the veterans memorial Rick Hutcheson created is open to the public at any time to visit.

FEATURE



Derek Roberts created this mural in the DCG High School music room.

Sculpture art

Kathy Stevens has been participating in a special category for artists at the Iowa State Fair. The category was created in 2011, and artists submit sketches to be considered for the opportunity to paint one of the Fair's annual sculpture pieces. The sculptures are made by a local company and then artists paint them. There are two parts to the contest because you have to get picked to obtain the sculpture and then you compete against the selected artists for

the grand prize.

"The first year was a cow, and I won the grand prize that year. The cow is pretty special because it has my grandparents' farm and country store. They were celebrating 100 years of the butter cow that year, so I got to be on TV and show off my art work. I have entered every year since, and I have placed every year but two. It's an obsession of mine."

Currently, anyone passing by her home can see three of Kathy's sculptures outside. She's sold three more and has others she's considering

placing for public viewing. The one in her yard that she particularly likes is in the shape of Iowa. The front of it features people getting ready to go to the fair. The back features the skyline.

"One year it was a pig, and I did a 'Charlotte's Web' theme," Stevens says. "Sometimes I try to work with the fair theme. This year it was Find the Fun, so that's very open-ended, but I'm working on my barn sculpture now. I've made a lot of friends doing this with people at the fair and other artists. Art brings people together." ■



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RECIPE

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(Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at OmahaSteaks.com/Summer. ■

Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

DIRECTIONS

• **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

• **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

• In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

• Remove fries from oven and toss with Parmesan herbs.

• **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.

• In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

• Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

• **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

• Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

• Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

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FORMER Marine gives back

Benton helps how he can with Toys for Tots.

A Pennsylvania native, Nathan Benton joined the Marine Corps right out of high school. He served for eight and a half years, the last two of which were in Iowa.

Benton bought a house in Grimes and plans to stick around the area for the foreseeable future, in part because it's become a place he loves.

Benton explains how communities host Marines who are stationed there, and, in return, the Marines want to repay the hospitality however they can.

"Ever since I've been here, everyone in the community has been so supportive," he says. "I think it's important for us to give back to the community and show that appreciation for the support we receive as well."

For Benton, that's meant giving his time to Toys for Tots, a program run by the United States Marine Corps Reserve that distributes toys to less fortunate children for Christmas.

In recent years, he served as an assistant coordinator for the organization, helping run the program across 35 counties in Iowa. Last year, Benton took over as coordinator for the Des Moines chapter, which raised about \$385,000, distributed nearly 48,000 toys and supported more than 19,000 children across central Iowa.

Iowa has one of the largest Toys for Tots campaigns in the country, he says. In the past two years, he adds, Iowa has been No. 1 in fundraising and in the top 10 for the number of children served.

While his role as coordinator involved a lot of behind-the-scenes work, Benton was able to visit a distribution site this past winter and help hand out toys.

"Actually seeing the kids get the toys was such an awesome memory," he says.

Another standout memory was from the holiday light display in Grimes this past year. Benton enjoyed seeing the support from the



Nathan Benton, right, has helped with the Toys for Tots campaign while in the service and continues to do so after.

community.

"Almost every single car that went through gave us some sort of donation, whether it was cash, toys or gift cards," he says. "Seeing the people of Grimes help out like that was really awesome."

Because Benton is no longer with the Marine Corps, he won't be able to continue his duties as Toys for Tots coordinator, but he does plan to remain involved with the organization in any way he can.

"I think it's important that, when we have the ability to give back, that we do," he says. "And it feels good to give back to the community."

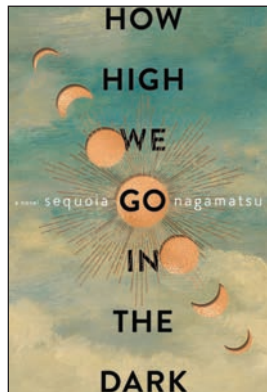
Although Christmas is still months away, it's never too soon to consider volunteering with, or donating to, Toys for Tots. For more information, contact the new area coordinator Staff Sgt. Jacob Dougherty at 515-252-6181, ext. 206 or by email at jacob.dougherty@usmc.mil. ■

'How High We Go in the Dark'

Stories and people connected in surprising ways; the myths we tell ourselves even when reality is breathing down our necks; the absolute power of time. These are just some of the themes that explode from this shining debut book.

A plague that ravishes humanity may seem a bit on the nose for the moment, but the sweeping scale and powerful resonance Nagamatsu brings to his tale could not feel timelier and more urgent. This is an epic, interwoven series of stories that lead to both heartbreaking and surprising places. From an archaeologist in profound grief, to the remains of a family searching desperately for a new home, each story is both connected and stands on its own as a piece of a tale that seems to span all of humanity.

