

Living

A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

Meet Madison Nanke
EDUCATION

1000 Books Before Kindergarten
LIBRARY

Italian crusted salmon with creamy truffle Caesar salad
RECIPE

Local service & great rates.

Call, click or stop by today



Andrea Sabus ChFC®
Agent

101 SE Main St, Ste 100
Grimes, IA 50111

515-986-4611

info@andreasabusinsurance.com
www.andreasabusinsurance.com



PRSR STD
ECRWSS EDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

HAVE YOU HAD A FINANCIAL PHYSICAL LATELY?



TRUST & INVESTMENTS

We all know how important a physical is to stay up-to-date on changes in your health, but what about your financial health? Financial status, life events, and financial goals are constantly changing. Is your investment account changing with it?

Contact Wade Lawrence or Bryce Block to get started.

100 NE Jacob Street • Grimes, IA 50111 • 515-986-2265 • www.citystatebank.com

Not FDIC insured. Not deposits or other obligations of bank and are not guaranteed by bank. Are subject to investment risk, including possible loss of principal.

Time to Review Your Insurance Policies?

Give us a call first!

Now is a great time to review your policies and make sure that you are adequately covered for the unexpected. City State Bank Insurance Services can help. Call or stop in today for a quote!



INSURANCE SERVICES

2025

Insurance Services
100 NE Jacob Street
Grimes, IA 50111
515-986-3306

AUTO • HOME • HEALTH • LIFE • FARM AND RANCH • GROUP LIFE • GROUP HEALTH • BONDS • COMMERCIAL BUSINESS

* Not a deposit. Not FDIC insured. Not insured by any federal government agency. Not guaranteed by the bank. May go down in value.

WELCOME

A GRANDPA and his grandson

Jolene and I are new to this grandparenting thing. We are only weeks in, but, so far, so good. We had heard how wonderful the experience is from others, but, like most things in life, we didn't fully understand until we began to live it.



Our middle daughter, Samantha, got married a few years ago. She and her husband, Brady, then moved to Arizona. We missed them, and, thankfully, they missed us, too. As they began to talk about starting a family together, they came to the conclusion that they wanted to be close to family again and were moving back to the area.

We were able to see Samantha through the pregnancy process, and we were at the hospital shortly after their son was born. Holding Callahan in my arms for the first time was amazing, and doing so each time since has been as well. No phone call or video call could ever replace that.

I am greatly looking forward to the years ahead, too. Walking. Talking. Birthday parties. Ball games. And whatever he chooses to be involved in. But what I look forward to the most is the time we can spend together, just the two of us. Playing games at the kitchen table. Working on a project together in the garage. Going on boat rides. And just talking about whatever he wants to talk about.

My grandparents had all died by the time I was 5 years old, but I have a few wonderful memories of my Grandpa Lane. I can still envision him. In bib overalls. Sitting in his recliner. Looking at me and thinking how he could make me laugh. He would ask me if I wanted to see a monkey, and, of course, I always did. So I would jump up on his lap, and he would pull out his pocket watch and turn the shiny side over so I could see my reflection. And we both would giggle. I fell for that one repeatedly.

I was fortunate to be able to spend time with my grandpa, albeit not as much as I would have liked. I loved him dearly, and I want to do all I can to be sure my grandson and my future grandchildren will have those same opportunities with me.

This month, we share the stories of grandparents who live nearby their grandchildren and are able to create these types of cherished memories — and maybe see a few monkeys, too.

Thanks for reading. ■

SHANE GOODMAN
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Dan Juffer
Senior Advertising Account Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



IOWA
Living
MAGAZINES



Circulation and readership audited by Circulation Verification Council

☆☆☆☆☆

PUT MORE PRESIDENTS

IN YOUR POCKET THIS MONTH!

☆☆☆☆☆

4.25% APY*
11 MONTH CD

Matt Pick
VP Market Manager
Grimes

Matt Morris
CEO

CHARTER BANK

Chart Your Success With Us!

Johnston 5526 NW 86th St. 515-331-2265	Grimes Corner of Gateway & 1st St. 515-986-2000	Waukee Downtown Triangle 515-987-1000	Ankeny 2905 SW Oralabor Rd. 515-446-2265
---	--	--	---

www.CharterBanker.com

Member FDIC *Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD), penalty for early withdrawal. Rate as of 2/12/25 and subject to change.

Brianne and Nick Kiley enjoy time with granddaughter, Vivienne.



A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

By Ashley Rullestad

These days, kids often grow up, move away and start family and careers far from where they grew up. Siblings are often scattered across the country and even the globe. Dinners with the extended family is now regulated to the holidays, when those who are able make the trip “back home.” But there is something about grandkids that brings about another family shift. Many young families decide their kids would benefit from having family close by, and many grandparents find retirement is the perfect time for making a move closer to family. Some of those grandparents who live close to their grandkids share what it means to them to form the special bonds that come from time spent together.

Love at first sight

Brianne and Nick Kiley are parents of a large family of six kids. Although raising kids is great, Brianne says everything changed when granddaughter, Vivienne, came along almost two years ago.

“Our time with her has been so life-giving,” she says. “They tell you being a grandparent is the neatest thing in life, and they aren’t joking. It truly is. I am thankful she lives so close to us and we can pour into her life as much as we get to.”

The Kileys live in Dallas Center, and their son and daughter-in-law live in Grimes. Along with Vivienne, they are expecting another granddaughter in April. The families spend each Tuesday night together, just like when, years ago, Brianne, her son, her mom, and her Grandma Josephine would spend every Tuesday night together.

“The time we spent with her each Tuesday is a treasure I store deep in my heart,” Brianne says. “I decided I would continue the tradition of hanging out with Vivienne every Tuesday just like I got to with my sweet grandma so many years ago, knowing it would give her

parents an evening to invest in their marriage and allow for Vivienne and me to become even closer. It has been the biggest blessing in my life.”

In fact, everyone seems to want to visit on Tuesdays. Though another son recently moved out, he insists on coming home on Tuesday nights to spend time with Vivienne. The whole family tries to be home on Tuesday nights now.

“In addition to every Tuesday, Vivienne climbs the steps at church to our usual seats every Sunday, saying in a not-so-quiet church voice, ‘Yaya...where are you? Yaya?’ And then she comes over for lunch after church every Sunday with her mom and dad,” Brianne says.

“Come April, we will have our hands and hearts a little fuller with her sister joining us for these moments together,” she says. “Vivienne will have to learn to share us, which may be difficult at first. We will have to learn how to spread our love around to another little girl, which will be easy.”

What surprised Brianne the most about becoming a grandparent is how looking into her grandchild’s eyes can take her back to when her children were young.

“When you’re young and in your childbearing years, it’s easy to lose out on the simple joys that little ones bring into your lives. Having grandkids is a way of enjoying all the little moments at a slower pace from a place of knowing these moments are precious and they seem to just fly by,” Brianne says.

“We realize we are beyond blessed to live only 9 miles away, and we never want to take that for granted. So, on days Vivienne gets vaccines, we show up with balloons. On beautiful Iowa nights, we take her for a walk. When Christmas lights go up, we go get her and drive around. She is the brightest light in our world.”

Huge helpers

Raedeon and Dennis Briggs have been blessed with 11 grandchildren and three great-grandchildren. Two of the youngest are Will Wishman, 16, and Jack Wishman, 14.

