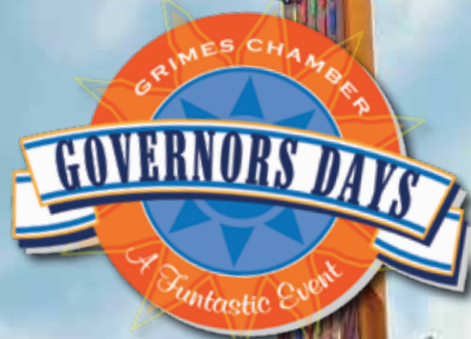


GRIMES/DALLAS CENTER

MAY 2025

# Living

MAGAZINE



# Governors DAYS

**A grand summer festival  
loaded with family fun,  
June 5-7**

**Meet Shana Olson**  
EDUCATION

**Asian ground turkey bowl**  
RECIPE

**Balk steps in as new pastor at First  
Presbyterian Church of Dallas Center**  
NEIGHBOR

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



# Thinking about building a new home?



## Contact a City State Bank professional lender today!

- ✓ **Competitive rates** with lenders you trust.
- ✓ **Lot loans, construction loans, and end loan financing all in one convenient location.**
- ✓ **Experienced lenders** ready to help answer your questions.



**Chrissy Draper**  
Grimes  
515-339-5118  
NMLS #815246



**Steve Davis**  
Grimes  
515-240-1111  
NMLS #478064



100 NE Jacob Street • Grimes, IA • 515.986.2265 • [citystatebank.com](http://citystatebank.com)

**FDIC**

## Need insurance for your new build?

City State Bank Insurance Services can help you with a Builders Risk Policy during your construction process, which can transition to a traditional Home Owner's Insurance Policy upon completion.



## INSURANCE SERVICES

Call 515-986-3306 to discuss your insurance coverage.



**Cole Adair, CIC**



**Tyler Anderson**

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

100 NE Jacob Street • Grimes, IA • 515.986.3306 • [citystatebank.com](http://citystatebank.com)

WELCOME

## AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the one we write about in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. National Balloon Classic in Indianola. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and 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

# Congratulations 2025 Graduates!



## Celebrating Your Success!



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](http://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 3/26/25 and subject to change.



# Governors DAYS

**A grand summer festival  
loaded with family fun,  
June 5-7**



**By Ashley Rullestad**

Grimes Governors Days is back, June 5-7, and better than ever. Promising something for the entire family, the weekend is packed full of activities, food, rides, tournaments and, of course, fun.

The carnival will entertain families all three days of Governors Days.



Governors Days attendees relax and visit at the entertainment center.

“Our organization is very excited to again be working on this important and impactful community event,” Brian Buethe, president/CEO Grimes Chamber and Economic Development, says.

Governors Days, sponsored by Inspiring Dance, will again be held at the South Sports Complex, 750 S. James St. People are encouraged to park at Wallace Farm at the end of Main Street and walk the two blocks to the festival grounds.

Governors Days officially kicks off on Thursday night, June 5, with the SoCo Baggers Sports League Bags Tournament at 6:30 p.m.

Then it is time for a family-friendly event

that all ages can enjoy: the kiddie parade. As it did last year with the new location, the kiddie parade will start at the Grimes Community Complex on Main Street and make its way to the Sports Complex. Kids are encouraged to dress up in their favorite costume.

The kiddie parade also features the Isiserettes, a dance and drill group organized in 1980 to give Des Moines area youth something exciting and positive to do within their community. Their style is a mix of the best hip-hop choreography and precise marching pageantry infused with an array of musical percussionists that pound out drum cadences. The kids range from 7 to 18 years of age and

are one of Iowa’s performing treasures.

You can also enjoy live entertainment on Thursday, with live music by Beard and Bro Tank on the Home Base Iowa Main Stage sponsored by Midwest Heritage starting at 6:30 p.m. The entertainment garden will be open and serving from 6-10 p.m., and folks can enjoy craft and food vendors as well as Sam’s Amusements Carnival and Midway. Ride all the rides you want with a wristband available for \$30.

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

## Put a *SPRING* in your step!

Transform your home with **NEW FLOORS!**

- Carpet
- Luxury vinyl
- Hardwood
- Vinyl
- Laminate
- Natural stone
- Tile



Apply now for  
**12 MONTH  
INTEREST FREE  
FINANCING**

Visit our website for details and restrictions.



**Pet Friendly Flooring**   
**Options Available!** 



**Come check out our HUGE showroom!**

**4925 NW JOHNSTON DRIVE, JOHNSTON**

**515-508-0024 ★ [www.theflooringguysdsm.com](http://www.theflooringguysdsm.com)**

*Family-owned, local business operating since 1999.*

## FEATURE

of cuisines for people to enjoy throughout the festival.”

On Friday, the Bill Riley Talent Show returns to Governors Days. Sign up runs from 11-11:45 a.m. with the show beginning at noon.

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

On Friday night, the carnival will run from 6-10 p.m. Carnival fans can also ride all the rides with another wristband special for \$30. Craft and food vendors will be open until 11 p.m.

After you grab some dinner from local food vendors, head on over to the beer and entertainment garden to enjoy the sounds of Red Dirt Renegade on the Home Base Iowa Main Stage at 8 p.m. The hard-hitting, all-Iowan Outlaw Country band performs originals as well as music by Cody Jinks, Waylon Jennings, Jamey Johnson, Sturgill Simpson, Tyler Childers, Johnny Cash and more.

The city really gets hopping on Saturday

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

In years past, it was then time for the annual 5K run/walk. When organizers decided not to continue the event, Iowa nonprofit MS Moments saw an opportunity to expand their reach and engage more with the Grimes community. MS Moments already sponsored the bags tournament on Saturday, and, after being approached by the Grimes Economic Development Corporation (GEDC) about taking on the 5K race, MS Moments joined with Farrells and the Grimes community to make the race even bigger last year. For this year's race information, check out the Governors Days website for updated details on the 5K, which starts at 7:30 a.m.

Then it is time for the grand parade at 10 a.m. presented by Des Moines Parent. The parade will return to the route it had before road construction led to a shorter route in previous years. It begins at S. James Street and S.E. Sixth Street and travels east and then north



Cold drinks will be available at the entertainment center.

along S.E. Trail Ridge Road before turning west on S.E. Second Street.

After the parade, register for the popular bean bag tournament, which starts at 12:30 p.m. in the entertainment center and is a fundraiser for MS Moments. MS Moments

## MEET AARON COLYER

### OUR TREASURY MANAGEMENT SPECIALIST

Let Him Help You  
**TAKE CHARGE** ⚡  
Of Your Business

**AND receive a portable power bank!**

#### Treasury Management products and services include:

- Online Treasury Management
- Business Credit Cards
- Merchant Services
- ACH
- Positive Pay
- Remote Deposit Capture



**515.452.0812**



**Just Right** FOR YOU

[www.raccoonvalleybank.com](http://www.raccoonvalleybank.com)





Live music will be one of the highlights of Governors Days.

was founded in 2015 by a group of friends, including Karrie Anderson, a longtime Grimes resident who was diagnosed with MS in 2010. MS Moments is a 100% volunteer organization that raises funds to provide grants to Iowa families living with MS. More than 95 cents of

every dollar raised stays in Iowa to help Iowa families fighting MS live their best physical and mental lives.

