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AUGUST 2024

Living

MAGAZINE

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WELCOME

THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■



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FEATURE

Jimmy Boll has been keeping bees for more than 30 years.
Photo by Todd Rullestad

WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Ashley Rullestad

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.



FEATURE

A lasting hobby

Dallas Center resident Jimmy Boll has been keeping bees for more than 30 years. The number of bees has changed through the years, but he continues to enjoy watching and caring for them.

"I have four hives now right outside my back door. At one time, I had about 25," he says. "I just studied and asked questions of people who had them. Anyone who has honeybees and someone else wants to get started, the beekeepers will always help them and answer questions."

Rural Dallas Center is a bit of a buzzing spot for bees. For a small community, there are quite a few beekeepers. Boll, like most of them, keeps a garden and chickens. Bees just fit right in.

He says people are often worried when they come to visit and find the bees so close to the house.

"I hold my hand right here by the bees, and I say, 'Honeybees will not sting you unless you do something to upset them.' Bees might land on me but only because I'm in the way, and they are not a threat or a nuisance. A lot



Eric Echterling's beekeeping equipment includes a smoker, which helps calm the bees.



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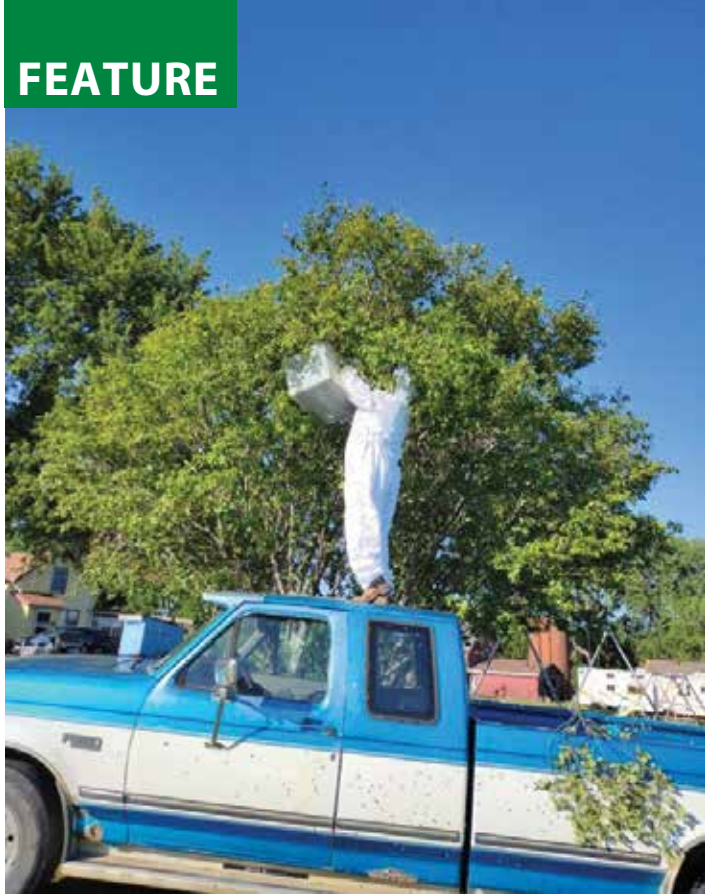
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Roberta Thompson helps relocate a swarm of bees.



Kate Trimble and her son, Loren, work with the bees.

of people are scared, but they won't bother you unless you bother them."

Boll collects honey for his own use and to give to others, being sure to leave enough honey for the bees to eat during the winter. He's not in the bee business to make money; he just enjoys taking care of the bees, he says.

He does recommend people take a class or do their research about keeping their bees healthy if they take on the hobby. When he first started beekeeping, it was before a mite that causes bees to get sick and die became an issue. Now beekeepers have to treat their hives to ensure they stay healthy. It's just one part of beekeeping people need to be aware of before they get started.

"Bees help us, so we should help them," Boll says.

Bee kind

Eric Echterling caught the buzz after he visited a friend's bee hives.

"After that visit, my wife, Mary, and I went to Spring Valley Honey Farms in Perry. Connie Bronnenberg was knowledgeable and gave us the information to start a small apiary."

Echterling also has taken classes offered through Central Iowa Beekeepers Association (CIBA), and he now has six hives (12 boxes), which are located at his home and a family

farm.

For him, beekeeping was a way to get involved more directly with nature's food-makers. He is interested in the role that bees play and how they benefit nature. Like others, he processes the honey from the comb and gives it to family and friends.

When it comes to beekeeping, Echterling says the best way to learn is to watch and listen to those who are already doing it.

"Find a mentor — someone in the business — and take time to learn what beekeeping involves," he says.

A gardener's friends

Roberta Thompson is a gardener, and one year she noticed she didn't have many bees pollinating her plants. She had the time and space at her place in Dallas Center, so she decided the next step was to get bees.

"I am just a hobby beekeeper, so my supplies are limited. I have the set-up for three hives but only try to keep two going, as getting them through the winter is a challenge. You also need to check and treat for mites a couple times a year."

Thompson doesn't rely on the products from the bees; she needs the pollination. Honey is the bonus. Her family uses or gifts most of the honey they receive. She also uses beeswax to

make salves and health and beauty items.

Thompson also recommends new beekeepers take a class. She took one through ISU Extension the winter before getting her bees and says she should have taken more. She spent the winter watching YouTube videos and, in the spring, ordered bees from Spring Valley Honey Farms in Perry, where she also got her supplies.

"CIBA (Central Iowa Beekeepers Association), IHPA (Iowa Honey Producers Association), and Sara Holton at the Holton Homestead offer great educational classes for the beginner," she says. "Facebook has several local beekeeping pages to learn from also. Everyone has different theories, so no two beekeepers keep bees the same," she says.

Honey love

Kate Trimble received some beehives and equipment from an elderly man who was no longer able to keep up his hives — and a new hobby was born.

"We live on a little acreage just outside Dallas Center, and I love honey and was interested in keeping bees," she says. "We had the place for it, so I said I'd be glad to take it over. We packaged it up and hauled them all out here."

FEATURE

Now Trimble manages two hives. Beekeepers tell you that you should always have at least two; if one gets weak, you can move frames between them. Before getting her bees, she took a class at DMACC with the state apiarist, Andrew Joseph. She took the class during the winter semester and got the bees that spring.

"The next year I took the class again, and, this time, I understood more of the vernacular and what it meant to really have bees," she says. "I've taken it three times now, and I learn something new each time. It's not always easy raising bees."

