

# RESIDENTS' CHOICE AWARDS



## Burts make rewarding memories volunteering

**Local service  
& great rates.**

Call, click or stop by today



 **State Farm®**  
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 EDDM  
 U.S. POSTAGE  
**PAID**  
 BIG GREEN  
 UMBRELLA MEDIA  
 RESIDENTIAL CUSTOMER  
 BIG GREEN  
 UMBRELLA MEDIA  
 8101 Birchwood Ct. Ste. D  
 Johnston, Iowa 50131

Turn your money into  
**EVEN MORE** of your money!

**7 Month CD Special**

**4.00%**  
**RATE**

**4.05%**  
**APY\***

**To get started, visit us in Grimes:**

100 NE Jacob Street, Grimes  
515-986-2265

**or any of our other City State Bank locations:**

INDIANOLA • MADRID • MARTENSDALE • MOUNT AYR • NEW VIRGINIA • NORWALK

\*APY (Annual Percentage Yield) effective as of September 25, 2025 and is subject to change without notice. Minimum deposit of \$10,000. Early withdrawal penalties may apply to all Certificate of Deposit Accounts, fees may reduce earnings, APY assumes interest remains on deposit until maturity. Contact an employee about details on fees, terms, and other product offerings.



## Is it time to Review Your Insurance Policies?

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

100 NE Jacob Street • Grimes, IA • 515-986-3306

**Give us a call first!**  
**515-986-3306**



**Cole Adair, CFC**



**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.

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

WELCOME

# A COMMERCE-creating machine

Residents' Choice. Those two simple words have a lot of meaning to those who are recognized and those who seek out the people, businesses, places and events that are honored.

Yes, we have once again compiled the results of our local Residents' Choice poll, the only one of its kind. It is truly unique in two significant ways.

First, our poll is mailed to every residential household in the pages of this magazine with a link to an open website. That makes the poll available to every single resident. No exclusions.

Second, our poll has open-ended questions, which means we don't load the ballots with pre-determined answers to try to sway it in a certain way. The results are what they are. You will likely agree with some of them, and you will disagree with others — kind of like political elections. But, in this poll, all who are recognized are winners, and the end result is a great positive for all involved.

Readers of this publication have proven to seek out the winners and spend their time, energy and money with them. The poll results have become a customized search engine of sorts, providing valuable information on the choices of local residents in a variety of categories that are important to them.

Those who have been chosen tell me how much of an impact this directly has on them, their businesses and their organizations. Being recognized for positive contributions is seemingly always great, but when it helps create commerce, it is even better — and this Residents' Choice poll is a commerce-creating machine.

Other organizations are continuing to try to implement polls like ours, but none have the reach and credibility that ours has. You can't blame others for trying to imitate what we do, but you can question how they implement their polls and how many people actually vote in them.

Meanwhile, I thank all of you who took the time to vote in this year's Residents' Choice poll. Your votes do make an incredible difference. And, if you didn't vote, well, there is always next year.

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



# Fight Against Cancer!

## Go paperless and we'll donate to Can Do Cancer!

For every Charter Bank  
customer that signs up for  
eStatements during the  
month of October we will donate  
money to Can Do Cancer to support  
people affected by Breast Cancer.



Already signed up or want to help?  
Scan this QR Code to donate.

# CAN DO CANCER

Can Do Cancer is a non-profit organization that works to improve and enhance the lives of breast cancer patients undergoing chemotherapy treatment in Des Moines and surrounding areas.

## 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

Member  
FDIC

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



Athletico garnered the Residents' Choice votes for favorite physical therapy. Front row: Anna Gray, Amy Pearson, and, back row: Kody Lueders, Jake Phillips, Sam Nissly and Matt Goes.

# RESIDENTS' CHOICE AWARDS

Northwest Metro residents  
share their favorites.



Residents in the Northwest Metro communities of Grimes, Dallas Center, Johnston, Urbandale and Clive have again weighed in on their favorite businesses, people, events and places in the latest Residents' Choice poll. The poll results share residents' top three choices in dozens of categories, many of which are extremely competitive with only a handful of votes separating the winner from the runners up. Consequently, we view them all as winners. They have captured the favor of people who live in the Northwest Metro area and who

know the businesses, people, events and places of the area best.

Some winners are repeating at the top of their categories. Their supporters have proven to be a loyal bunch. Others are new to the awards list, showing they have made a good impression over the last year and are building up a strong following as well. Grimes and Dallas Center residents will find many of the winners and runners up in their own communities. Need a touch up on your car's paint? FinishLine Body and Paint is nearby. Grimes Governors Days ranks among

favorite community festivals. Then there are Canoyer Garden Center, Mann Orthodontics and Pink Couch Wellness. These are only a few of the Grimes and Dallas Center top three. Read on for the others.

If you aren't familiar with any of the top three, give those businesses, events and places a visit and find out why they are residents' favorites. And, if you didn't vote this year, be sure to do so next time. It may be your vote that makes a difference and lifts one of your favorites into the top tier of the Residents' Choice poll.

## FEATURE

# Johnston, Grimes, Dallas Center, Urbandale and Clive Residents' Choice for Favorite Northwest Metro...

(Please note: Runners up are listed in alphabetical order.)

