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SEPTEMBER 2022

Living

MAGAZINE

A new LOOK

Residents share their home
improvement projects

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WELCOME

SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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FEATURE

A new **LOOK**

Residents share their home improvement projects

thankful.

By Ashley Rullestad

Homeowners renovate for various reasons. Maybe they want a style that is more comfortable or attractive. Or maybe they want to add value should they decide to sell. For others, after spending many years living in a home, some things are simply broken, out of date or need attention. Whatever the reason, renovating can be a daunting task and requires a good plan — and often professionals who can help along the way. While the renovation process is time-consuming and disrupts everyday living, most say they couldn't be happier with the end result.

Amy and Mike Murray began their home remodeling with the master bathroom, and it is all Amy had hoped for.

FEATURE

AFTER



The Murrays' new shower modernized the bathroom.

BEFORE



Upstairs update

Amy and Mike Murray moved into their home in 2006. Since then, their family has grown and changed quite a bit, with six kids in the mix: Thomas, 24; Zack, 22; Matt, 21; Max, 14; Jackson, 11; and Macy, 7.

"When we initially moved in, we painted a few things, but that was it. We are a licensed foster family, so, over the years, the kids have been hard on the house. We started to look into buying a new home about a year ago and decided it was much more affordable to renovate."

They recently started their home improvement projects with a renovation of the entire upstairs, updating the paint, flooring, doors and woodwork. When thinking about an overall look, they chose the popular modern farmhouse style. The couple was especially eager to redo the master bathroom, which didn't function well enough for their big, busy family. They added much-needed storage by taking out a window, and they replaced the old, tired shower insert with sleek glass and custom tile.

"The must-haves were a bigger shower and storage. Losing the window was a trade-off that was worth it to us to give us the storage. It makes the bathroom seem a little smaller, but it was well-worth the sacrifice. We love

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FEATURE

our quartz countertop and the large glass shower now.”

A renovation of the main level, where they’ll redo the kitchen and the living room, is in the works.

At first, Amy was a bit overwhelmed at the idea of doing so much work to the house with their busy lives and kids in and out, but she said their contractor has made it easy.

“I’m a busy mom that works, so her help has been amazing,” she said. “I’m a visual person, so I’ve looked at lots of pictures to decide what I like, and the contractor has given me choices, which has made things easier. She will bring me four choices or options for sinks, and I can pick one if I like it, and, if not, we will look for others.”

On the main floor, they have plans to gut almost the entire space. In the kitchen, they will remove a wall in the middle of the room, and then they plan to remove the fireplace in the living room, opening it up and changing its look. The half bath will stay, and the door will move to a different wall.

“We wanted to open up our space. We had an area that we just did not use much. I wanted to be able to have a group of people over and have room to move. When everyone’s home, and they bring significant others, it’s a lot of people. I expected it to only get bigger, so I needed more space.”

Amy says the kids take all the chaos in stride; it’s been the most challenging for her because she had to move everything, try to keep things

BEFORE



AFTER



A new vanity brightens up the Murrays’ bathroom.

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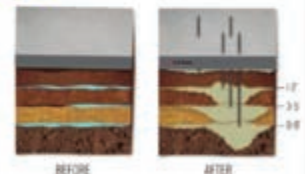
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FEATURE

organized at the same time, and be able to find stuff. She also underestimated the amount of time it takes to pick out everything for the renovation.

Despite the challenges, she says it's worth it.

Exterior redo

Lindsey and Nick Weber moved into their house six years ago, and since their house was newer when they bought it, there wasn't anything pressing that they wanted to change. Unfortunately, the home's cement board siding had a defect and was falling down, cracking and buckling. The defect is a known issue, and there is a class action lawsuit for this brand, but their siding was not included because it was manufactured in a different facility.

"So even though we had the same defects, we had to cover the replacement out of pocket, but we felt it was necessary to prevent additional issues down the road," Lindsey says. "Once we knew we had to replace the siding, we decided we wanted to make some changes to the color and the design of the front of the house, as those were the two things we didn't

AFTER



When Lindsey and Nick Weber discovered the siding of their home needed to be replaced, they decided to update their home's exterior, including the front door and garage doors. Lindsey says deciding on the color for the home's exterior was the hardest decision.

love about the exterior when purchasing the home."

They also decided to make the best of the situation and update the front of the house to more of their design style. Lindsey had a friend

BEFORE



create mockups of the different ideas she had and then asked friends and family for their input.

"The paint color choice was actually the hardest decision. If you drove past our house

What's Your Plan?

Planning has been a part of her life, both personally and professionally. Charlotte, a former financial advisor, knew the importance of having a plan for retirement. Having supported her mom, aunt and uncle in selecting retirement communities, she knew what she wanted and needed when the time came to make a move.

At the age of 72 she decided it was time. "I'm still very active and regularly entertain. The townhome was perfect because I wasn't ready to completely downsize. I liked the fact that Deerfield provided a full continuum of care so this would be the last major decision I would need to make."

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FEATURE

this spring and summer, you would have seen lots of different paint samples up while we were deciding. Our stone color made it very difficult to decide, but, once I saw this green color, we knew it was the right choice.”

The Webers used a highly recommended company from a friend, and they were happy to support a small, local business. Once they received the quote and agreed to move forward, the process was easy. The owner was on-site each day, and he coordinated everything from start to finish, which made the whole experience easy.


At this point, they’re happy with the home’s first impression, and they just have plans to add a bit more landscaping for added curb appeal.

“If you’re taking on a project, don’t rush it. Take the time to think through all of the details before starting,” says Lindsey.



Katie and Justin Scholl transformed their back deck into an oasis. They now can enjoy the area, which offers protection from the hot sun and rain.

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FEATURE

Perked up porch

Katie and Justin Scholl built a new house 15 years ago, so their renovation wish list was non-existent — until recently.

“One of the things we learned was that a north-facing house made for a very hot backyard,” Katie says. “We rarely used the deck because there was no shade. When we thought about our renovation, having a covered patio with a space to entertain was my No. 1 priority. My husband wanted a fireplace with a TV for watching games, so we added that, too.”

The couple chose a contractor through a recommendation from another neighbor who had done a patio remodel. The result is a finished covered patio that’s a combination of Katie’s favorite things from other patios. She selected the roofline from a neighbor’s covered patio, the pillars from another, and the fireplace look from yet another.

Now, they have that indoor-outdoor entertaining space they wanted. Having the patio is like having an extension of the house.

“It was all about taking pieces of what I loved in other places and making a complete



Katie and Justin Scholl can now relax and entertain on their new covered patio.

package. I love this patio space. My favorite thing is to either sit outside with a book and just relax or have friends over and entertain in the space.”

Other than a bit of landscaping to finish up,

the Scholls aren’t planning any more projects. If you are, they have some advice.

