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WELCOME

OPINIONS galore

Most of us have been told to keep our opinions to ourselves, but this issue of your Living magazine is full of them. That is the premise of our annual "Residents' Choice" poll where voters name their favorite choices in a number of categories. Inside this issue, you will find the full results from the Northwest Polk County Residents' Choice poll.



The people, places, events and other winners in this "Residents' Choice" poll are not our choices but rather the choices of each of you — our readers and the residents of this community.

Some publishers call their polls like this "Readers' Choice" polls, but we choose to call ours "Residents' Choice," as, for us, they are one and the same. Every household in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way.

You may wonder how we keep people from voting multiple times. It's quite simple. The poll software prevents it from happening, but some clever folks discovered that they could delete their "cookies" on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are from cheaters.

The difference in the top choice and the runners-up is sometimes only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year's poll, thank you. If you didn't vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

Thanks for reading.

SHANE GOODMAN

Publisher 515-953-4822, ext. 305 shane@dmcityview.com



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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Northwest Polk County Residents' Choice for Favorite ...

(Runners up in alphabetical order)

1. Thrift store

Many Hands Thrift Market, Grimes
Runners up: Goodwill, Johnston; Stuff Etc,
Clive

2. Dad/child date spot

Jester Park, Granger

Runners up: Get Air Trampoline Park, Urbandale; Pole Position Raceway, Grimes

3. Mom/child date spot

Heavenly Delights, Grimes Runners up: Get Air Trampoline Park, Urbandale; Jester Park, Granger

4. Financial institution

Veridian Credit Union

Runners up: Charter Bank, Community Choice Credit Union

5. Restaurant

Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: ShortE's BBQ, Johnston; The Urban Grill, Urbandale

6. Hair salon

Talking Heads Salon, Grimes

Runners up: Adara Salon and Spa, Johnston; Great Clips, multiple locations

7. Gymnastics studio

Emerge Academy, Grimes

Runners up: Mid Iowa Gymnastics, Grimes; Sapphire Gymnastics Academy, Urbandale

8. Doctor

Dr. Rana Al-Durrah, MercyOne Johnston Pediatrics Care Clinic

Runners up: Dr. Andrew Bishop, MercyOne Johnston Family Medicine Clinic; Dr. Dennis Bussey, UnityPoint Clinic Family Medicine -Grimes



9. Dentist

Dr. Jonathan Karch, The Dental Studio of Iowa, Johnston

Runners up: Dr. Connor Elmitt, The Dental Studio of Iowa, Johnston; Dr. Jennifer Grove, Grove & Platt Dental Associates, Grimes

10. Chiropractor

Dr. Kyler Case, Metro Movement Chiropractic and Rehabilitation, Urbandale Runners up: Dr. Shane Hoffman, Thrive Family Chiropractic, Urbandale; Dr. Aaron Rector, Active Wellness, Johnston





11. Eye doctor

Dr. Erin Wilkens, Lifetime Vision, Johnston Runners up: Dr. Matthew Howie, Total Family Eye Care, Grimes; Dr. Wendianne Wilson, Advanced Eyecare Center, Urbandale

12. Pastor

Jeremy Carr, NorthPoint Church, Johnston Runners up: Mike Householder, Lutheran Church of Hope, Grimes; Ben Wedeking, Grimes United Methodist Church

13. Health club or gym

Life Time Des Moines, Urbandale Runners up: Anytime Fitness, multiple locations; Emerge Academy, Grimes

14. Boutique

Purple Poppy Boutique, Johnston Runners up: Sassy Ensembles, Urbandale; Twist, Urbandale

15. School

Johnston High School

Runners up: Des Moines Christian Academy, Urbandale; Wallace Elementary, Johnston

16. Community festival

Johnston Green Days

Runners up: Grimes Governors Days, Urbandale Fourth of July

17. Church

Lutheran Church of Hope, Grimes Runners up: Gloria Dei Lutheran Church, Urbandale; NorthPoint Church, Johnston

18. Restaurant for dessert

Heavenly Delights, Grimes

Runners up: Trostel's Greenbriar Restaurant and Bar, Johnston; Van Dee's Ice Cream Shoppe, Johnston

19. Restaurant for breakfast

Cozy Cafe, Johnston

Runners up: 100th St. Corner Cafe, Urbandale; The Machine Shed, Urbandale

20. Restaurant for lunch

The Urban Grill, Urbandale Runners up: Palmer's Deli and Market, Urbandale; ShortE's BBQ, Johnston

21. Restaurant for dinner

Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: ShortE's BBQ, Johnston; The Urban Grill, Urbandale

22. Car dealership

Toyota of Des Moines, Grimes

Runners up: Bob Brown Chevrolet, Urbandale; Willis Auto Campus, Clive

23. Place for ice cream

Heavenly Delights, Grimes

Runners up: Al's Dairy Freeze, Grimes; Van Dee's Ice Cream Shoppe, Johnston

24. Event

Johnston Green Days

Runners up: Grimes Governors Days, Urbandale Fourth of July

25. Daycare

KinderCare, multiple locations

Runners up: As We Grow Childcare and Preschool, Johnston; Generation Next Child Development Center, multiple locations



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We switched gyms a little over a year ago. **Best decision of our life!** My son has thrived so much here, he looks forward to attending practice everyday and is actually disappointment when he doesn't have class." - Lacie C.



We offer 3 types of Gymnastics classes: Recreational Gymnastics, Xcel Gymnastics and Junior Olympic Competitive Teams -Boys and Girls.



We offer 3 types of Ninja Warrior levels: Beginner-Advanced, Ninja Team and Adult Ninia.



Access to fitness equipment - Basic Workout Area Memberships.