### **Restaurant: Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Destination Grille; The Urban Grill

### **Restaurant for Dessert: Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Heavenly Delights; Van Dee's Ice Cream Shoppe

### **Coffee Shop: Starbucks**

**Runners up:** Friedrichs Coffee; Lightbrite Coffee Roasters

### **Restaurant for Breakfast: Cozy Cafe**

**Runners up:** 100th St. Corner Café; Perkins Restaurant and Bakery

### **Restaurant for Lunch: Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Charlotte's Kitchen; Palmer's Deli

### **Restaurant for Dinner: Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Destination Grille; The Urban Grill

### **Place for Ice Cream: Van Dee's Ice Cream Shoppe**

**Runners up:** Al's Dairy Freeze; Heavenly Delights

### **Pizza Establishment: Pagliai's Pizza**

**Runners up:** Casey's; Pepp's Pizzeria

### **Bar: Doc's Lounge**

**Runners up:** Pour Choices Neighborhood Bar; Stevie C's

### **Catering Company: Cyd's Catering**

**Runners up:** Trostel's Greenbriar Restaurant and Bar; Hy-Vee Catering

### **Server/Bartender: Heather Loops, Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Cycrena Eischeid, The Cork 50131; Mary Ann Lee, Doc's Lounge

### **Auto Service: FinishLine Auto Works**

**Runners up:** Christian Brothers Automotive; Shade Tree Auto

### **Auto Body Shop: FinishLine Body & Paint**

**Runners up:** Graham Collision; Minor Wreck Express

### **Car Dealership: Willis Auto Campus**

**Runners up:** Bob Brown; Toyota of Des Moines

### **Auto Parts Store: O'Reilly Auto Parts**

**Runners up:** AutoZone Auto Parts; NAPA Auto Parts



## PLEASE JOIN US!

**Mass Times:**  
Saturday • 5:00 pm  
Sunday – 7 am, 9 am & 11:00 am

**ST. PIUS X CATHOLIC CHURCH**  
3663 66th St, Urbandale | 515-276-2059

**ST. PIUS X CATHOLIC SCHOOL**  
3601 66th St, Urbandale | 515-276-1061

[www.stpiusxurbandale.org](http://www.stpiusxurbandale.org)





## THANK YOU

**FOR YOUR SUPPORT!**  
YOUR LOCALLY OWNED EYE CARE CENTER!



VISIT OUR WEBSITE TO  
LEARN MORE ABOUT US!  
**LIFETIMEVISIONEYECARE.COM**  
5525 MERLE HAY RD, JOHNSTON | 515-259-9009

## Thank You

for voting us your  
**FAVORITE VET!**

Proud to be  
Locally Owned




**Prairie View**  
Animal Hospital

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

# FEATURE

## **Preschool/Daycare: Generation Next Child Development Center and Preschool**

**Runners up:** Johnston KinderCare; Loving Arms Children's Center

## **Nonprofit: Johnston Partnership**

**Runners up:** Goodwill of Central Iowa; Urbandale Food Pantry

## **School: Johnston High School**

**Runners up:** Beaver Creek Elementary; Des Moines Christian School

## **Park: Terra Park**

**Runners up:** Dewey Park; Walker Johnston Park

## **Community Festival or Event: Johnston Green Days**

**Runners up:** Grimes Governors Days; Urbandale 4th of July Celebration

## **Church: Lutheran Church of Hope**

**Runners up:** New Hope Assembly of God; Summitcreek Church

## **Pastor: Jeremy Carr, NorthPoint Church**

**Runners up:** Andy Hermanson, Lutheran Church of Hope; Mike Housholder, Lutheran Church of Hope

## **Chamber of Commerce: Johnston Chamber of Commerce**

**Runners up:** Grimes Chamber & Economic Development; Urbandale Chamber of Commerce

## **Grocery Store: Fareway**

**Runners up:** Aldi; Hy-Vee

## **Boutique: Purple Poppy Boutique**

**Runners up:** Charlie Rae's; Styled. by JJ

## **Retail Store: Purple Poppy Boutique**

**Runners up:** Styled. by JJ; Target

## **Thrift Store: Many Hands Thrift Market**

**Runners up:** Goodwill of Central Iowa; Stuff Etc

## **Home Improvement Retail Store: Menards**

**Runners up:** Johnston Ace Hardware; The Home Depot

## **Liquor Store: Hy-Vee Wine and Spirits**

**Runners up:** Fareway; Grimes Liquor Shop

## **Nursery or Garden Center: Canoyer Garden Center**

**Runners up:** Piney Ridge Greenhouse; Earl May Nursery and Garden Center

## **Place to Purchase a Gift for a Man: The Home Depot**

**Runners up:** Menards; Target

## **Place to Purchase a Gift for a Woman: Purple Poppy Boutique**

**Runners up:** Charlie Rae's; Styled. by JJ

## **Dad/Child Date Spot: The Little Gym of Johnston**

**Runners up:** Climb Iowa; Terra Park

## **Mom/Child Date Spot: The Little Gym of Johnston**

**Runners up:** Artfull – An Art and Craft Playground; Glazed Expressions

**Thank you for choosing Many Hands Thrift Market!**  
*Voted Favorite Thrift Store in Northwest Polk County*

**Find the Nearest Location**  
Clive • Grimes • Indianola • Merle Hay  
[manyhandsthrift.com](http://manyhandsthrift.com)