Trimble has chickens and gardens, but she says bees can be tricky, and it's not cheap to get started. A bee suit is usually more than \$100, and a queen bee could cost \$50. Plus there is the cost of the equipment for extracting honey. It's an expensive hobby.

She does extract the honey for her family's use and to give as gifts to friends and family. She usually gets about 10 to 15 gallons of honey a year, and even that can be tricky. If you extract it too early, it's too watery, and if it's too late, it crystallizes too fast. However, it's still good to eat. In fact, honey is the one food that doesn't spoil.

Trimble sticks with her bees because she thinks it's important to support the bee population.

"The honey is great, but bees are so ecologically important. Our apple trees this year are so loaded down with apples that I had a branch that broke off, and I don't think I'd have that if I didn't have bees," she says. ■



Kate Trimble shares honey with family and friends.

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LEGAL

By Cynthia P. Letsch, J.D.

RESTRICTIVE covenants are enforceable

Restrictive covenants are not new, but they are growing in popularity and scope. A restrictive covenant is a contract between an owner of real property, like a house or development land, that restricts what the new owner can do with the land, even though the purchaser has 100% ownership of it. They were intended to protect the neighborhood property values. In the pre-civil rights era, they were used to maintain neighborhood segregation, restricting re-sale to persons outside of certain religions, race or ethnic groups.



While those restrictions are no longer allowed, plenty of others are — and they are making a huge comeback in the new developments. Some of the more egregious in interfering with property rights that seemingly have no impact on neighboring property values are: no above ground swimming pools, satellite dish or solar panels; a motorcycle, car or camper cannot be parked in the driveway for more than three days in a row; trash cans must be hidden except for trash day and the day after; fences must be whatever has been chosen as the neighborhood style; and no household can have more than two dogs.

Once the lots in the development are all sold, a non-profit homeowners association (HOA) is established, and each property owner pays annual dues. You may be asking, “For what purpose?” Well, if someone does not comply with the restrictive covenant, the remedy is for the HOA to sue them. The HOA uses the dues to pay legal fees to ensure that everyone follows the rules.

Restrictions can be modified if everyone agrees. Also, they expire if no one renews them after 20 years. Any property owner can file a renewal that binds everyone for another 20 years.

If you want to move into the subdivision, you have no choice but to agree to follow the rules; and, since nearly every single new subdivision has them, what is there to do? Well, if enough people start refusing, then the developers will start to figure out that, in fact, it is a detriment to have an overly broad set of restrictive covenants.

What are reasonable restrictive covenants? Usually, city ordinances are sufficient to protect property values, and no private contract is needed. Generally, you want diverse neighborhoods with homes of various sizes and characteristics. If your neighbor appears to be struggling to keep up his or her property or retrieve the trash bins, maybe offer a helping hand instead of a lawsuit. ■

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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Make your voice be heard and cast your votes in the 2024 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center, Johnston, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES SEPT. 3, 2024.

See rules and vote at www.iowalivingmagazines.com/residentpoll. One vote per resident, please.

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- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

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- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
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- Pest Control
- Tree Service

HOW elections could impact your retirement

As you near retirement, it's important to understand how elections could affect your retirement savings and how you can protect your portfolio from market ups and downs. Presidential elections are significant events that can bring uncertainty and market volatility. There are many questions during an election year. Who will be the next president? Which party will control the House and Senate? What laws will be passed if power is split in Congress? Historically, stock market volatility tends to increase in the months before an election due to the market's aversion to uncertainty. It's not surprising that the stock market performs better in a year when an incumbent president is re-elected compared to a new administration.

As for whether a Democratic or Republican winner is better for the market, experts agree that there is no clear winner. While market returns may vary in election years



compared to non-election years, the data does not conclusively support a direct correlation between election outcomes and market performance. The stock market has gone up — and down — under all presidents, but the overall trajectory is positive.

In recent history, some of the worst years for stock market volatility and returns have coincided with presidential election years. Still, other factors had the most significant impact on the stock market. For example, the tech bubble burst started in 2000, the year George W. Bush ran against Al Gore. The 2008 housing collapse and subsequent Great Financial Crisis began the same year Barack Obama ran against John McCain. The 2020 COVID-19 pandemic happened the first time Joe Biden ran against Donald Trump.

Plenty of opinions and predictions will make headlines regarding the elections, the party that wins, and the impact on the stock market. However, you are most concerned about your retirement savings and how to invest for growth while protecting against swings.

Historical perspective can help you focus on what matters in retirement: controlling what you can control. We help families and individuals prepare for market volatility before it happens by building recession resistant retirement plans. We know that recessions happen, on average, every five to six years. By diversifying investments and incorporating long-term, mid-term, and short-term strategies, you can mitigate the impact of market volatility on your retirement savings.

Proactive planning and strategic investing can help those planning for retirement navigate market volatility. Then, you can stay on track to live out your retirement vision regardless of who gets elected or what other factors may impact the stock market. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: McKenna, Kristin, "Here's How The Stock Market Has Performed Before, During, And After Presidential Elections" (Aug. 18, 2020). Forbes.com. Accessed May 17, 2024.



Are you wondering how the presidential election could **impact** the stock market? Scan the QR code to watch this episode or read about it now.

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TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at SuccessRice.com. ■

Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



- cook time, 10-12 minutes, or until chicken is golden brown and cooked through.
- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.



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THE BENEFITS of respite care in assisted living facilities

Firstly, respite care ensures that seniors receive the professional attention and care they need in a safe and supportive environment. Many caregivers, often family members, may lack the specialized training required to address the complex health needs of elderly individuals. Assisted living facilities are staffed with trained professionals who can offer medical care, therapy and assistance with daily activities, ensuring that seniors' physical and emotional needs are met. This professional care can prevent potential health issues from escalating, leading to better overall health outcomes for seniors.

Moreover, respite care offers a much-needed break for primary caregivers, who often face significant stress and burnout from their demanding roles. Caring for an elderly family member can be an around-the-clock job, leaving little time for personal needs or rest. By providing temporary relief, respite care allows caregivers to recharge, attend to personal matters, or simply take a break, ultimately leading to better care when they return. This break can also prevent caregiver burnout, a condition that

can negatively affect both the caregiver and the senior they are caring for.