“They are homeschooled, play basketball, and both work at Fareway part time,” Raedeon says. “Also, they are very active at church with their youth group at NorthPoint Church. But what makes them so special to my husband and

LIKE CHOCOLATE? LIKE CHOCOLATE DRINKS? THEN YOU’LL LOVE THIS EVENT!



at West Glen Town Center
Pre-Event Ticket Price \$25
(\$35 at the door)

RECEIVE 10 DRINK TICKETS + CHOCOLATE TREATS



CITYVIEW



CHOCOLATEWALK.DMCITYVIEW.COM

FEATURE

me are their hearts.

“The boys are so willing to help us with anything and everything. In the fall and spring, they come over and take out things in the shed for the yard and then put it all away for winter,” she says.

They have trimmed trees and raked leaves. They have mowed the yard and worked in the garden. They have carried items up from the basement storage room when Raedeem is ready to redecorate.

Sometimes, they will text and say, “Grandma, are you home? Do you care if we come over?” They will, and the group enjoys some fun and some serious discussions in the sunroom.

“My husband has health problems, and their help is so valuable to us. We are so fortunate to have them live in northwest Urbandale,” Raedeem says.

Raedeem and Dennis have three daughters who all live nearby. The children grew up in the same town as both sets of their grandparents, and the Briggses are happy to bring that closeness to the next generation.

“Family has always been a priority my husband and I have tried to instill — both in our three girls and carried out into their own families and our grandchildren,” she says. “Again, we are so blessed.”



Jack and Will Briggs are eager to help Grandma and Grandpa Briggs.

**TRUSTED LOCAL DOCTORS
PROVIDING PERSONALIZED CARE**

**DON'T SETTLE
FOR LESS**
Experience the best!

Your eye care is important. Transferring is easy.

- Vision & Eye Health Evaluations for Seniors, Adults, Teens & Children
- Diagnosis/Treatment of Eye Diseases
- Designer Eyewear & Sunwear Gallery
- Two Year Frame & Lens Warranty
- Guaranteed Contact Lens Success
- Enhanced Retinal Imaging
- Computer Vision Syndrome Treatment

**TOTAL FAMILY
EYE CARE**

515.986.1234 www.totalfamilyeye.com
YOUR EYE HEALTH SPECIALISTS

Dr. Tyler Fulton, O.D.
7 Years Pediatric and Family Care

Dr. Matthew Howie, O.D.
24 Years Family Care and Ocular Disease Management

Accepting Medicare, Blue Cross, Aetna, VSP, Avesis, Eyemed, UnitedHealth and many others

Landscape Design & Outdoor Solutions.

**LAWN NOT HEALTHY?
NEED A BETTER SERVICE?**

KEEP YOUR YARD LOOKING ITS BEST!
*with our 7 Step Weed & Exterior
Pest Control Program*

- Pre-emergents, Nitrogen, & Micronutrients added to your soil
- Perimeter Pest & Mosquito Control
- Routine Maintenance from March to November

Call Your Brilliant Experts Today!

FREE Soil Testing
when you prepay for the 7-Step Program.

515-303-8489
1585 NW Vicksburg Court, Waukee
www.brilliantborders.com



The Rothmeyers enjoy going to grandkids' activities and having summer fun with them.



Three of the Costanzos' grandkids live next door to them.

Being involved

Paula Rothmeyer and her husband, John, moved to Grimes five years ago to be closer to all nine of their grandkids. They spent time in Winterset, Perry and Waukee, where their daughter and son-in-law lived when the first two grandchildren were born.

"They later moved to Grimes," she says. "We were always traveling back and forth for activities because we don't miss any of them. My daughter, Mysha Tjebben, has five kids here, and my son, Kyle, has four kids here. Our two unmarried children live here now also."

Paula is a teacher for Des Moines Public Schools, so, in the summer, she's off and ready to be a full-time grandma. She and the kids go swimming, bowling, to movies and do many other things.

With the nine grandkids — ranging in age from 1 to 15 — they all agree that summertime fun is their favorite. But their grandparents are around to help out and be present. Many times, because of all the sporting events the kids have, Paula and her husband divide and conquer, each of them going to different events and then

switching.

"That is how we stay young," Paula says. "We wouldn't want to miss an activity, and there are lots. It's the benefit of having grandkids and kids close by that we see them all the time, pick them up from practices or just about anything. Right now, I am watching two of my son's kids while they are at hitting practice with the older ones. We wouldn't have it any other way."

Next door neighbors

Vickie and Danny Costanzo definitely live near their grandkids — next door, in fact.

"It was a crazy story," Vickie says. "My daughter, Kara, was living by the baseball fields, and she was asking, if anything was for sale in our circle, to please tell her. I was on the phone and told her the house next door was up for sale, and I asked if that was too close. She was ecstatic and so happy."

The Costanzo children were not close to their grandparents, who lived in Minnesota and Nebraska, because they couldn't make the drive often. That's not the case for the grandkids now. Kara and her husband, Adam, and their

three kids, Caiden, 18, Colton, 15, and Emma, 7, are often dropping by. They also have a daughter, Jessica, who live in Cedar Rapids with her husband, Chris, and their daughter, Kaylie, 8. They might not be next door, but they visit often.

"The benefits are they can come over when they want," Vickie says. "At our house, the door is always open. I love having the grandkids over and their friends. We are a very close family. We do experiences over presents. What that means is we travel and have Adventureland passes."

Vickie's favorite grandparent memories are when each grandchild turned 7. They would make it a magical birthday with a trip to California to make memories at Disneyland.

"We are beyond blessed to share every day and all the swim meets and baseball and basketball and softball and dance," Vickie says. "We go on cruises a lot, and Kara takes over watching our ragdoll kitty and mail and house. I can go on and on of the continued joy and feeling needed with helping get all grandkids to activities. Kara also says no nursing homes for us. She and her family will take care of us when we get old. So blessed." ■

Next-door family

Dawn and Jim Harnack really love their neighbors. They run errands for them, attend their activities and spend a lot of time together. Of course, it helps that their neighbors are their granddaughters.

When the Harnacks' daughter and son-in-law were trying to sell off a piece of their property, the couple thought, "We love it out here." Then their daughter suggested they buy it.

"It's like, 'Really? You want us out next to you?' But it's turned out good for everybody," Dawn says.

Since buying the lot and building their home, they've spent a lot of time with their two granddaughters — one in high school and the other in college. Most of their gatherings are spur of the moment, since the Harnacks have an open-door policy.

"They might say, 'What's for dinner?' And my daughter and son-in-law come over," Dawn says. "And the girls, as they've gotten older, I was afraid that we wouldn't be in their lives anymore, wouldn't be important. And it's not been so."

The Harnacks attend their granddaughters' activities and ceremonies, a level of involvement

Dawn considers "powerful."

"Sometimes we're peacemakers. Sometimes we're mediators, tiebreakers, dress consultants," Jim says.

The Harnacks also enjoy the proximity. The families can run errands for each other, and, sometimes, they even help solve crises, like burning pizzas.

"You feel needed. They fulfill that need," Dawn says. "We're both retired and don't have a lot to do, especially in the winter."

Throughout the seasons, the Harnacks find activities to do with their granddaughters, like turkey hunting or shopping.