26. Children's birthday party spot

Sky Zone Trampoline Park, Grimes Runners up: Emerge Academy, Grimes; Get Air Trampoline Park, Urbandale

27. Preschool

Generation Next Child Development Center, multiple locations

Runners up: KinderCare, multiple locations; Meredith Drive Preschool, Johnston

28. Library

Johnston Public Library

Runners up: Grimes Public Library, Urbandale Public Library

29. Chamber of commerce

Urbandale Chamber of Commerce

Runners up: Grimes Chamber and Economic Development, Johnston Chamber of Commerce

30. Camping spot

Jester Park, Granger

Runners up: Cutty's Camping Resort, Grimes; Saylorville Lake

31. Photographer

Wendy Sorensen Photography

Runners up: Pat Ward Photography; Sarah McConell Photography

32. Dance studio

Inspiring Dance, Grimes

Runners up: Black Pearl Dance Academy, Grimes; Dance Vision, Johnston

33. Place to take your mom and dad

Central States Mobility, Johnston

Runners up: Jester Park, Granger; ShortE's BBQ, Johnston

34. Place to take your kids or grandkids

Jester Park, Granger

Runners up: ShortE's BBQ, Johnston; Pizza Ranch, multiple locations

35. Place for auto service

Finishline Auto Works, Grimes

Runners up: Christian Brothers Automotive, Grimes; Shade Tree Auto, Grimes

36. Place to purchase a gift for a woman

Purple Poppy Boutique, Johnston

Runners up: accents + interiors, Urbandale; Canoyer Garden Center, Grimes

37. Place to purchase a gift for a man

Johnston Ace Hardware

Runners up: AE Outdoor Power, Urbandale; Menards, multiple locations

38. Realtor

Kristin Coffelt, RE/MAX Precision

Runners up: Casee Woodley, RE/MAX Precision; Nichole Rector, Coldwell Banker Mid-America

39. Bar

Pour Choices Neighborhood Bar, Grimes

Runners up: Lynn's on Merle Hay, Johnston; Stevie C's, Grimes

40. Place for guests to stay

Stoney Creek Hotel and Conference Center, **Johnston**

Runners up: Hilton Garden Inn, Johnston; Hotel Renovo, Urbandale



41. Coffee shop

Lightbrite Coffee Roasters, Grimes Runners up: Friedrichs Coffee, Urbandale; Twisted Bean, Urbandale

42. Florist

Hy-Vee Floral, multiple locations Runners up: Boesen The Florist, multiple locations; Plaza Florists & Gifts, Urbandale

43. Garden center

Canoyer Garden Center, Grimes Runners up: Earl May Nursery and Garden Center, Grimes; Piney Ridge Greenhouse, Iohnston

44. CPA

Kim Jacobsen, Timmins, Jacobsen & Strawhacker, Urbandale

Runners up: Aaron Plaskas, Financial Architects, Clive; Ann M. Hartz CPA & Associates, Urbandale

45. Insurance agent

Glenn Waterhouse, State Farm Insurance, **Johnston**

Runners up: Ben Buenzow, Buenzow Insurance Group, Urbandale; Mark Courter, State Farm Insurance, Urbandale



Inspiring Dance in Grimes was chosen favorite dance studio in polling.

46. Pharmacv

Hy-Vee Pharmacy, multiple locations Runners up: Medicap Pharmacy, multiple locations; Walgreens Pharmacy, multiple locations

47. Grocery store

Fareway, multiple locations

Runners up: Aldi, multiple locations; Hy-Vee, multiple locations

48. Pizza establishment

Pagliai's Pizza, Johnston

Runners up: Casey's General Store, multiple locations; Taste of New York Pizza, Johnston

49. Senior living facility

Edencrest at Green Meadows, Johnston Runners up: Bishop Drumm Retirement Center, Johnston; Kennybrook Village, Grimes

50. Homebuilder

J Larson Homes, Johnston

Runners up: Destination Homes, Urbandale; Heuton Homes, Johnston

51. Home improvement retail store

Runners up: Cabinets by Design, The Home Depot



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52. Home improvement contractor

Renov8 IA, Johnston

Runners up: Remodeling Contractors, Urbandale; Scott Construction, Granger

53. Plumbing company

Golden Rule Plumbing, Heating & Cooling, Grimes

Runners up: Roto-Rooter Des Moines, Grimes; Schlievert Plumbling, Inc., Urbandale

54. Electrician (business)

Deaver Electric, Grimes

Runners up: LLAB Electric, Urbandale; Mid Iowa Electric, Clive

55. Heating and cooling business

Schaal Plumbing, Heating and Cooling, **Johnston**

Runners up: Golden Rule Plumbing, Heating and Cooling, Grimes; Kohles & Bach Heating and Cooling, Johnston

56. Lawn care business

Colby's Lawn & Landscape, Johnston

Runners up: Stone Cross Lawn & Landscape, Urbandale; Ultimate Lawn Services, Johnston

57. Landscaping company

Colby's Lawn & Landscape, Johnston Runners up: Iowa Outdoor Products, Urbandale: Stone Cross Lawn & Landscape, Urbandale

58. Law firm

Abendroth Russell Barnett Law Firm,

Runners up: Ben Lynch Law, Clive; Danilson Law, Johnston

59. Physical therapy

Elevate Physical Therapy and Sports Medicine, Johnston

Runners up: Athletico Physical Therapy, Urbandale; Champions Recovery Room and Physical Therapy, Urbandale

60. Dog groomer

Clean & Breezy, Johnston

Runners up: Bark Shop, Urbandale; The Barking Lot, Urbandale

61. Financial planner

Loren Merkle, Merkle Retirement Planning, Grimes

Runners up: Sharon Vickery, Edward Jones, Johnston; Stephen Houge, Guide Financial Group, Urbandale

62. Retail store

Central States Mobility, Johnston

Runners up: Learning Post & Toys, Urbandale; Purple Poppy Boutique, Johnston

63. Veterinarian

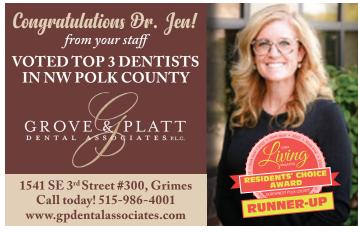
Prairie View Animal Hospital, Grimes

Runners up: Village Veterinary Hospital, Johnston; Westfield Veterinary Hospital, Johnston

64. Nonprofit

Many Hands for Haiti

Runners up: Children's Cancer Connection; Urbandale Food Pantry ■









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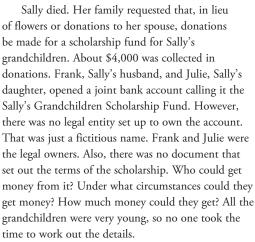


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MORE on setting up a **ROTH** for a minor

Last month, Wade Lawrence, from City State Bank, wrote a wonderful article for this magazine on setting up a ROTH IRA for a minor. If you did not read it, go find it and read it.

