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MAY 2022

Living OUT of this WORLD!

**Governors Days takes outer
space theme to new location**

Meet Katelyn Lindeque

EDUCATION

Summer Reading and Food Truck Fest

LIBRARY

Picnic-wiches with Greek artichoke beet salad

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WELCOME

A CHANGE would do you good

The year was 1996, and musician Sheryl Crow had a hit song called "A Change (Would Do You Good)." It was a catchy tune but had some odd lyrics, like "He's a platinum canary, drinkin' Falstaff beer," "Dinner's at six, wear your cement shoes" and "Chasing dragons with plastic swords."

Reportedly, the first verse is about music producer Bill Bottrell (who left in the middle of the album's production), the second is about Madonna, and the third is about Sheryl Crow herself.

So why am I writing about a song from the 1990s? Well, the theme of that song is change, and that's exactly what is happening with Governors Days this year. This flagship community event will be held June 9-11 at a new location: the Grimes South Sports Complex, which is located at 750 S. James St.

Some of you may recall Funtastic Days, which was the precursor to Governors Days. It was held originally on Main Street and was eventually moved to Waterworks Park, which provided more space for carnival rides, bands and new activities. The South Sports Complex will certainly create new opportunities as well.

Once again, we are providing the full details of Governors Days as our feature story and as your guide for the festivities. The new location is certainly a change, but you can still look forward to many of the favorite activities you have grown to enjoy. Just don't expect Falstaff beer, cement shoes or plastic swords.

Thanks for reading. ■



SHANE GOODMAN

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FEATURE

The carnival returns for
Governors Days.
Photo by Todd Rullestad

OUT of this WORLD!

**Governors Days takes outer
space theme to new location**

By Ashley Rullestad

Grimes Governors Days is back June 9-11 and better than ever. This year, the festival will kick off at a new location: the Grimes South Sports Complex located at 750 S. James St. Promising something for the whole family, the weekend is packed full of activities, food, rides, tournaments and, of course, fun.

“Our organization is very excited to again be working on this important and impactful community event,” says Brian Buethe, president/CEO of Grimes Chamber & Economic Development. “This year, the festival is moving to a new location for some very

FEATURE

good reasons. We have happily lived in Grimes Waterworks Park, but the City of Grimes has a project going there where they will be building a new splash pad for the community in that location. The City is a great partner, and we couldn't do this without them, so we've worked together to secure a new location and will be at the South Sports Complex along James Street."

Governors Days officially kicks off on Thursday night, June 9, with good times at the entertainment garden from 6-10 p.m. and craft and food vendors as well as Sam's Amusement Carnival & Midway. Ride all the rides you can handle with a wristband available for \$25.

"We have some of the same great volunteers and new faces coming in, too," Buethe says. "We will have a different mix of vendors with those who have been there for years as well as some new food options and a good variety of cuisines for people to enjoy throughout the festival."

Then it's time for a family-friendly event that everyone loves: the kiddie parade. In the past, the kiddie parade started at the Grimes Community Complex and ended at Waterworks Park; however, with the new location, this



Participants of last year's Governors Days 5K and Fun Run wear the 2021 official shirt. Photo courtesy of Grimes Chamber & Economic Development.

year it begins at the Grimes Community Complex on Main Street and goes to the Sports Complex. This year, the popular Isiserettes drill and dance team is coming back. Kids are encouraged to dress up in their favorite costume

or one to go with this year's theme, outer space.

After the parade, check out the kids' pedal tractor pull by Ohana Pedal Pullers on the basketball courts near the carnival. Sign up is at 7 p.m., and the pulling starts at 7:30 p.m.

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FEATURE

Talent show returns

On Friday, June 10, the long-time favorite Bill Riley Talent Show takes place at 3 p.m. Buethe says this event used to be a part of the Grimes city festival, and organizers are excited to make it a part of Governors Days again this year.

"It's something we've wanted to do because we know we have a lot of talent, and we want to provide an avenue to showcase that," Buethe says. "It will also give a great entertainment aspect to the festival. We anticipate we'll have local Grimes people — and we might have people from all over the state come in to qualify and hopefully advance to the Iowa State Fair."

Online registration can be found on the Governors Days website, and the event will be held in the Grimes Community Complex gym. You can also enjoy Friends of the Public Library bingo on Friday night on the basketball courts from 6-8 p.m.

"This is a really big year for them because they're building a new Grimes Public Library, and it will help them raise some funds for additional items for the new place," Buethe says.

On Friday night, the carnival will run from 6-10 p.m. Carnival fans can also ride all the rides with another wristband special for \$25. Craft and food vendors will be open until 11 p.m.

After you grab some dinner from local food vendors, head on over to the beer and entertainment garden to enjoy the sounds of local band Aftershock on the Home Base Iowa Main Stage. This favorite claims to be Iowa's best rock tribute band. If it rocks, they play it. Don't miss great vocals, great performance and a great time.

Breakfast starts the day

The city really gets hopping on Saturday with the Lions Club breakfast beginning bright and early at 6:30 a.m. at the Grimes Community Complex. Grab your flapjacks and save your spot on the parade route for later in the morning.

Runners will have a great time at the 19th annual 5K run/walk. The 5K run will begin again at 7 a.m. to give people plenty of time to finish, do awards and get back for the parade. The run features chip timing for runners. Kids age 12 and younger can participate in the 1-mile fun run, which starts at 7:45 a.m. All kids who register and participate will be given a T-shirt, refreshments and a door prize.

Packet pick-up will be Friday at Athletic Physical Therapy, 241 S.E. Destination Drive,



A Governors Days staple, the parade, will be from 10 a.m. to noon on Saturday, June 11. Photo by Todd Rullestad

Suite 200. Race day packet pick-up and registration will start at 6 a.m. in the Adesa parking lot (1800 S.E. Gateway Drive) on June 11. Online registration is also available.

All prizes will be distributed following the conclusion of the fun run. You must be present to win. All proceeds from the run will support the DCG Education Foundation. Founded in 2014, the DCG Education Foundation is a 501(c)(3) non-profit organization, available for charitable giving. The organization is capable of providing funding for educational opportunities to students and staff of the DCG School District.