"Sometimes they latch onto it or appreciate it," Jim says. "And others, it's like, OK, let's try something else. But they're always willing. When you get the window, you better jump at it because, as they get older and busier, things change."

With so many opportunities for time together, the Harnacks have learned to pick up cues for when they want to gather. But the bond they share with their family has helped with the transition. If they didn't have that bond, Dawn says, the Harnacks wouldn't be living 373 feet from their family.

Part of the bond with their granddaughters



Dawn and Jim Harnack could hardly be closer to the grandkids — they live next door.

comes from having fun.

"When you're a parent, you're working full-time, and your kids are teenagers, that's a hard age, very hard age," Dawn says. "I mean, you're not supposed to be fun. You're supposed to be authoritarian. When you're grandparents, you don't have to discipline."

The Harnacks are so fun that their granddaughters bring friends over and aren't embarrassed to be seen with them. One of Dawn's favorite memories was learning that her granddaughter's friends knew her already from the stories she told them.

"And I just was like, 'Really?'" Dawn says. "She talks about me to everyone else. Nobody does that." ■



iris & ray's
EYEATTIC

(515) 500-6873
eyeattic.com



Mallori Phillips
Optometrist

CITYVIEW BEST OF DES MOINES



THANK YOU FOR VOTING!

The Shade Tree Auto team is thrilled to have been recognized with the following CITYVIEW Awards!

- **BEST LOCAL AUTO SHOP**
- **BEST LOCAL BATHROOMS RUNNER-UP**

We're proud to serve the communities of Grimes, Urbandale, and Ankeny, and we couldn't have done it without the incredible support from our customers.

— The Shade Tree Auto Team

GRIMES
1750 SE 11th St.
515.986.5241

URBANDALE
3831 70th St.
515.512.1095

ANKENY
1329 SW Ordinance Rd.
515.964.9492



TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

(Family Features) Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit freshexpress.com to discover more than 380 fresh recipes and find a store near you. ■

Italian crusted salmon with creamy truffle Caesar salad

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

DIRECTIONS

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small



bowl, combine breadcrumbs, walnuts and olive oil.

- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

Grilled zucchini nachos

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 4

- 4 medium zucchini, sliced into 1/4-inch thick rounds
- 1 tablespoon extra-virgin olive oil
- salt, to taste
- pepper, to taste
- 1 cup cheddar cheese, shredded
- 1 bag (5 ounces) Fresh Express Sweet & Crunchy Salad Blend
- 1 cup canned corn, cooked and drained
- 1 cup canned black beans, rinsed and drained
- 1 cup tomato, diced
- 1/4 cup green onions
- 1/4 cup red onions
- 1 jalapeno, finely diced (optional)
- 1 avocado, diced
- 1/4 cup cilantro, chopped
- 1 tablespoon sour cream

DIRECTIONS

- Heat grill to medium heat.
- In large bowl, toss zucchini and olive oil to coat. Season with salt and pepper, to taste.
- Place zucchini on grill pan; grill 4-5 minutes until just tender. Top zucchini with cheese and cook until cheese melts, 1-2 minutes.



- Remove from grill and place on plate or large platter. Top cheesy grilled zucchini with salad blend; corn; black beans; tomato; green and red onions; jalapeno, if desired; avocado; cilantro; and sour cream.

GRIMES Public Library news

Two more children have completed the 1,000 Books Before Kindergarten program, 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.



Child: Grant Gano
Parents: Michael and Amber Gano
Age: 3
Favorite book: "If you Take a Mouse to School"
Favorite animal: Bunny



Child: Mykenna Giedd
Parents: Steph and Chris Giedd
Age: 2
Favorite book: "Goodnight Moon"
Favorite animals: Kitties and puppies ■

BOOK REVIEWS Courtesy of Beaverville Books

'Cleavage: Men, Women, and the Space Between Us'

Jennifer Finney Boylan has written several phenomenal books including her profoundly influential memoir, "She's Not There," which has won numerous awards, and deservedly so. I picked up this book with a lot of expectations and anticipation. I was pleased to find this series of interconnected essays to be everything I had hoped for. This is another classic in the making.

The differences between the genders are interesting to read from the transgender perspective. Boylan came out in 2000, long before the current swirl of fear and anger was the norm, and, as such, she provides a unique lens on how society has changed over the past few decades in response. Gender infuses so much of our lives in ways small and overwhelming. It's fascinating to read about how much, and how little, it matters to one's sense of place, time and love.

Honest and raw — at times brutally so — this book wasn't always easy to read, but it is even more important for that. I like books that open my eyes to things I might not otherwise see or understand. If you're up for learning the social, mental and historical impacts of gender, this is a great place to start. ■ — *Review by Julie Goodrich*



By Jennifer Finney Boylan
 02/04/25
 256 pages
 \$29
 Celadon Books

'Greenteeth'

Tell me if you've heard this one before — a lake monster, a witch and a goblin walk into a bar...

This delightful mishmash of fairy tales and myths has a little bit of everything for fantasy readers, or just those who love a good story. Action, adventure, monsters and the best dog. I started this book thinking it would just be another retelling of a classic story, but I found such a skillful rendition of so many great bits of western folklore that I completely lost myself in the tale.

Jenny Greenteeth is an inquisitive and reluctant keeper of a lake whose world is turned on its side by the arrival of an accused witch. Jenny decides to help the witch in her journey, and the pair slowly build a party of unlikely heroes that quickly turns into a found family.

Whether you're already familiar with British folk tales or not, this is a joyful romp full of humor and heart. If you're looking for something warming and cozy these frigid months, this book is for you. ■ — *Review by Julie Goodrich*



By Molly O'Neill
 02/25/25
 320 pages
 \$18.99
 Orbit

JOIN FOR \$1

TRAINING. NUTRITION. RECOVERY.



**ANYTIME
FITNESS**

255 SW BROOKSIDE DRIVE, GRIMES
NEXT TO MERCY CLINIC
GRIMESIA@ANYTIMEFITNESS.COM | 515.300.9262

SCHEDULE
YOUR TOUR!



STAFFED HOURS: MON-THU 10AM-6:30PM • FRI 9AM-1PM

FITNESS By Haley Powers-Risdal

Q: Is it OK to exercise with arthritis?

A: If you suffer from arthritis, you may notice that, as the temperature gets colder outside, the more your joints hurt. The more your joints hurt, the less you want to go work out. Am I right? Whether I am or not, exercise actually should be a possibility. It is actually proven to reduce joint pain, improve quality of life, and reduce body weight. There may be slight pain with some exercises, but that is OK. Ultimately, the muscles around the joint will get stronger and pain will decrease. The more you stay sedentary, the lower your pain tolerance goes, and the more your joints stiffen.

Of course, use common sense. If a movement hurts a lot, stay away from it. The goal is to start off with low impact exercises like walking, biking or swimming. Another important factor is what time of day you are working out. Avoid working out right after you get up; your joints are still stiff from when you were asleep. Midday seems to be the best time to work out for most people who suffer from arthritis, but it varies with everyone. Also, if it is cold outside, make sure you take an extra minute or so to warm up. The cold air makes your joints cold, so make sure they are warmed up properly before working them. If your joints hurt, exercising might be the last thing you want to do, but start off slow. I promise it will be worth it in the end. ■

Information provided by Haley Powers-Risdal, certified personal trainer/head coach at Anytime Fitness 255 S.W. Brookside Drive, 515-300-9262, GrimesIA@anytimefitness.com.