It is a difficult challenge to put money aside for a minor. Here is a recent situation we encountered.



Frank eventually needed to go to long-term care. And, since he was a legal joint bank account owner, the state determined that half the money in the account belonged to him. The account had to be liquidated before Frank could qualify for Medicaid benefits, and he could not give the money away. He had to spend it on himself.

Had Frank wanted to set up a legal entity to hold the scholarship money, the cost would have been between \$2,000 and \$5,000 — cost prohibitive given the amount of money available.

If the donations had been split and used to establish a ROTH for each grandchild, the entire situation could have been avoided. Also, a ROTH gives grandparents and other family members a very nice landing place for gifts to children whose parents already provide most everything they want.

Under current tax law, when it comes time for college, contributions made to a ROTH can be withdrawn without penalty or tax, but not the interest or dividends accrued. Is this better than the 529 plan option? Yes and no. Donations to a 529 plan are tax deductible. Donations to a minor's ROTH are not. However, a 529 plan is revocable, so it would have had to be liquidated in the above situation, whereas the ROTH IRA plan would have survived.

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.



LIBRARY

GRIMES Public Library news

Another participant has finished the 1,000 Books Before Kindergarten program at Grimes Public Library. The program is nationwide and

encourages families to read 1,000 books together before a child reaches kindergarten. It is a fun and free way to start your child on the path to success with prizes at every 100 books. Stop by the Library to sign up.

Name: Madelyn Stawowczyk Parents' Names: Paul and Teresa Stawowczyk

Age: 4

Favorite Book: "Pete the Cat: I Love My

White Shoes"

Favorite Animal: Giraffe



Madelyn Stawowczyk

Pre-K learning opportunities at Grimes Public Library

Storytimes have long been synonymous with public libraries. What better way to teach our youngest patrons crucial early literacy skills and to build a love of the library than to get together once a week to share a story? But working families can't always make it to storytimes traditionally offered on weekday mornings, and some young minds learn better from hands-on exploration. Here are a few of the ways our Youth Services librarians have worked to expand Pre-K opportunities to accommodate all families at Grimes Public Library. Pre-K activities are free and open to the public. No registration required.

- Outreach Youth librarians visit daycare centers and preschools within Grimes once a month to bring storytimes and new books to the classrooms.
- Night and Weekend Storytimes Our storytime lineup includes evening and weekend storytimes to accommodate varying family schedules.

All ages storytime

This program features songs, rhymes, books and activities designed to be developmentally appropriate for ages 2-5. This storytime is held Mondays at 6:30 p.m., Wednesdays and Thursdays at 10 a.m., and the second Saturday of the month at 10 a.m.

Baby storytime

This program features songs, rhymes, books and activities designed to be developmentally appropriate for birth to 24 months. It is held the fourth Saturday of the month at 10 a.m.

More programs

Since storytime is so popular at Grimes Public Library, the Youth Department has created more pre-K programs.

- Baby and Toddler Open Play is unstructured time for children to socialize and play with a variety of toys and sensory items for birth to 3 years. It is held the first Friday of the month from 9 a.m. to noon.
- Kids Play includes hands-on, guided experiments, crafts and play designed to be developmentally appropriate for ages birth to 5 years. It is held the third Friday of the month at 10 a.m. ■

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MEDICARE Annual Enrollment

Why you should revisit your plan each year.

Medicare is not "set it and forget it" health insurance. You need to revisit your plan each year. A little work can save you money and prevent surprises when you visit the doctor or pick up a prescription. If your plan doesn't meet your needs, you can make changes during the Medicare Annual Enrollment period, which runs from Oct. 15 through Dec. 7.



Each year, you need to check on the three P's: providers, prescriptions and pharmacies to ensure your plan still covers your preferences. Why? Because insurance carriers frequently renegotiate provider contracts, which can change the terms of your supplement plan.

Start with your providers — these are your doctors and specialists. If they are no longer in-network, it might be time to switch to a different plan or provider.

As for prescriptions, I've heard horror stories about people going to the pharmacy to pick up medication and finding out that it's no longer covered or coverage has changed. The out-of-pocket costs can skyrocket.

Make sure your preferred pharmacy is still part of your network, too. I've run the numbers for the individuals and families we work with on this. In one scenario, we found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at an in-network pharmacy and \$1,117.80 at one that is not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine.

Supplement plan changes can also impact your premiums, copays and deductibles, plus other benefits, like X-rays, prosthetic devices and physical therapy. Extra things like gym memberships, chiropractic visits, and meal deliveries are worth checking. These things often get added to — and dropped — from plans. During annual enrollment, you can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G). You can also move from one Advantage Plan to another or from one prescription drug plan to another.

Information provided by AnnaMarie Morrow, director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Medicare.gov.





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EVENTS IN THE AREA

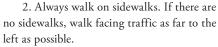
Be sure to check for cancellations.

Trick or Treat

Oct. 31, 6-8 p.m. **Around Grimes**

Calling all ghosts and ghouls, all pirates and princesses. Here are five tips to help you stay safe this Halloween.





- 3. Watch for cars that are turning or backing up.
- 4. When selecting a costume, make sure it is the right size to prevent trips and falls.
- 5. Join kids under age 12 for trick-ortreating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-ortreat in groups.

Fall Cleanup

Oct. 29-30, 8 a.m. to 4 p.m. Oct. 31 to Nov. 4, 7 a.m. to 3 p.m. Nov. 5-6, 8 a.m. to 4 p.m. Public Works building at 1700 S.E. Destination Drive

Grimes residents have another option to dispose of yard waste this fall. Residents can bring yard waste to the Public Works building free of charge on the dates listed.

Holiday Bazaar Craft and Vendor Fair

Saturday, Oct. 29, 9 a.m. to 2 p.m. **Grimes United Methodist** Church, 801 W. First St., Grimes

Get a head start on the holidays at

this craft and vendor fair at this fundraiser for a mission trip to Uganda.