“Plan ahead. Everything takes longer than you think it will, even choosing and ordering furniture and accessories.” ■

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GRIMES resident pens inspirational novel

Angie Dicken writes about love.

When asked what inspired her to write “Once Upon A Farmhouse,” Grimes resident and author Angie Dicken says it was a lot of things.

“But living in this part of Iowa inspired me most,” she shares. “I love the small-town feel and the agriculture all around.”

Dicken’s husband grew up on a farm in Texas, and his grandparents’ farmhouse was an inspiration, too.

“The look of farmhouses in Iowa and northeast Texas are surprisingly similar,” Dicken says.

“Also, my character, Tate Behrens, the 4-year-old son of the hero, has cystic fibrosis. I was inspired by Dallas Center-Grimes’ Gustafson family and Brady, who has cystic fibrosis. I met him at about the same age as Tate and have been good friends with his family since.”

Dicken, who has four kids and also works as an associate in the school district, describes her latest novel as a sweet romance set in the fictional town of Polk Center, Iowa. The feedback thus far has been wonderful, she shares.

“I have had a great response from readers of this type of fiction,” Dicken says. “Thankfully, my publisher, Harlequin Love Inspired, places my book in several bookstores including Walmart, Barnes & Noble and most online stores that sell books. I am also excited that Beaverdale Books is going to have copies, and I hope to be part of an author event in February.”

Dicken says the Dallas Center/Grimes communities have been especially supportive.

“The library has kindly placed some of my books on their shelves over the years, and the elementary schools have invited me to speak to fifth-grade English classes,” she says. “I have many friends in the area who are readers of my stories and support me in so many ways.”

The community connection is a special source of inspiration for Dicken’s book as well.

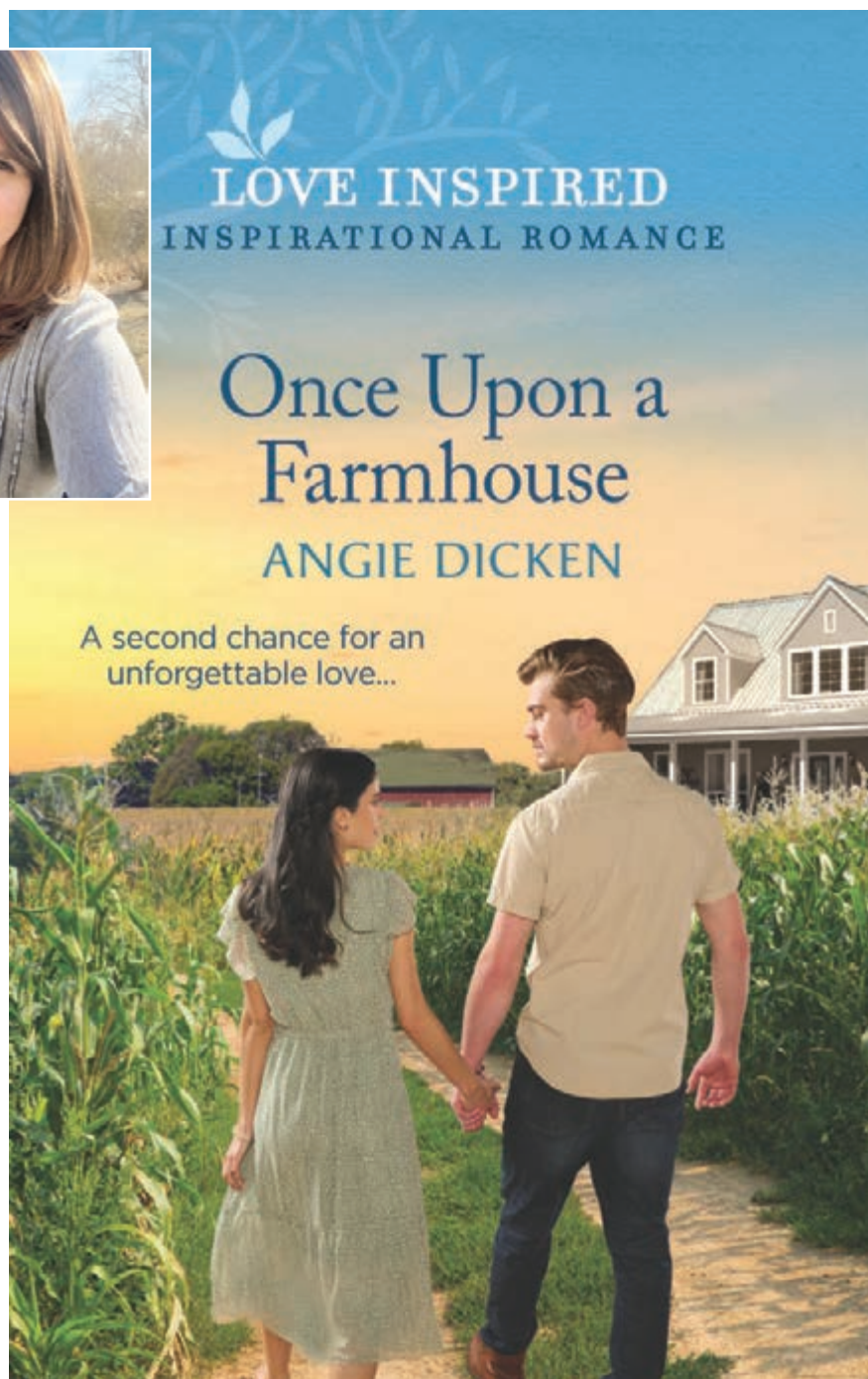
“We spent many nights at the high school baseball field since our oldest played for the Mustangs,” she says. “One of the first scenes in my book takes place at a baseball field just like the beautiful field in Dallas Center.”

Dickens adds that the fictional town of Polk Center in the book is loosely based on Polk City.

“I am so thankful for the beauty of our town and nearby towns and the hardworking farmers and people of central Iowa,” she says.

Dicken has three more Iowa-based romances coming out in the next couple of years, all of which are set in the fictional town of Rapid Falls, Iowa.

You can learn more about Dicken and her novels at www.angiedicken.com, where you can sign up for her newsletter as well. You can also follow her author pages on Facebook and Instagram. ■



Angie Dicken found inspiration for her new romance novel from life in Iowa.

MEET Adam Jones

School counselor see growth in students.

Adam Jones enjoys being a part of the Dallas Center-Grimes school community. He's been living in Grimes since 2002 and teaching in Grimes for 19 years. He and his wife, Steph, have four children: Jackson, now a freshman at Buena Vista University; Jaden, a junior at DCG; Tessa, an eighth-grade student at DCG; and Taeya, a sixth grader at DCG. This upcoming basketball season will be Adam's eighth season as the head girls basketball coach, and, for the last 11 years, he has been an assistant coach in the boys basketball program. He currently serves as the school counselor at Northridge Elementary.