This book feels disjointed at times, until the end ties together both the melancholy and the hopeful bits that cross the centuries over which the story is set. It is a wholly satisfying ending — a rarity these days. I highly recommend this to anyone looking for a fictional way to process our recent troubled times. ■ — *Review by Julie Goodrich*



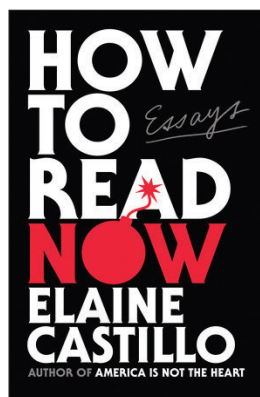
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'How to Read Now'

I love books about books. I like them even better when they are not the same old tired travelogue of classics with a bent toward old white men. My favorite, though, is an examination of society through the sharp-eyed lens of someone who can make me laugh out loud. Thankfully, Elaine Castillo manages all of those things so well in this new collection of essays that I feel like she wrote it just for me.

By turns painfully inciteful and uproariously funny, this careful and critical examination of modern literature is exactly what I did not realize I needed. There is more to reading than just bringing people together or seeing through another's eyes. The chance for unexpected intimacy, radical shifts in perception, complex emotions — these are all possible with a different view of my favorite hobby of reading.

There is so much in these connected essays that got me thinking about how I read, what I read, and even the pop culture I spend too much time consuming. If you are looking for something fiery and interesting that will definitely challenge your reading habits, this is an ideal choice. ■ — *Review by Julie Goodrich*



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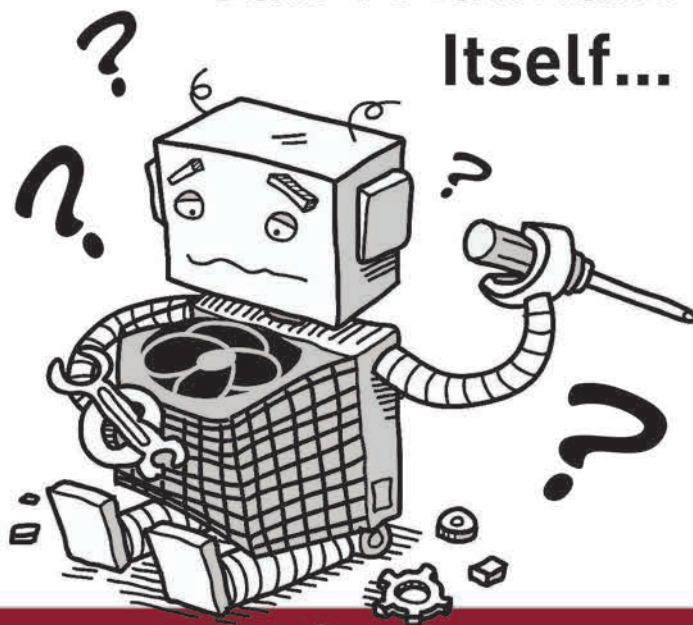
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By Sam Yeager

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- a. Change the HVAC filter.
- b. Schedule my annual tune-up.
- c. Nothing.

2. Your AC isn't cooling your home before an important event. What do you do?

- a. Tell guests to dress cool and bring water.
- b. Schedule an emergency repair.
- c. Put some fans on and hope for the best.

3. Your HVAC system's performance has been declining. What's your plan when it's time for a replacement?

- a. Let a company choose for me because they are going to give me a "free" furnace, too.
- b. Do my research and choose the best system for my budget and lifestyle. I know a company isn't giving me a "free" furnace.
- c. Buy the best and most expensive system on the market.

4. What do you think you'll find on your next energy bill?

- a. More expensive than usual.
- b. Slightly more expensive but typical with the economy.
- c. Not sure, it changes every month.

5. What do you do when your HVAC starts to make noises?

- a. Attempt to fix it myself; I have lots of tools in my garage.
- b. Call an HVAC professional.
- c. Hope that it stops.

If you picked mostly Bs, great job. Your HVAC habits are right where they should be, and your equipment is probably well cared for. If you picked mostly As and Cs, you could make some changes to help your system run more efficiently. Find a quality maintenance plan to join and act now, before the summer heat hits. ■

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

LIBRARY

GROUNDBREAKING for new library



The children's area of the new library will be filled with natural light.



An artist's rendering shows what the new library will look like.