Haunted attractions

Various dates: check websites

- Ames Haunted Forest 1400 S. Fourth St., Ames ameshauntedforest.com
- Linn's Supermarket 3805 Sixth Ave., Des Moines linnshauntedhouse.com
- Phantom Fall Fest 3200 Adventureland Drive, Altoona adventurelandresort.com
- Slaughterhouse 500 Locust St., Des Moines slaughterhousedm.com
- Sleepy Hollow Haunted Scream Park 4051 Dean Ave., Des Moines sleepyhollowscreampark.com
- ScareDSM 97 Indiana Ave., Des Moines scaredsm.com
- Tormented Souls Haunt & Scream Park Catch the Terror Bus at Edgewood Park, Madrid tormentedsoulshaunt.com

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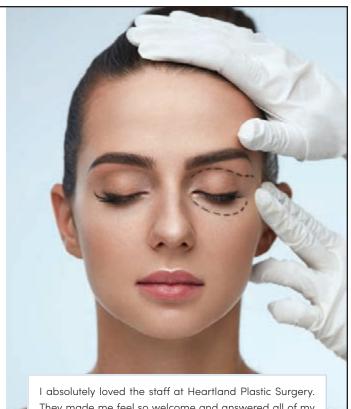
- Excess skin under the natural fold of the upper eyelids
- Loose skin that hangs down from the upper eyelids
- Puffiness in the upper eyelids that creates a tired look

Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
- Puffy "bags" and, in some cases, dark circles



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EVENTS IN THE AREA

Be sure to check for cancellations.



Family Halloween

Through Oct. 29 Living History Farms, 11121 Hickman Road, Urbandale

Experience historic trick-or-treating, pumpkin bowling, story-telling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 21, 5-8 p.m.; Oct. 22, 5-8 p.m.; Oct. 23, 4-7 p.m.; Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at lhf.org.

ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m. Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa
presents this fundraising
concert. Admission is free,
but a freewill donation
will be used to support
programming related to
providing safe housing for
women. During the Celtic
Concert, the sewing group
at Trinity Presbyterian
Church, Indianola, is
providing a display of
comforters. Their
comforters go all over the
country and world for people in need.



Holiday Market

Nov. 5, 9 a.m. to 3 p.m. Edgewater, 9225 Cascade Ave., West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.



OCTOBER | 2022

RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off." They're perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame. \blacksquare

Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray
- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- · Serve warm.
- Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Location. Location. Location.

Tom and Joni wanted to live close to it all and when they decided to make a change, the townhomes at Deerfield were exactly what they were looking for. "We felt that the location was very convenient as it is close to medical clinics and shopping."

After moving to Deerfield, it was determined Tom needed a higher level of care, and Deerfield's private duty home care stepped in for more than two years. "They were reliable and never missed a shift." Tom has now moved to the health center, and Joni is especially thankful for the 24/7 security. "I feel safe, which is very important to me."

From no-maintenance independent living options to assisted living and long-term care, Deerfield offers the reassurance that this can always be your home. Tom receives the care he needs and Joni enjoys activities and social life at Deerfield. "I love interacting with my fellow residents because they are so interesting."

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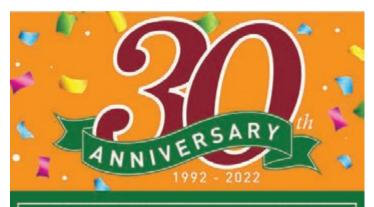


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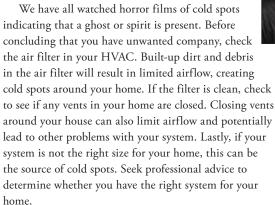
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MYSTERIOUS

noises

Have you been experiencing cold spots, selfclosing doors, or weird noises in your home? With Halloween right around the corner, these weird noises can allow our imagination to get the best of us. But fear not, the HVAC Ghostbusters are here.



There is nothing scarier than a door suddenly closing on its own. Before this sends you running out of your house, look for drafts around doors and windows. Drafts around these areas will have no problem slamming doors shut or open without human help. Unwanted drafts can be a sign that your system has a pressure imbalance. No worries, this is a problem that your HVAC technician can solve without difficulty.

Have eerie noises been sending shivers down your spine? You may be experiencing loud banging or wailing noises coming from the direction of your HVAC. A noisy system can be due to a lack of maintenance or a sign that a repair is needed. Routine annual maintenance is the key to keeping the creepy noises away.

While we are on the topic of maintenance, the most frightening systems are the ones that don't receive annual upkeep. Don't allow your system to turn into a monster. If your system is not on a maintenance program, it's not too late to start. Maintenance programs include many benefits, such as catching repairs early, keeping your warranty valid, and ensuring that your system is running at its highest efficiency.

Hopefully, these tips help you solve the Halloween mysteries around your home. Save the scares for fun holiday activities by making it a point to give your heating and cooling system the necessary care and maintenance needed to function efficiently.

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



6 WAYS to help yourself stay sane in a volatile market

Keeping your cool can be hard to do when the market goes on one of its periodic rollercoaster rides. Here are six ways to help keep yourself from making hasty decisions that could have a long-term impact on your ability to achieve your financial goals.

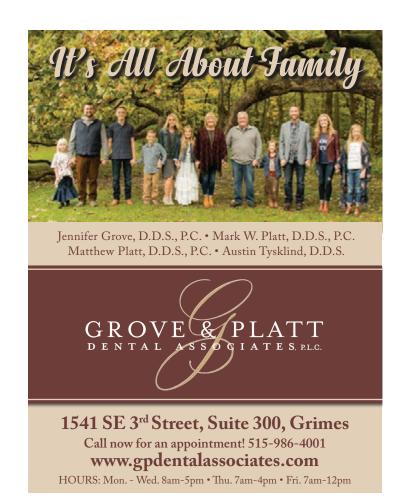


1. Have a game plan - Volatile markets are nothing new. Having a plan to recognize the potential for turbulent times can help

prevent emotion from dictating your decisions. Use diversification to manage risk to align with your long-term goals. Diversification doesn't ensure a profit or protect against a loss, but it can help you understand and balance your risk in advance.