Adam Jones is a school counselor at Northridge Elementary School and also coaches.

"The responsibilities of that role would include teaching 19 guidance classes; helping students succeed personally, socially and academically in individual and small group settings; and responding to other needs at Northridge Elementary."

For Jones, the last couple years have been especially challenging as teachers continue to meet the needs of all students during the pandemic. Though times have been tough, for Jones, it's brought a greater appreciation and realization for the great teachers and staff at DCG.

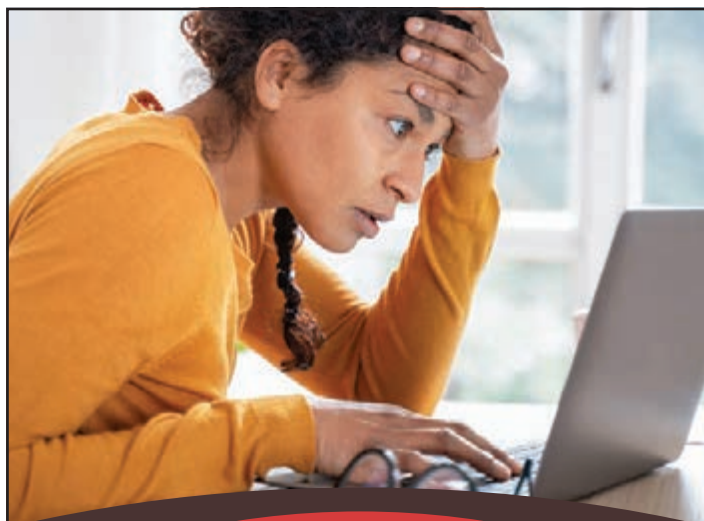
As an elementary school counselor, Jones sees all the kids in the building, which gives him an opportunity to build relationships and get to know all students. As a coach, every season brings challenges, but he enjoys watching a team come together and improve throughout the season so they are playing their best at the end of the season.

"It is always great to see students and players when they come back to visit and to continue to have the relationship after they leave DCG. I really enjoy watching kids grow up (academically, socially, physically) as they move from one year to the next in their school career at DCG and beyond."

He's even taught at DCG long enough that a lot of the kids he has taught and coached are now living in the metro area, and some have returned to DCG as teachers and coaches themselves.

When he's not at school, you'll find Jones watching his own kids compete in many different sports, attending DCG Mustang sporting events and cheering on the Mustangs and the Iowa Hawkeyes. He is especially fond of everything basketball — including coaching, watching and sharing the game with others. The Jones family enjoys boating at Lake Panorama and Lake Okoboji and skiing in Colorado.

"I have been a teacher in the district for 19 years. We have seen a lot of changes and a lot of growth over those years, but the pride that our staff, our families, and our communities have for DCG has not changed at all. We are fortunate to have teachers and coaches who are not only very talented at what they do; they are great people who care tremendously for the kids they lead." ■



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By Scott Bontrager

REDUCE your utility bills

Staying cool is expensive, and, sadly, the cost increases every year. Let's discuss a few simple actions that can be taken now to help reduce your utility bills.



Repair leaky ductwork

If your home is new (less than 10 years old), you probably have well-sealed ductwork. If you have an older home, an average of 10-40% of your cooling dollars can be leaking through the gaps in your duct joints. That means cool air is being wasted in your attic, crawl space or your basement. A professional can test and fix the leaks, but, if you're up for the challenge, you can seal them on your own. Bottom line, fix the leaks.

Install a programmable thermostat

You can save energy by setting your thermostat 7-8 degrees warmer/cooler (depending on the season) while everyone is away at school and work. A programmable thermostat will automatically return your home to the desired comfort level upon the scheduled time. Besides the convenience, having a programmable thermostat can save you quite a bit of money over time — as much as 10%.

Switch to LED

Energy-efficient lighting allows you to use the same amount of light in your home at a lower cost. According to ENERGY STAR, LED lights use up to 90% less energy than incandescent lighting. They also last a lot longer and produce little to no heat, reducing maintenance and cooling costs. If you are still using incandescent bulbs, this is one of the fastest ways to cut your energy bill. Choose bulbs with ENERGY STAR approval for quality products that contribute the highest savings.

Annual maintenance

One of the most significant benefits of annual HVAC maintenance is lower energy bills. This isn't a DIY task per se, but more of an action you need to take. Your heating and cooling system will become less efficient when it's not taken care of properly. This results in higher monthly bills and compromises the comfort of your home. Routine annual maintenance can help reduce future repairs, keep warranties valid, and will help maintain the efficiency of your system.

There are many do-it-yourself hacks to help lower your energy costs. With the cost of living being so high, we are all trying to save money where we can. Take action on just a few of these items today, and you'll reap the savings quickly. ■

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

LIBRARY

GRIMES Public Library news

Two more kids have completed 1,000 Books Before Kindergarten at Grimes Public Library

1,000 Books before Kindergarten is a nationwide program hosted at Grimes Public Library to encourage 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: Everly McMurphy
Parents' names: Ali and Aaron McMurphy

Age: 2

Favorite book: "Llama Llama Red Pajama"

Favorite animal: Kangaroo



Everly McMurphy



Harper Bruce

Name: Harper Bruce
Parents' names: Gabriel and Brooke Bruce

Age: 5

Favorite book: "Nibbles The Book Monster"

Favorite animal: Unicorn

Library series starting in October

• **ASL Basics**, first Saturday of the month at 10 a.m. Monthly community-led group spreading awareness of and teaching basic ASL skills to early learners. This popular program is returning for another season starting Oct. 5.

• **Books and Cooks**, first Saturday of the month at 10 a.m. Calling all cooks! Enjoy a food-themed story, then make and taste your own kid-approved healthy treat. Register at grimeslibrary.org/calendar or by calling the Library at 515-986-3551 for our first program on Oct. 1 where we will make spooky smoothies. Ages 5 and older. Contact the Library for food allergy concerns. ■

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PREPARING for the loss of a spouse

Preparing for the loss of a spouse is not the fun part of retirement planning. It's much more exciting to discuss developing an income plan that allows you to take that trip to Europe, spend winters in Arizona or start a new hobby. I get it, but as retirement planners, we feel that it's our responsibility to help you plan for all the aspects of retirement.

You've probably seen first-hand the burden a spouse is left with when spousal succession plans are not in place or how families can be torn apart when someone's wishes are not clear. Having a plan will take one more thing off the remaining spouse's plate as they grieve the loss of their loved one.

We have found that many people don't know how to get started, so we developed a Spousal Succession Plan Checklist. This checklist covers some of the decisions you can make now to help you get organized and some of the things you will have to do when your spouse passes.

Each retirement plan we help families and individuals create follows six guiding components: lifestyle, income, tax, investment, health care and legacy. The checklist includes action steps within each of these components.