The public is invited June 28 to the 9 a.m. groundbreaking ceremony for the new Grimes Public Library at the corner of N.E. Beaverbrooke and N. James Street. The new 22,300-square-foot building will be just blocks north of its current location in the new Heritage development and will expand residents' access to items for community education and enrichment; open spaces to read or study; small study rooms; public use computers; drive-thru drop-off/pick-up window; programming space to accommodate both community and library programs; STEAM room optimized for hands-on learning, exploring and creating; baby and young child play spaces; and a teen mezzanine and gaming area. Construction will continue through fall 2023. ■

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When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50%) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a former spouse



is eligible for a benefit but has not yet applied for it, the ex may still apply for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100% of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5% of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income. ■

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

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IOWA tax update

Although tax season is behind us, there are some interesting changes to Iowa tax law on the horizon that could have a significant impact on many Iowans.



One significant change will impact Iowa retirees. Beginning in 2023, all retirement income will be completely exempt from Iowa taxation for retirees who are 55 years old or older. Retirement income includes income from 401(k) plans, IRAs, annuities, and deferred compensation plans. This law change was enacted in the hopes that it would incentivize retired Iowans to stay in the state rather than move away to a more tax-advantaged (and possibly warmer) state.

Another important state tax law change beginning in 2023 is a reduction in individual income tax rates. Currently, the top income tax bracket in Iowa is 8.53% on income over \$78,435. That highest tax rate will decrease to 6% starting in 2023. From 2023 through 2026, the top tax rate will continue to decrease annually before settling in at a top tax rate of 3.9% for 2026 and all subsequent years. Here is a look at the top state tax rates in future years:

2023	6%
2024	5.7%
2025	4.82%
2026 and subsequent years	3.9%

Lowering the top income tax rate should allow for many Iowans to have more money in their pocket in coming years. Retired Iowans could enjoy the dual benefits of lower state tax rates, along with completely state tax-free distributions from retirement income.

One additional tax law change has to do with Iowa inheritance tax. Historically, Iowa has charged a tax on inheritances that do not pass to a spouse or to lineal ascendants and descendants (essentially straight up and down the family tree). For example, an inheritance given to a niece or a nephew would be subject to Iowa inheritance tax. However, the Iowa inheritance tax is phasing out and will be completely eliminated by 2025.

While taxes can often be painful and confusing, hopefully the law changes outlined above will be beneficial to the bottom line for many Iowans. ■

For more information, please contact Wade Lawrence or Bryce Block 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. 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.

Groundbreaking for new library

June 28, 9 a.m.

New library site, corner of N.E. Beaverbrooke and N. James Street

The public is invited to the groundbreaking ceremony for the new Grimes Public Library. The new 22,300-square-foot building will be just blocks north of its current location in the new Heritage development and will expand residents' access to items for community education and enrichment; open spaces to read or study; small study rooms; public use computers; drive-thru drop-off/pick-up window; programming space to accommodate both community and library programs; STEAM room optimized for hands-on learning, exploring and creating; baby and young child play spaces; and a teen mezzanine and gaming area. Construction will continue through fall 2023.



Grimes "Home Base Iowa" Fourth of July Fireworks

Monday, July 4, dusk (exact time subject to change)

Grimes South Sports Complex, 750 S. James St.

Enjoy the annual fireworks display while celebrating the Fourth of July. Bring your lawn chairs and blankets and find a spot to watch the show.



Shaun Cassidy

Friday, June 17 at 6:30 p.m.
Hoyt Sherman Place, 1501
Woodland Ave., Des Moines

1980s heartthrob Shaun Cassidy will visit Des Moines for one night only. The singer, actor, writer and producer rose to fame in high school with hits like "Da Doo Ron Ron," "That's Rock n' Roll" and "Do You Believe In Magic?"

Neighbors Day — Juneteenth

Saturday, June 18

Western Gateway Park, 1000 Grand Ave., Des Moines

Celebrate 32 years of Juneteenth in Iowa at the annual Neighbors Day festival. Proclaimed a federal holiday in 2021, Juneteenth celebrates the end of slavery in the United States. It marks the date in 1865 when the last slaves in Texas received word of the Emancipation Proclamation. The event will run from 11 a.m. to 11 p.m. Find more details at www.iowajuneteenth.org.

BACoon Ride

Saturday, June 18

Waukee Northwest High School,
655 N. 10th St., Waukee

If you like biking and bacon, you'll love the BACoon Ride. The annual 71-mile bike ride takes you along the Raccoon River Valley Trail, with several stops featuring bacon snacks and samples, plus bacon-themed drinks at bacon party stops. Start between 6 and 9 a.m. in Waukee, traveling counter-clockwise towards Dallas Center to finish back in Waukee between 2 and 8 p.m. Find more information at baconride.com.