Then it's time for the grand parade at 10 a.m. This year's route will be the same as years past and takes the parade through the heart of Grimes in Governors District. If you are interested in being a part of the parade, be sure to register your business or organization for a spot. The cost is \$30-50 and event sponsor entries are free. Registrations can be completed online. The deadline is May 27 or until staging capacity is reached.

The entertainment garden and Sam's amusements will start at 11 a.m. with a midway wristband special from 11 a.m. - 4 p.m.

An event that is back at Governors Days at noon is the popular bean bag tournament at Waterworks Park. Organizers Carolyn and Bill Ware attended one in South Dakota and were hooked. They ended up in third place and knew it was something they had to take back to their hometown. This year, the beanbag tournament will be run as a fundraiser for local non-profit MS Moments.

MS Moments is a local nonprofit formed to help central Iowa families afflicted with

GOVERNORS DAYS JUNE 9-11

www.governorsdays.com

Grimes South Sports Complex
750 S. James St.

Thursday, June 9

6-10 p.m. Craft and food vendors, Sam's Amusement Carnival and Midway

6-10 p.m. Entertainment garden

6:30-7:30 p.m. Kiddie parade on Main Street (featuring The Isiserettes)

7:30 p.m. Kids pedal tractor pull

Friday, June 10

3-5 p.m. Bill Riley Talent Show

6-8 p.m. Friends of the Public Library bingo

6-10 p.m. Sam's Amusement Carnival and Midway

6-11 p.m. Craft and food vendors

6-11:45 p.m. Entertainment garden

8-11:30 p.m. Live music by Aftershock

Saturday, June 11

6:30-10 a.m. Grimes Lions Club pancake breakfast

7-9 a.m. Governors Days, DCG Education Foundation 5K/Fun Run

10 a.m. to noon Governors Days grand parade

11 a.m. to 10 p.m. Sam's Amusement Carnival and Midway

11 a.m. to 11:45 p.m. Entertainment garden

Noon to 5 p.m. MS Moments Bags Tournament

Noon to 11 p.m. Craft and food vendors

8-11:30 p.m. Live music by Pianopalooza

multiple sclerosis alleviate some of the costs associated with their disease. The dollars raised at this event will help these families afford health and wellness activities that may otherwise be ignored due to cost. You can find more information on MS Moments at www.msmomentsiowa.org.

Teams can register in advance; check out the Governors Day website for registration information, including an online registration.

FEATURE



Sam's Amusement Carnival and Midway will offer family fun all three days of Governors Days. Photo courtesy of Grimes Chamber & Economic Development.

After that, enjoy the beverages at the beer and entertainment garden — and another \$25 wristband special from 5-9 p.m. Be sure to stick around for a can't-miss show: Pianopalooza Dueling Pianos at 8 p.m. Tony Bohnenkamp (former Nadas drummer) and Jerry Lorenson (of the Pork Tornadoes) are dueling piano partners sure to entertain.

Buethe wants to thank all the sponsors of the events throughout the weekend, especially Inspiring Dance, the festival's

presenting sponsor. Governors Days also couldn't be held without the help and partnership of the City of Grimes.

Organizers emphasize the event couldn't be held without all the people in town who support it and all the volunteers who put in many hours of work to make sure it goes smoothly. Buethe says he is excited to have everyone come out and enjoy the community event.

"We are really proud of the fact that we are able to engage so many different groups,

from the Dallas Center Grimes Education Foundation, Lions Club, MS Moments, Friends of the Library. It's a part of pulling the community together to support so many wonderful organizations in town and to have a good time with friends, neighbors and community members."

For more information, including registration forms and schedule of events, visit www.governorsdays.com. Most events, unless otherwise noted, will take place at the South Sports Complex at 750 S. James St. ■



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RECIPE

A DELIGHTFUL picnic starts with a stellar sandwich

(Family Features) Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit readsalads.com and auntnellies.com. ■

Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

DIRECTIONS

- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



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FIREFIGHTERS finish Make-A-Wish project

On Thursday, April 21, the Johnston Grimes Local 4835 Firefighters had the opportunity to finish the Make-A-Wish Iowa project for a boy named Miles. A pergola had been constructed in the fall of 2021. On April 21, the firefighters installed the swing that goes with it. Miles can now enjoy the outdoors and experience what a swing is like in his own yard. ■



MEET Katelyn Lindeque

A passion for sports and education

Editor's note: The authors are eighth-grade students who wrote this article as a TAG enrichment opportunity. Their parents are, respectively, Qin "Ken" Gao and Yan Hong "Lily" Liu and Chris and Darlene Wagner. Their teacher is Karene Rosenbury.

Katelyn Lindeque is the physical education teacher of Dallas Center-Grimes Oak View. She has taught P.E. in this district for five years. Mrs. Lindeque has degrees in sports administration, physical education, and health as well as a special education endorsement. In addition to these credentials, she is working towards her master's in physical health.

For schooling, Mrs. Lindeque attended Woodward-Granger High School and William Penn University. At first, she was unsure of what to do for a career after college. In the end, Mrs. Lindeque went into teaching because her roommate suggested she take an introduction to education class. Mrs. Lindeque got field experience teaching various grades and subjects during her college years. Later on, she became a student teacher at North Mahaska. Mrs. Lindeque ultimately ended up choosing to teach middle school physical education because she likes the sports aspect of school and teaching students athletic skills.

At the DC-G school district, Mrs. Lindeque instructs many units. This teacher's favorite units to teach are small group or individual-oriented sports because they allow students to be more focused on participation. Due to this, the most enjoyable P.E. units for her to teach are speedminton and disc golf. One unit she is looking forward to is pickleball, which is a tennis-like sport. However, sports are just one aspect of Mrs. Lindeque's involvement in the community.

Outside of school, Mrs. Lindeque assists many clubs. One of the many things she participates in is softball. Mrs. Lindeque has played softball since she was young and had grown to love the sport. In college, she even got a scholarship opportunity to play softball. During her first year of teaching at DC-G, Mrs. Lindeque started as the middle school coach for softball. Eventually, she worked up to being an assistant coach for the high school softball team.