An event back for its second year is a car show hosted by The Repair Companies Shop. Check out all the hot rods and cool rides. If

you want to get involved and show off your wheels, you can register on the Governors Days website or show up noon to 2 p.m. on Saturday. The entry fee is \$20 online, and T-shirts are available for purchase. Judging is from 2-4 p.m. with awards presented at 5 p.m.

**A+ IRRIGATION & LIGHTING**  
The Educated Experts

**CALL NOW!**  
**515-289-2020**

**50% OFF**  
**SPRINKLER START UP**

Up to 12 Zones. Not valid with any other offer. Expires 7/31/25.

**CALL NOW!**  
**515-289-2020**

**A+ IRRIGATION & LIGHTING**  
The Educated Experts

**\$500 OFF**  
**6 LIGHTS & CONTROLLER INSTALLED**

**REGULAR PRICE \$1995** Must present coupon at time of payment. Not valid with any other offer. Expires 6/30/25.

The entertainment garden and Sam's Amusements will open at noon for festival-goers ready to enjoy their offerings. Sam's Amusements will offer another wristband special from 5-9 p.m. for \$30. Craft and food vendors will also be open until 11 p.m.

Saturday's live entertainment is local favorite Birdchild at 8 p.m. From Des Moines, Birdchild is the Midwest's premier variety cover band playing a blend of synthpop from the 1980s, 1990s and today. With their unique twist on contemporary hits, they transport audiences back in time to the neon-soaked, nostalgia-filled era of the 1980s, all while keeping the dance floor pumping with infectious energy.

Buethel wants to thank all the sponsors of the events throughout the weekend, especially Inspiring Dance, the festival's presenting sponsor. He says Governors Days could not be held without the help and partnership of the city of Grimes, too.

Organizers also emphasize that the event could not be held without all the people in town who support it and all the volunteers who put in many hours of work to make sure it goes smoothly. They are excited to have everyone come out and enjoy the community event.

"We are really proud of the fact that we're able to engage so many different groups, from the Dallas Center Grimes Education Foundation, Lions Club, MS Moments, Friends of the Library," Buethel says. "We don't make money off anything, but they do, and it's a part of pulling the community together to support so many wonderful



The kiddie parade will feature the Isiserettes. A grand parade will also be held.

organizations in town and to have a good time with friends, neighbors and community members."

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



**THURSDAY- SUNDAY**  
**JUNE 19-21**

**TERRA PARK \* 6300 PIONEER PARKWAY**  
**FOOD VENDORS • INFLATABLES • BEVERAGE GARDEN • LIVE MUSIC**  
JUNE 19: PARADE & FAMILY FUN AT TERRA PARK AFTER!  
JUNE 21: BUSINESS EXPO & VENDOR FAIR *WITH MUSIC FROM THE SHEET*

**MUSIC LINEUP!**

Thursday, June 19  
Mike Aceto

Friday, June 20  
Flying Silos & Red Dirt Renegade

Saturday, June 21  
Monkeyfour & Dick Danger Band

**Fun for all ages! See you there!**

[www.johnstongreendays.org](http://www.johnstongreendays.org) Johnston Green Days  
Green Days is organized by the Johnston Chamber of Commerce.

**BAGS TOURNAMENT!**

**SATURDAY, JUNE 21**  
12pm Start Time!



Registration  
+ more info  
scan here!





**VINTAGE**  
COOPERATIVE OF JOHNSTON

**You could be our new neighbor!**

- ◆ Are you 55+ and independent?
- ◆ Enjoy being active and involved with a community?
- ◆ Looking forward to low-maintenance living?

**Call (515) 587-2215 to schedule a visit today!**





**Open House**  
**Thursday**  
**May 29**  
**3- 6 pm**

Conveniently located in Johnston,  
west of 86th Street and just 2 miles north of I80-35.

**9001 Windsor Parkway ♦ Johnston IA 50131**  
[vintagecooperativejohnston.com](http://vintagecooperativejohnston.com) 



# PREOWNED VEHICLES WITH THE QUALITY YOU EXPECT.



**Did you know we sell more preowned than new vehicles at Bob Brown?** That's because our customers trust us to provide the quality they expect. Which is why we spend more than most dealers reconditioning every vehicle before it's available for sale. That includes not only the basic safety inspection like other dealers but also above-and-beyond functional and cosmetic inspections.

When working together on a used vehicle purchase, we aim to make you 100% comfortable with every step of the process, and that's how we have earned thousands of customers' trust for more than 60 years.



Together  
let's drive™

I-35/80 Exit 126 | 3600 111th St.  
515.278.7800 | [bobbrownchevy.com](http://bobbrownchevy.com)

# IN THE family

Grimes woman has been involved in foreign exchange programs for years.

When Katie Krug was a young and impressionable 17-year-old high schooler, she stepped out of her comfort zone and took a big leap of faith.

She became a foreign exchange student.

The summer was spent in Italy in the small town of 4,000 called Grassano — and it changed her life.

“It was one of the best experiences of my life and one I will always remember,” Krug says.

Being involved in foreign exchange programs was actually familiar territory for the Krug family and would be in the years to come.

Krug’s mother, Claudia Tillman, was a foreign exchange student in the Netherlands with only “please” and “thank you” in her Dutch vocabulary when she arrived, Krug says. But Claudia learned quickly and got to experience a world she couldn’t have likely imagined.

“Her Dutch family had a sailboat, and they spent many weekends on the sailboat,” Krug says, noting that her mother became particularly fond of Nutella sandwiches and Dutch pancakes (pannekoeken). That very recipe has become a tradition for the Krug family and has been passed down through two generations.

“Our whole family has been back to visit several times, and my mom’s Dutch family has been to Iowa to visit us as well,” Krug says. “She continues to stay in close contact with her host family.”

Krug had a similar learning curve during her adventure.

“Neither of my host parents spoke English, so my first weeks were filled with lots of hand gestures, as the Italians are very expressive,” she says. “My host sister spoke English, which was very helpful. The culture was very different from our fast-paced American culture. My host mother would spend one to two hours in the kitchen in the mornings cooking lunch from scratch. The food was amazing.”

The family would sit at the table for at least an hour at lunch, simply talking. This was followed by a mid-day nap and gelato for a snack. Krug remembers walking everywhere in the town instead of driving. And the unique taste of some of the food — one in particular.

“I was eating some meat for lunch, which had a unique taste, and I asked what it was,” Krug says. “They couldn’t remember the name of the animal in English, so they made a ‘neighing’ sound.”



Katie Krug enjoyed time with her host siblings in Italy.



Katie Krug has been both a foreign exchange student and a host. Her mother, sister and aunt have also been involved in the program.

Yes. Horse meat.

Even Krug’s sister, Marissa Flugum, was an exchange student, traveling to Riga, Latvia, in 1995. Her aunt, Janet Dutcher, was an exchange student in Antwerp, Belgium.