In addition to benefiting caregivers, respite care also has positive effects on the seniors themselves. A change of environment, even temporarily, can be refreshing and stimulating for elderly individuals. Assisted living facilities often offer social activities, exercise programs and other engaging events that can enhance a senior's quality of life. These interactions and activities can help combat feelings of loneliness and isolation, which are common among the elderly. Social engagement is known to improve mental health, reducing the risk of depression and cognitive decline.

The community, as a whole, also benefits from respite care services. When caregivers are supported, they are more likely to remain in the workforce, maintaining their economic contributions. This stability is vital for community cohesion and economic health. Furthermore, respite care reduces the strain on healthcare systems by preventing the exacerbation of health issues in both caregivers

and seniors. Healthy caregivers and well-cared-for seniors are less likely to require emergency medical services, reducing healthcare costs and resource allocation.

Lastly, respite care services highlight a community's commitment to its elderly population. By providing accessible, quality care, communities demonstrate their value of all members, regardless of age. This commitment fosters a sense of belonging and security among residents, contributing to a more supportive and inclusive society.

In conclusion, respite care for seniors in assisted living facilities is a vital service that benefits the elderly, their caregivers and the community at large. By offering professional care, supporting caregivers, enhancing seniors' quality of life, and contributing to economic stability and healthcare efficiency, respite care stands as a testament to a community's dedication to its aging population. ■

This article was written by Meadowview of Clive, 515-644-8740.



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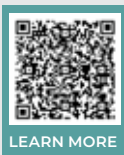
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DALLAS CENTER Fall Festival returns

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Carnival, kids' tractor pulls, sand volleyball, food and much more will be offered at the Dallas Center Fall Festival.



Get ready to kickstart the fall season with Dallas Center's 2024 Fall Festival — a weekend of meaningful, fun-packed and family-oriented activities and events. This year's festival will be held Friday, Aug. 23 and Saturday, Aug. 24 right in the heart of town.

The weekend kicks off at 4 p.m. on Friday with vendors, music and lawn games at Mound Park. The evening will also feature the Ugliest Cake Contest judging, Sparkle Hula Hoop Dance Party, Toby the Balloon Dude, open sand volleyball, basketball and pickleball and more.

The beloved Ohana Pedal Power Tractor Pull happens at 6:30 p.m. on Walnut Street by the Methodist Church.

"It's always fun for them and really fun to watch as well," says Darci Kidd, a committee

member for DC Celebrations, which puts on the Fall Festival.

Be sure to check out the carnival, too, which opens Friday evening at 5 p.m.

Saturday is a jam-packed day, starting with the Rotary Pancake Breakfast and Road Race, as well as the Tot Trot.

The Leonard Moss Memorial Parade begins at 10 a.m. Pre-registration isn't required, so if folks would like to be involved in the parade, they can just show up that morning.

Afterward, the rest of the day's activities begin. There will be a cake walk, sand volleyball tournament, Toby the Balloon Dude, Giant Jenga, Roving Magic with The Great Elias, face painting, bags tournament and so much more.

There will even be old-fashioned contests,

including a Mr. Legs contest, parent calling contest, husband calling contest and pie eating contest. Extra special this year is the DC Dog Mayor and Cat Council inauguration. There will also be the annual pie auction, which is one of the biggest ways DC Celebrations raises funds for the event.

Fall Festival is made possible by generous community members who give their time, talent and treasures to help make it happen.

"This is 100% put on by community volunteers, so there are people working hard all year to get this put on for the community," says Kidd. "Come join us in some small-town Iowa fun. It really is a quintessential small-town celebration that the whole family can enjoy."

For more information, visit dallascentercelebrations.com. ■



HOW-TO

GUIDE

HOW TO CHOOSE A FINANCIAL ADVISOR

Working with a professional financial advisor could be the best investment you'll ever make. The best planners can help you meet your financial goals now and in the future. An advisor can bring their experiences and objective perspective to advise you on how best to save, invest and spend your money. They can also suggest avenues of money management.

Some investments help lower your tax liability. Also they can help guide you through uncertain financial times. To find a reliable financial advisor, start by asking your friends and family for suggestions. Research online for advisors in your area. Searching a potential advisor using brokercheck.finra.org will list any disclosures and the advisor's work history.

Remember to research each advisor

with an eye toward your own situation and goals. Once you have a list of possible advisors, set a time to meet, and see if the fit is right for you.

AREAS OF EXPERTISE

Financial products can contribute to your well-being and peace of mind. Some common investments are CDs, bonds, mutual funds, stocks and commodities. Weighing risk is essential. Some products will be better for your portfolio than others. An experienced financial advisor can customize a portfolio especially for you. The financial advisor should also understand how much risk you want to take.

FEES OR COMMISSIONS

Inquire about how your advisor is paid for their services. Make sure you understand

the fees you are paying, and that you are only paying for services you're actually using. Typically accounts are either fee based or commission based.

A fee-based account charges a monthly fee based upon the value of your account. In a fee-based account you are able to make changes in the account without additional expenses.

A commission-based account only charges a fee if, and when a trade is placed. The commission may be at the front end or back end for both the buy and sell depending upon the product.

Once everything has been completed to your satisfaction, you can choose a financial advisor. They will partner with you to reach your goals whether it's retirement, emergency savings, a vacation home, or another goal that you have. ■

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HOW TO **SELL YOUR HOME FAST**

Everyone with a home on the market wants their property to sell fast and for the highest price possible. It not only means money in your pocket, but also speeds up the move into your new home — not to mention the relief of not having to keep your place in tiptop shape every day.

However, the quick sale doesn't always happen due to timing, market fluctuations and the condition and attractiveness of your home.

But there are some time-tested steps you can take that will make it much easier to see a "sold" sign in your front yard quickly.

PRICING: The most important step is to price your home correctly at the outset. Price it too low, and you'll leave money on the table. Price it too high, though, and your home will take longer to sell. To hit the pricing bull's eye, you've got to know what is comparable in your market.

An appraiser can pull data about recent comps, typically from the last six months, for sales of homes that are similar to yours. The closer your price is to homes that are actually selling, the more likely you are to get a quick sale.

STAGING: Staging your home is sometimes thought of as an elaborate process that involves redecorating and renting beautiful furniture to make your interior look its best, but it doesn't always have to be that intense. Staging is about presenting your home in the most appealing way possible. The goal is to get buyers to imagine putting their own things in your home, so basic steps like clearing out clutter and removing your personal photos can help their imagination go to work.

PHOTOGRAPHY: For most buyers, the first impression of your house won't be

made in person. It will be made through photos of your home they see online or in print ads. That's why it's critical to have good, quality photographs of your home. In some markets, that might mean having a professional photographer shoot images of your home when it's staged at its best. The more clear, well-lit pictures that show off the beauty and features of your home, the more buyers are likely to take the next step and schedule a showing.