Make this the year for you.



Mental Health Therapy +
Medication Management

Visit us at Pink Couch Wellness!

www.pinkcouchwellness.com

1220 NE Station Crossing, Suite 204, Grimes, IA 50111
(515) 380-6516 | info@pinkcouchwellness.com

WELLNESS By Vanessa Andersen

WHAT'S YOUR love language?

According to Dr. Gary Chapman, five love languages define how people like to express and feel love. Understanding and sharing your love language can help strengthen your personal and romantic relationships. How do you like to give and receive love?

Words of affirmation: If this is your love language, you like verbal expressions of love and appreciation. You build connections through compliments and encouraging words.

Acts of service: Actions speak louder than words if you're in this category. Whether it's cooking a meal or running an errand, acts of service show the care and commitment of others.

Receiving gifts: For some, thoughtful gifts symbolize love and attention. If this is you, it's likely more the thought and gesture that pleases you, not the cost of the item.

Quality time: You value undivided attention if this is your love language. This time could include deep conversations or distraction-free activities that make you feel connected and valued.

Physical touch: Are you touchy-feely? Hugs, hand-holding and other forms of physical affection help people with this love language feel secure.

Want to go deeper? Read Gary Chapman's book, "The 5 Love Languages," to learn about managing various types of relationships including children, singles and workplace. ■

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





Quick!

Come tour and choose!



Brio's brand-new Neighborhood 19 townhomes are nearly all reserved with residents moving in. Choose from the remaining two floor plans and you can look forward to a beautiful Brio future. Both floor plans offer you:

- Zero-step owner's entry from the garage, featuring countertop, cabinets and a beverage fridge
- Flex room for a personal office with built-in desktop and upper cabinets
- Kitchen island with chair-height seating
- Plentiful windows, including transom, plus, 9-ft ceilings throughout, 11-ft ceiling in family room, and 8-ft-tall doors
- Covered patio
- Tiled walk-in shower in owner's suite
- Main-level laundry
- Walk-in closet with wooden shelving in owner's suite
- Gas fireplace
- 1,500-sq-ft. finished basement area with a rec room, wet bar, mini fridge, additional bedroom, large windows and egress wells — plus, unfinished storage space
- Dedicated HVAC and black-out shades in owner's suite
- Maintenance-free living
- Life-enriching amenities and services
- Access to Brio's other levels of living

To schedule your personal tour of the two remaining floor plans, call Maria at (515) 252-5380.

Independent Living • Assisted Living • Memory Support • Short-Term Rehabilitation • Long-Term Nursing Care

6901 Peckham Street | Johnston, IA 50131 | (515) 252-5380 | wesleylife.org/living-options/brio-of-johnston

This institution is an equal opportunity provider and employer.



BUSINESSES GET RESULTS

when they
advertise in

GRIMES /
DALLAS CENTER
Living
MAGAZINE

iowalivingmagazines.com



Grimes / Dallas Center Living magazine is the most read publication in the area.

Our readers are your potential customers.

80%

of households say they read Grimes / Dallas Center Living magazine.

67%

of readers say they purchase products and services seen in Grimes / Dallas Center Living magazine.

63%

of readers visit the advertiser's website after viewing an advertisement.

CALL ME TODAY!

I would love to help
grow your business.

**DAN
JUFFER**

Advertising Account Executive

dan@iowalivingmagazines.com

Cell: 515-371-2290

JOINTLY owned bank accounts

(Continued)

Last month, Nathaniel Tagtow, JD, of City State Bank wrote an article discussing the drawbacks of adding someone, other than your spouse, as an owner to your bank account. I was so grateful to see his article, because I frequently teach on this very subject. If you did not read his article, I suggest you dig out last month's magazine and do so.

As he mentioned, sometimes you do not even realize that your son, daughter, etc., was made an owner rather than just given the ability to help you manage your account. If you have "put" someone else on your account, it is worth your time to determine the legal arrangement.

As he also mentioned, a joint owner has no legal responsibility to disburse your money to your other beneficiaries at your death. And, even if the joint owner has the best intentions of doing that, some things can happen in the joint owner's life beyond their control that can stop them from doing it, even if they want to. Therefore, if the reason you are putting someone else on your account is so they can help manage it, then tell the bank you want them to be a "signer," not an owner.

Yes. When you die, your account will be frozen temporarily. It is not the permafrost of the frozen tundra or something you need to fear. There are ways you can set it up so that it barely has time to cool, let alone freeze before someone can get legitimate access to your money.

Generally, there are two main reasons why someone puts a child on their account: 1) to help manage the money now and 2) to avoid probate. We discussed that you do not need to create another owner to have someone help you manage it. You should also know that other, less problem-prone methods are available to help you avoid probate, which is a worthwhile goal.

The moral of the story is that there is a danger that you are making things more complicated, not less complicated, for your loved ones after your death by putting bank or investment accounts in joint ownership with someone who is not your spouse. Of course, this is not true for everyone. But no one calls the lawyer to say they don't need help because it worked out fine. ■

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



Letsch Law Firm is devoted to providing legal education and guidance with compassion and understanding.



**POWERS OF ATTORNEY
WILLS • TRUSTS
GUARDIANSHIPS
CONSERVATORSHIPS
SPECIAL NEEDS PLANNING
ELDER LAW
POST DEATH MATTERS
NURSING HOME PLANNING**

515-986-2810

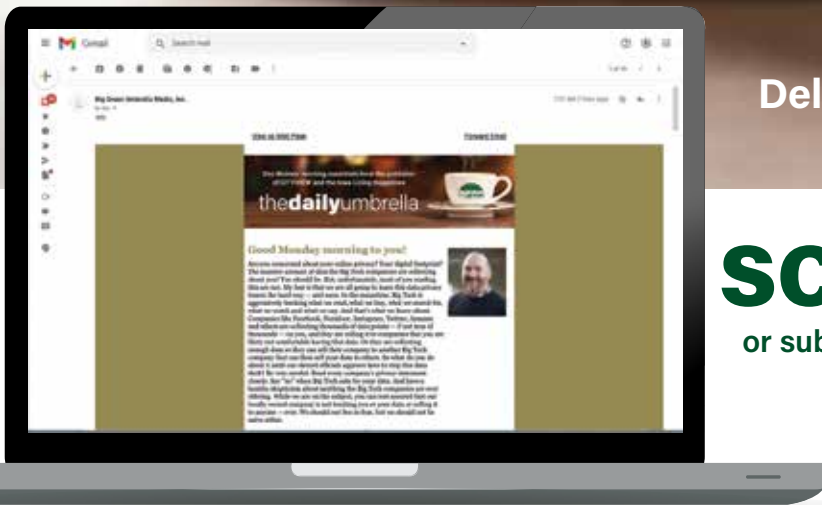
www.LetschLawFirm.com

112 NE Ewing St., Suite D, Grimes, Iowa

Start your morning off right
with an update from

the **daily** umbrella

Brief updates on local news,
weather, events, career
opportunities and the
morning chuckle — for free!



Delivered Mondays through Fridays
to your inbox for FREE!