- 2. Know what you're owning and why When the market goes off the tracks, knowing why you originally made a specific investment can help you evaluate whether your reasons still hold, regardless of what the overall market is doing.
- 3. Tell yourself that this too shall pass The financial markets are historically cyclical. Even if you wish you had sold at what turned out to be a market peak, or regret having sat out a buying opportunity, you may get another chance at some point. Although market timing can give an adrenaline rush, a well-thought-out asset allocation is still the basis of a good investment plan.
- 4. Stay on course by continuing to save Adding to your portfolio will help to lessen the emotional impact of falling prices. If you're using dollar-cost averaging — investing a specific amount regularly regardless of fluctuating price levels — you may be getting a bargain by buying when prices are down.
- 5. Remember your road map Solid asset allocation is the basis of sound investing. A diversified portfolio is important as strong performance of some investments may help offset poor performance by others. Even with an appropriate asset allocation, parts of a portfolio may struggle. Timing the market can be challenging even under the best of circumstances. Make sure your asset allocation is appropriate before making drastic changes.
- 6. Take it easy If you feel you need to make changes in your portfolio, there are ways to do so short of a total makeover. Rebalancing is a way to buy a depreciated asset while taking profit from an appreciated asset. If you adjust your portfolio during a period of turmoil, those changes can (and probably should) happen in gradual steps. ■

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EDUCATION

By Ashley Rullestad

ESPORTS team formed at DCG

Program continuing to grow



Dave Harwood is the esports coach. The team continues to grow and participants can join any of the three seasons, allowing them to play in other sports as well.

It might not be the traditional sporting team you imagine when you think of high school sports, but esports is gaining in popularity in Iowa schools. According to the Iowa High School Esports Association (IAHSEA) website, esports can give students "a community, doing something they are confident in, who have never had a community before. We want to celebrate every positive thing our students do for our schools and give all students access to that opportunity."

At Dallas Center-Grimes High School, Activities Director Brent Buttjer was approached by a group of students about forming an esports team in the fall of 2021. Organizational meetings were held in the fall and winter, and Dave Harwood was chosen for the role of designated esports coordinator/coach. The first team formed in the spring of 2022, playing the game Smite. The group is part of the IAHSEA, which is affiliated with the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

"Our purpose is to provide students with additional opportunities to be engaged, socialize, grow STEM skills, and build character, discipline, self-esteem and sportsmanship through practice and competition," Harwood says. "There are also over \$15 million in college scholarships offered to high school esports players every year."

Any DCG 9-12 grade student can join. Three competition seasons are held a year: fall, winter and spring, which correspond to the athletic calendars. This allows students to participate in sports and esports. This flexibility with multiple seasons creates better opportunities to get more students involved, Harwood says.

The group is looking for donors and sponsors, as equipment needs increase with the growing popularity of the club.

"We received a nice donation last spring that covered our needs for the fall but would love to get in touch with anyone who could help us financially or with equipment. We are also looking for volunteer coaches to help with monitoring practices and games. You don't have to be a super-gamer to supervise."

The fall Super Smash Bros season began in September and runs through Oct. 25. If the team's record is strong enough, they could make the playoffs and compete for the state title. The winter season will see students playing Rocket League and Overwatch 2, and the spring will be Smite and SuperMario Kart.

"We would love to run an esports camp for younger DCG gamers at some point in the future, but that is still in the dream stage. Although we are just getting off the ground, it has been fun seeing the kids grow in so many areas," Harwood says. ■

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SEASONAL changes and psoriasis

The calendar has officially turned to fall, and that means colder, blustery weather outside plus indoor heat and dryer conditions inside. This combination can be difficult for people with psoriasis.

More than 7 million Americans are currently living with psoriasis* — an autoimmune disease that causes chronic, system-wide inflammation and an overproduction of skin cells. Healthy skin cells regenerate every 28 days. Psoriatic skin cells regrow every four days, piling up on the skin's surface.

Most often the first occurrence is in early childhood through adolescence. It's believed to start on a genetic level from defective DNA that is not able to turn off cell production. The most common areas affected are the scalp, elbows, legs, knees and arms. Psoriasis is not infectious or contagious.

• What causes psoriasis? Many people who are genetically predisposed to psoriasis may not have symptoms for years until the disease is triggered by an environmental factor like emotional stress, infection (strep throat), injury

to the skin (scratch, cut, scrape or sunburn), smoking, alcohol abuse, medications or extreme weather changes. After the initial outbreak, psoriasis can come and go but, unfortunately, tends to recur. Stress and anxiety can frequently cause these flareups in the future.

- How is it diagnosed? A dermatologist will examine the skin, looking for specific characteristics common with psoriasis. The actual diagnosis will be made after microscopically analyzing biopsied tissue. This is done to rule out other diseases and provide data that will help determine an appropriate treatment plan.
- What are the treatment options? The first line of defense is topical medicines. They slow down excessive cell reproduction and help reduce inflammation. These prescription creams may contain cortisone, salicylic acid or retinoids. Moisturizer is also very important. It keeps the skin hydrated and helps control itching.

Ultraviolet light B (UVB) is a form of light therapy that penetrates the skin and slows the growth of affected skin cells. UVB can be administered in different ways including

small units for areas like hands and feet, fullbody units, or hand-held devices. In addition, the excimer laser uses a high-intensity beam of UVB to target specific localized areas of plaque psoriasis like the scalp.

Systemic medications are prescription drugs that work throughout the body. They are usually used for individuals with moderate to severe psoriasis and may have been unresponsive or are unable to use topical medications or UV light

Biologics are newer, stronger medicines that target specific parts of the immune system and are given by injection or IV infusion. This means they have less risk of causing side effects with the liver and kidneys. They are an important option for people with moderate-to-severe psoriasis, psoriatic arthritis, or both.

Talk to a dermatologist about the psoriasis treatment plan that is right for you.

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

*https://www.psoriasis.org/about-psoriasis



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SENIOR SAVINGS: Avoiding costly Medicare mistakes

Whether you are already enrolled in Medicare or looking ahead, it is important to understand what Medicare covers and when to enroll. From missing enrollment windows to selecting a prescription plan not



suited to your needs, Medicare mistakes can be costly.

Know when to enroll

Not enrolling at the right time is one of the costliest mistakes you can make. There is a seven-month window for Medicare enrollment that begins three months before your birth month and ends three months after your birth month. Missing this window could result in a late enrollment penalty. Enrolling in a Part D program is optional, but, with a few exceptions (e.g., employer coverage), if you do not enroll when you first become eligible, a lifetime penalty will be added to your premium when you do enroll.