A recent event that Mrs. Lindeque led was the Service-Learning Field Day. This past semester, groups of students have been put in charge of creating projects to improve their school. Mrs. Lindeque's group put together a field day for the district's special needs students. This event took place on May 13 for special needs students to come and engage in physical activities. Field Day is just another way that Mrs. Lindeque positively affects the district community.

Katelyn Lindeque is an important member of the Oak View teaching staff and the Dallas Center-Grimes district. As a physical education teacher, she works reliably and spends her time improving activities. From Meadows to Oak View, she has implemented different units for the benefit of the student body. During our interview, Mrs. Lindeque stated her inspiration, "That's when I kind of decided that, y'know, I do want to be a teacher, and I really do like the sport aspect of things. I want everyone to enjoy physical education in some shape or form." Katelyn Lindeque continues to accomplish this ideal by using multiple unique projects to engage a variety of students in physical activities. ■



Katelyn Lindeque teaches physical education at Oak View.

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HVAC

By Kendel Richlen

PREPARE your AC now for the heat

It doesn't feel like it some days, but the warmer weather is coming. The question is, when it does arrive, will your HVAC system be ready for the heat? After your system has been sitting idle for months, upkeep is needed beforehand to get it running efficiently. So, before flipping the switch on your AC, there are a few maintenance items you should add to your checklist which are easy to complete for any homeowner.



Through the fall and winter, the build-up of leaves, sticks, dirt and other debris is left behind and should be cleared out. The trees and shrubs will soon bloom, and it's important to allow for a minimum of 1-2 feet of clearance around your equipment. This clearance will maximize airflow and ensure that your system performs at its best.

Inspecting your indoor unit is just as important as the outdoor unit. Have you changed your filter recently? Some filters need to be replaced monthly, while others can go longer between replacements. It's important to check with the manufacturer and follow the suggestions. Replacing your filter can increase the efficiency of your system by as much as 5%, so this alone is a great reason to stay on top of it.

Registers play a key part in cooling your home. Make sure that furniture, rugs and curtains that were moved over the holidays aren't covering your vents. Blocking your registers can restrict airflow and lead to your home conditioning at an uneven temperature.

If you have a programmable thermostat, it's a great time to set up a new schedule as the weather changes. Programmable thermostats are great investments to consider if you don't already have one. They provide optimal comfort and save energy and money.

Now you're ready to test your AC unit. You can test your AC system by simply turning it on and running it for a few minutes to make sure cool air circulates throughout your home. Testing now will help you stay comfortable and hopefully prevent you from being stuck with no AC when you need it the most.

After completing all of the above steps without any issues, your system should be ready to combat the heat. If you experience any issues, get in touch with your local heating and cooling company now, as opposed to in the midst of the warm season. Bring on the heat. ■

Information provided by Kendel Richlen, Owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

LIBRARY

SUMMER Reading at Grimes Public Library



Summer is quickly approaching, and that means Summer Reading at Grimes Public Library. Summer Reading initially began to keep school-age kids reading throughout their summer vacation. Research has found that kids who don't read over the summer can lose up to two months of literacy skills by the time they return to school in the fall. Over the years, however, it has expanded to keep kids learning and engaged as well as just reading. Summer Reading has also expanded to include all ages — birth to adult. After all, we all deserve a little summer fun.

This year's Summer Reading program runs from June 1 to July 31 and includes an all-ages reading challenge, great raffle prizes and a calendar filled with fun, educational programming. You can sign up any of three ways.

Online

Sign up now at grimes.beanstack.org or on the Beanstack Tracker App. (If you've done a library reading challenge in the past, you already have a Beanstack account. Ask a librarian for your login information.)

At the Library

Stop by the library to sign up with a librarian and pick up a paper reading log and calendar of events.

With a party

Join us from 4:30 to 7:30 p.m. on June 1 for the Grimes Food Truck Fest and enjoy:

- Bounce houses
 - Face painting
 - Balloon twisting
 - Summer Reading sign up
- (Food and beverages available for purchase.)

We hope to see you this summer. Visit grimeslibrary.org/calendar for a full calendar of summer events. ■

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DON'T DRIVE investments till the wheels fall off

The first car I bought was a Chevy Cavalier to get to my first real job after college as a financial advisor. After putting 200,000 miles on it in just nine years, I had to decide if I wanted to invest more money into this car or update my vehicle. Whether it's your car, clothes or kitchen, we all have to update things when they no longer get the job done. The concept is the same with retirement.

Your retirement investments will become your retirement income, which may require an investment update. Don't wait until you need a new transmission. I recommend making an investment update five to 10 years before retirement so you can implement investment and tax-saving strategies.

I think of this update in three steps: organize, assess and align. People often talk about their "junk drawer" of investments. It's all the things you've accumulated over the last 30 or 40 years: 401(k)s, IRAs, life insurance, brokerage accounts and more. We can help people track down, organize and consolidate these accounts.

Next, we help you take an assessment of your investments. This



includes looking at how much you are paying in fees and understanding how much risk you are taking. In your 20s, 30s and 40s, you have time to recover from a market swing. If you are getting ready to retire, and the stock market goes down 30%, you probably don't want your portfolio to do the same thing. We can show you, in numbers, how a downturn in the market will impact your portfolio.

Aligning your investments with your retirement goals is the third step. If you aren't comfortable with the risk you are taking, we talk about what changes you can make to your portfolio. Then we show you how these investments will become your retirement income. Your written retirement plan includes where you will draw the money from and in what order. These decisions are connected with other factors like your tax plan, inflation, your Social Security benefit and Medicare.

You should feel good about an investment update, just like when I ditched the Cavalier and started making the 60-mile drive to work in a better vehicle. Updating your investments will give you confidence so you can cruise into retirement. ■

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

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UNCERTAIN how to deal with recent market uncertainty?

Diversification and a plan

When it comes to your investments, “go with your gut” might not be the wisest adage to follow. In fact, it may work against you, particularly in periods of market, economic and geo-political turbulence like we’ve experienced so far this year. As the markets go up and down, it’s easy to become too focused on day-to-day returns. Selling during times of uncertainty provides temporary relief; it makes us feel better on the way down. The emotional response that investors have when the market is going down is natural, and the stress and anxiety often lead to an irrational decision-making process. So, before you leap into a de-risking investment strategy and potentially lock in losses, make sure you’re doing it for the right reasons. How you choose to invest your money should be consistent with your goals and time horizon.