For example, the lifestyle portion of the checklist helps you compile



important information that the remaining spouse will need, such as how to contact your CPA, attorney and insurance agent. You also want to help avoid a technology nightmare by ensuring you both know important accounts' passwords.

The investment portion of the checklist includes things you will have to do when your spouse passes, such as change titles on accounts like checking or savings, credit cards and your mortgage. You may also have to call your spouse's insurance company and file a claim.

We are often one of the first phone calls that the families we work with make when a loved one passes. They are tough conversations but necessary ones as we work to help them execute their spousal succession plan. It's a privilege to help ease their burden and know that the wishes of their loved one are being fulfilled because they made some of these decisions together when we first started putting together their comprehensive retirement plan.

You can download the Spousal Succession Plan Checklist by going to SuccessionChecklist.com. By having open and honest conversations with your spouse regarding each of the outlined points, you'll be well on your way to having a purposeful plan that your spouse can turn to in one of life's most stressful and emotional moments. ■

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

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POTENTIAL benefits of Roth IRAs for children

One of the great by products of working with many of my clients is also helping their kids learn about the benefits of saving early. Most teenagers aren't thinking about saving for retirement, buying a home, or even paying for college when they start their first jobs. Yet, a first job can present an ideal opportunity to explain how a Roth IRA can become a valuable savings tool in the pursuit of future goals.



Rules of the Roth

Minors can contribute to a Roth IRA if they have earned income and a parent (or other adult) opens a custodial account in the child's name. Contributions to a Roth IRA are made on an after-tax basis, which means they can be withdrawn at any time, for any reason, free of taxes and penalties. Earnings grow tax-free, although nonqualified withdrawals of earnings are generally taxed as ordinary income and may incur a 10% early-withdrawal penalty.

A withdrawal is considered qualified if the account is held for at least five years, and the distribution is made after age 59½, because of the account owner's disability or death, or to purchase a first home (up to a \$10,000 lifetime limit). Penalty-free early withdrawals can also be used to pay for qualified higher-education expenses; however, regular income taxes will apply.

In 2022, the Roth IRA contribution limit for those under age 50 is the lesser of \$6,000 or 100% of earned income. In other words, if a teenager earns \$1,500 this year, his or her annual contribution limit would be \$1,500. Other individuals may also contribute directly to a teen's Roth IRA, but the total value of all contributions may not exceed the child's annual earnings or \$6,000 (in 2022), whichever is lower. (Note that contributions from others will count against the annual gift tax exclusion amount.)

Lessons for life

When you open a Roth IRA for a minor, you're giving more than just an investment account; you're offering an opportunity to learn about important concepts that could provide a lifetime of financial benefits. You can help explain the different types of investments, the power of compounding, and the benefits of tax-deferred investing. This also allows the young investor to experience market cycles with a long-time horizon in front of them. If you don't feel comfortable explaining such topics, ask your financial professional for suggestions.

The young people in your life will thank you — sooner or later. ■

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

Join Us

MASS TIMES

Saturday: 5pm
Sunday: 9am and
Evening Mass time: 5pm

RECONCILIATION

Saturday 4pm

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You do not need to be Catholic to join us. **ALL ARE WELCOME!**

RELIGIOUS EDUCATION CLASSES BEGINS

Wednesday, September 7 for 5th-8th grade | Sunday, September 11 for K-4th grade

You can find more information on the church website regarding all class grades, confirmation and youth group gatherings.

ASSUMPTION BOOK CLUB

Saturday, September 17 from 8:30-10am

ADULT FAITH GROUP GATHERINGS

"WHO AM I TO JUDGE"

Mondays 8:30am & Wednesdays 5pm & 7pm starting September 12-November 2

CHRIST OUR LIFE CONFERENCE

Downtown at Wells Fargo Arena. Saturday, September 24 and Sunday, September 25

TRUNK & TREAT EVENT

October 30 in the church parking lot 2-3:30pm

ALL SAINTS MASS

November 1 at 8am & 5pm

ALL SOULS DAY

November 2 at 8am & 7pm

HOLIDAY CRAFT MARKET

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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.

Blessing of the Animals

Sunday, Sept. 18, 2 p.m.

First Presbyterian Church, 410 S.E. Third St., Grimes

In remembrance of God's love for all creatures, bring your pet to First Presbyterian Church in Grimes for a blessing. The service emphasizes celebrating the bond of love and respect that animals have with their humans and that humans have with all of God's creation.



Fall Festival

Oct. 8, 10 a.m. to 2 p.m.

South Sports Complex, 750 S. James St., Grimes

The City of Grimes and Polk County Sheriff's Office will celebrate the season with the Fall Festival. Enjoy plenty of candy, food trucks, a kid zone, demonstrations, vendors and activities for all ages. This family-friendly event will offer a sensory-friendly time from 10-10:30 a.m. Costumes are encouraged. If you are interested in becoming a vendor, please contact aleo@grimesiowa.gov. Rain date is Oct. 15.



Harvest Home Fundraiser Drive-Thru Dinner

Sunday, Oct. 9, 4:30-7 p.m.

First Presbyterian Church, 410 S.E. Third St., Grimes

Enjoy this annual fundraiser dinner. This year, it will be a drive-thru only event. The meal is for a freewill offering. The meal includes turkey and dressing, mashed potatoes and gravy, green beans, cranberry sauce, rolls and pumpkin pie.



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.

Election-related dates

Make sure you are registered to vote at www.sos.iowa.gov/elections/voterreg/regtovote.

Know these important dates for the upcoming General Election.

- **Wednesday, Oct. 19:** First Day of Absentee Voting
- **Monday, Oct. 24:** Pre-registration deadline; deadline to request absentee ballot to be mailed
- **Saturday, Nov. 5:** County auditor's office will be open for absentee voting
- **Monday, Nov. 7:** Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.
- **Tuesday, Nov. 8:** General Election polls open 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at www.voterready.iowa.gov.

What positions will be on the ballot in Polk and Dallas counties? U.S. Senator, U.S. House, Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Secretary of Agriculture, County Treasurer, County Attorney, County Recorder, Iowa Senate District 23 (Dallas County), Iowa House District 43 (Polk County), Iowa House District 44 (Polk County), Iowa House District 46 (Dallas County), Dallas County Supervisors Districts 1 and 3.



Beaverdale Fall Fest

Friday and Saturday, Sept. 16-17
Downtown Beaverdale, Beaver Avenue and Urbandale Avenue between Beaver Crest Drive and Adams Avenue

With more than three decades of tradition and a neighborhood that has been around for more than 100 years, the Beaverdale Fall Festival is an annual must for many residents. Enjoy food vendors, carnival, market, tree dedication, inflatables, several live bands, car night, belly dancing, karaoke, talent show and more. Due to construction, a parade will not be held this year. As part of the celebration, Beaverdale Books will have sidewalk specials and free ARCs (Advance Reader Copies) both days. Plus, a Trivia Contest will be held at 7 p.m. on Friday and a Sidewalk Chalk Contest from 1-3 p.m. on Saturday. See the details online at www.fallfestival.org.