SCAN HERE
or subscribe at dmcityview.com



This free service is brought to you by the publisher
of CITYVIEW and the Iowa Living magazines.

CONVERTING savings to retirement income

During your working years, you've probably set aside funds in retirement accounts such as IRAs, 401(k)s, or other workplace savings plans, as well as in taxable accounts. Your challenge during retirement is to convert those savings into an ongoing income stream that will provide adequate income throughout your retirement years and that works in unison with any pension or social security benefits.



Setting a withdrawal rate

The annual percentage that you take out of your portfolio, whether from returns or both returns and principal, is known as your withdrawal rate. Figuring out an appropriate initial withdrawal rate is a key issue in retirement planning and presents many challenges. Why? Take out too much too soon, and you might run out of money in your later years. Take out too little, and you might not enjoy your retirement years as much as you could. Your withdrawal rate is especially important in the early years of your retirement, as it will have a lasting impact on how long your savings last.

Which assets should you draw from first?

You may have assets in accounts that are taxable (e.g., CDs, mutual funds), tax deferred (e.g., traditional IRAs), and tax free (e.g., Roth IRAs). Given a choice, which type of account should you withdraw from first? The answer is — it depends.

You need to coordinate your retirement planning with your estate and tax plan. For example, if you have appreciated or rapidly appreciating assets, it may be more advantageous for you to withdraw from tax-deferred and tax-free accounts first. This is because these accounts will not receive a step-up in basis at your death, as many of your other assets will.

However, this may not always be the best strategy. For example, if you intend to leave your entire estate to your spouse, it may make sense to withdraw from taxable accounts first. This is because spouses are given preferential tax treatment with regard to retirement plans. A surviving spouse can roll over retirement plan funds to his or her own IRA or retirement plan, or, in some cases, may continue the deceased spouse's plan as his or her own. The funds in the plan continue to grow tax deferred, and distributions need not begin until the spouse's own required beginning date.

The bottom line is that this decision is also a complicated one. A financial professional can help you determine the best course based on your individual circumstances. ■

For more information, please contact 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.

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

YOU WILL LOVE IT!
100% GUARANTEE
Always
OUR FAMILY PROMISE

Butcher's Savory Collection **SAVE 52%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Boneless Pork Chops (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

8 FREE PureGround® Filet Mignon Burgers (6 oz.)

78045BAC separately \$269.94 **\$129.99**
SPECIAL INTRODUCTORY PRICE

8 FREE FILET MIGNON BURGERS

ORDER NOW! » OmahaSteaks.com/Savory1355
1.855.932.6844 Ask for offer 78045BAC

Savings shown over aggregated single item base price. Limit 2. 8 free 6 oz. burgers will be sent to each shipping address that includes 78045. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 03/31/25. 24M7123 | Omaha Steaks, LLC

Iowa PBS
Passport

Watch your favorite dramas anytime, anywhere.

Stream local and national shows on demand.
Sign up today at iowapbs.org/passport

New Local Shows

- The Texas Tenors: Faith & Inspiration** March 2025
- Dogs of Service** March 2025
- Shift: The RAGBRAI Documentary** Jan 2025

All Creatures Great and Small

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Upcoming in Grimes/ Dallas Center Living magazine:

Foreign Exchange Students: Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email tammy@iowalivingmagazines.com to be included in the April issue.



Rhythms of Grace volunteer orientation

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

As a reminder, Rhythms of Grace offers a one-hour orientation each month for all who would like to learn more about the organization before committing to a volunteer application, background check and training. Become barn buddies, sidewalkers and gain new horsemanship skills as horse leaders and help change lives of those with special needs.

Poetry Night

March 10, 6:30-7:30 p.m.
Grimes Public Library,
200 N.E. Beaverbrooke Blvd.

This workshop for adults focuses on enjoying poetry in all of its many forms. The program will vary from month to month and will include different activities including guest poets, poetry workshops, informational presentations and more.

Kling displays art in Grimes

Through Feb. 26
Grimes Public Library,
200 N.E. Beaverbrooke Blvd.

"Welcome to My Gardens" is an exhibit of oil paintings by Indianola Artist Bob Kling on display at the Grimes Public Library. Eighteen of Kling's paintings are on display and were created during the last four years. The show features work created from Kling's flower and vegetable gardens and from the produce department at Hy-Vee Grocery when the gardening season was over. "Although I paint everything from figures, portraits, landscapes, seascapes, hot air balloons, cars, trucks, motorcycles and still life, each has their own distinct characteristics which I enjoy — the personalities of people, the reflections of objects in water, the rippling folds in fabric or the dappling of shadows and sunlight through the trees. But there is something special about working from your own garden. When gardening, you discover all sorts of bugs, insects, butterflies, caterpillars and other living things. I like to have the viewers of my paintings also discover these same things." The exhibit is free and open to the public during the Grimes Public Library hours from 9 a.m. to 9 p.m. Bob Kling's painting and pottery studio is located in Indianola. His webpage is www.bobklingart.com.

**WE OFFER
SNOW
REMOVAL!**

Now scheduling **NEW CUSTOMERS** for Spring/Summer

515Lawn Services

Call OR Text Today 515-587-8171

**SUBSCRIBE TO THE LIVING
MAGAZINES EMAIL TODAY!**

IOWA Living MAGAZINES

Sign up for one community or all 14 to stay up-to-date on local news.

SIGN UP FOR FREE!

WWW.IOWALIVINGMAGAZINES.COM

Join Us

FOR FISH FRIDAYS DURING LENT

STATIONS OF THE CROSS STARTING @ 5PM, FOLLOWED WITH MASS FISH FRY • STARTS MARCH 7 • 5:30-7PM • DRIVE-UP, DINE-IN AND CARRY-OUT

Baked Fish, Fried Fish, B. Potato, French Fries (For Dine-In Only), Homemade Cole Slaw, Dinner Rolls, Homemade Cheese Pizza, Beverage and your choice of a Dessert from the Catholic Women's Club (For Dine-In Only)
FREE WILL OFFERING

<p>Rosary Every Tuesday evening @ 7:30pm</p> <p>Pickleball Fanatics Join us on Tuesday & Wednesday 8:30am-11am \$2 each day to play</p> <p>Indoor Walking (gym) Monday 9am-12noon</p> <p>Adoration/Benediction 3rd Tuesday of the month 3/18, 4/15, 5/20</p> <p>Adult Faith Study Group on the Acts (2nd Session) goes until March 24 Mondays @ 8:30am and Wednesday @ 5 & 7 pm</p> <p>"That Man Is You" Every Tuesday at 8pm 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22</p>	<p>Next Baptismal Prep Class Sunday, March 9 @ 1pm register w/Brenda at the Parish Office</p> <p>Adult Trivia Night (registration online) www.assumptiongranger.org February 22nd @ 6pm • build your own team of 6 or register to be added to a team Pizza and beverages provided!</p> <p>Blest Art (Olivewood art from Bethlehem) March 1 & 2 after all Masses</p> <p>Free Health Screening March 1 from 8-12 noon • Assumption gym</p> <p>Ash Wednesday Masses 8am & 7pm</p> <p>Happy Hours during Lent "Cabirini" @ 6pm</p> <p>Confirmation with Bishop Joensen April 23 @ 7pm</p> <p>First Eucharist April 27 @ 1pm</p>
---	--

1st Saturday of the Month morning Mass at 8am

MASS TIMES: Monday-Friday: 8am | Saturday: 5pm | Sunday: 9am & 5pm

RECONCILIATION: Saturdays at 4pm

Assumption
OF THE BLESSED VIRGIN MARY
CATHOLIC CHURCH

1906 Sycamore Street, Granger
www.assumptiongranger.com
PASTOR-REV. DOMINIC ASSIM
PO Box 159, Granger • 515-999-2239 • parish@assumptiongranger.com

EVENTS IN THE AREA

Be sure to check for cancellations.