Diversification — Spreading investments across different asset classes can help smooth sharp drawdowns in the market. The trade-off is you will never be exclusively in the best performing assets either. Even with a well-diversified portfolio, you can’t protect your portfolio from every risk. Investing involves uncertainty; you can’t predict how investments are going to react to every situation, but you can avoid having a single point of failure.

Have a plan — Many investors tend to let recent events have a stronger influence on decisions than more distant events. For example, when the market was amid a decade-plus bull run, many of us may have increased our investments in equities, hoping to take advantage of any further gains. By contrast, if you were severely burned by market performance during the financial crisis, COVID, or even over the past couple of months, you may be hesitant about continuing or increasing your investments once the market settles.

Consider that neither of these perspectives may be entirely rational given that investment decisions should be based on your individual goals, time horizon and risk tolerance. These are all variables that are part of a comprehensive financial plan.

It’s only natural to be concerned when the market drops, but expecting uncertainty and having a sound financial plan in place may be the best defense when events roil the markets. This will help you focus on your goals, timeframe and income needs, as opposed to focusing on day-to-day market swings and short-term volatility. ■

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.

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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.

Governors Days Sidewalk Art

Sunday, June 5, 10 a.m. to 2 p.m.
Grimes South Sports Complex

Be a part of a Governors Days tradition by purchasing and painting a 6-inch by 6-inch square for your business, family, cause or just for fun. Cost is \$35 or, for chamber members, \$30. Limited supply. The paint, brushes and items you will need will all be supplied. These squares will be placed on the entrance to all the food and fun at Governors Day.



Concrete Cruizers Charity Car Show

Saturday, May 21, registration
9 a.m. to noon; awards at 3 p.m.
Deery Chevrolet, 6000
University Ave., Pleasant Hill

The entry fee is \$25. Proceeds go to Youth Emergency Services & Shelter (YESS). The event will include an auction, door prizes and top 25 awards. See more at www.concretecruizers.com.



Governors Days

Thursday - Friday,
June 9-11
Grimes South Sports
Complex, 750 S.
James St.

Three days of a variety of activities for the entire family. The cover story for this issue of Grimes/Dallas Center Living magazine features an overview of activities. More information also available at www.governorsdays.com.



CelebrAsian

May 27-28, 11 a.m. to 10 p.m.
Western Gateway Park, 1000 Grand Ave., Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at www.iowaasianalliance.com/celebrAsian.

Lunch & Learn

Wednesday, June 15,
11:30 a.m. to 1 p.m.
Grimes Public Library,
200 N. James St.

Each month, Grimes Chamber & Economic Development gives its members the opportunity to meet for networking, lunch and to learn about items of interest regarding Grimes and the metro area. The public is invited to these events, held on the second Wednesday of the month. This month, the event is hosted by the Grimes Public Library and speakers will present information about the plans for the Library's new location and how the public can be involved.



John Wayne Birthday Celebration

May 28-29
John Wayne Birthplace
Museum, Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning western recording artist Carin Mari returns as the musical headliner. For a full schedule or to purchase tickets, visit the John Wayne Birthplace Museum website, www.johnwaynebirthplace.museum.



Airing of the Quilts

June 1-4
Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org



Family Tees Golf Tournament

Wednesday, June 8
Toad Valley Golf Course, 237 N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.

EVENTS IN THE AREA

Be sure to check for cancellations.

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



Music Under the Stars

June 12, 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 12, vocalist Jackie Schmillen; June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase-Fundlay. For more information, visit www.musicunderthestars.org.



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 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Leprechaun Open

Saturday, June 11,
shotgun start at 8 a.m.
Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Krepes at 515-669-2531 to register. Entry fee is \$75 at registration and \$85 late registration.

Cajun Fest Boil & Brew

June 4

Jr's Southport Ranch, Iowa State Fairgrounds


A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit www.cajunfestiowa.com.

Garden Art Show

Sunday, June 5, noon to 5 p.m.
4320 Franklin Ave, Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at www.whirlythings.com.





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Graduation is Around the Corner

Parents automatically lose the right to make decisions for their child as soon as the child turns 18 years old. This is when it becomes critical to ensure that your child knows to sign Powers of Attorney, appointing someone to help out, in case he or she is in an accident or becomes very ill. We have automated our process to make it easy and inexpensive for newly-minted adults to get their Powers of attorney done quickly and painlessly.

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Grimes, Iowa 50111

LEGAL

By Cynthia P. Letsch, J.D.

3 POWERFUL legal tips for high school graduates

Congratulations! You have graduated from high school and are now an adult. There is a secret they have been withholding from you, that you really need to know:



1. Your parents no longer have any special rights or privileges to control your life now that you are 18 years old. Of course, if you are still financially dependent on them, they can use money as an incentive for you to do things they want. But the law does not recognize that type of relationship.

If you are severely injured or ill, such as having contracted a brain injury through a car accident or COVID resulting in a debilitating condition, no one has the authority to manage your checking account, end your lease, take your dog to the vet, or make medical decisions for you, just to name a few of the things you would need someone to do for you. You are on your own.

2. You now need to sign Powers of Attorney. There are two kinds you absolutely need. (No, I do not know why they do not teach you this in high school.) A Health Care Power of Attorney allows someone, whom you name in advance, to have the authority to make healthcare decisions for you if you are not able to make them for yourself. A General Durable Power of Attorney allows someone to help you with everything else, from managing your bank account, talking to the phone and utility companies, starting or ending a lease, etc.

You designate the person who will be in charge. You can change either document at any point in the future, if you want to. You can name a parent or any other adult as the person who would be in charge.

For injured people who have not done this, it will cost approximately \$3,000 in legal fees to put a guardianship and conservatorship in place, even if everyone agrees it is a good idea.

3. How do I get Powers of Attorney? Great question. Although blank forms are all over the Internet, do not do it that way. The problem is that you do not know what you do not know. Therefore, the information you put in the blanks may not have the effect you actually want or the documents could get rejected by whomever has asked to see them. Get them from a lawyer.