**MANY HANDS THRIFT MARKET**

## FEATURE

### **Place to Take Your Mom and Dad: Trostel's Greenbriar Restaurant and Bar**

**Runners up:** Destination Grille; The Cork 50131

### **Place to Take Your Kids or Grandkids: The Little Gym of Johnston**

**Runners up:** Sky Zone Trampoline Park; Grimes Waterworks Park Splash Pad

### **Place for Children's Birthday Parties: The Little Gym of Johnston**

**Runners up:** Emerge Academy; Sky Zone Trampoline Park

### **Golf Course: Jester Park Golf Course**

**Runners up:** Beaver Creek Golf Club; Hyperion Field Club

### **Hair Salon: Art of Life Salon & Spa**

**Runners up:** Pure Salon Aveda; Talking Heads Salon

### **Health Clinic: MercyOne**

**Runners up:** The Iowa Clinic; UnityPoint

### **Dental Office: Grove and Platt Dental Associates**

**Runners up:** Furrow Family Dentistry; The Dental Studio of Iowa

### **Orthodontist Office: Mann Orthodontics**

**Runners up:** Iowa Orthodontic Solutions; Stork Orthodontics



Kyle and Steph Canoyer are owners of Canoyer Garden Center and Glasshouse Market Grimes and Ankeny, Residents' Choice for favorite garden center.

*Thank You*  
FOR VOTING  
MERKLE RETIREMENT PLANNING  
Favorite NW Metro Financial Planner

**IOWA Living MAGAZINE**  
**RESIDENTS' CHOICE AWARD**  
NORTHWEST METRO  
**WINNER**

**Merkle**  
RETIREMENT PLANNING

Investment Advisory Services  
offered through Elite Retirement Planning, LLC.  
Insurance Services offered through MRP Insurance, LLC.

## FEATURE

### **Mental Health Services: Pink Couch Wellness**

**Runners up:** Clive Behavioral Health; Family Legacy Counseling

### **Chiropractic Office: Herrmann Family Chiropractic**

**Runners up:** Impact Health Institute; Kleckner Chiropractic Clinic

### **Vision Care: Lifetime Vision**

**Runners up:** Precision Family Eyecare; Total Family Eye Care

### **Health Club or Gym: Life Time**

**Runners up:** Emerge Academy; Planet Fitness

### **Pharmacy: Hy-Vee Pharmacy**

**Runners up:** Medicap Pharmacy; Walgreens Pharmacy

### **Cosmetic Services: Central Iowa**

#### **Dermatology**

**Runners up:** 515 Wellness and Aesthetics; SOMA Cosmetic Surgery & Aesthetics

### **Physical Therapy: Athletico Physical Therapy**

**Runners up:** DMOS; Elevate Physical Therapy and Sports Medicine

### **Dance Studio: Inspiring Dance**

**Runners up:** Dance Vision; Eshanjali Dance Academy

### **Gymnastics Studio: The Little Gym of Johnston**

**Runners up:** Emerge Academy; Mid Iowa Gymnastics

### **Tumbling Studio: The Little Gym of Johnston**

**Runners up:** Emerge Academy; Tribe Athletics

### **Financial Planner: Loren Merkle, Merkle Retirement Planning**

**Runners up:** McGill Junge Wealth Management; Sharon Vickery, Edward Jones

### **Law Firm: Letsch Law Firm**

**Runners up:** Abendroth Russell Barnett Law Firm; Brown, Fagen and Rouse

### **Accounting Firm: ThornTree CPA Services**

**Runners up:** Ann M Hartz, CPA and Associates; Welgaard CPAs and Advisors

### **Veterinarian: Prairie View Animal Hospital**

**Runners up:** Value Vet; Westfield Veterinary Hospital

### **Dog Groomer: Clean and Breezy**

**Runners up:** Bark Shop; Woof Pack Resort & Spa

### **Pet Care: Woof Pack Resort & Spa**

**Runners up:** Dog Days and Cat Naps; Dogwoods Lodge

### **Lawn Care Business: Finer Cuts Lawn Care**

**Runners up:** Kaldenberg's PBS Landscaping & Lawn Care; Nate's Lawn Care

### **Landscaping Company: Kaldenberg's PBS Landscaping & Lawn Care**

**Runners up:** Kleener Image; Mhuka Designs

**Thank you for voting us**

# **Favorite Landscaping Company**

**AND TOP 3 LAWN CARE BUSINESS!**

Kaldenberg's PBS Landscaping & Lawn Care has been providing top-notch services in Johnston and the surrounding areas since 1969.