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.

Summer Stir

Friday, June 24, 5-9 p.m.
Des Moines Court District

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 sample drinks) or at the event (\$30 for 10 sample drinks). More information is online at summerstirs.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: July 12, NOLA Jazz Band with food by Weinie Wonderland; 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 or contact Event Specialist Amber Schmidt at amber@iowarboretum.org or 515-795-3216.

EVENTS IN THE AREA

Be sure to check for cancellations.

Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.

Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Music Under the Stars

June 19, 26, July 3 and 10, 7-8:30 p.m.

West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit www.musicunderthestars.org.



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: June 23, Rhythmatix; June 30, Jimmy the Weasel; July 7, Bittersweet Nation; July 14, Toaster; 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.



Prostate Cancer Awareness golf outing

Wednesday, July 6

Briarwood Club of Ankeny, 3405 N.E. Trilein Drive, Ankeny

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising golf outing. 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.



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

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.

June concerts are: June 19, Walker County with Dave Thaker Trio; June 26, Radio

Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; 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.



Promotions

June 17
Pride Night

June 28
\$1 Hot Dogs / Dog Days
Berkwood Farms / ARL / Tito's / Premier Credit Union / Downtown Doggy Daycare / Pet Supplies Plus

July 6
\$1 Hot Dogs
Berkwood Farms

June 14-19

June 28-July 3

Caitlin Clark June 18

Holiday Fireworks July 2&3

Marvel Defenders of the Diamond

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Photo by Drue Wolfe - www.druewolfe.com

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VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 15	5:30PM	Oskaloosa	Oskaloosa HS
Jun 16	7:30PM	Gilbert	Gilbert High School
Jun 17	7:30PM	Grinnell	DCG BB/SB Complex
Jun 20	5:30PM	Indianola	DCG BB/SB Complex
Jun 21	7:30PM	Van Meter	Van Meter High School
Jun 22	7:30PM	Pella Christian	DCG BB/SB Complex
Jun 24	5:30PM	Pella	Pella High School
Jun 27	7:30PM	Norwalk	DCG BB/SB Complex
Jun 29	5:30PM	Newton	DCG BB/SB Complex
Jun 30	7:30PM	North Polk	DCG BB/SB Complex
Jul 1	7:30PM	Oskaloosa	DCG BB/SB Complex
Jul 5	7:30PM	Harlan Community	DCG BB/SB Complex
Jul 6	7:00PM	Ankeny	DCG BB/SB Complex

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 15	5:30PM	Oskaloosa	Oskaloosa HS
Jun 17	7:30PM	Grinnell	DCG BB/SB Complex
Jun 20	5:30PM	Indianola	DCG BB/SB Complex
Jun 21	7:30PM	Carlisle	DCG BB/SB Complex
Jun 22	7:30PM	Pella Christian	DCG BB/SB Complex
Jun 23	5:30PM	Pella	
Jun 24	11:00AM	Multiple Schools	Oak Ridge Middle School
Jun 25	10:00AM	Multiple Schools	Oak Ridge Middle School
Jun 27	7:30PM	Norwalk	DCG BB/SB Complex
Jun 28	7:00PM	Urbandale	Urbandale High School
Jun 29	5:30PM	Newton	DCG BB/SB Complex
Jul 1	11:00AM	Multiple Schools	DCG BB/SB Complex
Jul 5	7:30PM	Oskaloosa	DCG BB/SB Complex



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—Buzz Lightyear

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Grimes, IA 50111

LEGAL

By Cynthia P. Letsch, J.D.

EVERYONE needs a passport

Do you have a valid government-issued photo ID? For many elderly people, the surprising answer is, “no.”

Still, a valid government-issued photo ID is needed in many instances: opening or changing a bank account, cashing checks, applying for government benefits, etc. Once you are no longer in college, there are two sources for obtaining a government-issued ID: the state, by means of a driver’s license or a non-operator’s license, or the federal government, by means of a passport or military ID (or other documents related to immigration status).

Surprisingly, passports are much easier to maintain than a state-issued ID. A passport is good for 10 years. The process to renew it is to send in your expiring passport and a small photo of your face to the federal government. Anyone can take the photo. It can be sized on a computer and printed on a regular color printer.