FIX IT UP: Finally, you have to pay attention to details to make sure your home is in top shape cosmetically. You'll want to make sure the gardens, flower beds and other landscaping are neat, clean and free of weeds. You should also make a checklist of simple handyman tasks to complete, like replacing burned-out light bulbs, making sure doors and hinges shut properly, and removing stains from your carpet. ■

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HOW TO CHOOSE A CATERER

For a passionate host, there's no greater joy than an unforgettable celebration spent with loved ones sharing delicious food and good times with your guests. A caterer can help you achieve this effortlessly while minimizing the stress that comes with planning an event. Follow these tips to ensure your best gathering ever:

BOOK WELL IN ADVANCE

The best caterers are highly demanded year-round, and if you want to get on their schedule, start working with them the minute you have the details (budget, date, time, location and approximate number of guests). Secure your day as early as possible to ensure availability and avoid last-minute stress.

CHOOSE WISELY

Word of mouth is powerful. Ask friends for recommendations and check out caterers' websites for menus, photos and pricing to find the perfect match.

VERIFY CATERING CREDENTIALS

For your safety as a consumer, it is important to ensure your caterer is a licensed and insured kitchen. This guarantees professionalism and protects you from liability.

GET EVERYTHING IN WRITING

Your party will only be as good as the information you communicate with your caterer. Clear communication is key. Provide detailed information in advance for accurate quotes and ensure everything is documented to avoid

misunderstandings. Let the caterer know as many details as you can give them: budget, type of occasion and event itinerary.

Once you get a quote, your caterer should send you a catering agreement. The catering crew will be working from this agreement, so make sure all details address your expectations.

RELAX AND ENJOY

Whether you're hosting an intimate dinner party or celebrating one of life's great milestones, once you've hired a great caterer and have all the details ironed out, it's time to sit back, relax, and let the pros do the job of delivering great food — and making you look great, too. ■

FRESH IDEAS FOR ALL YOUR CATERING NEEDS

Whether you need casual boxed lunches for a time-pressed staff or a sumptuous buffet for your best party ever, trust chef Cyd to bring joy and great taste to all your gatherings.



HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage door is part of the front of your house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're hoping to sell, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside.

If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordable they are.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. If you thought your choices were limited to simple basic styles, think again. You should pay close attention to the materials. Today's garage doors can be made with expensive hardwoods, steel, fiberglass or aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose and the direction your garage door will face. Some will hold their color longer than others (direction has an impact here), and real wood doors will likely require regular staining and sealing to keep them looking spectacular.

INSULATION

Depending on climate and how you use your garage, the insulation of your garage door can be an important factor. If you use your garage as a workspace or entertainment space, insulation is something you should include. An insulated door can also make a positive impact on your energy usage by helping to keep the hot and cold weather away from the interior of your house.

SERVICE

The most common issues with garage doors requiring service are broken springs, thrown cables and photo-eye misalignment. These issues are easily resolved with a service call where the spring(s) or cable can be replaced and photo-eyes adjusted or replaced. It is rare for parts like rollers, brackets, bearings or torsion rods to require replacement. ■

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HOW TO CHOOSE A CHILDREN'S FITNESS CENTER

Younger children love to be outdoors and physically active. But, as they grow older, other activities replace and sometimes act as deterrents to their physical wellbeing. School, socializing, phones, TV and video games all conspire to eat up a child's day and upset the balance.

Providing that balance is key to kids growing up happy, healthy and well-adjusted. And parents should provide that encouragement, because developing a healthy active lifestyle early on can lead to a lifetime of good health.

Unfortunately, parents are busier than ever before, so they may need a little help encouraging activity. Finding a good fitness center that works with children is a smart option. When the kids attend regular fitness sessions with peers, they'll find opportunities for exercise ranging from tumbling, gymnastics and cheerleading to parkour and pre-school fitness.

A good health center will also help your child explore a variety of equipment and

exercise regimens, learning how to take care of their bodies in safe and comfortable environments and under the watchful eye of trainers experienced in working with children. Support and camaraderie from coaches and peers at the health center can also be a big plus. Learning how important it is to be active, to manage nutrition and the best ways to be physically and mentally fit will help your child grow into a successful adult.

Here are some criteria to consider if you think your child could benefit from attending a fitness center.

COACHES AND TRAINERS: Coaches and trainers will be a child's mentors. And fitness center staff will ultimately affect how enthusiastic your child is about working out. Make spontaneous visits to fitness centers you are considering to observe staff and available activities at different times of day. Centers will prefer appointments, but any that do not allow unplanned visits should not be considered.

Family should be allowed to visit, watch sessions and get a general idea of the center's operations.

ENVIRONMENT: Here are some questions you should ask yourself when you visit a center: Is the fitness center's equipment age-appropriate? While there may be private and group training, what is the ratio of staff to child? Is the fitness center generalized or do they lean toward specific categories of training? Does equipment look well cared for? Are areas clean and maintained? Are mats and padding frayed or flat and unsafe? Are bathrooms clean and well lit? Only parental vigilance can ensure a child walks into a safe and healthy fitness environment.

Other factors include variety of classes and programs, class sizes, location, costs, and if the fitness center has associations with local schools. But don't ignore your instincts. You know your child and, whether it's through referral or research, only you can find the best fit. ■

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VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Gilbert	DCG Stadium
Sep 6	7:00PM	Newton	Newton HA Lynn Stadium
Sep 13	7:00PM	Fort Dodge	Fort Dodge High School
Sep 20	7:00PM	Ballard	DCG Stadium
Sep 27	7:00PM	Council Bluffs	DCG Stadium
Oct 4	7:00PM	Norwalk	Norwalk High School
Oct 11	7:00PM	Glenwood	DCG Stadium
Oct 18	7:00PM	Winterset	Winterset High School
Oct 25	7:00PM	Lewis Central	DCG Stadium