✓ Landscaping ✓ Lawn Care ✓ Hardscaping



[kaldenbergslandscaping.com](http://kaldenbergslandscaping.com)

(515) 278-1118

[mkpbs@msn.com](mailto:mkpbs@msn.com)

5555 NW Beaver Dr, Johnston

Fully Insured



**SEE MORE OF OUR PROJECTS HERE!**



# thank you for voting us **FAVORITE DANCE STUDIO**

## **WELCOME TO OUR NEW STATE OF THE ART STUDIO**

- 5 dance rooms
- Class observation monitors in the lobby
  - Located on the border of Johnston and Grimes

### **RECREATIONAL, COMPETITIVE, ADULT PROGRAMS**

- |                |           |                          |
|----------------|-----------|--------------------------|
| • Ballet       | • Pointe  | • Tumbling               |
| • Jazz         | • Lyrical | • Improv                 |
| • Contemporary | • Hip-hop | • Strength & Flexibility |
| • Tap          | • Pom     | • Musical Theater        |

Scan for our  
current class offerings



## **INSPIRING DANCE**

[inspiringdance.com](https://inspiringdance.com)

2340 SE 3rd Street, Grimes • 515-986-0007



## FEATURE

### Heating and Cooling Business: Golden Rule Plumbing, Heating, Cooling, Electrical

**Runners up:** Kohles & Bach Heating & Cooling; Heartland Heating & Cooling

### Electrical Business: Deaver Electric

**Runners up:** ARC Electric; Golden Rule Plumbing, Heating, Cooling, Electrical

### Plumbing Company: Golden Rule

**Plumbing, Heating, Cooling, Electrical**  
**Runners up:** Herr Plumbing; Roto-Rooter

### Senior Living Establishment: Brio of Johnston Senior Living Community

**Runners up:** Bishop Drumm Retirement Center; Edencrest at Green Meadows

### Insurance Company: Health Insurance Advisor, LLC

**Runners up:** Andrea Sabus, State Farm Insurance; Glenn Waterhouse III, State Farm Insurance

### Realtor: Joleen Roskamp, RE/MAX Precision

**Runners up:** Casee Woodley, RE/MAX Precision; Nichole Rector, Legacy Realty of Iowa

### Bank/Credit Union: Veridian Credit Union

**Runners up:** Charter Bank; Community Choice Credit Union

### Photographer: Carlye Bishop

#### Photography

**Runners up:** Jordan Sandquist Creative; Lens Art Photography by Larry Trager

### Place for Guests to Stay: Hilton Garden Inn

**Runners up:** Holiday Inn & Suites Des Moines-Northwest; Stoney Creek Hotel and Conference Center

### Exterior Contractor (siding, roofing, windows, doors): Sonntag Roofing

**Runners up:** Buresh Home Solutions, Inc.; Right Roofing and Siding



### Pest Control: Preferred Pest Control

**Runners up:** Diam Pest Control; Janssen Pest Solutions

### Tree Service: MJ's Tree Service

**Runners up:** Beaver Tree Service; The Tree Doctor ■

**THANK YOU** for voting us  
**FAVORITE LAW FIRM**  
in the NW Metro!



**Cynthia P. Letsch, JD, CMP™**  
Managing Attorney  
Certified Medicaid Planner™

**Letsch**  
LAW FIRM

Powers of Attorney • Wills • Trusts • Guardianships • Conservatorships  
Elder Law • Post Death Matters • Nursing Home Planning



**Now Practicing Primarily  
in Special Needs Planning  
& Medicaid for Seniors**



**515-986-2810**  
**www.LetschLawFirm.com**  
112 NE Ewing St, Suite D, Grimes, IA

**Elect**  
**WILL RUBEL**  
**FOR DCG SCHOOL BOARD**

**MY PRIORITIES:**

1. Parent Engagement
2. School Infrastructure
3. AI and Artificial General Intelligence (AGI) Plan and Policy Development

Watch my video, learn about me or schedule a driveway chat at [rubel-for-dcg.com](http://rubel-for-dcg.com) or scan the QR code.

Contact me:  
[will@rubel-for-dcg.com](mailto:will@rubel-for-dcg.com)  
515-207-0322

*Paid for by Will Rubel for DCG*

# CREAMY tomato soup is rich with sun-ripened flavor

There is something special about cooking with ingredients grown from your own backyard. Recently, I was watching our grandson at my daughter and son-in-law's house. He and I ventured outside to check on their garden and discovered a bumper crop of tomatoes.



Since the weather was cool, I decided that a batch of tomato soup for dinner would serve the harvest well. Our grandson, just 8 months old, is already a curious observer in the kitchen. He keeps me company from his high chair, happily armed with a dozen measuring cups to toss and a few snacks to keep him content. This creamy tomato soup, made with an abundance of fresh-picked tomatoes and a blend of herbs, is rich with sun-ripened flavor. Paired with a golden, melty grilled cheese on homemade sourdough, it was the perfect fall dinner — simple, cozy and made even sweeter by sharing it together with my grandson. ■

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

## Creamy tomato soup

Total time: 45 minutes

Servings: 4

### Ingredients:

- 1 medium onion, chopped
- 3-4 garlic cloves, minced
- 2 tablespoons olive or avocado oil
- 2 pounds fresh tomatoes (about 6 large), blanched, skins off and chopped
- 2 cups chicken broth (low sodium preferred)
- 1/3 cup Parmesan cheese, grated
- 1/2 -3/4 cup heavy (whipping) cream
- 2 tablespoons honey
- Salt and pepper, basil, oregano — more of everything than you think
- Pinch of rosemary
- Fresh basil or parsley (optional, for garnish)

### Directions

- Heat oil over medium heat. Add onion and sauté for about 5 minutes until soft.
- Add garlic and cook all for 2 more minutes.
- Add tomatoes and cook for 10 minutes.