A state-issued ID can only be renewed online if it has not been expired for more than 12 months and has not already been renewed online the previous expiration. Otherwise, Grandma must physically go to the DOT to get her photograph taken for a new ID. Once Grandma is homebound or has moved to a care facility, a trip to the DOT becomes a much more demanding task and is sometimes impossible. There is no provision for the state to visit care centers or other folks who are homebound to help them maintain their state-issued IDs. (Write or call your legislator about that.)

You may need a passport, too. The Real ID rules become effective May 3, 2023. After that date, you may not fly or enter a federal building without proof of identity issued by the federal government. Flying will require either a Real ID (a state-issued ID that has a gold star on it indicating that you have proven to the state that you are a citizen of the United States) or a state-issued photo ID and a federal-issued photo ID, such as a passport. Check the DOT website for documents needed to obtain a Real ID; you will need five or six different documents, depending on your situation. It is more burdensome to get a Real ID than it is to get a passport. ■

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.



USE rain barrels to capture rainwater

Put rainwater to use in your landscape with the help of rain barrels. This centuries-old technique allows you to capture rainfall to use for watering ornamental gardens and containers.

Always start with a call to your local municipality. Some have restrictions on water harvesting, but most encourage this practice and some even offer rebates or rain barrels at a discounted rate.

Purchase a rain barrel or make your own from a large, recycled food-grade container. In either case, there are some features to consider when purchasing, creating, and adding a rain barrel to your landscape.

Make sure the top is covered to keep out bugs and debris. Some come equipped with a solid lid with an opening just big enough to accommodate the downspout. Others use a screen to keep out debris, while letting in the rain.

Don't worry about mosquitoes breeding inside your rain barrel. Just use an organic mosquito control like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) in rain barrels and other water features. Mosquito Bits quickly knock down the mosquito larval population, while Mosquito Dunks provide 30 days of control. They are both safe for people, pets, fish, wildlife and beneficial insects.

Look for one with the spigot near the base of the barrel so water does not stagnate in the bottom. Use the spigot to fill watering cans or attach a hose for watering.

Include an overflow outlet near the top of the barrel to direct excess water away from the house or for connecting adjacent barrels. A downspout diverter is another way to manage rain barrel overflows. When the rain barrels are full, this device diverts the water back to the downspout where it is carried away from your home's foundation.

Elevate your rain barrel on cement blocks,



Photo by Melinda Myers

decorative stands or similar supports. This provides easier access to the spigot for filling containers and speeds water flow with the help of gravity. A water pump will boost water pressure for a nice, steady flow of water.

Dress up your container with a bit of paint suited for outdoor use on plastic surfaces. And don't worry if you are not an artist, you can hide your rain barrels with some decorative screens or plantings or upright shrubs, perennials or ornamental grasses. Just make sure you have easy access to the spout for retrieving water.

Start your conversion to rain barrels one downspout at a time. You can capture as much as 623 gallons of water from 1,000 square feet of roof in a 1-inch rainfall. This can be a lot to manage when first adjusting to this change of habit. Disconnecting one downspout at a time

allows you to successfully match the use of rain barrels and other rain harvesting techniques to your gardening style and schedule.

The choices are many, making it easy for you to conserve water and grow a beautiful landscape. ■

Melinda Myers has written more than 20 gardening books, including "The Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening." She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated "Melinda's Garden Moment" TV & radio program. Myers is a columnist and contributing editor for "Birds & Blooms" magazine and was commissioned by Summit for her expertise to write this article. Her website is www.MelindaMyers.com.

ACHES and pains of traveling

Planning a vacation soon? Unfortunately, traveling can be tough on our bodies. Sitting for long periods of time can cause minor back pain, fatigue, stiff joints and even blood clots.

When you're on a flight, periodically move around your body to stay loose and keep blood flowing. There isn't much room on the plane to be active but simple movements like drawing circles with your ankles, knee lifts and neck rolls, make a huge difference and don't require leaving your seat.

When hitting the highway, long hours behind the wheel leave you feeling sore and tired, which is not a good way to start your vacation. Alleviate this by periodically adjusting your seat when it's safe to do so. Relieve tension by rolling your shoulders forward and then backwards — always keeping your eyes on the road.

It's common to drink less water to avoid disturbing our neighbors on the plane or stopping at a rest stop on the highway, but hydration is crucial. The simple solution is electrolyte tablets or eating cucumbers. Both provide the hydration without that bloated feeling.

Most importantly, schedule an appointment with a chiropractor to relieve the travel tension and stress and to correct the kinks from the uncomfortable hotel beds. Safe travels. ■

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



Avoid VACATION ACHES & PAINS!

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Stay hydrated with water or electrolyte tablets. Dehydration exaggerates jet lag!