Avoiding Part D mistakes

With as many as 30 options to consider, selecting the right Medicare Part D plan can be overwhelming. Many seniors simply select the plan with the lowest premium. Others enroll in a plan and then never reexamine it to see if it still fits their needs. With prescription costs varying widely between plans, selecting the wrong plan can be costly. Consider your priorities when choosing your plan:

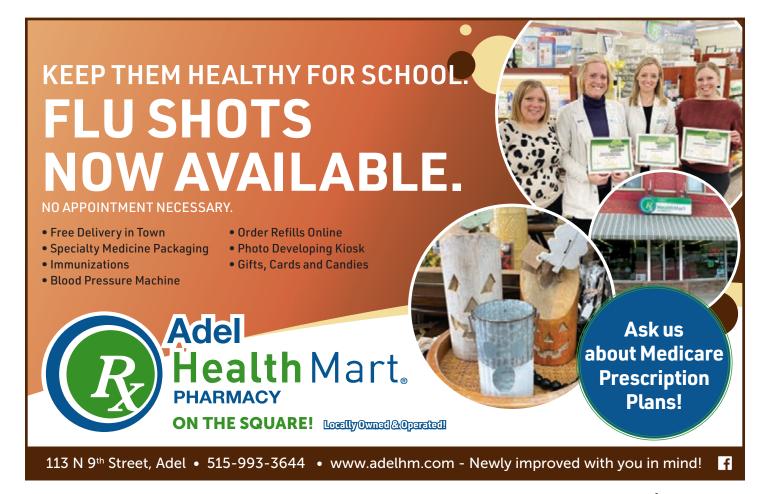
- You currently take medications look for plans that include your medications.
- You want extra protection from high prescription drug costs — look for plans that will offer you coverage in the coverage gap.
- You want drug expenses to be balanced throughout the year - look for plans with a low or no deductible or with additional gap
- You take a lot of generic prescriptions look for a plan that offers low or no copayments on generics.
- You are a diabetic on insulin Many plans now offer better copays for insulin products. Look for those.

- You don't have many drug costs now (but want peace of mind and to avoid future penalties) - look for a plan with a low monthly premium.
- You prefer the extra benefits and lower costs available by getting your health care and prescription drug coverage from one plan and are willing to accept the plan's restrictions on what doctors, hospitals and other health care providers you can use - look for a Medicare Advantage Plan (Part C) that includes prescription coverage. Part C is available through private insurance companies that contract with Medicare.

Plan options change, as do your needs. Be sure to reevaluate your coverage annually. Open enrollment for the following year is from Oct. 15 to Dec. 7 every year.

If you are unsure if your current plan is the best one for you, talk to your pharmacist. ■

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







WHAT is a diagnosis?

An accurate diagnosis is vital to getting the most appropriate treatment and treatment plans. An accurate diagnosis ensures the best outcomes for your condition and symptoms. Not all diagnosis skills are created equal, just like not all doctors are created equal. Diagnosis is a clinical skill that must be mastered and applied skillfully in order to choose the correct prescriptions for treatments and excellent outcomes. If you're not told what your diagnosis is,



then you should be hesitant on any treatment recommendations that were provided.

A diagnosis is essentially a clinical prediction which is defined as three or more features from one's history, physical examination, or simple ancillary tests that are predictive of a certain condition. A clinical prediction is fundamentally a specific combination of features that, when present together, correlate strongly with a specific diagnosis.

One place to begin in solving diagnosis is using the simple variable of prevalence. For example, what are the three major sources of lower back pain, and which are most common?

Disc pain - 40%, facet joint pain - 30%, and sacroiliac pain -22.5%. This variable can be combined with three or more other specific clinical features to increase the probability of an accurate diagnosis.

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

HEALTH

By Dr. Mallori Phillips

HALLOWEEN eye safety

Spooky season is upon us, and you may be planning your costume attire for fun Halloween activities. Think twice before you plan to complete your outfit by using colored contact lenses. All contact lenses are medical devices that require a prescription from an eye doctor. You may wonder why costume contacts are readily available and easily sold among online stores and costume shops. FDA approval of medical devices is required, and these retailers are breaking



the law by selling contact lenses without an authorized prescription.

Frightening outcomes can occur from the improper use of costume contact lenses. For instance, cases of eye infections and eye abrasions are reported every year, and if diagnosed with one of these conditions, treatment can be extensive and uncomfortable. In addition, many costume contact lenses are designed so they are either fully or partially opaque. With one or both eyes essentially blocked, depth perception and side vision can be severely impaired when using costume contacts.

Don't let your eyes turn into a horror story; consult with your local eye doctor about healthy contact lens options to help you achieve your ideal Halloween look. ■

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



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Q: Do you have restless legs or cramps?

A: First off, you are definitely not alone. A lot of people around the world suffer from either of these. Restless Leg Syndrome is a condition in which your legs get very uncomfortable, and you have this irresistible urge to move. Leg cramps are pretty similar in the aspect of your legs start to hurt, and you have to get up. One thing that these two conditions have in common is, they tend to get more noticeable throughout the day and especially at night.



A lot of people who have either of these get them a lot when they are lying in bed trying to go to sleep. You have to get up and shake it out before you are able to get comfortable again. I have heard of so many methods — like drinking pickle juice or putting on your shoes to try to relieve the cramps — that have helped some. We cannot pinpoint one single thing that causes either of these conditions, but a lot of research shows that it could stem from dehydration, high stress levels, even down to your iron levels. So how can you stop it? Try something small first like stretching before bed, taking a hot bath, or making sure you drink a lot of water throughout the day. Everyone has their method; you just have to find one that works for you.

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



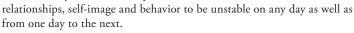


By Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods,



People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make longterm plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT).

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.



LONGTIME volunteer honored

Ruth Wallace recognized at Grimes Community Foundation Gala.



The Grimes Community Foundation held its third annual gala in support of the DCG Booster Club and DCG Friends of the Fine Arts on Saturday, Aug. 27. The event raised nearly \$50,000 to be split between the two groups.

At the event, outgoing Grimes Community Foundation board member and longtime volunteer Ruth Wallace was recognized.