- Add chicken broth and bring to a boil. Reduce heat and simmer for 20 minutes, uncovered. Stir occasionally.
- Blend until smooth by using an immersion blender and scooping the mixture into a traditional blender. Return soup to the pan.
- Add whipping cream and honey and stir. Season with salt, pepper, basil, oregano and other herbs of choice.
- Simmer for 5 more minutes.
- Serve immediately. Garnish with fresh basil or parsley. This pairs well with a grilled cheese sandwich on sourdough bread. Enjoy!



# Empower

*At a member-owned cooperative like Dupaco, we know that a goal is a dream with a plan.*

What's your dream? A trip? A home? A green electric bass guitar?

Whatever your goal, we're here to listen and help you create a plan to make it a reality. That's why we spend an average of 45 minutes with each new member, helping them plan and save for their future.

**in 2024** Dupaco members had  
**43,388**  
You Name It Savings accounts

Share your dreams with us, and we'll help you set goals to achieve them.

Well-being is a key to a life worth loving.

So when you think about yours, remember that Dupaco can help you. **Be Well.**

**Dupaco**  
CREDIT UNION

[dupaco.com/BeWell](https://dupaco.com/BeWell)

Federally Insured by NCUA



## CREATIVE costumes

Local mom has fun designing homemade costumes for Halloween.

Brie Stout has been doing homemade costumes since she was a kid herself.

"Even if we didn't sew everything, and we often did, we still found all the parts and pieces and put them together ourselves," she says. "We grew up lower income, so packaged costumes were out of budget for us."

As she's grown older and had children of her own, Stout has grown to love the fun of putting together their own costumes. It gives her and her children — Sadie, 7, and Kai, 5 — a chance to be creative and create unique costumes for characters or things that might not be available to purchase as a costume right off the shelf.

For the Stouts, the whole process takes a bit of time and a lot of creativity. They usually start to decide around the end of summer what everyone wants to do for Halloween. The kids might talk about movies they enjoyed through the last year, TV shows they've watched, art they have appreciated, or even objects that piqued their interests.

Then the fun starts, and they begin planning how to make the costumes happen. Usually that means sourcing materials from local shops and stores and planning makeup and props. There are many resources online for costume creation, but, ultimately, it's all about using their imagination and a little extra effort.

They have done a lot of different kinds of costumes, too, from scary to sweet. It can be a challenge to choose just one, but she reminds the kids there's always a chance to do another favorite next Halloween.

"Last year my daughter wanted to be Valak from 'The Nun,' and my son wanted to be a Numberblock from the kids' YouTube channel," she says.

Stout typically dresses up with the kids, but she has also done group costumes with friends. They like to show off their creations as many places as possible, so they wear them as often as possible during October.

"We go to any and every Halloween event we can... fall fests, trunk or treats, pumpkin patches, you name it, and we're there." ■



Brie Stout as Art the Clown from "Terrifier."



Kai Stout, 5, as Numberblock 9.

## NEIGHBORS serving neighbors

The spirit of the Grimes Lions Club



With a wide range of volunteer opportunities, members of the Lions Club often discover their passions while giving back.

These days, the Grimes Lions Club is made up of roughly 35 men and women who are passionate about giving back to their community. Members range in age from their 30s to their 80s, with the average age around 50 years old.

And this group stays busy. With a wide range of volunteer opportunities, members often discover their passions while giving back.

One of the club's hallmark traditions is the Holiday Flag Program, where volunteers proudly place more than 600 American flags around town on Memorial Day, Flag Day, July 4th, Labor Day and Veteran's Day.

Community events are another highlight for the group. At the Governor's Day Breakfast this past year, Lions served nearly 500 people with 60 pounds of sausage, 120 pounds of eggs, and 50 pounds of pancakes. In 2024, the club also partnered with the Grimes Leadership Academy to launch the Grimes Storehouse Trailer — a mobile unit providing food and clothing donation drop-offs at local events and businesses.

The Lions also partner with the Booster Club to work concession stands throughout the year, collect eyeglasses from drop-off boxes in local businesses, sponsor Cub Scout Troop 171, take part in Grimes Trunk or Treat and more.

In addition, the Lions invest in the future of community members by awarding \$4,500 in scholarships each year through the Red Foundation. Three DCG seniors receive \$1,000 scholarships, while one student is honored with the \$1,500 Paul Buckalew Memorial Scholarship.

Beyond service, fellowship is central to the Lions' mission. Members meet on the second Monday of each month for business and on the fourth Monday for socials at local establishments such as Destination Grille, Food Depot and Sol Agave.

"The Lions Club motto is 'We Serve,' and everything we do flows from that," Lions member Brook Chambers explains.

The Lions Club was founded in 1917 on the belief that people who care about their communities can come together to make them stronger. Each club is given the flexibility to focus on the unique needs of its community and adapt to what neighbors need most. That's exactly what the Grimes chapter does.

It is also a great way for community members to meet each other. Chambers moved to Grimes in 2019, due to a job relocation, and had no ties.

"Joining the Lions Club has allowed me to get involved in the community, be active in the school district and be social with new friends," she says. "I am a proud member of the Grimes community, and I have the Lions Club to thank."

Ultimately, Chambers hopes people start to think of the Lions Club in a new light.

"People tend to have an outdated image of who the Lions are, but we are an active group of professional residents that want to make Grimes a better place to live," she shares. "We enjoy volunteering and socializing together."