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Multiple Schools	Dallas Center-Grimes Meadows
Aug 31	9:00AM	Multiple Schools	Grinnell High School
Sep 3	7:30PM	Newton	Newton High School
Sep 10	7:15PM	Pella	Pella High School
Sep 12	7:15PM	ADM CSD	DCG-Meadows Gym
Sep 14	8:00AM	Multiple Schools	Southeast Polk High School
Sep 17	7:15PM	Oskaloosa	Dallas Center-Grimes Meadows
Sep 21	9:00AM	Multiple Schools	Benton Community High School
Sep 24	7:15PM	Indianola	Dallas Center-Grimes Meadows
Sep 28	8:30AM	Multiple Schools	Nevada High School
Oct 5	8:00AM	Multiple Schools	Urbandale High School
Oct 8	7:15PM	Norwalk	Dallas Center-Grimes Meadows
Oct 10	7:30PM	Ames	Dallas Center-Grimes Meadows
Oct 14	7:15PM	Pella Christian	Dallas Center-Grimes Meadows

VARSITY BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Ankeny Centennial	DMACC
Sep 3	4:30PM	Multiple Schools	Dallas Center-Grimes Middle School
Sep 12	5:00PM	Marshalltown	Marshalltown High School
Sep 17	5:20PM	Multiple Schools	Valley Southwoods
Sep 21	TBD	Central College	Central College
Oct 3	4:30PM	Multiple Schools	Southeast Polk High School
Oct 10	5:45PM	Multiple Schools	Lakeside Municipal Golf Course

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JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 27	6:00PM	WDM Valley	Valley High School
Aug 29	5:00PM	Multiple Schools	DCG-Meadows Gym
Sep 3	5:00PM	Newton	Newton High School
Sep 10	5:00PM	Pella	Pella High School
Sep 12	5:00PM	ADM CSD	DCG-Meadows Gym
Sep 14	8:00AM	Multiple Schools	Urbandale High School
Sep 17	5:00PM	Oskaloosa	Dallas Center-Grimes Meadows
Sep 23	5:00PM	Multiple Schools	DCG-Meadows Gym
Sep 24	5:00PM	Indianola	Dallas Center-Grimes Meadows
Sep 30	5:00PM	Multiple Schools	Dallas Center-Grimes Meadows
Oct 3	4:30PM	Multiple Schools	Johnston Middle School
	5:00PM	Winterset	Winterset High School
Oct 7	5:30PM	Ballard	Ballard High School
Oct 8	5:00PM	Norwalk	Dallas Center-Grimes Meadows
Oct 10	5:00PM	Ames	Dallas Center-Grimes Meadows
Oct 14	5:00PM	Pella Christian	Dallas Center-Grimes Meadows

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Sep 2	6:00PM	Gilbert	Gilbert High School
Sep 9	6:00PM	Newton	DCG Stadium
Sep 16	6:00PM	Fort Dodge	DCG Stadium
Sep 23	5:30PM	Ballard	Ballard High School
Sep 30	6:00PM	Urbandale	DCG Stadium
Oct 7	6:00PM	Norwalk	DCG Stadium
Oct 14	5:30PM	Pella	Pella High School
Oct 21	6:00PM	Winterset	DCG Stadium

VARSITY GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 3	4:30PM	Multiple Schools	Dallas Center-Grimes Middle School
Sep 12	4:45PM	Marshalltown	Marshalltown High School
Sep 20	2:00PM	University of Minnesota	Les Bolstad Golf Course
Oct 3	4:00PM	Southeast Polk	Southeast Polk High School
Oct 10	4:30PM	Multiple Schools	Lakeside Municipal Golf Course

Go Mustangs!



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Rock Around the Clock Concert Series

Thursdays, Aug. 29 - Sept. 26
Heritage Park, 1055 N.E.
Beaverbrooke Blvd., Grimes

The Rock Around the Clock Concert Series is back. The concerts will be from 5:30-8 p.m. In addition to rocking out, organizers have partnered with the local food pantry, Grimes Storehouse, to help families in need. Bring a donation of a nonperishable food item or a monetary donation for admission.

- Aug. 29 - Brian Congdon
- Sept. 5 - Dick Danger Band
- Sept. 12 - Brian Herrin
- Sept. 19 - Brother Trucker
- Sept. 26 - Damon Dotson



Wine and Cider Festival

Aug. 24
Jasper Winery, 2400 George
Flagg Parkway, Des Moines
www.jasperwinery.com

Jasper Winery, located just outside of downtown Des Moines, brings back its Wine and Cider Festival where aficionados can get a taste of Iowa's grape and apple harvests from more than 20 Iowa wineries and cideries.



World Food and Music Festival

Aug. 23-25
Western Gateway Park, 1205 Locust St.,
Des Moines
www.dsmpartnership.com/worldfoodandmusicfestival

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.

Volunteer orientation

First Monday of the month, 5:30 p.m.
Rhythms of Grace, 23625 River Heights
Drive, Dallas Center

Rhythms of Grace offers a one-hour orientation monthly for those who would like to learn more about Rhythms of Grace before committing to a volunteer application, background check and training. To register, visit <https://rhythmsofgraceequine.org/volunteer>.

Harvest Home Fundraiser Dinner

Oct. 13, 4:30-7 p.m.
Grimes First Presbyterian
Church, 410 S.E. Third St.

Turkey and dressing, mashed potatoes and gravy, green beans, cranberry sauce, rolls and pumpkin pie for a freewill offering. This is a drive-thru event only.



Iowa Reptile Show

Aug. 25
205 S. 64th St., Des Moines
www.coldbloodedexpos.com

This is a great opportunity to speak with the reptile breeders in the greater Des Moines area. There will be thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available.

Blessing of the Animals

Sept. 15, 2 p.m.
Grimes First Presbyterian Church,
410 S.E. Third St.

Join in to celebrate and bless our furry family members. There will be treats, certificates and lots of fun. All creatures great and small are welcome.



Blue Believers Run/Walk

Saturday, Sept. 21, 7:30 a.m.; run/walk event
8:45 a.m.

Principal Park, 1 Line Drive, Des Moines

Blue Believers, a local nonprofit dedicated to raising awareness and funds for prostate cancer, is holding a run/walk event in collaboration with Team Blue Iowa. Included is a 1-mile walk, 5K walk, timed 5K run and kids fun run. The theme is superheroes, and participants are encouraged to dress as their favorite superhero. Live local music will be featured throughout the day, and a survivor recognition ceremony will be held. A moment of remembrance will also be held. Proceeds will be donated locally to support Iowa men and families affected by prostate cancer. Register at www.teamblueiowa.com.

Halfway to St. Pat's Charity Car Show

Sept. 22
Charlie's Filling Station, 305 Grand Ave.,
West Des Moines
www.friendlysonsiowa.com

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle.

Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. ■



KEEPING the dream alive

White Eagle Multicultural Pow Wow to be held Sept. 20-22.