Meet the Author events

Various dates

At Beaverdale Books, 2629 Beaver Ave. No. S1, Des Moines, unless otherwise indicated

Beaverdale Books is hosting several Meet the Author events coming up, including:

- Sunday, Sept. 18, 1 p.m., meet Graham Spanier, author of "In the Lions' Den."
- Tuesday, Sept. 27, 6:30 p.m. meet John T. Price, author of "All is Leaf"; Jody Keisner, author of "Curing Season"; and Kristine Langley Mahler, author of "Under My Bed."
- Tuesday, Sept. 27, 7 p.m. at Central Presbyterian Church, 3829 Grand Ave. Meet Beth Hoffman, author of "Bet the Farm: The Dollars and Sense of Growing Food in America." She will be in conversation with former, longtime Des Moines Register columnist Chuck Offenburger. This book is a first-hand account of the perils of farming today and a personal exploration of more just and sustainable ways of producing food.
- Thursday, Sept. 29, 6:30 p.m., meet Catherine Haustien, author of "Wrinkles in Spacetime."

EVENTS IN THE AREA

Be sure to check for cancellations.



Windsor Heights Book Fair

Sunday, Oct. 2, 12-6 p.m.
Masonic Lodge, 1141 69th St.,
Windsor Heights

Celebrate local authors, artists and businesses at the first Windsor Heights Book Fair — a unique yet traditional event that will feature more than a dozen local authors, including a Novelist Table hosted by Beaverdale Books and featuring, at noon, Kay Fenton Smith and Carol McGarvey, “Baking Blue Ribbons”; at 1 p.m., Dave Price, “Caucus Chaos”; at 2 p.m., Mary Lee Ashford, “Sugar and Spice Mystery” Series; at 3 p.m. Nick Holmberg, “Emergent”; at 4 p.m., Rachel Mans McKenny, “The Butterfly Effect”; and, at 5 p.m., R.E. Bellesmith, “Light Keeper Chronicle: The Unspoken Prophecy.”

The Windsor Heights Book Fair will also feature a Children’s Table, with the following children’s authors: at noon, Jill Friestad-Tate; at 1 p.m., Patty DeDurr; at 2 p.m., Joseph Cassis; at 3 p.m., Liz Bedia; at 4 p.m., Brooke VanSickle; and, at 5 p.m., Cindy Johnson.

Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.
West Glen Town Center, West Des Moines

CITYVIEW’s Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.



Renaissance Faire

Sept. 17-18
Sleepy Hollow, 4051 Dean Ave., Des Moines

Travel back a few centuries at Sleepy Hollow’s Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith’s forge and pirates’ cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend’s theme, at sleepyhollowrenfaire.com.



World Food & Music Festival

Friday - Sunday, Sept. 16-18
Western Gateway Park, 1000 Grand Ave.,
Des Moines

Travel the world with nearly 50 vendors representing 27 different countries at the annual World Food & Music Festival. On top of trying foods from the various vendors — 22 of which are new this year — attendees will enjoy live music, cultural demonstrations and interactive activities. More details to be announced at dsmpartnership.com/worldfoodandmusicfestival.

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.
Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor’s Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.



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EVENTS IN THE AREA

Be sure to check for cancellations.

Windsor Heights Fall Festival

Friday - Saturday, Sept. 23-24
Colby Park, 6900 School St.,
Windsor Heights

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at windsorheights.org.

WDM Elks Fall Vendor Fair

Saturday, Sept. 24
West Des Moines Elks Lodge No.
2752, 2060 N.W. 94th St., Clive

Admission is free and more than 30 vendors are expected. A light lunch will be available for purchase. Proceeds will go to the St. Florian Burn Foundation and to Easter Seals of Iowa Camp Sunnyside Respite Care program. For more information, contact Nancy Newcomb at 515-681-0852 or Nina Steele at 515-201-9892. For information on being a vendor, contact Nisa Rittman at 515-585-0455.



Music in the Garden

Thursdays Sept. 22 and
Sept. 29 at 6:30 p.m.
909 Robert D. Ray Drive,
Des Moines

Catch the last two shows of the Greater Des Moines Botanical Garden's summer series, with live concerts in the outdoor Koehn Garden. Doors open at 6 p.m. and music starts at 6:30 p.m., rain or shine. Bring your own seating or picnic blankets. Concert tickets are included with regular admission to the Garden. Performers include Rachel Brook on Sept. 22 and The Feel Right on Sept. 29. ■

Latino Heritage Festival

Saturday - Sunday, Sept. 24-25
Western Gateway Park, 1000 Grand Ave., Des Moines

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained. Celebrate the 22 Latin countries represented in Iowa at this family-friendly event. More information at latinoheritagefestival.org.



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LEGAL

By Cynthia P. Letsch, J.D.

PROBLEMS with joint revocable living trusts

A revocable living trust is the most common tool that people use to avoid probate. Avoiding probate is important because your beneficiaries' private information (name, address, how much money they are getting, etc.) becomes part of a publicly searchable database and can expose them as a target for identity theft, bank hacking, etc.

Married couples have traditionally been offered a joint revocable trust. This is one trust with two grantors. The trust stays in place until both grantors are gone. One joint trust is less expensive than the legal fees for each to have their own trust. However, I stopped offering joint revocable living trusts more than four years ago. This is based on my experience that modifying or terminating a joint trust is problematic after one of the grantors has developed dementia and/or after one of them has died. I have attempted to persuade other attorneys to stop offering joint trusts, as well, considering it to border on malpractice, in my view.

There is a new Iowa Supreme Court case that confirms my position. In *Little v. Davis*, Davis and his second wife had a joint revocable trust. The trust held farmland that was owned by Davis before his second marriage. A revocable trust becomes irrevocable on the death of the grantor. Davis' wife died.

The beneficiaries of the farmland were Davis' four children, equally. Davis changed his mind and decided to change the beneficiaries of the trust so that two of the children received a larger share and these two children were trustees (instead of all four). The law allows an irrevocable trust to be changed if all of the grantors and all of the beneficiaries agree. Davis and all four children signed a waiver agreeing to the change, although not all the beneficiaries were actually told what the change was.

Davis died. Little, upon learning that her share had been whacked, filed a lawsuit stating that Davis could not make changes without court approval because the second wife, a grantor, had died and was not able to consent to the changes. Little won. I predict that joint revocable trusts will become antiquated estate planning, similar to joint last will and testaments, which lawyers stopped writing 40 years ago. If you currently have a joint revocable trust, it may be time to consider revoking it in favor of separate trusts before it becomes too late to do that. ■

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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NEIGHBOR

LOCAL girl featured in Times Square video

Addison Sneddon-Kisting to help kick off Down Syndrome Awareness Month.