Naturally, then, later in life when Krug and her husband, Adam, had the opportunity to host foreign exchange students of their own, they jumped at it.

“We had one from Finland named Eija,” Krug recalls. “She liked being in a family with girls as she had just one brother at home. She liked the sweet salads of the Midwest and all the extracurricular activities at our local high school.”



Katie Krug’s sister, Marissa Flugum, spent time as a foreign exchange student in Latvia.

Another exchange student, Em, was from Thailand, and although English was a difficult language for her to learn, she soon became enamored with the Midwest.

“She enjoyed the changing seasons in Iowa, as Thailand has only a warm climate,” Krug says. “She had never seen falling leaves or snow and had never worn a sweater or heavy coat before. She loved our American food but missed her spicy Thai food.”

It’s been an adventure, Krug says, one that she wouldn’t trade for anything.

“Being an exchange student is an amazing experience, and one I recommend to others to experience another culture,” she says. ■

# MAKING the time

Balk steps in as new pastor at First Presbyterian Church of Dallas Center.

It's been an interesting five years for First Presbyterian Church of Dallas Center Pastor Aric Balk and his wife, Ellen.

Balk grew up in Pella, but, after graduating from seminary five years ago, he and his wife felt called to a church on the East Coast. Next stop? Long Island, New York, to oversee his very first congregation. As if that weren't enough, three months later COVID-19 hit, and the world changed. So much for easing into things.

"It was interesting," he jokes.

The couple remained on Long Island for five years. While they enjoyed their time there, it was a world away from what they'd grown up with in the heartland.

"It was a totally different culture," he says. "Learning the fast-paced style of life and New York style of life was a challenge, but it was a unique experience and a way to get our feet wet, so to speak, for ministry."

The couple had their first child, Emilia, two years ago, and wanted her to grow up near family. But family was in Iowa. They began looking and thinking about what was next. Once again, they felt a calling. And this time it was back to Iowa. Specifically, Dallas Center.

Balk took the First Presbyterian Church pulpit for the first time in February.

The transition has been smooth. The Balks enjoy their new home, and, more importantly, have been welcomed with open arms by their congregation.

"It's a great congregation, very welcoming," he says. "They love having my daughter in church making noise, greeting people on the way out of church. They've made it really easy to feel welcome and wanted here."

Balk says one of the biggest challenges he faces as a new pastor in town is overcoming the "new normal" created by the aftereffects of COVID and the lockdowns.

"A lot of people got more comfortable just watching church online or just walking away from church altogether," he says. "We're trying to get people back in and realize the importance of community."

Another hurdle at times can be working around people's dizzying schedules. Balk says many people have so much going on that it can be difficult to find time for church. Patience, and more specifically, listening, is important.

"Something I'm going to be working on this summer is just talking with kids and their parents and asking if there is a certain day of the week or time that is more open than others that we could do an hour-long youth group, or an activity, or share snacks together," he says.

He and his family are looking forward to the summer farmers markets and walking around the community spending time with its people.

"Everyone is welcome here," he says. "This is a community that loves well on each other and are eager to support each other."

And getting to be near family has been a huge plus already, he says. Nearly everyone is a short drive away, and they've taken advantage of it.



New First Presbyterian Church of Dallas Center Pastor Aric Balk recently moved back to Iowa from New York with his wife, Ellen, and daughter, Emilia.

"I think we've gotten together almost every weekend since we've been here," he says. ■

**WE MOW  
LAWNS!**

**WE OFFER  
AERATION!**

**WE DO  
LANDSCAPING!**

Locally owned, operated and insured

**515 Lawn Services**

TEXT, CALL OR MESSAGE FOR A FREE QUOTE! 515-587-8171

# ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



## Asian ground turkey bowl

### Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

### Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

# MAKE YOUR DREAMS A REALITY

with home loan or refinance  
solutions that fit your goals.

We'll *get you moving* with...

- ☑ a customized home loan to fit your needs
- ☑ a dedicated team that provides in-house servicing

Learn more at  
[dupaco.com/HomeLoans](http://dupaco.com/HomeLoans)

**Dupaco**  
CREDIT UNION



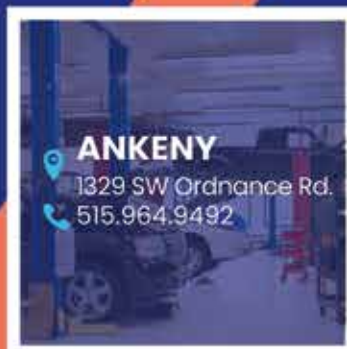
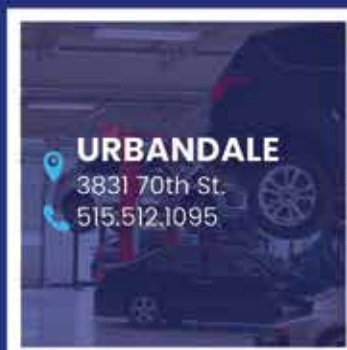


**SHADE TREE AUTO**

TRANSPARENT, FULL SERVICE  
**AUTO REPAIR**  
IN GRIMES, URBANDALE & ANKENY

- CityView's Best Local Auto Shop
- Free Service Loaner
- Free Shuttle Service
- 4 Year 40,000 Mile Warranty
- Jump S.T.A.R.T. Program for Veterans

ASK ABOUT OUR  
**4/40**  
WARRANTY



**SHADETREEAUTO.BIZ**



# JOIN FOR \$1



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 consistency key?

**A:** Short answer is yes. When it comes to achieving your fitness goals, consistency is the most powerful tool in your arsenal. While motivation may come and go, showing up day after day, even when you do not feel like it, creates real, lasting progress. Consistency builds habits. By sticking to a regular workout schedule and making healthier food choices over time, your body begins to adapt. Muscles strengthen, endurance improves, and those small daily decisions compound into major results. Even if progress feels slow, staying consistent ensures that you are always moving forward. It is also key for maintaining momentum. Skipping a day here and there will not ruin your progress, but frequently stopping and restarting makes it harder to see results. Think of fitness like brushing your teeth. It is the regular effort that keeps things in check, not the occasional burst of activity.

Most importantly, consistency builds discipline and confidence. Every time you stick to your plan, you are proving to yourself that you are committed. That kind of mindset shift is just as valuable as any physical transformation.

So, whether you are just starting out or working toward a new milestone, remember, it is not about perfection, it is about persistence. Stay consistent, and the results will come. ■

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.



Second Location + More Therapy Options

# We're Growing!

**Ankeny Office opening Summer 2025!**

*Join the waitlist on our website!*

[www.pinkcouchwellness.com](http://www.pinkcouchwellness.com)

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

## WELLNESS

By Vanessa Andersen

### MENTAL health is health

May is Mental Health Awareness Month, a time to raise voice to the importance of seeking support when needed.

The American Psychological Association surveyed Americans and found that 90% of people think there is a mental health crisis in our country. Yet, more than 60% say they wouldn't seek treatment due to the stigma that still surrounds getting help.