Spring Break Kits

March 13
Grimes Public Library, 200 N.E. Beaverbrooke Blvd.

Come to the Children's Desk for crafts for kids birth through school age. Pick up a take-home kit with six art-themed activities for your child to do each weekday of spring break. This kit will contain six guided activities and most of the supplies needed for each activity.

Cardboard Maze

March 15
Grimes Public Library, 200 N.E. Beaverbrooke Blvd.

This open play special event at the library is open during library hours for all ages. Explore the twists and turns of the library's Cardboard City. A life-sized maze will be constructed out of cardboard in the meeting room during spring break.

Junior Librarians Mini Camp

Monday through Wednesday, March 17-19, 3-4 p.m.
Grimes Public Library, 200 N.E. Beaverbrooke Blvd.

Have you ever wondered what it would be like to be a librarian? Even though librarians are surrounded by books, that doesn't mean they get to read all day — but that doesn't make it any less fun. Join Grimes Public Library librarians for three days of Junior Librarian training and get a sneak peek at what goes on before the books hit the shelves. Each participant becomes an honorary Grimes Public Library Junior Librarian. Registration is required by 3 p.m., March 17. This event is for school-aged children.

Elks Annual St. Patrick's Day Celebration

Saturday, March 15, 5:30 p.m.
West Des Moines Elks No. 2752, 2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.



DSM Book Festival

Saturday, March 22, 9 a.m. to 6 p.m.
Franklin Event Center, 4801 Franklin Ave., Des Moines

Readers and book lovers in central Iowa will be thrilled to find an outstanding array of authors appearing at this free, fun-filled event, presented by Beavertdale Books and Beavertdale Neighborhood Association. In addition to author programs, panels, workshops and children's activities, the event will offer attendees the opportunity to have their books signed, visit with publishers, and enjoy mingling with fellow book lovers. For the complete schedule, visit <https://beavertdalebooks.com/dsmbookfestival/>.

Four headlining presentations will be offered in the venue's large theater, including fiction writer Claire Lombardo, historian Alexis Coe, award-winning Hanif Abdurraqib and AViD author C.J. Box.

The Expo!

Wednesday, March 26,
4:30-6:30 p.m.
Meadow's Gym, 2555 W. First St., Grimes

The public is invited to the 15th year of the Business Expo. Check out some local businesses and what they have to offer. Booths are available for chamber members only. The event will feature plenty of free goodies from Grimes Chamber member businesses, a face painter and Zoops Fun Zone, a talented balloon artist. The event is free and kids are welcome.

Bondu Chowder Ride

Feb. 22, 10:30 a.m.
101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (approximately 10 miles) on Saturday, Feb. 22. Check in at 10:30 a.m. at Reclaimed Rails Brewing Company before the ride starts at 11 a.m.

CITYVIEW'S Chocolate Walk

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines
chocolatewalk.dmcityview.com
Feb. 21

CITYVIEW and West Glen Town Center will once again bring the Chocolate Walk to West Glen Town Center on Friday, Feb. 21 from 5-9 p.m. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Participating establishments are Wellman's, Anna Dolce, Shotgun Betty's, Grimaldi's, The Irish, Tonic, El Fogon, The Breakfast Club, Coach's Pizza and Hurts Donut.



Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit www.friendlysonsiowa.com for more information.





Covered Bridges Winery events

2207 1700th Trail, Winterset
coveredbridgeswinery.com

See website for tickets and any last minute changes.

- Feb. 22: Blues & BBQ, Central Iowa Blues Society Benefit Dinner
- Feb. 28: Bourbon Barrel Release Party
- March 1: Music at the Winery, Looking 4 Luke, 6:30-9:30 p.m., \$5 cover
- March 9: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jesse and the Medicine Men
- March 23: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jake Schrodt
- March 29: Comedy Night Chowdown Improv
- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover

Axe-throwing events

Ironside Axe Club, 2700 University Ave., Suite 100, West Des Moines

• **Feb 21: Dark Roast Happy Hour Business Networking event, 5-7 p.m.**
Enjoy axe throwing, networking and beer. Free event, but donations are encouraged to help fund the events.

• **March 22: Pirate Take Over and Sea Shanty Sing Along featuring the Orkes and Trolls.** \$1 off drinks for all pirates. \$10 axe throwing from 6-10 p.m. Sing-a-long from 7-9 p.m.

Dome After Dark

Fridays through March, 6-10 p.m.
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines
dmbotanicalgarden.com

The Greater Des Moines Botanical Garden's lush tropical conservatory and Gardeners Show House are colorfully illuminated for Dome After Dark. Flora, the botanical garden's restaurant, serves food and drinks till 9 p.m.



CAP Theatre presents "Disney's Beauty and the Beast JR"

Through March 2
CAP Theatre, 201 First Ave. S., Altoona

Featuring 28 youth actors on the Melissa Grooters Stage, CAP Theatre presents "Disney's Beauty and the Beast JR." Friday shows begin at 7 p.m., and Saturday and Sunday matinees begin at 2 p.m. Tickets are \$16 for adults, \$14 for seniors and \$10 for students. Class Act Productions (CAP) Theatre is a children's community theatre in Altoona that strives to give young people, regardless of experience, the opportunity to be part of and appreciate live theatre.

Des Moines Performing Arts shows

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines
desmoinesperformingarts.org

- Feb. 21 to March 2: "Mary Poppins Jr."
- Feb. 25 to March 2: "Life of Pi"



Vendor Markets

March 15, April 19, 10 a.m. to 6 p.m.
Outlets of Des Moines, 801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information.

"Men on Boats"

Through March 2
Des Moines Playhouse, 831 42nd St., Des Moines

Tickets for "Men on Boats" may be purchased online at dmplayhouse.com, by phone at 515-277-6261, and at The Playhouse ticket office. The year: 1869. The crew: a maniacally talkative youth, an old Civil War vet who doesn't like people, an overexcited Brit, and a hunter who wears only beaver skins, to name just a few. Led by John Wesley Powell, a one-armed crazy-faced explorer with an excitable soul, this motley bunch faces treacherous Colorado River rapids and the unexplored American frontier. Governed by ambition, hunger, and downright insanity, they must decide when to press on and when to give in to the dangers of exploration. Note: This play contains adult language. Performances are at 7:30 p.m. Wednesdays through Saturdays and 2 p.m. Sundays. A pre-show talk is 30 minutes prior to curtain. Tickets start at \$29. ASL translations can be provided with advance notice. These services are free and reasonable accommodations will be made. Requests should be made through The Playhouse ticket office. Closed captioning is available using the GalaPro app.