Ralph Moisa III had a dream — one in which all people lived as one, despite differences.

“He wanted to bring races together to understand each other so that we wouldn’t be so fearful of people we didn’t know, and that we have similar goals even though we have different heritage and customs,” says his father, Ralph Moisa.

Tragically, Ralph Moisa III would pass away on Dec. 5, 1995, at the age of 19. But out of this tragedy came the White Eagle Multicultural Pow Wow, which continues to this day.

This year will mark the 25th year of the pow wow, which will be held Sept. 20-22 at Jester Park near Granger. The event will not only showcase some staples of Native American heritage, but other customs as well. Finding common ground among all people is something we should all strive for, says Moisa.

“Our hope is that, by bringing people together and learning a little bit about their culture and their heritage, foods and other things, we will find that we aren’t that different,” he says. “We all have things in common, and no one is better than anyone else. We all have things to share. We want people from all four races represented at the event, and you’ll see the colors of them all around. Everywhere you go there will be red, yellow, black and white. We want everyone to be a part of the circle.”

The pow wow, which will feature dance, food, singing, speaking and more, is open to all comers, Moisa says.

“Anyone can attend, and they don’t even have to spend any money if they don’t want to,” he says.

People have traveled from all across the globe to be a part of the event over the years, Moisa says. More than 35 people are directly involved in setting things up and getting the event ready for the more than 1,500 participants who are expected to be a part of the pow wow this year. Moisa says that, during the peak years of the event, there were upwards of 15,000 people in attendance. COVID took a toll, however, and it’s been an uphill battle to get numbers back to where they once were. Moisa has hope, however.

“We think that people are getting up and about and around more again, and we think the numbers will begin to grow again,” he says.

Around 25 vendors will be at the event, as well as dancers from 15 communities that have committed to share their heritage with others.

For more information and schedule of events, visit www.whiteeaglepowwow.com. ■



The White Eagle Multicultural Pow Wow features not only Native American dance, but dancers from many other cultures as well.



CUTLER finds Grimes is the place to be

Iowa transplant settles down.

Kyria Cutler never planned to call Iowa home.

“To use the popular RAYGUN bumper sticker categories, I’m an Iowa ‘transplant’ and former ‘captive,’ ” she jokes.

Iowa is the 10th state Cutler has lived in, and she expected it to be a brief stop before moving on.

“But it really has become home,” she says. “It’s hard to imagine living anywhere else, and I consider myself so blessed to have the opportunity to continue planting roots here with my husband and our family.”

In fact, her husband is the reason Cutler stayed. She met Cameron while thinking she was just passing through, but life had different plans for her.

The couple married in October 2021 and chose to settle in Grimes, which is a halfway point between their jobs.

The Cutlers’ home caught their eye due to its size and open layout, location within Grimes and its lot. The house sits on a cul-de-sac, and the backyard leads to Beaverbrooke Park and the trail system.

“All the bones of the house are great — layout, room size, spaces — and we are loving making it our own throughout as time and money allow,” Cutler says. “But, if we had to choose, I think our favorite parts are probably the basement and the backyard.”

The couple had great luck at the Habitat for Humanity ReStore in Urbandale finding flooring to finish out the basement this past spring and are looking forward to completing the fireplace in time to cheer on the Hawkeyes in the space this fall.

“I joke that our backyard is Cameron’s ‘acre-ish,’ ” Cutler adds. “He took the established garden plot and ran with it, starting plants in our basement last winter, planning out a square-foot garden, and planting fruit trees and bushes. It’s not quite the acreage of his dreams, but I think he could only be happier back there if he could have chickens.”

But, perhaps best of all, the Cutler home has provided them with great neighbors.

“We’ve been on the receiving end of so much hospitality and friendship, from informal get-togethers to multiple snow-blowings of our very long driveway, meals brought over when we were in the newborn



Cameron and Kyria Cutler are transplants to Grimes but say it is a great place to be raising their daughter, Mae.

phase with our daughter, Mae, and DIY home improvement help,” Cutler explains. “Outside of that, we love the walkability and accessibility of our neighborhood to the rest of Grimes.”

Cutler says, overall, Grimes emulates the best of small-town Iowa in the people and places of which it’s comprised.

“We continue to be wowed by the investments the city is making (shoutout to the library and splash pad) and the new businesses being established. I can’t wait for Sips on Main to open,” Cutler says. “Grimes is thriving and growing while remaining a tight-knit and welcoming community. It’s fun and a joy to be a resident here.” ■

PHILLIPS has a heart for giving

It's all about putting a smile on peoples' faces

Longtime Grimes resident Molly Phillips retired six months ago with the plan to volunteer more.

"It is important for me to give back," she explains. "We all have things going on in our lives, and, if I can help someone just a bit, then it is worth it."

Phillips focuses her volunteer efforts at the Grimes Storehouse Food Pantry and Hope Ministries.

At the Storehouse, which provides people in need with food, clothing and other essential support, she helps clients pick out their food items, stocks the shelves, pre-bags some food items, sorts through clothing donations and helps unload the truck when it comes in from the Iowa Food Bank.

"The thought of anyone going to bed hungry makes me



Molly Phillips focuses her volunteer efforts at the Grimes Storehouse Food Pantry and Hope Ministries.



incredibly sad, and I want to help change it," Phillips says. "I love the people I volunteer with at the Storehouse. It is also so heart-warming to get to visit with our repeat clients and sometimes get hugs from their children. They are so thankful for what we do to help them."

At Hope Ministries, which provides food, shelter and life recovery support for homeless and hungry men, women and children in need, Phillips serves meals, receives donations, watches the children while their mothers are in classes, and packages meals for deliveries on the holidays.

"I can't imagine not having a roof over my head and a bed to sleep in every night," Phillips says. "I want to help change it. I know people sometimes say, 'People made choices and have gotten themselves into this situation,' but I don't think it is my job to judge. My job is to help."

For Phillips, seeing the smiles on people's faces when they come in to either organization and remember that she has helped them before is so rewarding.

"If you have any time to give, you should," she says. "I guarantee it will make your heart very happy." ■

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FCA honored with Iowa Character Award

The Robert D. and Billie Ray Center at Drake University hosted the 2024 Iowa Character Awards on Friday, Aug. 2, at Prairie Meadows Event Center. Twelve Iowa individuals and groups were recognized for their exceptional character, including Marta Codina, Dan Marburger (posthumously), Jean Berger, Katie Hoover, Iowa League of Heroes, and Dallas Center-Grimes Fellowship of Christian Athletes.