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AN INTRODUCTION to scouting

Cubmaster shares events to encourage participation.



Amanda Marah and members of Cub Scout Pack 171 invite those interested in joining to attend some of their fun summer activities to see what they offer.

Amanda Marah, new cubmaster for Pack 171 in Grimes, wants to invite families to attend their summer events to discover scouting, meet new friends and have fun.

"We like to host events throughout the course of the summer that parents are able to bring their children to and get to know other scouts and parents in the pack."

The events are kids in kindergarten through fifth grade who are considering scouting. Join them for water balloon baseball and make your own ice cream June 23 at 6 p.m. tentatively scheduled to be held at Lions Park. On July 14, head over to Skateland from 6-8 p.m. Cost is \$6.

Pack 171 has been chartered for 60 years in Grimes through the Lions Club. It meets every two weeks, usually at the Grimes United Methodist Church.

"When we meet for these, we work on skills that involve setting up tents, first aid, safety. As you advance throughout the ranks, the skills become a little more difficult."

As a Cub Scout kindergartner, you join as a Lion. First grade is a Tiger, second is a Wolf, third is a Bear, and fourth and fifth are Webelos. After Webelos, members transition to Boy Scouts. All of the activities in scouting are designed to help teach courage, compassion, citizenship and leadership.

"We like to see our Cub Scouts move further along into the scouting programming with Troop 171 in Grimes and work with them cooperatively. Cub Scouts is for kids K-5, and Boy Scouts is for kids 11-17.

Other events include a Twilight Camp that troop members have the option to attend Aug. 1-5 in the evening at the Scout Center in Des Moines. Some of the highlights of events throughout the year include a fall campout out with the pack in September, Space Derby held in November, Pinewood Derby held in March, and another spring campout held in May to close out the year.

If interested in attending, contact Amanda Marah at pack171@grimesbsa.com. ■

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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

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HEALTH

By Dr. Mallori Phillips

FIREWORKS Eye Safety Month

Are you looking forward to a sweltering humid Fourth of July celebration filled with watermelon, beef franks and sticky Bomb Pops? As excitement builds for traditional Independence Day activities, carefully consider what safety measures are necessary to prevent accidents from occurring during fireworks shows.



According to a report written in June 2021 by the Consumer Product Safety Commission, approximately 10,300 injuries requiring emergency department care were reported in the weeks leading up to and after July 4, 2020. Nearly 15% of those injuries involved the eye. On a personal note, a friend of mine suffered an eye injury due to a bottle rocket incident when he was a teenager. Twenty years later, his vision remains impaired in one eye, and he continues to use protective eyewear in order to maintain vision in his good eye.

The best way to avoid injury during this holiday is to commit to being a spectator at the light show. Crackles and explosions can be left to the professionals. Should you decide to purchase fireworks for personal use, please make sure your family and friends have proper protective equipment so your Independence Day celebration is filled with only happy memories! ■

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

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HEALTH

By Shelly Stewart-Sandusky

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.



Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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SKIN cancer

Prevention and early detection are key.

Skin cancer is a mutation that occurs in the DNA of skin cells. These mutations cause the cells to grow out of control and form a mass of cancer cells. Skin cancer begins in your skin's top layer — the epidermis. The epidermis is a thin layer that provides a protective cover of skin cells that your body continually sheds. The epidermis contains three main types of cells. Squamous cells lie just below the outer surface and function as the skin's inner lining. Basal cells, which produce new skin cells, sit beneath the squamous cells.

What are the risk factors and causes?

People who have fair skin, especially blondes and red heads, and blue, green or gray eyes are more susceptible to skin cancer. People with skin that burns or freckles instead of tanning, and a history of bad and/or blistering sunburns are also at higher risk. The presence of 50 or more moles, or the specific types of

moles "atypical nevi" or "dysplastic nevi" are indicators of skin cancer risk. Lastly, a blood relative with a history of skin cancer can mean you are also susceptible.

How can skin cancer be prevented?

Avoiding the sun's UV light is the best way to prevent skin cancer. This can be done by seeking shade, especially between 10 a.m. and 4 p.m.; not letting your skin burn; avoiding tanning and UV tanning booths; covering up with clothing, wide-brimmed hats, and UV-blocking sunglasses.

Use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher — reapplying every two hours or immediately after swimming or excessive sweating. Examining your skin head-to-toe every month, and seeing your dermatologist every year for a complete skin exam are good ways to ensure skin cancer has not taken hold.

Early detection can save your life.

There is a 98% survival rate for people with melanoma that is detected and treated prior to spreading to the lymph nodes (American Academy of Dermatology).