Over many decades, Wallace has done what she can to be of service. She served on the Grimes City Council from 1982 to 1983 when Grimes had a population of less than 2,000. She's also volunteered at her church and the EveryStep Giving Tree thrift store, which has led the charge to address a wide variety of vital community health care and social service needs for new moms, immigrants and refugees.

As a volunteer within the school district, Wallace has served Grimes children and teachers. She's been heavily involved with the Grimes Storehouse Food Pantry, too.

The list of Wallace's activities goes on and on. She has been there for her neighbors and community without wanting anything in return.

When she worked at Federal Home Loan Bank, the bank even named an award after her



Ruth Wallace was honored at the Grimes Community Foundation Gala. Celebrating with her are, front row, from left, Laura McConnell, Sarah Irlmeier, Don Wallace, Ruth Wallace, Andy Grove, Amber Mikkelsen and Tyler Eason; and, back row, left to right: Ross Junge and Eric Johansen.

because she volunteered so much.

Eric Johansen, who helped bring the Grimes Community Foundation to life, gave a speech about Wallace at the gala. In it, he linked Wallace to themes in Theodore Roosevelt's "Man in the Arena" speech.

"Tonight's honoree is a woman who has spent not just decades, but a lifetime in the arena of public service and volunteerism," Johansen said. "A woman who has faced struggles in life, as so many have, but strives valiantly for the cause of making her community — our Grimes

community — better.

"She is what it means to be in the arena, to earnestly care for your community and dare greatly to achieve phenomenal things," he continued. "It is because of our honoree and people like her that so many recognize our city of Grimes as a close-knit community."

For Wallace, who points out she's just one of so many who've given back to the community, her decades of volunteer work have happened for one simple reason: "I just love Grimes," she says. ■

Do you know a Good Neighbor who deserves recognition?

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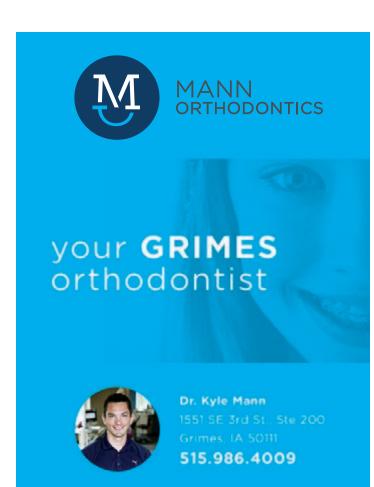




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WHERE WE LIVE By Lindsey Giardino

PICKLEBALL, ribbon cuttings and more

BobbiJo Wolfe "loves" Grimes.

BobbiJo Wolfe is a longtime member of the Grimes community.

She moved to town in 1990 because she wanted to live somewhere that provided a small-town feeling and a good school district for her three children.

"I wanted them to have opportunities and be competitive," Wolfe says.

Today, Wolfe lives in a townhome, which is her third residence since moving to Grimes.

BobbiJo Wolfe moved to Grimes for the small-town feeling and the schools. They now live in their third residence in the community.

"I chose this because the style fit exactly what I was looking for at the time," she says. "It's small, cute, built with great quality, and it has an office on the main floor because I work from home. My view makes me smile each and every day."

Wolfe adds that the landscaping is beautiful as well, and there's a pond she can see from her office. There will soon be disc golf outside her other windows, too.

Wolfe thoroughly appreciates her neighborhood — an area "full of love and laughter."

"We get together on our patios, at each others' homes for games and sometimes at the clubhouse for ping pong."

As an extension of her love for the community, Wolfe makes a point to give back.

She's active with Grimes Chamber and Economic Development, and, most of the time, is holding one end of the bow at their ribbon cuttings. Wolfe also volunteers with GVSS and enjoys visiting with the older generation as they share stories about their past.

She even started Grimes Golden Greetings Group to help the older generation get to know each other by meeting for things like coffee, game

Another thing Wolfe particularly appreciates about Grimes is how the Parks and Recreation Department is providing fun activities for different

"My new hobby is pickleball, so you will find me up at the courts almost every day — until it gets cold," she says. "I love it when I'm walking around the sports complex, and I see all the kids and adults interacting on the fields with so much laughter and teaching."

She also remembers one night this fall when every softball, baseball and soccer field, as well as volleyball and basketball court, were being used at the same time.

"Well done, Grimes," she says.

"I am so thankful to be a part of this growing community where I get to give back when I can and be proud to say, 'I love Grimes.' I even wear the 'I Love Grimes' button on occasion."

GO RED for Women inspires

Event spreads awareness about heart disease.

When Grimes resident Iill Crosser was a junior at the University of Northern Iowa, she studied abroad in Australia. While there, she met her best friend, Stacy McKeon, whom she refers to as "the queen of awesomeness." They had a lot of fun on that trip and made countless memories. The fun continued for the next 20 years.

On Feb. 21 this year, Crosser received a call that McKeon had died of a heart attack at the age of 42.



Jill Crosser, left, with committee member Dana Elrod at the Go Red for Women event.

"My first thought was,

'How?' " Crosser says. "She was healthy and a mom to two beautiful children, Colin and Victoria."

Crosser learned that her friend had complained of leg pain the week before she died. Instead of going to the doctor, she had carried on with her responsibilities as a mom, friend and employee.

Her friend's death led Crosser to be even more passionate about spreading awareness about heart disease. She had already been involved with the American Heart Association for more than five years, starting on the auction committee in Story County and most recently serving as chair of the 2022 Go Red for Women event.

"It's such a wonderful organization," Crosser says. "There are so many great learning and networking opportunities. Angela Hilbert, the executive director, has an amazing team of people who have great passion for heart awareness, and they do a great job with leading our groups."

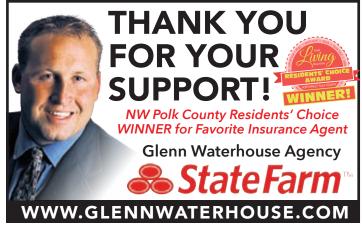
Crosser knows that women are busy wearing a number of hats - caring for their families, giving their best at work, managing their households — all of which can take a toll on their physical, mental and emotional health.

"With our busy lives and the pressures of the times we live in today, many of us avoid prioritizing our own health. That needs to change," she says. "It doesn't need to be a giant life overhaul. But small, healthy habits add up. That's what the Go Red for Women mission is all about — to empower women to live healthier lives."