How much do they cost? The price varies from \$50 (our office) to \$300 depending on which law firm you use. It is worth it to get legal advice from a lawyer when you actually need it. Establishing a relationship with a lawyer by having her/him do your Powers of Attorney is a great way to start that relationship. Consider asking for Powers of Attorney as a graduation gift, or, when you're shaking the checks out of your graduation cards, earmark some of that money to take your very first adult step and get your Powers of Attorney in place. ■

Information provided by Cynthia P. Letsch, J.D., Letsch Law Firm, 112 N.E. Ewing St., Suite D, Grimes, 515-986-2810, www.LetschLawFirm.com.

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MEET Sam Stumberg

Enjoys teaching little learners



Sam Stumberg, pictured with the rest of the first-grade team, Emma Juhnke, Jessica Soukup and Kelcie Stratton, says he felt welcomed by the staff at DCG during his first year of teaching in the district.

Sam Stumberg taught for two years in Iowa City before returning to central Iowa to teach first grade at North Ridge Elementary last fall.

“Even after only being at DCG for one year, it’s pretty clear to me that it’s a very special place to work. At North Ridge, all the staff has made me feel like I have been working here for years, and it feels like home.”

Though it remains uncommon to have a male lower elementary school teacher, Stumberg says he enjoys teaching his little learners and finds teaching rewarding. His goal is to prepare students for their future years in the classroom as well as teach them valuable life skills.

“It’s important to me that each one of my students knows how to be a good friend to others, how to problem solve for themselves, and how to persevere when things seem difficult.”

The best thing about teaching first grade is the relationships formed with the students throughout the school year, he says. He enjoys getting to learn about each student, their interests and their families.

Of course, teaching has difficult days, too — especially the last few years.

“Every day in the classroom is not going to be perfect,” Stumberg says. “There will be lots of times where a lesson doesn’t go how you want or you wish you handled a situation differently than the way you did. The most important thing when you have those days is to make sure your students know that you care about them and that your classroom will always be a safe place for them to be.”

The good times always make up for it though, he says.

“Then you get moments when you see a student who is struggling with something, and you work with them day after day, and it finally clicks.”

Stumberg’s goal for all his students is for them to have positive feelings associated with school and be excited to come back each day.

One of his favorite moments from this year was going to a couple of students’ basketball games.

“It was fun to see them outside the school setting and competing in something that they love to do.”

When he’s not at school, you’ll find Stumberg spending time with his family and girlfriend, Caitlyn, and playing golf. He and Caitlyn are also getting ready to welcome their own little learner — a baby boy who will arrive in September. ■

Join Us

MASS TIMES
Saturday: 5pm
Sunday: 9am and
Evening Mass time: 5pm
.....
RECONCILIATION
Saturday 4pm

MAY

- 19 6pm K of C Rosary, Mass, Dinner & Meeting
- 21 2pm Spellerberg/Warnicke Wedding
11-3pm Private Grad party
Baseball on the fields
- 23 5:45-8:30pm Jacobs Martial Arts
Baseball on the fields
- 24 9-11am Pickleball (gym)
6pm Finance Meeting
Baseball on the fields
- 25 9-11am Pickleball (gym)
Baseball on the fields
- 26 5:45-8:30pm Jacobs Martial Arts
Baseball on the fields
- 28 10-12 Private Grad Party
- 29 12-4 Private Grad Party
- 30 9am Mass At Beaver Catholic Cemetery for
Memorial Day
Parish Offices are closed for Memorial Day
- 31 9-11am Pickleball (gym)
Baseball on the fields

JUNE

- 1 9-11am Pickleball (gym)
Baseball on the fields
- 2 5:45-8:30pm Jacobs Martial Arts
Baseball on the fields
- 5 11:30-3pm Parish Picnic
- 6 5:45-8:30pm Jacobs Martial Arts
7pm Summer-Phillippians Bible Study
Baseball on the fields
- 7 9-11am Pickleball (gym)
Baseball on the fields
6:30pm Adult Faith Meeting
- 8 9-11am Pickleball (gym)
Baseball on the fields
- 9 5:45-8:30pm Jacobs Martial Arts
Baseball on the fields
- 12 Food Pantry Weekend
- 13 5:45-8:30pm Jacobs Martial Arts
7pm Summer-Phillippians Bible Study
Baseball on the fields
- 14 9-11am Pickleball (gym)
Baseball on the fields
6pm Pastoral Council Meeting
6pm Food Prep for Connection Café
- 15 9-11am Pickleball (gym)
12 Noon serve Connection Café downtown
Baseball on the field
- 16 6pm K of C Rosary, Mass, Dinner & Meeting
Baseball on fields
- 20 9am- 12 noon Vacation Bible School
7pm Summer-Phillippians Bible Study
Baseball on the fields
- 21 9am- 12 noon Vacation Bible School
Baseball on the fields
6pm Adoration
7 pm Social Justice Meeting
- 22 9am- 12 noon Vacation Bible School
Baseball on the fields
- 23 9am- 12 noon Vacation Bible School
Baseball on the fields
- 24 9am- 12 noon Vacation Bible School
Baseball on the fields
- 27 5:45-8:30pm Jacobs Martial Arts
7pm Summer-Phillippians Bible Study
Baseball on the fields
- 28 9-11am Pickleball (gym)
6pm Finance Meeting
Baseball on the fields
- 29 9-11am Pickleball (gym)
Baseball on the fields
- 30 5:45-8:30pm Jacobs Martial Arts
Baseball on the fields



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FITNESS

By Kammi Abrahamzon

Q: Does self-talk make a difference?

A: Positive self-talk is huge in a workout setting. It starts far before you even set foot in the gym. How many people have actually talked themselves out of working out before? It happens to the best of us, but let's be honest, if it happens too many times, we start feeling bad about ourselves because we are not making any progress. The second you tell yourself you cannot do something, you have already convinced yourself you can't. Why do we do that to ourselves? If you would not say it to your friends, why do you think it is OK to say it to yourself? If you are constantly being critical of yourself, your stress will increase, and your motivation will decrease. Telling yourself you can do that exercise or you can make it through that workout changes your mentality big time. You start making it through that exercise or workout, and it slowly starts getting easier. Allow yourself to have a positive mindset; allow yourself to think that you are worth achieving that goal or you are good enough to accomplish it. Change your mentality; think positively. You never know who is watching. Even on your worst workout day, you could still be someone's motivation. Stop being so hard on yourself and start looking at those small steps you have already accomplished. ■



Information provided by Kammi Abrahamzon, Anytime Fitness, 255 S.W. Brookside Drive, 515-300-9262, GrimesIA@anytimefitness.com.