Despite growing awareness, many people worry discussing their mental health will be seen as a sign of weakness. But the truth is, mental health is just as critical to our overall wellness as physical health. Asking for support is a sign of strength, not failure.

Anyone can seek therapy for a variety of reasons, not just for a mental health crisis. You could be navigating a stressful situation, facing a life change, dealing with grief, or just trying to better understand yourself.

This May, we hope you will help us spread the word about the importance of mental health. Check in with your loved ones. Share your own experiences with therapy to show them it's safe. And, most importantly, know that everyone deserves support — even you.

Mental health matters. ■

Information provided by Vanessa Andersen, LISW, Licensed Mental Health Therapist, Pink Couch Wellness, 1220 N.E. Station Crossing, Suite 204, Grimes, [www.pinkcouchwellness.com](http://www.pinkcouchwellness.com).



# NO phone zone

Two new Iowa laws affect phone use. Effective July 1, 2025, law enforcement will begin issuing warning tickets for the use of an electronic device while driving, unless it is hands-free. This includes personal data recorders in addition to phones, computers, gaming systems and generally any other digital device capable of sending, receiving or saving and retrieving information.



There are exceptions for emergency personnel, people reporting an emergency, use of navigation, farm equipment operation and others. Real tickets will be issued beginning Jan. 1, 2026, resulting in a \$100 fine and, unlike a parking ticket, will be considered a moving violation. If you get enough tickets in a short enough time period, your license may be suspended. Authorities are not authorized to confiscate your device.

If you are caught using your device in a way that is not allowed, you can also likely expect a ticket for reckless driving. Illegally using a device while driving is "prima facie" evidence of reckless driving. Prima facie is Latin for "on the face of it," which also means that you are presumed guilty and will have the burden to prove you are not. A ticket for this ranges from \$105 to \$800 and/or 30 days in jail. The severity of the penalty is likely to be related to damage or personal injury. (Plus, your insurance company will likely cancel you, and keep in mind there are always administrative fees on top of the actual fine.)

You can use a device if you are pulled off the road. Otherwise, hands off.

Also, effective July 1, 2025, all school districts must adopt electronic device policies that restrict use during classroom instruction time. There is no one policy that all schools must follow. If you have input you would like to share, contact your school board.

The policy applies to all phones, tablets, gaming devices and portable medical devices. It will include provisions that inform parents of other ways the parent can reach the student during the school day and/or in an emergency. Additionally, it will include provisions for how and where the devices that are brought to school are rendered inaccessible during classroom instruction time.

Exceptions to policy may be granted if you can show a legitimate reason why your child needs access to the prohibited device during the prohibited time, if it is due to physical or mental health, and/or is part of an individualized or 504 instruction plan. ■

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](http://www.LetschLawFirm.com).



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



**SPECIAL NEEDS PLANNING**  
**ELDER LAW**  
**NURSING HOME PLANNING**  
**GUARDIANSHIPS**  
**CONSERVATORSHIPS**  
**POST DEATH MATTERS**

**515-986-2810**

[www.LetschLawFirm.com](http://www.LetschLawFirm.com)

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

## LIBRARY

# GRIMES Public Library news

Another youngster has completed the 1,000 Books Before Kindergarten program at Grimes Public Library. This nationwide program is 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.



Aurora Stewart

**Name:** Aurora Stewart

**Parents' names:** Sara and Kamrin Stewart

**Age:** 4

**Favorite book:** "Roar with the Dinosaurs"

**Favorite animal:** Honey badger ■

## EVENTS IN THE AREA

Be sure to check for cancellations.

### Upcoming in Grimes/Dallas Center Living magazine

**Cancer Survivors:** In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Yards: Enjoying the green spaces around your home:** Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your experiences enjoying the cool feeling of grass beneath your feet.

### Grimes Yard Waste Collection

The Compost It! program's curbside yard waste collection is underway for the season. You can set out a variety of yard waste for curbside collection, including twigs and branches, leaves, grass clippings, garden vegetation (such as spoiled vegetables on the vine or wilted flowers from landscaping). Items that are not accepted include dirt, mulch, rocks, food or pet waste.

**Free Drop Off:** Grimes residents can bring yard waste to the Public Works building, 1700 S.E. Destination Drive, and drop it off for free, Monday, May 12, through Sunday, May 18, 7 a.m. to 3 p.m.

*It's All About Family*

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

**GROVE & PLATT**  
DENTAL ASSOCIATES, P.L.C.

1541 SE 3<sup>rd</sup> Street, Suite 300, Grimes

Call now for an appointment! 515-986-4001

[www.gpdentalassociates.com](http://www.gpdentalassociates.com)

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

**upside**

Get an extra  
**25¢/gal**  
**cash back**

The free Upside app earns you real cash back, even on debit purchases.

Get the app and use code **print46**.

Offers vary by user and location. Terms and conditions apply. Go to [Upside.com](http://Upside.com) for details.

# EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## Extra and Large Garbage Pick-up

**Dallas Center:** Pick up of extra and large items will be held on Saturday, May 17.

**Grimes:** Do you have more trash than will fit in your cart or an old couch you no longer need? Those items can be put on your curb for pickup with a sticker. Here's how many you'll need.

- Extra garbage bag: one \$1 sticker
- Couch: one \$5 sticker
- Appliance: seven \$5 stickers (call to schedule collection)
- Twin/double mattress: one \$5 sticker
- King/queen mattress: two \$5 stickers

Stickers can be purchased at City Hall, local retailers (see list at [www.mwatoday.com/waste-recycling/yard-waste/curbside-disposal/find-a-retailer](http://www.mwatoday.com/waste-recycling/yard-waste/curbside-disposal/find-a-retailer)), or online at: [www.mwatoday.com/waste-recycling/yard-waste/curbside-disposal/bag-sticker-order-form](http://www.mwatoday.com/waste-recycling/yard-waste/curbside-disposal/bag-sticker-order-form).

## Grimes Leadership Academy

May 23, application deadline

Grimes Chamber & Economic Development invites those interested in developing their personal leadership skills and wanting to increase their knowledge of the community to consider applying for the Grimes Leadership Academy. To learn more about this opportunity and to apply, visit [grimesleadership.com](http://grimesleadership.com).

## Bankers Trust Grimes Customer Appreciation Event

Friday, June 6, 11 a.m. to 1 p.m.

110 S.E. Main St., Grimes

Bankers Trust invites its customers to this appreciation event.

## Rhythms of Grace volunteer orientation

First Monday of each month, 5:30 p.m.

Rhythms of Grace, 23625 River Heights Drive, Dallas Center

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 the lives of those with special needs.

## Dallas Center Grimes Golf Outing

Monday, June 9, 10 a.m.