Crosser shares a few staggering numbers: 44% of women over the age of 20 are living with some form of heart disease. And pregnancy-related deaths in the United States have risen 140% over the last three decades many due to cardiovascular disease.

Moving forward, Crosser hopes to continue being an advocate and spreading awareness. Being involved with the American Heart Association helps her do just that.

"Go Red for Women is committed to helping all women reduce their risk by breaking down the barriers they face to better health and wellbeing," she says. "Go Red for Women is committed to giving the gift of hope — and the gift of more time." ■









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THE IMPORTANCE of showing up

I took a trip to my hometown recently to visit my family and to catch up with some old friends. For those who know me, or have read some of my past articles, you may already know I come from a small town, like many who now call Grimes their home. It was a short weekend trip and there was nothing particularly exciting happening...but that doesn't mean nothing was happening.



You see, it was a typical weekend in a small community. A handful of regulars would gather at the bowling alley, which also serves as a café in the morning, a lunch spot over the noon hour, and a watering hole in the evenings. There was a big regional garage sale taking place, so the town had some visitors looking to find a few bargains and hopefully stumble across a rare treasure. The high school football team was on the road, so a few people headed out of town to cheer on the boys in what proved to be a losing effort.

As the weekend evolved, a few people got together to watch their college football team and trade gossip, share their opinions on politics, and talk about the progress on the local harvest. The football team that most were rooting for won on that evening, which put people in a generally good mood. Then Sunday morning rolled around and while some slept in, others rolled out and gathered at one of the many area churches for Sunday brunch/lunch, and then to watch even more football. Before I knew it, the weekend had ended, and I was on my way back to beautiful Grimes, Iowa, where I now proudly call home.

I share all of this because the area where I grew up is on a different path than we are experiencing here in Grimes. By contrast, Grimes is a much larger and much more economically vibrant area. Like many small rural communities, the next census will report a smaller population in my hometown than the one 10 years prior. Whereas Grimes will undoubtedly be substantially larger.

Despite all of that, there is an important lesson that we can learn from my hometown — and the hundreds of other communities that residents of Grimes hail from. If we hope to get the most out of our time here, if we want to build the type of businesses that last for generations vs. a few years; if we want to create relationships that will sustain us not only in the good times but also in the valleys that everyone faces in life, we must make a concerted effort to show up.

Meet each other at the park, at local school events, in local businesses, at town festivals, in area churches, at the local service organization meetings, so on, so forth. If you're a part of the Chamber, come to the ribbon cutting celebrations, the groundbreaking ceremonies, the Lunch & Learn events, serve on a committee. Don't just exist in Grimes... LIVE in Grimes. You'll be better off for it, and those around you will be better off, too. Every person, business and organization can be a blessing to those around us, but the first step is being present. Fight through the uncomfortable feeling of getting started and show up...for your community and for yourself.

Information provided by Brian Buethe, president and CEO, Grimes Chamber & Economic Development.

OUT & ABOUT



The Grimes Chamber of Commerce held a ribbon cutting for Quality Marble and Tile on Sept. 21. The business celebrated 21 years in business.



Dr. Kaleb Olson and John Palmer at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.



Michelle Buethe and Shane Goodman at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.



Cyle Taylor and Denny Knudtson at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.



Cynthia Letsch and Joan Warren at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.



Cynthia Letsch, Bethany Jeffries and Sandra Wiser at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.



BobbiJo Wolfe, Madison Taiber and Halsey Scales at the Grimes Chamber after hours event hosted by Letsch Law Firm on Sept. 8.





OCTOBER | 2022

OUT & ABOUT

GOLF Outing

The Grimes Chamber of Commerce Golf Outing was Sept. 15.



Brad Leonard, Tyler Andersen and Andy Stoecker



Rich Stricklett, Bailey Smith and Tim Smith



Diane Harmening and Steve Davis



Spencer Haldeman and Jessica Kramer



Ben Butzke and Matt Allender



Heather Wheeler and Ashley Buschnell



Brien Scandridge and Nikki Mulbrook



Ryan Boes and Shane Langos





Brian Buethe, Adam Bunge, Ben Rickter and Dave Ling

Harvest some great deals today!



Pricing valid Oct. 1-31, 2022

MAYTAG \$899 EACH

MAYTAG* \$1,269

MAYTAG* \$1,099



Maytag Washer: 4.5 cu ft

- Deep fill option
- Power agitator
- Quick wash
 MVW4505MW

Maytag Electric Dryer: 7.0 cu ft

- Wrinkle protection
- Reversible door

MED4500MW



Maytag 33" wide top freezer refrigerator, 21 cu ft

- Powercold feature
- Fingerprint resistant MRT311FFFZ



30" Wide, 5.3 cu ft Self Clean Oven

- Air Fry ModeFive Element Cooktop
- Convection
 Oven
- Fingerprint Resistant Stainless Steel MER7700LZ

Thank you farmers!

Whirl@ool®

^{\$}949 EACH

Whirlpool®

\$929

Whirlpool

\$2,299



Whirlpool Washer: 4.7-4.8 cu ft

- 2 in 1 Removable Agitator
- Built-In Water Faucet
- Deep Water Wash Option
- Presoak Option

Whirlpool Dryer: 7.0 cu ft

Top load electric moisture sensing dryer with steam & wrinkle shield

WTW5057LW/WED5050LW



Whirlpool Dishwasher with stainless steel tub

- 3 rack
- Adjustable middle rack
- 47DBA
- Fingerprint resistant WDTA50SAKZ



Whirlpool, 20 cu ft , 30" wide

- French doorTuck shelf
- Adjustable gallon door bins
- LED lighting WRF560SEHZ

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515-462-2939



- All costumes, wigs and accessories should be fire-resistant
- 2. Fasten reflective tape to costumes and bags, or give children glow sticks
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
- Remove all makeup before children go to bed to prevent skin and eye irritation
- If your older children are going alone, plan and review a route acceptable to you
- Agree on a specific time children should return home
- 7. Teach your children never to enter a stranger's home or car
- Instruct children to travel only in familiar, well-lit areas and stick with their friends
- Tell your children not to eat any treats until they return home and an adult has checked for opened packages
- Children and adults should put electronic devices down, keep heads up and walk, don't run, across the street



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