HEALTH

By Lance Andersen

THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations." At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.



I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read "Full Catastrophe Living," by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

Information provided by Lance Andersen, Intern, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

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WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be

below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
 - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
 - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
 - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
 - Alcohol: Drink no more than one glass of wine or beer per day.
 - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, MercyOne.org/desmoinesneuro

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Know the signs of a stroke.



HEALTH

By Dr. Aaron Martin

GROWING up in Iowa

Growing up as a young boy in Iowa, I spent my summers outside, indulging in the freedom that living in a small town allowed. I would go to 25-cent stand-up arcades, go to the pool with friends, and read books at the town square bookstore. I would be gone all day and return home at dusk, tired from a full day. I was living out of my heart and not my head, as most children naturally do.



One day, I fell out of my friend's tree and broke my arm. My injury didn't slow me down. I still spent my days outside exploring and figured out a new way to ride my bike as my arm mended. I found that my arm did not need any medicine. This harmless experience yielded an early insight into the natural intelligence our bodies possess and unknowingly nudged me a step toward my chiropractic profession.

Chiropractic is the largest natural healthcare profession in the world. A knowledgeable chiropractor will begin with medical history and testing to determine the cause, followed by remedies that honor the body's innate wisdom by allowing it to heal naturally and quickly. No medicine. No surgery. Let your adventures live on. ■

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

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HEALTH

By Dr. Mallori Phillips

SETTING up a clear future

Imagine waking up exhausted, squinting to see what time it is, but being unable to focus on the alarm clock. Picture yourself navigating the location of your nightstand to find your glasses in order to focus on the numbers glaring from the clock. Yes, really. Many people experience this daily. Have you heard of myopia? Myopia is the medical term used to describe near-sightedness, which can typically be corrected with contact lenses or glasses. If you have been diagnosed with myopia, you might be concerned about your children inheriting this condition and feeling similar frustrations with their morning routines.



During a child's formative years, the eye elongates, and, in turn, the eye becomes more myopic. Research has been conducted how to prevent children from succumbing to the fate of becoming near-sighted. A new treatment program, known as MiSight, uses contact lenses in pediatric patients to slow the progression of myopia. If we successfully slow (or even halt) the development of myopia, there is a strong chance our children will continue to be able to read the alarm clock well into adulthood without the help of glasses or contact lenses. Now, if we only had a solution for the snooze button. ■

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

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FOLKS who most need sunscreens

An important part of a dermatology practice is talking to people and parents about sunscreen protection. Sunburns in children can produce skin cancers and dangerous moles years down the road. A blue-eyed man



with extensive sun damage often develops a new skin cancer weeks or months after a careless sunburn. Bald men and women with thinning crowns can develop a painful-to-treat scalp skin cancer. We regularly tell those patients that surgical treatment for a skin cancer on the scalp is one of the most “un-fun” events a person can experience.

Hats plus sunscreen lotion prevent skin cancer. There's no doubt about it. A dermatologist can often tell immediately when a patient is not practicing sun protection from the redness and new pre-cancerous rough spots popping up on the skin. When high-risk patients begin using good sun protection,

we see an almost immediate reduction in the number of new lesions they are developing.

For our men with bare scalps, we ask them to use a spray sunscreen on the scalp when they can't wear a hat. Spray it on the hand and then transfer it to the scalp and face.

Women with thinning hair should use an umbrella or a hat and use the shade, of course. In retired people, yard work and grandkids' ball games cause more skin cancers than about anything else. We often find ourselves pleading with people, “Don't spend your retirement getting skin surgeries every three to six months.”

Blue-eyed Europeans develop the most skin cancers and must be the most careful with sunscreens — especially blondes and redheads. White Europeans with brown hair and brown eyes develop the second most skin cancers. People of color benefit from sunscreens to prevent discoloration and sunburns. Those who have lost skin color from a problem called vitiligo can develop dangerous squamous cell skin cancer on their white skin. These folks

must be extra careful with sunscreens.

Sunscreens must be applied to dry, sweat-free skin at least 10 minutes before kids jump into the swimming pool. Banana Boat and Coppertone have made good sprays and lotion sunscreens for sports. Aveeno, CeraVe and Cetaphil make sunscreens from the dry and sensitive-skin perspective. For fair-skinned people, we recommend an SPF 50. For others, an SPF 30. Australian sunscreens like Blue Lizard have been leaders in Zinc-only sunscreens (chemical free). The chemical ingredient oxybenzone has caused the most concerns regarding potentially acting as a hormone-influencer. It has largely disappeared from children's sunscreens. Octocrylene is safe but can cause eye irritation. Dermatologists in general feel the rest of the active ingredients in sunscreens are both proven safe and important. Coral reefs are another story. ■

Information provided by Steven Harlan, MD, Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180, info@DOCTORHARLAN.com.

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WHAT ARE rebound headaches?

Do you suffer from headaches monthly or even weekly? Rebound headaches typically occur in people with migraine or tension headaches who also frequently use one or more acute headache medications such as butalbital-containing medications, Excedrin or triptan medications.

Medication overuse headache is a secondary, drug-induced headache that can stem from any type of primary headache type. It typically occurs more than 15 days of the month because of regular overuse of acute medications for more than three months.

So, how can it be treated? The best treatment is prevention. Using acute medications more than two days per week may lead to worsening chronic headaches. Medication overuse occurs more commonly in patients with depression, anxiety or chronic pain, women and those who drink more than 200mg of caffeine per day, which is about two cups of coffee. To break the vicious cycle of rebound headaches, a person must limit the overused medication to no more than



twice a week or stop it all together.

Many times, adding a preventative medication is needed for chronic, frequent headaches. This typically means migraines occurring more than four days per month. After a preventative medication is started, the acute medication should be tapered off or changed if still needed.