For more information on how to get involved, visit [grimeslions.com](http://grimeslions.com). ■

# MARKET strategies

## Three ways to play defense in your stock portfolio

Defensive investment strategies have common goals: to help a portfolio better withstand an economic downturn and withstand periods of market volatility.

Some of these strategies we mention may help you manage risk without giving up investment growth.

**1. Tilt toward value:** Growth and value are opposite investment styles. Value stocks are associated with companies that appear to be undervalued by the market or are in an industry that is currently out of favor. These stocks may be priced lower than might be expected in relation to their earnings, assets, or growth potential, but the broader market is expected to eventually recognize their full potential.

Value companies are generally more established, cautious with spending, and more



likely to pay dividends. Growth stocks, on the other hand, tend to be priced higher relative to current earnings, reflecting future potential, but also carrying higher risk than value stocks.

**2. Temper volatility:** All stocks fluctuate, but some have been less volatile historically than others. Certain mutual funds and exchange-traded funds (ETFs) are designed to minimize volatility. A common measure of a stock's volatility is its beta, with the S&P 500 Index considered a beta of 1.0. An investment with a beta of 0.8 might experience only 80% of market gains during an upswing and only 80% of losses during a downswing, leaving less ground to recover when markets rebound.

**3. Seek out dividends:** Dividend-paying stocks can provide steady income even when prices fluctuate. Dividend stocks tend to be sensitive to interest rate changes, so there are times when they can either drag down or help boost portfolio performance. When rates fall, the lower yields on fixed-income investments

could make the yield on dividend stocks seem more attractive. The flip side is that dividend-paying stocks may not have as much growth potential as non-dividend payers.

The return and principal value of all investments fluctuate with changes in market conditions. Shares, when sold, may be worth more or less than their original cost. Investing in dividends is a long-term commitment and the amount of a company's dividend can fluctuate with earnings. Dividends are typically not guaranteed and could be changed or eliminated. ■

At City State Bank, we are here to help guide you through investment strategies to help you achieve your long-term goals. For more information, please contact Bryce Block or Wade Lawrence 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.

## Don't Let Getting New Floors

# SCARE YOU!

**ONE  
STOP SHOP**

for **ANY** room  
in the house!

Upgrade Your Floors Now, *Pay Later!*

**12 Month Interest Free  
Financing Available!**

*Visit our website for details and restrictions.*

Carpet • Hardwood • Laminate  
Tile • Luxury vinyl • Vinyl  
Natural stone • Pet Friendly



**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.*



# WE SUPPORT OUR JOHNSTON—GRIMES METRO

*Thank you to all the first responders who make our community a safe place to live.*

**Letsch**  
LAW FIRM

*Thank you first responders!*

**DEAVER**  
electric inc.

515-202-9481 [deaverelectricinc.com](http://deaverelectricinc.com)

**THANK YOU!**

**First Baptist Church of Greater Des Moines**

8250 NW 62nd Ave • (515) 243-8161

**THANK YOU!**

**FOX COUNTERTOPS**

[www.foxcountertopdsdm.com](http://www.foxcountertopdsdm.com)  
10052 Justin Dr Suite A, Urbandale • 515-410-1316

**THANK YOU FOR YOUR SERVICE!**

**Johnston**  
THRIVE. EVERY DAY.

**THANK YOU!**

**VINTAGE**  
COOPERATIVE OF JOHNSTON

9001 Windsor Parkway • Johnston IA  
515-587-2115 • [vintagecooperativejohnston.com](http://vintagecooperativejohnston.com)

*Thank you*  
**FOR YOUR SERVICE**

**Merkle**  
RETIREMENT PLANNING<sub>®</sub>

[MerkleRetirementPlanning.com](http://MerkleRetirementPlanning.com)

IOWA  
**Living**  
MAGAZINES

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



# OUR FIREFIGHTERS

## ROPOLITAN FIRE DISTRICT





**Cynthia P. Letsch, JD, CMP™**

**Managing Attorney**

**Certified Medicaid Planner™**

**Iowa's Only Special Needs Alliance Member**



**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**

## HOW and when to vote

Election Day is Tuesday, Nov. 4. Are you registered to vote? You can look yourself up on the Iowa Secretary of State website, "Am I registered to vote?" Just click the large words AM I REGISTERED TO VOTE. Enter your name, and, if you are registered, it should appear. You can vote if you are 18 years old on or before election day.

There are three ways to register: 1) online, 2) request a paper application, or 3) in person at the polls. Pre-registration must be completed at least 11 days prior to the election. You will need to look up your address to determine the location of your polling place. Typically, there are three or four polling places in Grimes.

You can vote early, in person, at the Iowa County Auditor's Office by filling out an absentee ballot, which will be kept sealed until the election. Early voting starts 20 days prior to the election. You may also vote by mail, using an absentee ballot, despite all the hubbub from the White House that the mail-in ballot process is a scam or fraud. It is a long-standing tradition in Iowa and much of the rest of the country, and the only way that many of the aged, infirmed and home-bound are able to participate in the system. The Iowa County Auditor's Office must receive your request for an absentee ballot by the end of the day on Oct. 20.

Online registration seems quite straightforward. Start on the Secretary of State website. From there, you will be directed to the DOT website, where you input your DL or ID number and the last five digits of your Social Security number. Your ID will appear; no scanning is required. Answer the questions to confirm who you are.