Know the ABCDEs of melanoma.

"A" is for asymmetry; look for moles or spots where one half is unlike the other.

"B" is for border: irregular, scalloped or poorly circumscribed borders.

"C" is for color: if color is varied from one area to another.

"D" is for diameter: larger than 6mm (width of pencil eraser).

"E" is for evolving: any changes, itching, stinging, bleeding, etc.

If you have noticed any of these danger signs, contact your dermatologist. ■

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



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PROTECTING skin health — from the inside out

After a long winter, it feels good to shed the layers and enjoy a little bit of warmth and sunshine.

The human body is designed to use sunlight. Yet the sun's ultraviolet rays are so powerful, just 15 minutes of exposure is enough to damage your skin. Protecting your skin from harmful UV rays is the key. Always use sunscreen and reapply often. Cover up with lightweight clothing, hats and sunglasses that block both UVA and UVB rays. Seek shade, especially when the sun is highest in the sky.

When you walk into the pharmacy, you'll be greeted by an array of sunscreens. How do you know which one to choose to get maximum protection? Consider these three factors:

1. Broad spectrum. If the label doesn't say "broad spectrum," it is not giving you complete protection. Broad spectrum blocks both UVA and UVB rays.

2. SPF 30. Look for a sunscreen with an SPF rating of 30 or higher. SPF — or sun protection factor — indicates how long protection against UVB rays will last. No sunscreen blocks 100% of UVB rays, and higher SPFs are not much more protective than SPFs



of 30 or 50.

3. Water resistant. Water resistant does not mean waterproof, and you will still need to reapply, but water resistance should last 40-80 minutes.

Make sure you apply sunscreen liberally to all exposed skin before heading out and then reapply every two hours or after swimming or sweating. Don't forget your lips — use a lip balm with at least SPF 15.

In addition to taking external precautions, there are things you can do to keep your skin healthy from the inside out. Antioxidants prevent DNA damage and reduce skin cancer risk, and their anti-inflammatory properties guard against sunburn. So, can a salad really help prevent a sunburn? Short answer — yes. Carotenoids, which include lycopene, lutein and beta carotene, accumulate in your skin to absorb sunlight and can help against skin damage and prevent premature aging. So, next time you're at the grocery store, load up on tomatoes, sweet potatoes, spinach, berries and grapes. Your skin will thank you. Always remember, if you need advice selecting a sunscreen product or are looking for relief from a sunburn, talk to your pharmacist. ■

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

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GATHERING place builds community

Dickinson provides “happy bubble” in Dallas Center.

What brought Meg Dickinson and her husband to Dallas Center was finding their dream home — an acreage on the northeast side of town. What’s kept them is the community.

When they first moved in, Dickinson started her business, Sugar Grove Goods, out of her home. In college, she used goat milk face soap, which was only available at two locations in the country, and she ultimately found she was paying more for shipping than the soap itself.

Dickinson figured she could learn how to do it herself. Thus, Sugar Grove Goods was born. She has dairy goats at her acreage, and uses their milk for the soap.

Dickinson also expanded into other products in recent years, including bath bombs and lotions. The business got big enough that her products were taking over every flat surface in the family’s home, so she decided she needed a separate space.

What Dickinson also knew was that it wouldn’t be viable to have a stand-alone soap shop. She needed something else, too.

So, she did some market research and evaluated the community’s needs, which is how she realized there wasn’t a spot in Dallas Center where people could gather and hang out. That’s how the idea for a coffee shop came about.

This is all to say that now, in the heart



of Dallas Center, folks can visit Sugar Grove Goods to purchase Dickinson’s homemade products, as well as grab a cup of coffee.

It’s been just over two years that Dickinson has been in business, and, aside from her children, the journey has been “the most beautiful experience of my life,” she says.

Dickinson admits it was intimidating to come into such a small town with a deep-rooted community, but she’s felt a great deal of support.

“To be welcomed has been humbling and empowering,” she says.

She adds, the whole premise of having a coffee shop was to build a place of community.

“That’s absolutely what’s come about,” she says, pointing out that there’s even a group of women who come in every Tuesday morning without fail to sit and chat.

“It’s just this very warm, welcoming space. It’s almost like this happy bubble that exists in a world that’s very tumultuous right now.”

For Dickinson, who also serves on the Dallas Center Seasonal Fun Committee and



Meg Dickinson

is a member of the Dallas Center Betterment Foundation, it’s important that people don’t have to agree on everything to be kind to one another. She says that notion has been illustrated in Dallas Center.

“It just feels like an extension of family,” she says.