There are newer, more effective, acute and preventative medications on the market today. They typically come at a higher cost, however, and may or may not be affordable depending on insurance or other factors. Some of these in the newer class of medications don't seem to cause medication-overuse headaches as often, but, again, can be expensive.

Always feel free to reach out to your doctor or pharmacist for advice. There are options, and more medication is not always the answer and, in this case, could be doing more harm than good. ■

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

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SETTING a good example

Giving back to others provides Leonard with a sense of purpose.

This September will mark 20 years that Shelia Leonard has lived in Grimes.

In that time, she's dedicated her time and talents to helping others. Leonard has enjoyed volunteering for such organizations as the Alzheimer's Association, Diabetes Association and MS Moments — an Iowa nonprofit that provides grants to families living with multiple sclerosis.

"I had an aunt pass away from MS, and I have several dear friends who suffer from this disease, so I am really passionate about helping this organization," Leonard says. "People living with MS have to pay astronomical costs to simply slow the progression. I like how the money stays right here in Iowa to help those with MS and their families. I want to make sure my friends and others can live the best lives they can."

At Grimes Governors Days this June, MS Moments will host a corn hole tournament to raise money for the organization.

Leonard also served as a Girl Scout volunteer leader for more than 25 years. She started helping her mom run a troop and then led a troop for her daughter during her elementary years.

"That was a fun time," Leonard says. "I got to engage in a lot of activities with my daughter and other young ladies while teaching them many useful life skills."

For Leonard, the best part of volunteering is she gets to help others while interacting with and meeting new people.

"I know my time has a powerful impact in making a significant difference in peoples' lives," she says. "I get a chance to enhance others' wellbeing, which makes me feel good."

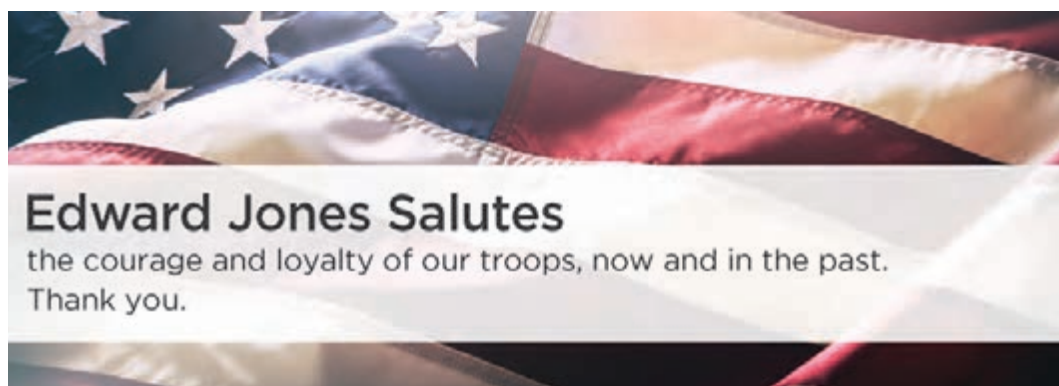


Tim Short, Edward Jones, presents the Good Neighbor certificate to Shelia Leonard.

"I like to fuel the fire for change, and I get the opportunity to make someone smile and feel good," she continues. "It improves my sense of wellbeing and level of happiness knowing I'm doing something beneficial for others."

Giving back to the community and others gives Leonard a sense of purpose, too, and she enjoys setting a positive example for her kids in hopes that they will do the same. ■

Do you know a Good Neighbor who deserves recognition?
Nominate him or her by emailing tammy@iowalivingmagazines.com.



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Financial Advisor
270 W 1st St
Suite J
Grimes, IA 50111
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A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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CHAMBER

By Brian Buethe

MAY flowers bring summer fun

Just about everyone has heard the timeless phrase “April showers bring May flowers.” Per a three-minute research session, it appears that the origin of the phrase dates back to an English poet named Thomas Tusser. He wrote “Sweet April showers do spring May Flowers.” He lived in the 1500s, so the saying has been around in one form or another for a long time. I suspect that it has staying power because, not only does it rhyme, but it rings true most years, at least in Grimes.



Now that April is in the rearview mirror, what comes next? Here at Grimes Chamber & Economic Development, when the calendar flips to May, we start thinking summer. More specifically, a lot of our time, energy and attention is focused on an event that takes place in early June. Grimes Governors Days is scheduled to take place June 9-11 in 2022. Those of you who have been around for awhile know that this means, for a few days, our community will have the opportunity to welcome a carnival (Sam’s Amusements), enjoy parades, participate in the 5k/Fun Run (organized by the DCG Education Foundation and Athletico), watch kids square off in a Pedal Pull Contest, see talented youth perform in the Bill Reilly Talent Show (organized by Inspiring Dance), and more.

In the Entertainment Garden (sponsored by Raccoon Valley Bank and staffed by a lot of wonderful volunteers), there will be a variety of offerings. Aftershock will be on the Home Base Grimes Stage on Friday evening. They describe themselves as a “South Jersey cover band doing a little bit of everything — rock, pop, country and hip-hop. Saturday afternoon will include the annual MS Moments Bags Tournament, which is a fun time for everyone regardless of experience. Saturday evening, the festival will close with a performance by Pianopalooza Dueling Pianos featuring Tony Bohnenkamp and Jerry Lorenson.

The full schedule of events, which is always subject to change, can be found at www.GovernorsDays.com. This is where you can also see a complete list of sponsors, who, through their generosity, make it possible to hold this festival. It is a wonderful opportunity for neighbors to meet neighbors and people to learn what businesses not only exist in our community, but are actively investing to improve our quality of life.