Beaver Creek Golf Course, 11200 N.W. Towner Drive, Grimes

The Dallas Center Grimes Booster Club invites district families and businesses to register for its annual golf outing. The annual event tees off at 10 a.m., with check-in beginning at 9 a.m. This is one of the largest fundraisers for the DCG Booster Club each year, raising valuable funds in support of DCG athletics. The cost of a foursome is \$500, which includes a round of golf, cart, two mulligans per golfer and lunch. The Booster Club also welcomes hole sponsors for \$100 each. Learn more about this year's golf outing and register on the DCG Booster Club website at [www.dcgboosterclub.com](http://www.dcgboosterclub.com). ■

**OUR TRAVELING COCKTAIL PARTY IS BACK WITH TWO EVENTS THIS SUMMER!**



**10 DRINKS, JUST 25 BUCKS!**  
\*\$25 PRE-PURCHASE ONLINE PRICE. \$35 AT THE DOOR.



**DOWNTOWN  
DES MOINES**  
FRIDAY, JUNE 20, 2025  
5-9 P.M.



**DES MOINES'  
EAST VILLAGE**  
FRIDAY, JULY 25, 2025  
5-9 P.M.

**TICKETS AND INFORMATION AVAILABLE AT  
SUMMERSTIRS.DMCITYVIEW.COM**

# Join Us

**Pickleball Fanatics**  
Join Us Tuesday, Wednesday & Fridays  
8:30-11am \$2 ea. day to play in Air Condition!  
**NO PICKLEBALL THE MONTH OF JULY**

**Indoor Walking**  
Monday's 9am-12 noon • Friday 12-2pm

**Define Wellness**  
Thursday's 6am or 9am  
Register with Haley

**Assumption Book Club**  
5/17, 7/12, 8/16 • 9am in the Adult Faith Room

**Adoration/Benediction**  
3rd Tuesday of the Month at 6pm  
5/20, 6/17, 7/15, 8/19

**Memorial Day Mass**  
@ Beaver Catholic Cemetery  
5/26 at 9am  
Parish Offices Closed for Memorial Day 5/26  
**Baby Bottle Fundraiser for InnerVisions**  
5/31 - 6/1

**Rosary every Tuesday evening at 7:30pm**  
7/1 Assumption Parish Picnic (Potluck)  
@ Centennial Park in Granger starting at 11am-1pm

**Fr. Dominic's 50th Birthday Celebration**  
6/7 after the 5pm Mass in the gym


**K of C & Catholic Women's Club Meetings**  
3rd Thurs. of the Month  
Knights - 5/15 starting with rosary followed w/  
Mass meeting and dinner  
CWC - Out to eat the month of May @ Food Depot @ 6pm

**Vacation Bible School (VBS)**  
Egypt - Journey with Joseph from Prison to Palace  
6/23-27 from 9am-12 noon • K-5th Grade  
Register online at the Church website

**Adult Summer Bible Study**  
Monday evenings @ 7pm on Catholicism 6/2-8/4

**Baptismal Prep Class**  
Intended for new parents and those who have  
not taken class within last 3 years.  
5/18 and 7/13 @ 1pm  
Register by calling Brenda in the Parish Office

*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](http://www.assumptiongranger.com)  
PASTOR-REV. DOMINIC ASSIM  
PO Box 159, Granger • 515-999-2239 • parish@assumptiongranger.com



# DALLAS C

## VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 20	5:00PM	Urbandale	Frerichs Field - Urbandale High School
May 22	7:00PM	Ankeny Centennial	Ankeny Centennial High School
May 27	7:00PM	Adel DeSoto Minburn CSD	ADM High School
May 28	5:00PM	Pella Christian	DCG BB/SB Complex-Dallas Center
May 30	7:00PM	Pella	Pella High School
Jun 2	5:00PM	Oskaloosa	DCG BB/SB Complex-Dallas Center
Jun 4	7:00PM	Indianola	DCG BB/SB Complex-Dallas Center
Jun 6	12:00PM	Multiple Schools	DCG BB/SB Complex-Dallas Center
Jun 9	7:00PM	Newton	Woodland Park
Jun 11	5:00PM	Norwalk	Norwalk High School
Jun 12	TBD	Waterloo West	Fort Dodge Harlan Rogers
Jun 13	7:00PM	Pella Christian	Pella Christian High School
Jun 16	5:00PM	Pella	DCG BB/SB Complex-Dallas Center
Jun 17	7:00PM	Gilbert	DCG BB/SB Complex-Dallas Center
Jun 18	7:00PM	Oskaloosa	Oskaloosa HS Baseball/Softball Fields
Jun 20	5:00PM	Indianola	Indianola High School
Jun 25	5:00PM	Newton	DCG BB/SB Complex-Dallas Center
Jun 27	7:00PM	Norwalk	DCG BB/SB Complex-Dallas Center
Jun 28	12:15PM	TBA	DCG BB/SB Complex-Dallas Center
Jun 28	4:45PM	TBA	DCG BB/SB Complex-Dallas Center
Jun 30	7:00PM	Van Meter	DCG BB/SB Complex-Dallas Center
Jul 1	7:00PM	Waukee	DCG BB/SB Complex-Dallas Center
Jul 3	5:00PM	Ankeny	Ankeny High School
Jul 7	5:00PM	Johnston	Johnston Middle School
Jul 11	7:00PM	TBA	DCG BB/SB Complex-Dallas Center
Jul 14	7:00PM	TBA	DCG BB/SB Complex-Dallas Center
Jul 16	TBD	Multiple Schools	
Jul 21	TBD	Multiple Schools	TBA
Jul 23	TBD	Multiple Schools	TBA
Jul 25	TBD	Multiple Schools	TBA

## VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 27	7:00PM	Fort Dodge	Fort Dodge High School
May 28	5:30PM	Pella Christian	DCG BB/SB Complex-Dallas Center
May 30	7:30PM	Pella	Pella High School
May 31	TBD	Clarinda	Clarinda High School
Jun 2	5:30PM	Oskaloosa	DCG BB/SB Complex-Dallas Center
Jun 4	7:30PM	Indianola	DCG BB/SB Complex-Dallas Center
Jun 5	7:30PM	Winterset	DCG BB/SB Complex-Dallas Center
Jun 7	9:00AM	Multiple Schools	Greater Des Moines
Jun 9	7:30PM	Newton	Newton Softball Field
Jun 11	5:30PM	Norwalk	Norwalk High School
Jun 13	7:30PM	Pella Christian	Pella Christian High School
Jun 14	TBD	Multiple Schools	Creston High School
Jun 16	5:30PM	Pella	DCG BB/SB Complex-Dallas Center
Jun 17	7:30PM	Des Moines East	DM East High School
Jun 18	7:30PM	Oskaloosa	Oskaloosa HS Baseball/Softball Fields
Jun 20	5:30PM	Indianola	Indianola High School
Jun 23	7:30PM	Carlisle	Carlisle High School
Jun 25	5:30PM	Newton	DCG BB/SB Complex-Dallas Center
Jun 26	7:30PM	Norwalk	DCG BB/SB Complex-Dallas Center
Jun 27	11:00AM	Multiple Schools	Linn-Mar High School
Jun 28	10:00AM	Multiple Schools	Linn-Mar High School
Jul 1	7:30PM	Southeast Polk	DCG BB/SB Complex-Dallas Center
Jul 3	10:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
Jul 7	7:30PM	Iowa City West	DCG BB/SB Complex-Dallas Center
Jul 8	7:30PM	Waukee Northwest	Waukee Northwest High School
Jul 17	TBD	TBA	DCG BB/SB Complex-Dallas Center
Jul 19	TBD	TBA	DCG BB/SB Complex-Dallas Center
Jul 22	TBD	TBA	DCG BB/SB Complex-Dallas Center