The Dallas Center-Grimes Fellowship of Christian Athletes received the Student Organization of Character Award. The DCG FCA chapter has grown into a thriving, student-driven outreach group over the 20 years since its inception. The group now regularly welcomes 100-200 students to its meetings and promotes events, outreach programs and partnerships that positively impact school culture and student character growth. DCG FCA implemented a character coach initiative nearly 10 years ago, in which the group sends out a trained volunteer to work with athletes and coaches to develop their character and leadership skills. The character coaches assist coaches and athletes in creating an atmosphere of trust, caring and moral character within the respective teams.

The Ray Center annually recognizes Iowans who show the Six Pillars of CHARACTER COUNTS!: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Since 2005, the organization has recognized more than 200 Iowans for showing good character.

The 2024 Iowa Character Awards are presented by Hy-Vee, FOX 17, Prairie Meadows, and Murphy Enterprizes. For a complete list of 2024 Iowa Character Award recipients or to submit a 2025 nomination, visit IowaCharacterAwards.org. ■

PINK COUCH Wellness adds psychiatric medication management provider

Pink Couch Wellness, a mental wellness clinic located in Grimes, announced the addition of Danielle Penton, PMHNP, to the mental wellness team to provide psychiatric medication management services.

According to Johns Hopkins Medicine, one in four adults suffers from a mental disorder, and mental health disorders are some of the leading causes of disability in the U.S. Since the pandemic, the rise in diagnoses has led to an increase in demand for mental health services. Medication can be an important part of treatment for such conditions as anxiety, depression, ADHD, OCD, bipolar disorder and PTSD.

Low availability and long wait times have plagued the psychiatric community for years, and the Des Moines area is no stranger to this issue. Pink Couch Wellness hopes that the addition of therapists and, now, medication management, can provide some much-needed availability and access to individuals age 12 and over in the area.

"As we've established our office in Grimes over the past two years, we've recognized a growing need for medication management services," said Vanessa Andersen, owner of Pink Couch Wellness. "Wait times for these services in our local hospitals and clinics can sometimes be weeks to months long. We're fortunate to have Danielle join our practice and be able to provide Grimes and the surrounding areas with immediate access to these needed services."

Penton joins Pink Couch Wellness after receiving her Master of Science from Allen College to become a psychiatric nurse practitioner. Prior to that, Penton had worked with inpatient and outpatient mental health, substance abuse patients, and inpatient psychiatric services. She also has experience working in long-term care, family practice and corrections.

"I'm excited to serve patients in Grimes and surrounding communities with their mental health medication needs," said Penton. "I plan to collaborate with local physicians and therapists to help patients manage their symptoms with personalized treatment plans." ■



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54 Day Novena: August 15-October 7
Everyday at 7:30am

K of C Pancake Breakfast for
Granger Days (August 24) 8am-10am (gym)

The Chosen Study Group
September 8 - November 3 at 6pm

1st Saturday of the Month starting July 1st we will offer morning Mass at 8am.
MASS TIMES: Monday-Friday: 8am | Saturday: 5pm | Sunday: 9am & 5pm
RECONCILIATION: Saturdays at 4pm | **Rosary:** Tuesdays at 8:30pm

Adult Faith - Study Group on Acts
Starting September 9-November 18 (1st session)
Monday's 8:30am & Wednesday's 5pm & 7pm

K of C Breakfast for Fr. Dominics 20th Anniversary for Priesthood
September 15 at 10am-12pm (gym)

Next Baptismal Prep Class
Sunday, September 22 at 1pm
register with Brenda at the Parish Office

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THE RISK of waiting for the market to drop

Two common investment phrases engrained into the human brain are: "What goes up must eventually come back down" and "Buy low and sell high." These phrases are examples of market timing. Unfortunately, market timing is nearly impossible to get right on a consistent basis, even for the most experienced investors. For market timing to work perfectly, you must be right not once but twice. You have to be right on timing when to get out of the market and right again on the timing of when to get back into the market.



Recently, we have seen positive market performance, including some all-time market highs after coming off a two-year stretch of extremely high market volatility. These all-time highs can be a bit nerve-racking for investors who have cash sitting on the sidelines looking to jump into the markets, causing uncertainty whether to jump in now or wait out the all-time highs for the next market dip.

When investing in the market, it is important to make decisions based on long-term expectations and goals rather than short-term assumptions. Entering the market during market highs isn't a poor decision when investing for the long term. Timing the market for the next drop could take months, sometimes even years, causing you to miss out on large potential investment growth opportunities. Research shows higher investment returns result from time spent in the market rather than jumping in and out of the market during periods of market highs and lows.

History has shown there are more positive years in the market than negative years. It has also shown that new market highs generally lead to even more market highs in the following days, months and sometimes even years. However, there may be some market dips along the way. So far in 2024, we have seen several new all-time market highs. If you would have sold during one of the past market highs, it would have prevented you from being invested during the next all-time market high.

The focus when investing in the market should be on consistency rather than looking for the perfect opportunity to get in and out. Stay focused on your long-term goals. If you are on the fence about investing during market highs, we have some ways to help. Dollar cost averaging and selecting the correct risk tolerance portfolio for you can help with easing back into the markets. ■

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

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VALUES-BASED decisions

Research shows that one-fifth of adults hate making decisions. But, no matter how much you try to avoid them, some decisions must be made. What will you wear today? Should you text this person back? Is it time to look for a new job?

When making decisions causes you pause, I suggest a system of values-based decision making. When you live in alignment with your core values, you're more likely to make decisions you're proud of.

To make the process slightly easier, here are five steps you can take to make values-based decisions.

1. Start with the facts: Gather as much information about your options, including potential impacts or consequences of your choices. This way, you can make an informed call.

2. Align with your values: Ask yourself if these choices are in alignment with your core values — the things in your life that you feel strongly about. Will this decision live on your conscience?

3. Remove the fear: Make decisions based on what you want instead of worrying about what could happen.

4. Make a choice: Take a deep breath and make your decision. Don't allow yourself to procrastinate.

5. Stand by your decision: Have confidence in yourself and your decisions. If it doesn't turn out how you wanted, learn from your mistake and move on. The more decisions you make, the more you'll trust yourself. ■

Information provided by Vanessa Andersen, LISW, Licensed Mental Health Therapist, Pink Couch Wellness, 1220 N.E. Station Crossing, Suite 204, Grimes, IA 50111. www.pinkcouchwellness.com.