Addison Sneddon-Kisting of Grimes will appear in the bright lights of Broadway on Saturday, Sept. 17, as part of the annual National Down Syndrome Society (NDSS) Times Square Video presentation. The one-hour video of roughly 500 photographs includes children, teens and adults with Down syndrome from all 50 states. These collective images promote the value, acceptance, and inclusion of people with Down syndrome in a very visible way.

The photo of Addi was selected from more than 2,400 entries in

the NDSS worldwide call for photos. Her photo will be shown on two JumboTron screens in the heart of Times Square, thanks to the support of ClearChannel Outdoor. The two screens are located above Dos Caminos restaurant in Father Duffy Square. The presentation will be live-streamed on the NDSS Facebook page from 9:30-10:30 a.m. ET.

The Times Square Video presentation will be followed by the New York City Buddy Walk in Central Park. The flagship Buddy Walk has taken place in New York City since 1995 as part of the National Buddy Walk Program. Buddy Walk events are held in hundreds of cities across the country, as well as select international locations. For more information about the New York City Buddy Walk or the National Buddy Walk Program, visit www.ndss.org. ■



Addison Sneddon-Kisting will appear in the bright lights of Broadway on Saturday, Sept. 17, as part of the annual National Down Syndrome Society (NDSS) Times Square Video presentation.

NEWS BRIEFS

HARTFORD BBQ Bash features competition

Hundreds visited downtown Hartford for food, festivities and fun on Saturday, July 16. The Hartford Betterment Committee hosted the Hartford BBQ Bash this summer. The day began with a meat-smoking and grilling competition that featured six teams of cooks preparing brisket, pork butt, ribs and chicken. Trophies and cash prizes were awarded for all first-place winners, grand champion and reserve champion. Ribbons and cash prizes were awarded to second and third-place winners.

Boots BBQ from Grimes placed third in the chicken category, ribs category and brisket category.

WATERWORKS Park Splash Pad update

A splash pad is coming to the heart of Grimes. This park includes enhanced and interactive water features. The park will use recycled water and has a new playground with natural play areas. The modern restrooms are attached to an open-air shelter. The park is expected to be completed in June of 2023. This will be located at Waterworks Park along James Street and will replace the baseball field there.

NEW library construction underway

Construction has started on the new Grimes Public Library building. Crews installed water and utility lines in July and footings and foundation walls in August. The library will open fall of 2023 and will feature a drive-thru book drop and pickup, expanded collection, large children's area, storytime room, sensory room, five study rooms, public meeting rooms, teen balcony, fireplace and coffee bar.

FALL programming preview

Grimes Parks & Recreation has a great list of programs coming this fall. Fall registration is now open for flag football, youth volleyball and basketball camps. More adult leagues will be available as well this fall including bags, pickleball, and sand volleyball. Learn more and register at <https://grimesiowa.gov/ParksandRecreation/RegistrationSite.aspx>

FOOD donations sought

The Grimes Storehouse gives food each month to Grimes families along with a voucher to Fareway for perishable food items. Their goal is to help our neighbors in the community in their time of need. The public is asked to consider donating if you can to help support those struggling with food insecurity in our community. Below are the items currently running in low supply at the Grimes Storehouse.



Non-perishable items listed in order of need: pancake mix and syrup; crackers (soda, graham and Ritz); large cans of soup; cereal; bottled juice (orange and apple, 64 ounce size); boxed potatoes/potato side dishes; skillet dinners (beef and tuna); canned pineapple; granola bars; pork and beans; ranch and French salad dressing; mayonnaise or Miracle Whip; and ketchup and mustard.

Personal and household items listed in order of need: toilet paper, paper towels, Kleenex, laundry soap, women's and men's deodorant, shampoo, conditioner, liquid body wash, body/hand lotion, dish soap, kitchen storage and garbage bags and disposable razors.

Donations for the Grimes Storehouse may be dropped off at the following locations:

- Grimes Storehouse during business hours, Tuesdays and Thursdays, 9:30-11:30 a.m. and the first and second Tuesdays, 5:30-7 p.m.
- Grimes Fareway store just inside the entrance.
- Grimes United Methodist Church, Monday-Thursday, 9 a.m. to 2:30 p.m.
- Grimes City Hall, 8 a.m. to 4:30 p.m.
- Participating Grimes churches

OMG Nail Lounge opens in Grimes

OMG Nail Lounge, 1890 S.E. Destination Drive, No. 200 and 300, is Iowa's newest luxury nail lounge designed to deliver a personalized salon experience. Designed by an architect from California with experience in luxury nail and hair salons, OMG Nail Lounge offers high-end nail and waxing services in a relaxing, contemporary new space.

"We designed OMG Nail Lounge to give our customers something different than a traditional nail salon," said Tri Dang, owner of OMG Nail Lounge. "Our space is designed for concierge service, and our signature services offer relaxation and self-care to provide clients with exactly the look and feel they want to express themselves." ■

SIMPLE tips for managing stress

Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster). Left unchecked, chronic stress can negatively impact your health.

• **Learn to calm your body and mind.**

It is normal to feel anxious, sad or even angry when faced with a stressful event. But while we can't always change or control the things that happen in our lives, we can try to better manage stressful events or even triggers.

• **Exercise.** Take a walk, join a gym, look up a new routine on YouTube, or break out the 80s Jazzercise or Tae Bo workouts. Just 30 minutes of physical activity a day can boost your mood.

• **Relax.** Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind. Never tried yoga or meditation before? Look for a beginner's class online and give it a try.

• **Phone a friend.** Staying connected to people who understand



us and know our journey can be a great way to alleviate stress. Sometimes all you need to do is vent or talk it out.

• **Listen to music.** Ever felt lost in a song? Music can affect both your mind and your body. Upbeat music can make you feel more positive while a slower tempo can help quiet your mind and relax your muscles.

• **Sleep.** Do you find it difficult to sleep when you're stressed? Sometimes, the worries of the day interfere with our ability to get a good night's sleep — right at the time when that's what we need the most. Put away the electronics, turn off the TV and try to quiet your mind. Having trouble shutting down your thoughts? Try white noise or a relaxation app on your phone.

• **Find time for fun.** It's OK to put down your worries and responsibilities for a moment and take time for you. Give yourself permission to do the things that put a smile on your face. ■

Information provided by Jane Clausen, Adel HealthMart,
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TOO much fun in the sun?

Summer is coming to a close, and, after a few months of enjoying the outdoors, this is a good time of the year to check your skin.

Most importantly, look for any suspicious moles or spots that are changed in size, shape or color, have irregular borders, vary in color or are larger than a pencil eraser. These could be signs of skin cancer and should be checked by a dermatologist.