And when asked what it is she loves most about Dallas Center, Dickinson responds firmly, “Everything.” ■

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ENJOY the community's 'simple pleasures'

Growing up, I have the best memories that came from the summertime. The last day of school brought much excitement and joy around the possibilities of the next couple months free from school and schedules. I have three brothers, and there was never a shortage of activities to get roped into. From swimming at the local pool to bike riding all over town to playing flashlight tag well into the evening, I can't help but smile thinking about the fun we had. While the place where I grew up was a little larger than Grimes currently is, the amenities are similar. There are many things that distract us today from getting out and enjoying the great benefits of our communities. We have jobs, technology and TV that all draw us inside on most days, but have you experienced the simple pleasures of the community around you recently?



We have an amazing set of bike trails that can take you all over in an easy manner. As a parent, I love taking my kids out on the bike trails through town. They love it as well. While riding around, we usually find a park to stop at for a snack and playtime. The parks we have in Grimes are fantastic. If you are wondering, my kids rank the park at the South Sports Complex at the top of their list, followed closely by Kennybrook South Park.

Our library is another favorite summer spot. Not only does it give the kids a change of scenery, but they have a great summer reading program. The library offers many fun activities during their summer reading program, and, if you haven't had a chance to stop by and learn more, I would encourage you to do so. For parents of younger kids, they offer three story times a week that have music, books and a craft. Soon, the library will break ground on a new location at the corner of Beaverbrooke Boulevard and James Street. The new location will give our community a great space to continue to enjoy for years to come.

Whatever your plans include over the summer, I hope you find time to enjoy the simple (and free) pleasures that Grimes has to offer. Enjoy your family. Take a technology break. Read a book outside in your favorite chair. These months pass in the blink of an eye. I hope to see you out in our community over the summer. Don't forget to say hello. ■

Information provided by Ryleah Cross, Edward Jones – Ryleah Cross, Board Chair of Grimes Chamber & Economic Development.



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– Kay M.



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OUT & ABOUT



Madison Taiber and Anna Kelly at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



The Grimes Chamber of Commerce held a ribbon cutting for Dental Associates new building on May 19.



Ely Lambert and Kent McMillen at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Amanda Butler and Kelli Vorrath at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Mia Eskra and Nick Reuter at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Chad Sorensen and Keegan Wilkening at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



LuAnne Gafford and Tom Letsch at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Steve Davis and Jack Plagge at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Tom Armstrong, Cyle Taylor and Steve Wallace at the Grimes Chamber of Commerce lunch and learn at the Grimes Community Complex on May 11.



Dr. Mark Platt, Dr. Austin Tysklind and Dr. Jennifer Grove at the Grimes Business Expo at Meadows gym on March 29.

OUT & ABOUT



Bob Merritt and Steve Davis at the City State Bank ribbon cutting and open house on May 6.



Nick Reggio and Bobbijo Wolfe at the City State Bank ribbon cutting and open house on May 6.



Brandon Schulte and Joe Albrecht at the City State Bank ribbon cutting and open house on May 6.



Gloria Perry, Ryleah Cross and Mike Bleskacek at the City State Bank ribbon cutting and open house on May 6.



Kylie Callahan, Michelle Macumber and Lisa Moore at the City State Bank ribbon cutting and open house on May 6.



AJ and Kate Kohles and Adam Bunge at the City State Bank ribbon cutting and open house on May 6.



Greg Means, Pat Armstrong and Tom Armstrong at the Grimes Business Expo at Meadows gym on March 29.



Bob Pearson, Tyler Kumm and Jordan Hoy at the City State Bank ribbon cutting and open house on May 6.



Dustin Klein and Clint Dudley at the Grimes Business Expo at Meadows gym on March 29.



Cheryl Lounsberry and Denise Schmitz at the Grimes Business Expo at Meadows gym on March 29.



Rebecca Ziller and Jay Mathes at the Grimes Business Expo at Meadows gym on March 29.

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Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

HERE ARE SOME THINGS TO KNOW:

1. Adolescent skin is far more vulnerable to UV rays than that of an adult
2. Using a tanning bed before the age of 35, increases the chances of developing melanoma skin cancer by 59 percent. Removing melanoma causes permanent scarring of the skin.
3. Tanning as a teen or young adult causes premature aging such as wrinkles, brown spots and moles.
4. Eye cancer and cataracts are more prevalent in people who tanned while young.
5. UV rays from tanning beds lead to immune system suppression opening the door for other illnesses and disease.
6. Certain medications, such as antibiotics used to treat acne and birth control pills, can increase your sun and tanning bed sensitivity.

PROTECTION IS EASY

Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

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