MEET Michelle Mickle

DCG grad teaches the next generation.

Michelle Mickle is a proud graduate of the Dallas Center Grimes school district. After graduating from DCG, she attended Central College in Pella. She landed her first teaching job in 2011 and has been with DCG ever since, completing her 13th year of teaching last school year. She has spent 10 years teaching first grade and three teaching kindergarten. She currently teaches at North Ridge Elementary.



Michelle Mickle now teaches students in Grimes where she was once a student herself.

"The opportunity came about three years ago for me to switch from teaching first grade. I love both grades and truly enjoy early childhood education," she says.

Mickle has not regretted her decision to stay at DCG. Though the growth in the community is huge, it's still supportive. She remembers when Grimes only had one elementary school — the one she attended. Now there are four.

"I always feel so supported by my North Ridge family, both teachers and my students' families. The kids and families are amazing to work with, and I love getting to know them. It is a privilege to get to teach at DCG each day."

Kindergarten presents its own challenges since it is the beginning of the kids' school career, and they are still learning how to be students, she says, adding that the biggest challenge is having a room full of kids that each have different needs. But the rewards that come about are truly amazing, she says.

For a kindergarten teacher, every day is unique, and every day brings about its own challenges, successes and reasons to celebrate. The growth that Mickle sees each year in her students, socially and academically, makes her proud of each of them and excited to be the one who helps them start their school journeys.

When she isn't in her classroom, you will find Mickle spending time with her husband, Mike, and their three children, twin 4-year-old girls and a 1-year-old son.

"They keep us very busy," she says. "I love to cook and bake. I also enjoy going to parks with the kids and being outside to enjoy nature." ■



MENTAL HEALTH MEDICATION MANAGEMENT

Pink Couch Wellness is excited to welcome **Danielle Penton, PMHNP** to the team. Danielle is licensed in using medication to treat various mental health conditions.



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EMBRACING the Olympic spirit right here at home

As the Summer Olympic Games unfold in Paris, I'm reminded of the incredible spirit of unity and achievement that brings the world together to compete against one another respectfully. I believe that this same spirit is alive and well here in Grimes, where our local businesses and community organizations are at the heart of our town's vibrancy and resilience.



Much like Olympic athletes who train tirelessly to reach their goals, our local business owners work hard every day to provide us with unique products and services. Whether it's your favorite restaurant, salon, grocery store, clinic or shop, these businesses are the backbone of our community. By choosing to shop locally, we not only support these hardworking entrepreneurs but also help keep our local economy thriving. Every purchase from a local business contributes to job creation and keeps more money circulating within our community. It's a small but meaningful way to show our support and appreciation for the businesses that make Grimes special.

Our community organizations are another vital part of Grimes, offering everything from youth sports leagues, to a helping hand to someone in need, or just bringing good people together for some camaraderie. Just as the Olympics showcase the importance of teamwork and collaboration, participating in local events and volunteering with community groups helps strengthen our bonds with neighbors and friends. These relationships make the good times better and the hard times a bit more bearable.

Getting involved is easy and rewarding. Attend a local event, volunteer for a cause you're passionate about, or simply spread the word about the good work being done by our community organizations. These actions not only enrich our lives but also contribute to a stronger, more connected Grimes.

Just as we cheer on the athletes in Paris, let's also take a moment to celebrate the champions in our own town — our local businesses and community organizations. They may not compete for gold medals, but their contributions are invaluable to the fabric of our community. By supporting them, we keep the spirit of unity and excellence alive right here in Grimes.

So, as you watch the Olympic Games or even a more local event, think about how you can be a champion for Grimes. Whether it's shopping locally, volunteering, or just being a good neighbor, every little bit helps. Let's embrace the Olympic spirit and make our community even stronger.

You can learn more about local businesses and organizations by contacting Grimes Chamber & Economic Development. We can be found on social media, on our website (www.GrimesIowa.com) or by stopping by our office at 404 S.E. Second St., Suite 200, in downtown Grimes... in the heart of the Governors District. #lovegrimes ■

Information provided by Brian W. Bueth, President | CEO, Grimes Chamber & Economic Development

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A ribbon cutting was held for LIVE Hydration Spa, 1101 E. First St., Suite 107, Grimes, on July 31.



A ribbon cutting was held for LIVE Hydration Spa, 1101 E. First St., Suite 107, Grimes, on July 31.



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Back to School

BACK TO ROUTINES AND BEDTIMES!

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Whirlpool 5.3 Cu.Ft. Electric Range with 5 in 1 air fry oven, fan convection, stainless steel WFE550S0LZ

Whirlpool Washer: 4.7-4.8 cu ft. 2-in-1 removable agitator. Built-in water faucet. Deep water wash option. Presoak option.

WTW5057LW

Whirlpool Dryer: 7.0 cu ft. Top load electric moisture sensing dryer with steam & wrinkle shield WED5050LW



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Whirlpool Dishwasher, stainless steel tub, 3 rack, fingerprint resistant stainless steel WDT750SAKZ



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Whirlpool Refrigerator 11.6 CU FT. 24" Top Mount. Fingerprint Resistant. WRT112CZJZ



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Whirlpool Refrigerator 18 CU FT. Dairy Bin. LED Interior Lighting WRT318FZDW



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Whirlpool Refrigerator Side-by-side. 25 CU FT. Exterior ice & water dispenser. LED lighting WRS325SDHZ

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Maytag Dishwasher, stainless steel tub with 5 cycles, dual power filtration, fingerprint resistant MDB4949SKZ



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Washer 4.7 CU FT. Deep wash option

Electric dryer 7.4 CU FT. Hamper door



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BICYCLE SAFETY:

BICYCLE HELMETS

It is essential that your child wears a helmet specially designed for a child bike rider.

Here are some things to know:

1

A helmet should be worn squarely on top of the head, parallel to the ground, and covering the forehead. The child should be able to see the brim of the helmet when looking up. It should be snug enough that it does not move.

2

A helmet should fit a child for several years. They can be adjusted as the child's head grows and should be checked regularly for proper fit.

3

A helmet should be replaced if it has been through a serious fall or crash. Check the manufacturer's recommended time frame for regular replacement. It should be at least 5 years.

4

If your child does suffer a serious blow to the head, even while wearing a helmet, watch for these signs of a possible concussion and seek medical help immediately: headache, nausea, dizziness, blurred vision, confusion, sensitivity to light or sound, change in personality or behavior.

We provide family care at a family-owned clinic.
Your child deserves more than urgent care.

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