Battle of the Bags

Feb. 22, 11 a.m. to 3 p.m.
Izaak Walton League, 4343 George Flagg Parkway, Des Moines
pca Iowa.org

The Annual Battle of the Bags is back. Grab a friend and some great food and toss bags to compete for bragging rights, prizes and, most importantly, to benefit kids in Iowa. Teams of two will battle in a bags tournament while supporting Prevent Child Abuse Iowa's mission of providing safe and happy childhoods for Iowa's kids. Must register to enter at <https://buy.stripe.com/28obJD28y3Fp5lScN3>.

Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- **Sunday, Feb. 23:** Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- **Sunday, May 11:** Spring Concert, Carl's Favorite Finales, Sheslow Auditorium. ■

MEET Madison Nanke

New teacher to North Ridge says DCG is like home.

Madison Nanke started her career in 2021 teaching third grade in Panora. This year, she moved to North Ridge Elementary to teach fourth grade at DCG.

“Over the summer, I got engaged and was thrilled to have the opportunity to teach fourth grade at North Ridge, where my fiancé was once a student and is a proud DCG alum. I grew up in Johnston, and I feel so lucky to be teaching in a community that feels like home.”

Nanke has had a love for school and learning since she was young, and she’s known from then she wanted to be a teacher. For her, teaching is about the opportunity to make a positive impact in students’ lives. Building relationships and watching students grow as learners and as individuals is rewarding, she says.

This year has been a learning curve as Nanke tackles a new grade level and a new school, but she says it has been a great fit and going better than she dreamed.

“The kids, staff and families have been so amazing, welcoming and supportive. Of course, we have our learning moments, but the beautiful thing about teaching is that we are growing together and are constantly learning and adjusting to meet the needs of all students while also growing as a teacher. I can’t say enough great things about the DCG community.”

One of Nanke’s favorite things is witnessing the “aha!” moments and growth that happens throughout the school year with her fourth graders. At this age, her students are beginning to develop their independence and self-confidence, and she enjoys getting to play a part in that journey. Beyond academics, Nanke says it is important to help her students become kind people. Her goal is to help them develop confidence, resilience and compassion, and teach the importance of being a good human.

Some of Nanke’s most cherished memories come from getting to support her students in activities outside of school and watching them do what they like. She enjoys seeing them shine in areas they’re passionate about, and those moments really strengthen the bond they share as a class family, she says.

“Whether it’s cheering them on at a sporting event or writing a letter of encouragement for something they’re facing, I love being there for them.”

Nanke also enjoys spending time with her fiancé, Trevor, and family and friends. You might find them cheering on the Cyclones, boating or playing sand volleyball.

“I feel so fortunate to work alongside such dedicated teachers and staff members who genuinely care so much about our students and support one another. I love spending my days with my students, and they bring so much joy and energy to my life.” ■



Madison Nanke teaches fourth grade.



RSV can cause serious illness in infants and older adults.

RSV can cause fever, runny nose, wheezing and more. Vaccines and antibodies can help protect those most at risk.

Who should get the RSV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for

- All adults 75 and older.
- Adults 60-74 with medical conditions like heart or lung disease.
- Children 8-19 months who are at increased risk for severe illness.
- Pregnant women in weeks 32-36 of pregnancy.



Ask your healthcare provider about RSV vaccines for your family.

Source: cdc.gov

HELPING the community

Vaughn is proud to be part of Grimes.

Since 2012, Mike Vaughn has been a member of the Grimes community, not only through his work as a small business owner at BDI Signs, but also through his extensive volunteer efforts.



Vaughn started volunteering in 2013 with Grimes Volunteer Services and Support (GVSS), helping give rides to folks. He's also been a board member for two years and provides financial support through donating marketing materials to the organization.

"GVSS is a tremendous volunteer organization that is focused on helping people in their day-to-day lives," Vaughn says. "They have a tremendous impact directly with our citizens in meeting day-to-day needs."

In addition to his work with GVSS, Vaughn has been actively involved with Grimes Chamber and Economic Development, serving as a board member, president and supporter since 2012.

"The team at the Grimes Chamber is terrific at communicating what is going on with businesses in our community and helping them navigate the growth and opportunities that have developed over the years," he says.



Tim Short of Edward Jones presents the Good Neighbor certificate to Mike Vaughn.

"We are very fortunate to be experiencing unprecedented growth in our community, but there are challenges, and they are great at advocating for all of our businesses."

Vaughn's commitment extends beyond Grimes, having served with the Greater Des Moines Leadership Institute (now LEAD DSM) as a class member, team leader and board member.

He's also involved with the American Legion of Iowa Boys State program, where he has served as a counselor for more than 20 years. The program, which educates high school juniors about civics and community leadership, is one Vaughn holds close to his heart.

Vaughn's volunteer experience has not only shaped the community but also his personal life. He fondly recalls meeting his wife through the Greater Des Moines Leadership Institute.

"She has taught me many ways to be a better, more caring person through her own actions and is a pillar of caring and strength in our lives together," he says. "Besides that, I think the connections and conversations I've had with program leaders and community members has been impactful to me and our family business."

Vaughn encourages others to volunteer and emphasizes that giving just 20 to 30 minutes a day to help others can be incredibly rewarding.

"You definitely learn something along the way, and you make people's lives better by being involved, engaged and informed about your community and its needs," he says.

Vaughn expresses his gratitude for being part of a community that cares deeply for one another, especially during challenging times. He says he is fortunate to be in Grimes, where people are committed to making a difference.

"We are truly lucky to be in a growing community that cares about each other with everything else going on in the world today," he says. "We should feel good about what we are doing here to make a difference." ■

Edward Jones > edwardjones.com | Member SIPC

Are you invested properly? Contact me for a complimentary portfolio review.

Achieving the correct balance of investments for your unique goals can be easier when you work with the right financial advisor. I'll take the time to learn what matters most to you — and together we can build a personalized investment portfolio that's right for you.

Let's review your strategy.

Tim Short, CFP®
Financial Advisor
270 W 1st St
Suite J
Grimes, IA 50111
515-986-9720

MKT-16921-A AECSPAD 201806

Do you know a Good Neighbor who deserves recognition?
Nominate at tammy@iowalivingmagazines.com.

WHY COMPANIES are choosing Grimes

Grimes is on the map — and not just for those of us who live and work here. Over the past several years, our community has emerged as a prime location for businesses looking to expand, invest and establish roots. Important brands from fast food restaurants to major distribution facilities and many others are choosing to have a presence in our community. Grimes is a city on the rise.



One of the biggest reasons companies are choosing Grimes is its unbeatable location. Positioned at the crossroads of Highway 141 and Interstate 35/80, businesses here benefit from easy access to Des Moines, the greater Midwest and beyond. For logistics-heavy industries like warehousing and distribution, proximity to major transportation routes is a game-changer.

In addition, Grimes has invested in the infrastructure needed to support business growth. With ongoing improvements in roads, utilities and broadband capabilities, our city is well-equipped to handle the needs of future developments. The improvements being made right now to S. James Street will enhance the attractiveness of an already important community corridor. The extension of N.E. Destination Drive this year will allow for a more efficient flow of traffic in a very visible and important area.

Grimes continues to build its reputation as a community that welcomes good businesses in a spirit of partnership, to ensure mutually beneficial and, hopefully, sustained success. From streamlined permitting processes to strategic economic development incentives, we are committed to making it easy for companies to establish and expand operations here... jobs that will provide opportunities to a well-educated, talented and motivated local workforce.