## INNOVATING QUALITY

COMMERCIAL VEHICLES  
FOR THE FUTURE SINCE 1940



PROUDLY LOCATED IN GRIMES.  
1000 SE 19TH STREET

**DAIMLER TRUCK**  
North America



**SEPTAGON**  
CONSTRUCTION

GRIMES, IA • 515-986-7313  
[WWW.SEPTAGON.COM](http://WWW.SEPTAGON.COM)



*Serving Central  
Iowa for 20 years!*

★★★★★  
**515-784-2990**  
[info@deaverelectricinc.com](mailto:info@deaverelectricinc.com)  
[deaverelectricinc.com](http://deaverelectricinc.com)

**MUSTANGS!**

**HAVE A  
GREAT SEASON!**

**GVSS**

Grimes Volunteer Support Services, Inc.

**515-986-5355**  
**GRIMESVSS.COM**

# ENTER GRIMES

## SUMMER SPORTS SCHEDULES 2025



**FARRELL'S**  
EXTREME BODYSHAPING

**515-986-0865**

**FXBGRIMES.COM**

**SAVE  
MORE MONEY  
SELLING YOUR  
HOME.**

Real Estate  
**exchange**

**exchange.realestate**  
**515-393-4688**



**Raccoon  
Valley Bank**

<b>Grimes</b> 515-452-0812	<b>Adel</b> 515-993-4581
<b>Dallas Center</b> 515-992-9200	<b>Perry</b> 515-465-3521

# GO MUSTANGS!

**Schedules are subject  
to change. Scan for  
up-to-date schedule.**



IOWA  
*Living*  
MAGAZINES

*Go Mustangs!*



**15 Hands  
REAL ESTATE**

**YOUR GRIMES REAL ESTATE EXPERTS**  
*Cherise & Joe Hippberger*



Scan to learn about  
15 Hands Real Estate  
[www.15HandsRealEstate.com](http://www.15HandsRealEstate.com)

**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE



**OPEN 24/7  
INCLUDING HOLIDAYS**  
**515-278-5668**  
[rotorooterdesmoines.com](http://rotorooterdesmoines.com)

**GROVE & PLATT**  
DENTAL ASSOCIATES, P.C.

1541 S.E. 3<sup>rd</sup> St., Suite 300  
Grimes  
515-986-4001  
[www.gpdentalassociates.com](http://www.gpdentalassociates.com)

*Prairie View*  
Animal Hospital



**515-986-2841**  
1830 SE Princeton Ste A, Grimes  
[www.prairieviewah.com](http://www.prairieviewah.com)

## MEET Shana Olson

Director of teaching and learning guides DCG curriculum.

Shana Olson started her career as a kindergarten teacher working both in the Carlisle and West Des Moines school districts. She also taught English language learners in West Des Moines before moving to second grade for a few years. In 2014, she became an instructional coach at an elementary school in West Des Moines, working with teachers and students there for five years.

“During that time, I got my master’s degree in educational leadership, and, in 2019, I took a position as an elementary assistant principal in Waukee where I worked for four years before coming to DCG. I started at DCG in July of 2023 and have enjoyed my time here over the last two school years.”

Olson serves as the director of teaching and learning, overseeing the K-12 curriculum process, among other duties. She works collaboratively with the school improvement team to ensure the district has adequate materials to meet the standards for each content area.

“I love this position because I get to work closely with many teachers in our district, as well as our leaders to ensure that our students have access to high-quality curriculum and instruction. I enjoy the variety in the job, from digging into academic standards to working with our new-to-the-profession teachers in our mentoring program.”

Olson and her family have been a part of the DCG community for more than 15 years. Olson’s oldest child will be a senior next year, and she has attended DCG since kindergarten. Her other three children also attend the district, and she is pleased with their learning experiences and the care they have received from teachers and staff.

When the director of teaching and learning position became available, Olson knew working in her own community would be a blessing to her and her family, as well as an amazing opportunity for her as a professional. She enjoys working in a district that wants the best for students and collaborating with staff members who work hard every day to provide it, she says.

For Olson, the biggest challenge in her position is taking ample time to consider each decision at a systems level while balancing the need to meet deadlines and to continue progress in many areas. Each decision impacts students, families and staff, so it is crucial to be intentional with each.

“The rewards absolutely outweigh any challenges, as I know everyone in our district is working hard to positively impact our students. Getting to see students in action — learning, playing and connecting — is the ultimate reward.”

When she isn’t at school, Olson and her husband, Ben, spend their time cheering on their four active children in all the things they like to do. Olson is an avid reader, and she also enjoys working out, walking their dog, and spending time with family and friends. ■



Shana Olson serves as the director of teaching and learning, overseeing the K-12 curriculum process, among other duties.

## May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

### Hepatitis A

- Spread through contaminated food and drink.
- It’s very contagious and you can spread the virus even if you don’t have symptoms.

### Hepatitis B

- Spread through contact with an infected person’s blood or other bodily fluids.
- There’s no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

### Hepatitis C

- There isn’t a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

## Help Protect Your Liver From Hepatitis

**IOWA**  
Health and  
Human Services

Ask your healthcare  
provider about hepatitis  
vaccines and testing.

Source: cdc.gov 4/25

## CELEBRATING mom with purpose and preparedness

Mother's Day is a time to honor the incredible women who nurture, support and guide us through life. While there are traditional gifts of appreciation, this special day also offers an ideal moment to reflect on a more lasting gift: financial security and empowerment for moms and families alike.

Whether you're a new mom, a seasoned parent, or an adult child looking to support your mother's well-being, incorporating financial planning into the Mother's Day conversation can have long-term benefits.

Financial planning is about ensuring peace of mind, freedom and the ability to make empowered choices. For moms, especially those managing households, raising children or caring for aging parents, having a clear financial plan is crucial. Life can bring certain assumptions with it. We assume the sun will rise and set as programmed each day; we know that kids will always be curious to a dangerous level; and we assume that mom has her "financial house" in order. Maybe this is a good time to inquire.