To register at the polling place, you must present a valid photo ID and proof of your current residence. A government-issued photo ID, such as a DOT-issued ID, a passport or a military ID, will be accepted. If it is a type of photo ID other than the one listed, you will also need proof of your address, such as a lease agreement, property tax statement, or a utility bill with your name on it.

Poll workers are needed. You will be paid for both training and the day. Consider signing up.

Polls are open 7 a.m. to 8 p.m. The line to vote will close at 8 p.m. ■

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).





# 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)

## Q: Is muscle important?

**A:** Maintaining muscle mass is one of the most important aspects of long-term health. Beyond aesthetics or athletic performance, muscle plays a critical role in metabolic function, mobility and disease prevention as we age.

Muscle mass directly affects metabolism, helping the body burn more calories at rest and regulate blood sugar levels. This makes it a powerful defense against weight gain and chronic conditions like type 2 diabetes. Additionally, muscles improve insulin sensitivity and reduce inflammation, two key factors in preventing cardiovascular disease and other age-related illnesses.

As we grow older, muscle loss naturally occurs, often leading to decreased strength, balance issues and a higher risk of falls and fractures. Preserving muscle helps maintain independence, mobility and overall quality of life. It also supports bone health by encouraging bone density through movement and resistance.

Muscle tissue even contributes to immune function by producing proteins that help regulate inflammation and support the body's repair processes. Furthermore, individuals with higher muscle mass tend to recover more quickly from illness, injury or surgery.

The good news? Building and maintaining muscle is achievable at any age. Regular resistance training and adequate protein intake are key. ■

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.



**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

## CITY and school board elections upcoming

City and school board elections are Tuesday, Nov. 4.

The city council is responsible for establishing city ordinances, the city budget and city policies. It decides the laws for the community and how its tax dollars are spent. The mayor acts as the chief executive officer of the city and presides over the city council meetings. Communities with city administrators assign some of the mayor's executive duties to administrators.

School boards set the policies and budget for the school district within the parameters set by the state.

To find your polling location, visit: <https://apps.sos.iowa.gov/elections/voterreg/pollingplace/search.aspx>.



### Grimes city candidates

#### **Mayor**

David Gisch  
Allen May

#### **City Councilmember At-Large (three seats)**

Ryan Burger  
Laurie DePhillips  
Joe Herman  
Leslie Irlbeck  
Jared Lovelady

### Dallas Center Grimes Community School Board

#### **School Director At-Large (one seat)**

Julie Quandt  
Will Rubel

#### **School Director District 1**

Nick Fiala

#### **School Director District 2**

Monica Malmberg

### Public Measure

Shall the Board of Directors of the Dallas Center-Grimes Community School District in the Counties of Polk and Dallas, State of Iowa, be authorized to contract indebtedness and issue General Obligation Bonds in an amount not to exceed \$88,000,000 to provide funds to reconstruct, repair, improve, remodel, furnish, and equip portions of the existing High School building, including facilities and spaces supporting extracurricular activities at the High School campus, and to construct, furnish and equip additions to the existing High School Building; and to reconstruct, repair, improve, remodel, furnish, and equip portions of the existing Middle School building, and Heritage, Dallas Center and North Ridge Elementary buildings; to make safety, security, and technology improvements, and playground and site improvements at all Elementary buildings; to improve, furnish, and equip the Oak View athletic facility; and to reconstruct, repair, improve, remodel, furnish and equip the existing transportation/operations facility, including the construction of an additional building and parking improvements and improving the site? ■



**SHADE TREE AUTO**

# BUY 3 GET 1 FREE

**ON TIRES + STRUTS DURING  
THE MONTH OF OCTOBER!**

**\*when you include Road Hazard Coverage and an  
Alignment\***

**SAVE AN ADDITIONAL \$169 WHEN  
YOU COMBINE BOTH OFFERS**

**GRIMES**  
1750 SE 11th St.  
515.986.5241

**URBANDALE**  
3831 70th St.  
515.512.1095

**ANKENY**  
1329 SW Ordinance Rd.  
515.964.9492



## EVENTS IN THE AREA

Be sure to check for cancellations.

### Coming up in Grimes Living

**Veterans Salute:** Help us salute local veterans in our November issue. Send us a photo of your veteran along with name, town of residence, rank, military branch, enlistment dates and what they would like others to know about serving their country. Please email to: [Tammy@iowalivingmagazines.com](mailto:Tammy@iowalivingmagazines.com).

### Dallas Center

#### Halloween Hay Day

Saturday, Oct. 25, 3-4:30 p.m.  
Dallas Center main street

With its mystical creatures, superheroes, princesses, and story book characters, the Dallas Center Halloween Hayday celebration is an event not to miss. Hay rides, Halloween Row Stroll (business booths), trunk or treat, and parades are just a few fun activities you might find in-store during this event. Activities and events may vary from year to year. Be sure to bring your little ghouls and goblins out to trick or treat following the events on main street.

### Grimes Trunk or Treat

Oct. 19, 2-4 p.m.  
South Sports Complex

Head to the South Sports Complex on Oct. 19 to enjoy early trick-or-treat fun. Local businesses and city officials will have cars decked out for the holiday and will be handing out candy.



### Grimes Annual Holiday Craft Sale

Saturday, Oct. 25, 9 a.m. to 2 p.m.  
Prairie Creek Church, 801 W. First St.