Our local government and business organizations, including Grimes Chamber & Economic Development, work closely with companies to help them in their efforts to grow in Grimes. Whether it's navigating zoning regulations, workforce recruitment or site selection, businesses appreciate the proactive and collaborative approach found in Grimes.

Beyond the numbers and logistics, companies are choosing Grimes because it offers something more — a community where people want to live, work and grow. With excellent schools, a high quality of life and new amenities on the way, employees moving to the area can enjoy a balanced lifestyle that blends small-town charm with big-city convenience.

As our city continues to develop — whether through new retail spaces, hospitality options or entertainment venues, Grimes is becoming a place that attracts top talent and fosters long-term business success.

For those of us already here, the excitement is real. I am proud to call Grimes my home, and I hope you are, too. And for those considering making Grimes their home, the question is no longer “Why?” — but rather, “Why not?” ■

Information provided by Brian W. Buethe, President | CEO, Grimes Chamber & Economic Development, www.GrimesIowa.com



Jennifer Grove, D.D.S., P.C. • Matthew Platt, D.D.S., P.C.
Austin Tysklind, D.D.S. • Shana Howard, D.D.S.



1541 SE 3rd Street, Suite 300, Grimes

Call now for an appointment! 515-986-4001

www.gpdentalassociates.com

HOURS: Mon. - Wed. 8am-5pm • Thu. 7am-4pm • Fri. 7am-12pm

GRIMES CHAMBER & ECONOMIC DEVELOPMENT PRESENTS

the
expo

WEDNESDAY, MARCH 26TH
Meadow's Gymnasium
2555 W 1st. St. Grimes, IA 50111
4:30PM - 6:30PM

ANNUAL Dinner

The Grimes Chamber of Commerce Annual Dinner was held at Stoney Creek Inn on Jan. 16.



Shane Feller, Lars Warth, Tyler Lyon and Nicole Lyon



Whitney White and Chad Allison



Bryan Rowland, Adam Bunge and Garrett Neel



Delaney Doremus and Emily Mullen



Theresa Webb, Joan Warren and Brian Buethe



Aimee Fox and Kylie Molisee



Sara Haerther and Bryn Hazalwonder



Erin and Travis Huiatt



Matt Pick and Logan Crandell



Scott Carpenter and Chad Sorensen



Allen Williamson, Lu Anne Gafford and Marlene Minshev

OUT & ABOUT



Karen Steimel and Tim Dempsey



Blake Campbell and Taylor Campbell



Ryan Ernst and Josh Nelson



Clint Dudley and Molly Dudley



Madison Taiber and Nate Criswell



Kerri Harvey and Matt Stack



Joel and Halsey Altringer



Shane Goodman and Steve Davis



Haley and Nic Lauterbach



Mallori Phillips and Matthew Platt



Austin Tysklind and Shana Howard



Lori Thomas, Brian Buethe and Holly Crowson

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES OF OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

BUSINESS OPPORTUNITIES

PRIVATE LENDING OPPORTUNITY Become a private Lender in a Lucrative Nationally recognized Market. Receive a 150% return in a period of 4 months' time secured with a Legally binding Promissory Note. \$10K minimum. Call 305-504-5198 for Details. (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL

Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/mid-west #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

\$19 Auto Insurance! Stop Paying too much right now! Call now and lower your rate today! Free 60 second Quote! No obligation. It really is just a free quote. 866-673-0210. (mcn)

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798(mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring

our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-877-201-4648 and mention code AGJF002 or visit www.GetOSWine.com/sip140. (mcn)

REAL ESTATE

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

AUTOS/MISC

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

MISCELLANEOUS/HEALTH

STRUGGLING TO HEAR? Audien Hearing delivers crystal-clear sound with affordable, invisible hearing aids. Starting at \$189! Call Now: 888-760-1015 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

MISCELLANEOUS

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who

struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70c/day! 1-844-591-7951 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/30/25.) 1-844-501-3208 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a free 5-year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

SERVICE DIRECTORY

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809. Have zip code of service location ready when you call! (ACP)

SALE

65TH ANNIVERSARY

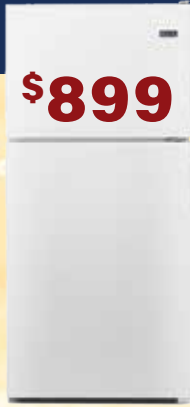
SALE PRICES GOOD
FEB. 1-FEB. 28, 2025

MAYTAG®



\$699

MDB4949SKZ



\$899

MRT118FFFH

\$999 EACH MAYTAG® \$1,049 EACH

5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR



MVW6230RHW

MED6230RHW



MVWP586GW



MEDP586KW

Whirlpool®

\$2,099



\$799

WDT750SAKZ



CLOSEOUT

Black/
White/
Black
Stainless
WRX735SDHW

\$899



CLOSEOUT

Black/White/
Stainless Steel
WFE525S0JV

\$999



Black/White/
Stainless Steel
WFE550S0LZ

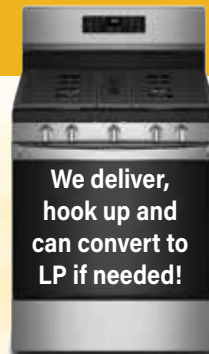


Chapman Family
Serving you for 65 years!

SURPLUS OF
GAS RANGES

STARTING AT

\$729



We deliver,
hook up and
can convert to
LP if needed!

\$1,599 SET



WFW6605MW



WED6605MW

CLOSEOUT
WHILE SUPPLIES LAST!



916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2
515-993-4287

ADEL & WINTERSSET
T.V. & APPLIANCE • HEATING & COOLING
www.adelwintersettv.com

Est. 1960

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939

IS IT JUST A PHASE?

RECOGNIZING THE SIGNS OF ADHD IN CHILDREN



Does your child struggle to focus, act impulsively, or seem to have boundless energy that's hard to manage? While every child is active and distracted at times, persistent challenges with attention, impulse control, and hyperactivity may be signs of Attention-Deficit/Hyperactivity Disorder (ADHD).

At Waggoner Pediatrics, we help parents navigate the complexities of ADHD by recognizing key signs early and offering the right support. Some common indicators include:

- ✔ Difficulty Paying Attention - Struggles to stay focused, frequently makes careless mistakes
- ✔ Impulsivity - Interrupts conversations, acts without thinking, or has trouble taking turns
- ✔ Hyperactivity - Constant movement, fidgeting, or inability to sit still
- ✔ Forgetfulness & Disorganization - Frequently losing things, forgetting tasks, or having trouble following instructions

If these behaviors consistently impact your child at home or school, early intervention is key. Our pediatric team can help by:

- Conducting ADHD evaluations
- Providing behavioral strategies for home and school
- Connecting families with additional resources, including therapy and educational support
- Discussing treatment options tailored to your child's needs

ADHD is not just about attention—it's about unlocking a child's potential with the right guidance. Let's work together to give your child the tools they need to thrive.

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

ONLY TRUST YOUR CHILD WITH THE BEST!



Waggoner Pediatrics of Central Iowa

Brian L. Waggoner, M.D | Julie A. Waggoner, ARNP, CPNP

**Schedule your child's appointment today!
(515) 987-0051**

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org