### Here are a few financial considerations particularly relevant on Mother's Day:

- **Budgeting and saving:** Whether managing the family budget or planning for personal goals, creating a detailed monthly budget can help moms stay on track and feel more in control. Tools like budgeting apps or spreadsheets can make it easier to monitor expenses and allocate funds for savings or emergencies.
  - **Life insurance and estate planning:** While it's not the most glamorous topic, making sure there is a life insurance policy and a will in place is one of the most loving things you can do for your family.
  - **Retirement planning:** Mothers, particularly those who take time out of the workforce to raise children, often fall behind in retirement savings. Mother's Day is a perfect reminder to review IRAs, 401Ks or other retirement investments.
  - **Education savings:** For moms saving for their children's future, 529 college savings plans are a popular and tax-efficient way to invest in education. Having a dedicated savings plan reduces the pressure when college bills start to arrive.
  - **Teaching financial literacy:** Moms are often the first financial role models in a child's life. Encouraging smart money habits from a young age: saving allowances, budgeting for a toy or opening a youth savings account can plant the seeds for lifelong financial health.
- If you're in the position to give back to your mother this Mother's Day, consider a financial health check-in. It doesn't have to be intrusive, just a supportive conversation to make sure she's prepared for the future. Helping her organize paperwork, review insurance policies, or connect with a financial advisor can be a meaningful and lasting gesture of love.
- Mother's Day is about showing appreciation, and one of the most powerful ways is by ensuring long-term financial well-being. Whether you're making sure your mom is financially secure or planning your own family's future, taking steps toward a solid financial foundation is a gift that lasts far beyond May.

This year, celebrate with heart...and a little strategy. It's the kind of love that pays dividends. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.



# Join Us!

for a Social Security, Medicare, & Retirement Seminar.

May 27th or 29th at 6:00pm

FFA Enrichment Center, DMACC Ankeny Campus  
1055 SW Prairie Trail Pkwy, Ankeny, IA

CALL OUR OFFICE TO REGISTER!

Dan Rundahl

8230 Hickman Rd, Suite 300 Clive, IA 50325  
Cell: 641-512-8597  
Office: 515-355-3892  
drundahl@rundahlfinancial.com

Securities and Advisory Services offered through CreativeOne Securities, LLC Member FINRA/SIPC and an Investment Advisor. LLP Financial Services and CreativeOne Securities, LLC are not affiliated.

WWW.RUNDAHLFINANCIALCONSULTANTS.COM

PICTURE PERFECT, NOW

## WAIT UNTIL << YOU TASTE IT

GET 8  
FREE  
BURGERS  
A \$22 value!

Butcher's Classic Pack SAVE 57%

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

78237XDS separately \$300.93 **\$129.99**

SPECIAL INTRODUCTORY PRICE

Scan Now To Order

ORDER NOW!

**OmahaSteaks.com/ClassicPack7199 | 1.833.897.4133**

Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. 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 12/31/25. 24M7165 | Omaha Steaks, LLC

# SHARING hope

Carrick-Wright finds unexpected family.

Beth Carrick-Wright knew Matt Oberembt when he was just a kid growing up in Dallas Center.

Later, when she learned he was

running an organization called True Impact Outdoors (TIO), she was intrigued. The organization provides outdoor activities, like hunting and fishing, to disabled military and first responder veterans, giving them a break from day-to-day challenges. Their outings include ice fishing, turkey hunts, prairie dog shoots and more.

Carrick-Wright attended one of the organization's annual fundraising banquets to see what it was all about. She was sold and, afterward, told Oberembt that, while she doesn't have a lot of money to give, she has plenty of time.

"What can I do for you?" she asked.

TIO was planning one of its deer hunting excursions and invited Carrick-Wright to join. During the trip, she met Oberembt's wife, Nicole, who helps put together care packages for the caretakers of veterans to use while their loved ones are out hunting. Carrick-Wright said she enjoyed



Tim Short, Edward Jones, presents Beth Carrick-Wright with a Good Neighbor certificate.

doing that kind of thing, so she was given the reins to take over the task completely.

For the past six years, she's done just that. She also helps out with the group's banquets each year — one held in Des Moines and the other in southern Iowa.

Carrick-Wright says she has remained involved with TIO over the years because of the people she's met.

"It's amazing how fast you can get attached to people," she says. "I call them my TIO family. They've gone through a lot of trials and tribulations. You listen to some of the things they've gone through — or are going through — and you realize that some of the things you have going on in your own life are really nothing compared to what these people have gone through."

While she initially got involved because she knew Oberembt and thought it would be fun and rewarding, it has become much more than that.

"I've found a new family, but it's just as much therapy for me to go and be with these people as it is for them to be able to get away and do some of these things that had been taken away from them," Carrick-Wright says.

She notes that TIO has made an evident impact on veterans, as many of them have later become volunteers themselves, helping their fellow disabled service members enjoy the great outdoors. ■

Edward Jones®

> [edwardjones.com](http://edwardjones.com) | Member SIPC



## Honoring our nation's heroes

Today we remember our brave men and women who made the ultimate sacrifice.



**Tim Short, CFP®**  
Financial Advisor

270 W 1st St  
Suite J  
Grimes, IA 50111  
515-986-9720

EJB-9811F-A-E-DA AECSPAD 25157076

**Do you know a Good Neighbor  
who deserves recognition?**

**Nominate at [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).**

# NAVIGATING market volatility

On April 2, 2025, the Trump Administration announced sweeping tariffs on imported goods that were larger and different than what the markets expected. By the end of the week, the S&P 500 had dropped by 10.5%.

Market volatility continued the following Monday, with prices swinging throughout the day but with the resulting changes ending moderate. Fast forward to Wednesday, April 9, the S&P 500 had its best one-day gain since 2008. Quick market drops can cause anxiety for investors, but it's important not to overreact and risk missing out on the best days of the market.

There are a few certainties when investing: In the near term, it is impossible to consistently predict the direction of the market, you can expect volatility, and risk is unavoidable, but panic is optional.

While any substantial decline can be worrisome for investors, it's important to remember that markets are cyclical. Regardless of the reasons for the downturn, the market has always bounced back. Here are some other considerations that may help provide perspective and support for staying calm when markets are volatile:

After a down year in 2022, the S&P 500 gained 24.23% in 2023 and 23.31% in 2024, the largest two-year increase since 1998. (1)

Since 1928, the S&P 500 Index has returned an annual average of approximately 10%, but annual returns have varied widely. (2) Over 97 years, there have been 65 positive years, 30 negative years, and two flat years. (3)

As we've recently experienced, some of the best days of stock market performance followed some of the worst days. No one can predict market direction, and pulling out of the market due to an emotional reaction can lead to missing gains on the way back up.

By the time this article is published, it is likely that markets have adjusted up or down based on tariff news, company earnings, geopolitical developments, etc. Past performance is not a guarantee of future results, but the clear message in these statistics is that it pays to be patient and stick to your long-term strategy. Having a plan in place and an investment allocation that you can stick with helps investors get through turbulent market environments. ■

For more information, please contact Bryce Block with City State Bank Trust & Investments at 515-986-2265. (1) Marketwatch, December 31st, 2024. (2) Investopedia, December 26th, 2024 (3) www.macrotrends.net, 2025. 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.