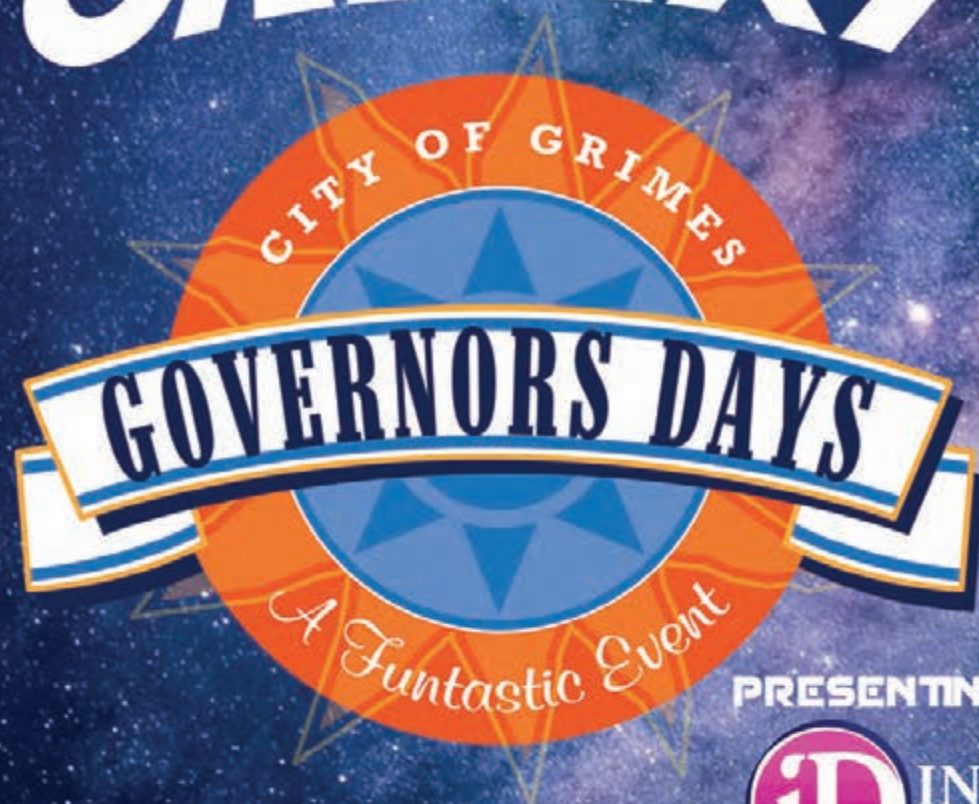
The biggest news surrounding the festival this year is that it will have a new location. Traditionally held in Waterworks Park, Governors Days will take place at the South Sports Complex this year, which is generally located at 750 S. James St. We’re fine with the move, because it is necessary to make the new Grimes splash pad a reality, which will be a great new amenity for the community. We’ll do the best we can to make the transition a smooth one.

April showers have led us to May flowers, which will lead us to a great kickoff to summer. On behalf of Inspiring Dance (Presenting Sponsor), other festival sponsors, and all of the members of Grimes Chamber & Economic Development, we look forward to a great time at this year’s Governors Days — A Funtastic Event. ■

Information provided by Brian Buethe, President, CEO, www.GrimesIowa.com.

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RIBBON Cutting

The Grimes Chamber of Commerce held a ribbon cutting for City State Bank's Grimes branch expansion on May 6.



The Grimes Chamber of Commerce held a ribbon cutting for City State Bank's Grimes branch expansion on May 6.



Amy Longman and Samantha Pierangeli



Nancy Kapfer, Michelle Macumber and Crissy Draper



Eric Johansen and Madison Taiber



Taylor Ellis and Joan Warren



Cole Adair, Holly Albrecht and Bryce Block



Melanie Knoll and Morgan Hamell



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Diane Harmening and David Albrecht

OUT & ABOUT



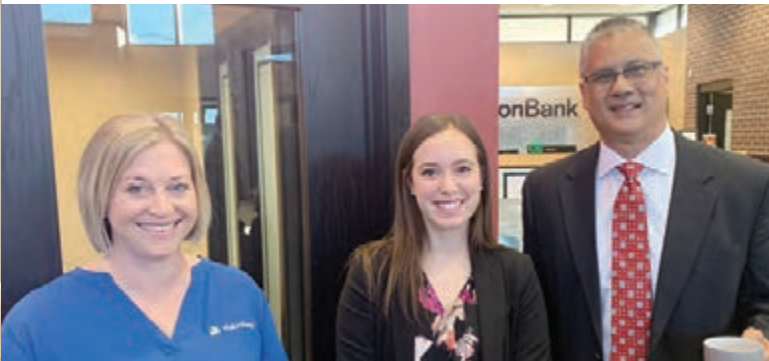
Joel Woehler and Scott Gustafson at the Dallas Center Betterment Foundation networking social held at The Gallery by Board & Batten on April 21.



Chris McLinden and Bev McLinden at the Dallas Center Betterment Foundation networking social held at The Gallery by Board & Batten on April 21.



Angie Wenell and Alex MacConnell at the Dallas Center Betterment Foundation networking social held at The Gallery by Board & Batten on April 21.



Sarah Foland, Mia Eskra and Cliff Cunanan at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.



Jeff Weddle, Meg Dickenson and Miranda Kyhl at the Dallas Center Betterment Foundation networking social held at The Gallery by Board & Batten on April 21.



Kate Sheets and Darla MacConnell at the Dallas Center Betterment Foundation networking social held at The Gallery by Board & Batten on April 21.



Danyell Steele and Madison Taiber at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.



Dan Boes and Sean Williams at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.



Shane Goodman and Brian Buethe at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.



Tom Armstrong and Steve Rogers at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.



Seth Gilkes and Chad Sorenson at the Grimes Chamber Percolate AM hosted by Vision Bank on April 14.

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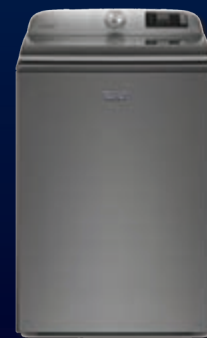
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Always a good time to shop local!

Activate Their Brain this Summer!

After a long winter indoors (and an even longer pandemic), children need to get out and about for good mental health. Here are a few places children can exercise their brain in central Iowa:

1. Science Center of Central Iowa
2. Living History Farms
3. Jester Park Nature Center
4. Kuehn Conservation Area
5. Blank Park Zoo
6. Brenton Arboretum
7. Big Creek Beach
8. Ledges State Park
9. State Historical Building
10. The Iowa Children's Museum



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

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