In addition, if your skin appears discolored with uneven tones, this could be photoaging caused by prolonged exposure to the sun and Ultraviolet A (UVA) and Ultraviolet B (UVB) rays. This exposure can prematurely age your skin and lead to a variety of cosmetic issues including lines, wrinkles, drooping skin, age spots, leathery skin texture, spider veins and mottled skin tones.

Let's start with prevention

Try to avoid the sun from 10 a.m. to 4 p.m. and wear protective clothing, wide-brimmed

hats and UVB-blocking sunglasses whenever possible. Sun damage accumulates over many years. So, the sooner you start using sun protection, the better your skin will age.

The best way to have healthy looking skin in your 50s is sun protection in your 20s.

Use a water-resistant and broad-spectrum (protects against both UVA and UVB rays) sunscreen with an SPF of 30 or higher. Be sure to reapply every two hours or right after swimming or excessive exercise. Keep in mind, people with fair skin, blonde/red hair or blue/green eyes are more susceptible to photo damage and skin cancer. More frequent sunscreen applications may be needed.

Time to renew

It's as easy as Vitamin A (retinol) and Vitamin C (antioxidants). In combination, these two topicals can increase cell turnover (natural exfoliation), stimulate collagen, smooth skin tone and protect against free radicals.

Microneedling uses microscopic punctures to stimulate the natural healing process of the skin and the production of collagen. This helps to reduce acne scars, sun damage, and improve skin texture.

A chemical peel provides deep exfoliation of dull, dry skin while hydrating and smoothing the texture. They can also help fade dark spots and reduce acne and redness resulting in a brighter complexion.

Microdermabrasion uses a non-invasive technique that resurfaces the top layer of skin and reduces fine lines, wrinkles and discoloration while increasing collagen production for a more youthful appearance.

The Intense Pulsed Light (IPL) laser light penetrates the skin and pulls pigmented areas to the surface where they eventually flake off, revealing renewed skin beneath. ■

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

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HEALTH

By Dr. Mallori Phillips

CADILLAC or Lincoln?

Uncle Earl once told me, "I went through an eye surgery and traded my Cadillac for a Lincoln!" He always said crazy things. I'm more of a Chevy girl myself, so it didn't sound like an upgrade to me. Truth be told, I didn't understand the joke until optometry school, and I'd like to shed some light on the subject for you.



Cataracts occur within the natural lens of the eye, which sits behind the iris. When we're born, the lens is crystal clear. Over time, the lens yellows and hardens. Formation of cataracts is inevitable; nearly everyone develops one if they live long enough. As cataracts worsen, light scatters, which induces glare and makes reading more difficult. Cataracts (Cadillacs) are treated with surgical removal of the natural lens, which is then replaced by lens implants (Lincolns). In most cases, patients are told they have the beginnings of cataracts between the ages of 60 and 70 years old. In rare instances, infants can be diagnosed with cataracts shortly following birth.

Visit with your local eye doctor about your risk of developing cataracts. They might not be able to satisfy your vehicle dreams, but they can certainly evaluate your need for an upgraded lens. ■

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

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HEALTH

By Ellie McDonald

WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■

Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, mcdonald@sstherapyandconsulting.com.

FITNESS

By Kammi Abrahamzon

Do you like the mirror?

How would you describe your relationship with the mirror? Whether it is getting ready in the morning or trying on clothes in a dressing room, we normally look into a mirror every day. Are you happy with who is looking back at you? Some may say yes, and that is incredible, but most people would say no. A majority of us, when we see ourselves in a mirror, immediately start listing off areas of ourselves that we are not particularly in love with. I do not care if you have been working out for years or if it is your first day, we all are guilty of pointing out flaws that we see. Why though? Why do we all seem to have some aspects of body dysmorphia no matter how hard we are working in the gym? We must start giving ourselves a break. There is so much more that comes with exercising than just the physical aspect. You sleep better, you have more natural energy, you feel better emotionally, mentally and physically. If we dwell too much on those things that still are not how we want them to be, we can start to get discouraged. Goal setting is a good thing, but make sure when you are looking in that mirror, you are also praising yourself for the goals you have already accomplished and those small steps you have achieved. ■



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

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HEALTH

By Dr. Aaron Martin

SHOULD I still have back pain?

Are you surprised by how much continued or additional pain you are experiencing post-surgery? Have you lost hope that it will get any better? Are you being told prescription pain medications are your only option for managing the pain? If you answered "yes" to any of these questions, you are experiencing a condition referred to as "Failed Back Surgery Syndrome." There is hope.



The two main reasons back surgeries are performed is to stabilize an unstable spine or to decompress a spinal nerve. While there can be positive outcomes, Failed Back Surgery Syndrome is often a result, due to surgical recommendations not matching the patient assessment. Surgeons cut, remove or fuse parts of your spine they predict to be the probable source of your pain. However, pain can still remain post-surgery or even get worse. Improper surgical candidate selection and one-size-fits-all surgical prescriptions lead to unpredictable results and failed surgeries. Other effective, less risky treatment options exist. Cox technic spinal decompression is a proven treatment that can relieve your pain. It's a non-surgical, hands-on spinal manipulation performed by a chiropractic back specialist, with the goal of getting you from "pain" to "no-pain" as quickly as possible. ■

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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BROWN shares time and talent

Nothing can stop this Miss Amazing.



Emily Brown, a 25-year-old Grimes resident, likes to volunteer.

"She has special needs but doesn't let that stop her from helping others," her mom, Denise, says.

In particular, Emily enjoys sharing her vocal talents by singing the National Anthem at events around the state. She is booked to sing at the raceway for Knoxville Nationals, as well as at IMCA Super Nationals in Boone in the coming months. In the past, she's even sang at Hilton Coliseum in Ames, at the Special Olympics Summer Games and at local hockey games.

One of her favorite memories, though, was singing for former president Barack Obama — a "really cool" experience.

"I will always remember that," Emily says. "He is really tall."

Emily also recently served as a greeter for Train to Inspire's Over the Edge fundraising event held in downtown Des Moines. The organization provides fitness and physical activity opportunities for people with disabilities. She's volunteered at ChildServe and in Des Moines schools, too. There, she helps shred confidential papers, which Denise says is a great match



Emily Brown recently served as a greeter for Train to Inspire's Over the Edge fundraising event.

because she's blind.

In addition, Emily has used her platform as a two-time winner of the Iowa Miss Amazing pageant to help others with disabilities.

Miss Amazing provides opportunities for girls and women with disabilities across Iowa to build self-esteem. Emily first entered the pageant in 2017 and won a couple titles in the years she participated.

During the competitions, she had the opportunity to introduce herself and her platform. She chose to represent Braille Plate Drivers, an organization that makes auto racing accessible to the visually impaired. As a local



Emily Brown enjoys time spent at the race track. She regularly sings the National Anthem and supports Braille Plate Drivers, an organization that makes auto racing more accessible to the visually impaired.

singer who loves dirt track racing, Emily felt spreading awareness about Braille Plate Drivers enabled her to talk about something she's passionate about.