## 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](http://www.totalfamilyeye.com)  
YOUR EYE HEALTH SPECIALISTS



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



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

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

## WE'RE HIRING



**An opportunity is waiting for  
you in the Johnston  
Community School District.  
Join the Dragon team!**

- Full and part-time opportunities
- Competitive pay
- Great benefits
- Year-round or school year schedules



## APPLY TODAY!

Available Positions:

- ★ Nutrition Workers
- ★ Special Education Associates
- ★ Custodians
- ★ Building Associates
- ★ Bus Drivers\*
- ★ Bus Associates
- ★ Aquatics Workers
- ★ KTC Child Care Providers

The Johnston Community School District is an Equal Opportunity Employer. Scan QR code or apply at [johnstoncsd.org/careers](http://johnstoncsd.org/careers)

\*Bus drivers apply with Student Transportation of America at [STACareers.com](http://STACareers.com) or call 515-278-8149



LIVE MUSIC | FOOD & CRAFT VENDORS | CARNIVAL | 5K RUN  
BAGS TOURNAMENT | PARADE | ENTERTAINMENT GARDEN  
@ GRIMES SOUTH SPORTS COMPLEX

# GOVERNORS DAYS 2025



Presented by:  
**iD INSPIRING DANCE**

## JUNE 5TH - 7TH GRIMES ASSEMBLE!

GOVERNORDAYS.COM

## CHAMBER

By Brian W. Buethe

# THE POWER of showing up

## How community shapes our future

Take a moment. Breathe. Look around. If you're reading this, chances are you're in a great place — Grimes, Iowa.

At Grimes Chamber & Economic Development, we often talk about how great this community is — and we mean it. We believe in Grimes. That belief is what drives us every day. It's easy to promote something you genuinely value. But that doesn't mean we think everything is perfect.

Grimes is growing faster than most could have imagined a decade ago. With more than 18,000 residents, hundreds of thriving businesses, and one of the Midwest's most impressive turf sports complexes, the momentum is real. But with growth comes responsibility — to make Grimes even better for those who live, work and play here.

Our organization represents more than 300 members, including businesses and nonprofits that care deeply about this community. With three full-time staff, an engaged board of directors, dedicated ambassadors, and countless event volunteers, we have a solid foundation. But it's not enough.

Each week, we hear smart, thoughtful ideas from residents about how to make Grimes stronger. The challenge isn't a lack of creativity. Rather, it is follow-through. Too often, good ideas fade because people assume someone else will take the lead.

Let's be honest: Many of us want to help, but we're waiting for the "right time." Meanwhile, it's often those with the busiest schedules who step up and make a difference. What could we accomplish if just a few more people leaned in?

Grimes isn't just growing in numbers. We are growing in potential. Whether it's a service club, a city board, a chamber committee or helping at a local event, there are countless ways to get involved. You don't need to have all the answers. You just need to care.

What will Grimes look like in five years? Ten? That's up to all of us. Let's build something great... together.

Visit [www.grimesiowa.com](http://www.grimesiowa.com) to learn more about how you can get involved, or check us out on Facebook, LinkedIn or Instagram. Want to develop your leadership skills? Grimes Leadership Academy is a great first step: [www.GrimesLeadership.com](http://www.GrimesLeadership.com). We look forward to seeing you at [www.GovernorsDays.com](http://www.GovernorsDays.com) June 5-7. ■



## TRANSFORMING LANDSCAPES

ONE HOME AT A TIME!



### LANDSCAPE DESIGN & INSTALLATION

- Concrete Edging • Retaining Wall • Patios
- Fire Features • Irrigation • Weed Control Programs



## 515-303-8489

[www.brilliantborders.com](http://www.brilliantborders.com) • 1585 NW Vicksburg Ct, Waukee

Information provided by Brian W. Buethe, President | CEO,  
Grimes Chamber & Economic Development,  
[www.GrimesIowa.com](http://www.GrimesIowa.com)

# GIRLS Track

DCG girls track competed at Adel on April 29.



Addison Dooley



Macey Rohrbeck



Chloe Wanat



Emily Kleckner



Kate Busby



Halle Olson



Hadley Gessman



Leighton Stanford



Caelyn Short



Mara Redenius



Ashtyn Vaughan

## OUT & ABOUT



Madden Seeman competed for DCG girls track at Adel on April 29.



Caelyn Short competed for DCG girls track at Adel on April 29.



Ashtyn Vaughan competed for DCG girls track at Adel on April 29.



Jordan Meyers competed for DCG girls track at Adel on April 29.



Avery Weiler competed for DCG girls track at Adel on April 29.



Tom Armstrong and Joan Warren at the Shade Tree Auto Grimes Chamber business after hours event April 24.



Adam Bunge, Mike Bieskacek and Jay Brewer at the Shade Tree Auto Grimes Chamber business after hours event April 24.



Steve Ball and John and Debbie Palmer at the Shade Tree Auto Grimes Chamber business after hours event April 24.



Greg Means and Clint Dudley at the Shade Tree Auto Grimes Chamber business after hours event April 24.



Madison Taiber and Blake Campbell at the Shade Tree Auto Grimes Chamber business after hours event April 24.



Gloria Perry and Keith Riden at the Shade Tree Auto Grimes Chamber business after hours event April 24.

# Bloomin' Good

## MAY SPECIALS

Pricing valid May 1-31, 2025

**\$1,299**



WFG550S0LZ

**5.0 Cu. Ft. Gas 5-in-1 Air Fry Oven.** Air Fry Mode. Dishwasher-Safe Air Fry Basket. Fan Convection Cooking. SpeedHeat™ Burner. LP Conversion available for extra cost

**\$799**

Whirlpool®

**\$699**



WDT750SAKZ

**Dishwasher** with Stainless Steel Tub, 3 Rack, Fingerprint Resistant Stainless Steel



WRT112CZJZ

**11.6 CU FT. 24" Top Mount Refrigerator.** Fingerprint Resistant.

**\$2,099**



WRX735SDHV

**25 cu ft, 36" wide French door,** external crisper drawer, LED lighting, external ice maker/water dispenser. Black stainless, white, black only.

**CLOSE-OUT**

**\$699**

**\$2,799**

**MAYTAG® \$999 EACH**

**\$1,049 EACH**



MDB4949SKZ

**Maytag® Dishwasher with Stainless Steel Tub with 5 Cycles.** Dual Power Filtration. Finger Print Resistant stainless steel.



MFT2772HEZ

**27 cu ft. Store-N-Door Ice Dispensing system.** Power Cold Feature

**5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR**



MVW6230RHW

**Washer New** 4.7 CU FT. Deep Wash option

**Electric dryer** 7.4 CU FT. Hamper door



MVWP586GW

**3.5 CU FT. Power Wash Cycle.** Commercial Grade Residential Washer.



MEDP586KW

**7.4 CU FT. Commercial Grade Residential Dryer.** Wrinkle Control.

**ADEL & WINTerset**

T.V. & APPLIANCE • HEATING & COOLING

Est. 1960

**916 Main Street, Adel**  
Mon-Fri 8-5, Saturday 8-1

**515-993-4287**

[www.adelwintersettv.com](http://www.adelwintersettv.com)

**224 Highway 92, Winterset**  
Mon-Fri 9-5, Saturday 9-1

**515-462-2939**

# HELPING FAMILIES GROW!

We treat  
your  
family like  
our own!



**Only trust your family  
with THE BEST!**

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



Waggoner Pediatrics of Central Iowa

**Schedule your child's appointment today! (515) 987-0051**  
2555 Berkshire Pkwy, Suite A, Clive • [waggonerpediatrics.org](http://waggonerpediatrics.org)