Ultimately, what Emily enjoys most about sharing her time and talent with others is making connections.

"I enjoy meeting new people," she says. "It is fun! It is a great way to show people that it isn't about my disabilities; it is about my abilities."

She adds, "It is important to help those in need and give back to the community." ■

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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 Bueth

THE OPPORTUNITY to give

In recent months, I've had the great pleasure of working with a group of accomplished individuals from a variety of backgrounds, industries and organizations on a community initiative we look forward to introducing in the coming months. That's a bit of a tease, but my experience working with this particular group is the inspiration for the topic of this article: the opportunity to give.



One of the assignments this group of people had was to read a book entitled "The Go-Giver: A Little Story About a Powerful Business Idea." The book was written over a decade ago by authors Bob Burg and John D. Mann. It is a simple read that espouses a timeless lesson about the great potential benefit that can come from being generous. While the lesson is not new, I believe it has great value for those who understand and practice it in everyday life.

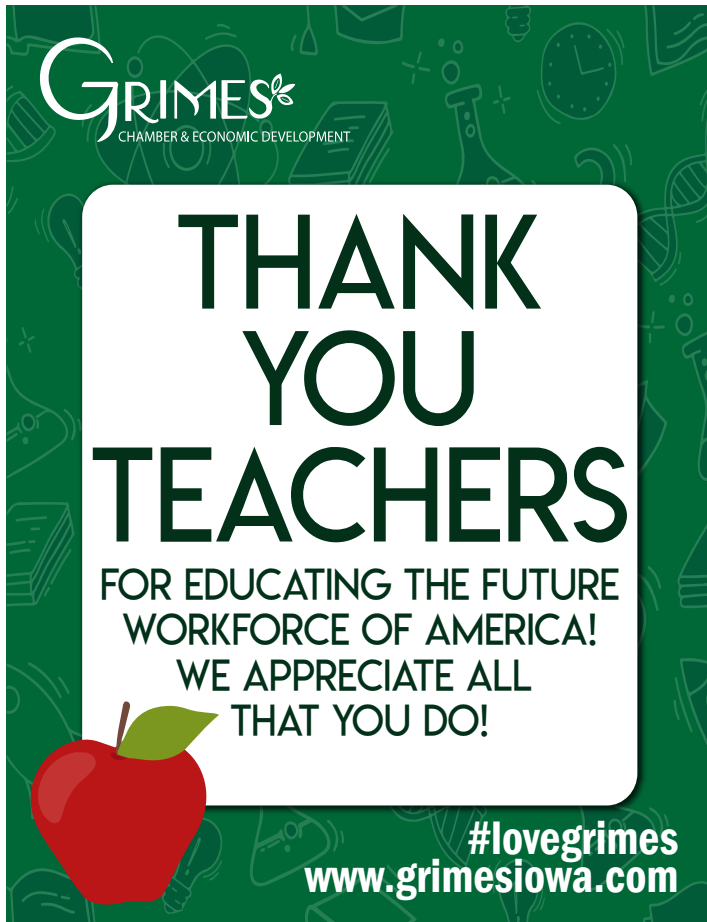
There are many opportunities to give, and, if we're being honest, the invitations and solicitations can sometimes be a little overwhelming. There are many tremendous organizations, causes, initiatives that could really use support — financial and otherwise. There are more things worthy of our charity than any one person or business can support entirely. So, decisions must be made. To make good decisions, it may take a little research. First, in the world of business at least, it is important to know your options.

The first step is research. Figure out what options exist. The second step is prioritization. What is important will vary from one person, organization and business to the next. I cannot, nor do I intend to navigate too far from who I am or what I believe. As a chamber president, I encourage others to consider supporting local first. Yes, that applies to everyday purchasing habits but also to charity. Know what the options are right here in our community and weigh them against other options you might be considering.

There are many organizations close to our home that need support. School organizations, service organizations, nonprofit entities (i.e. Grimes Storehouse, Special Olympics of Iowa, MS Moments, etc.), churches, and many others, some of which we may not even be aware. Recently, the Grimes Community Foundation came together for its annual fundraising event, which this year supported the Dallas Center-Grimes Booster Club and the Friends of Fine Arts (FOFA). Later this year, the Dallas Center-Grimes Education Foundation will host their annual Red Dinner, which is another fundraising event that supports scholarships for graduating seniors of Dallas Center-Grimes High School, among other things.

Giving money is important and necessary, even encouraged for those who are able. However, it is not the only way to give. You can give of your time and talents. You can volunteer at events and for organizations meaningful to you. You can even have an impact closer to home; do what you can for a neighbor or someone who just needs some attention. Whether you are writing big checks (as can sometimes be done in an affluent community) or just being a good friend or neighbor, it is all important, meaningful and often very rewarding. The ability to give is indeed a great opportunity. #lovegrimes ■

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




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RECIPE

A PERFECT pasta for school nights

(Family Features) Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes. ■

Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



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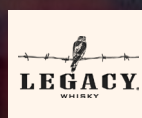
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OUT & ABOUT



Jordan Anderson, Alex McFarland and Tre Moore at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Brewer Family Farms in Dallas Center was a stop on the Iowa Agri-Tourism Bus Tour organized by Iowa State University on Aug. 31. Dan and Linda Brewer, Emily Wynn, Joe and Brenda Brewer were among participants.



Rona McMurphy and Mark McMurphy at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Madison Taiber and Ryleah Cross at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Erin Lego and Brian Buethe at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Zerana Lilic, Greg Means and Nicole Berger at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Kurt LeFebvre, Roy Trent and Lu Anne Gafford at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Gordon Kratz and Kerry Schneider at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Mike Bleskacek and Loree Herman at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.



Cliff Cunanan, Mia Eskra and Cyle Taylor at the Grimes Chamber of Commerce first responders appreciation lunch on Aug. 19.

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30" Wide, 5.3 cu ft Self Clean Oven
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WHAT TO DO WHEN EXPECTING

1. Choose a pediatrician
2. Schedule your first prenatal appointment
3. Start taking prenatal vitamins
4. Discuss medications with your doctor
5. Make a work plan
6. Cut out alcohol and substance use
7. Decrease your caffeine intake
8. Brush up on your nutrition

WHEN DO I CHOOSE A PEDIATRICIAN?

We offer parents-to-be prenatal appointments before your child is born. You can get acquainted with our office and our doctors and have your questions answered. Dr. Waggoner is one of only a couple remaining Des Moines area pediatricians who will still come see you in the hospital after your child is born. Waggoner Pediatrics is also one of the few clinics in town where you can get ahold of your pediatricians 7 days a week after office hours.

HOW DO I SCHEDULE AN APPOINTMENT?

Call **515-987-0051**. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

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