Enjoy this annual craft sale. Start your holiday shopping at this free event. There will be many great products, as well as baked goods, for sale. Breakfast and lunch items will also be available for purchase.

### Scarecrow Festival

Through Nov. 2  
Center Grove Orchard, 32835 610th Ave.,  
Cambridge  
[www.centergroveorchard.com](http://www.centergroveorchard.com)

A farm-wide celebration filled with colorful displays, playful scarecrows, and the warm spirit of the season.



### Trick or Treat Night

Friday, Oct. 31, 6-8 p.m.

Trick or Treat night will continue to be on Friday, Oct. 31 in Grimes from 6-8 p.m.



### Phantom Fall Festival

Weekends through Oct. 26  
3200 Adventureland Drive,  
Altoona  
[www.adventurelandresort.com/discover-adventureland-resort/Phantom-Fall-Fest](http://www.adventurelandresort.com/discover-adventureland-resort/Phantom-Fall-Fest)

Adventureland hosts its fall festival with several haunted houses, ghosts, ghouls, goblins and more.



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 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



### Apple and Pumpkin Festival

Oct. 18-19, 25-26  
Wills Family Orchard, 33130 Panther Creek Road, Adel  
[www.willsfamilyorchard.com](http://www.willsfamilyorchard.com)

Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays. Check online for admission information. ■

**515 Lawn Services**  
**515-587-8171**

**GOT LEAVES?**  
**We Offer Leaf Removal!**

Call OR Text today 515-587-8171

# COUPLE has fun helping others

Burts make rewarding memories volunteering.

For nearly a decade, Darla and Jerry Burt have been familiar faces at Many Hands Thrift Market in Grimes.

In addition to helping behind the scenes at the store, the couple also participates in the organization's global mission experiences, called IMPACT Trips. Over their years of service, they have collected countless rewarding memories, but one that stands out is their trip to Abaco, a community in the Bahamas hard hit by Hurricane Dorian.

"We were influenced by strong, resilient Bahamians, whose inspiring stories remain with us," Jerry shares. "We were reminded that we are all called to serve our purpose, and we are never too old for that."

Another fun memory comes from their volunteer work in the processing area of Many Hands, where they see many interesting items come through the door.

"When costumes are part of a donation, we may or may not be willing to try them on," Darla jokes. "If you drop off a donation this fall and see an adult or two in costume as sharks, spiders or who knows what, don't be surprised. We actually have a great deal of fun in our volunteer days there and have made lifelong friendships. We celebrate together, grieve together and support one another."

Beyond their service with Many Hands, the Burts have volunteered in many other ways: through their church's hospitality team, Vacation Bible School, small group leadership and choir. They have also given time to a local food bank, Habitat for Humanity and CASA, as well as participating in mission trips.

For the Burts, who have lived in communities across Iowa during their careers, volunteering has always been a priority.

"It has just been part of our lives to give back time and effort, for we have been blessed in so many ways," Jerry says.

"Truthfully, we gain more than we give in so many ways — in our sense of purpose, in the sharing with community and in building relationships," Darla adds.

Specifically in volunteering with Many Hands, the Burts believe deeply in the mission of "transforming together and to be love in action."

They also joke that one reason folks should volunteer is because it pays well.

"The payment is not in currency, however," Darla says. "Jerry works in processing electronics and, at times, the items need a lot of cleaning. When that happens, he often looks above the workstation to the pictures of smiling kids in Haiti and is reminded of why we do what we do. It's easier to continue with difficult tasks with that reminder."

The Burts especially encourage those who are newly retired and looking for direction to consider volunteering.

"Find your niche in an area perhaps that you've had an interest in but never had a chance to investigate," Darla advises.

Though neither Darla nor Jerry came from retail backgrounds, having worked in state government and nonprofits, they've learned a lot and feel fulfilled by the contributions they make at Many Hands.



Tim Short of Edward Jones presents the Good Neighbor certificate to Darla and Jerry Burt.

"We have a new group of like-minded, very special people in our lives who we would not have had otherwise. Volunteering helps others and helps you grow as a person. That's certainly a good reason to try it." ■

**Edward Jones** > [edwardjones.com](http://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

SUP-16782A-6-04-RECIPROD 000001



**Join Us!**  
for a Social Security, Medicare,  
& Retirement Seminar.

**Oct 21st or 23rd at 6:00pm**  
Graham Conference Center  
812 University St. Pella, IA 50219

**CALL OUR OFFICE TO REGISTER!**

**RUNDAHL**  
FINANCIAL CONSULTANTS

**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**



**Your Local Top-Notch Plumbing Solutions**

**Call For All Your Plumbing Needs**

- Install and repair
- Water Heaters
- Toilets
- Garbage Disposal
- Outside Faucets
- Septic System Repair
- Sewer Services

**Call us today for your FREE Estimate!**  
**515-205-8054**

**RHINER'S SERVICES LLC**  
*Business with a Heart!*

**Proudly Serving Waukee & the Surrounding Region!**

## INVESTMENT

By Daniel Rundahl

# DO interest rates really matter?



When I was growing up on the farm in the mid-1980s, I can remember distinctly the frustration my father shared with the family over how much the interest was on the new manure spreader and feed grinder. This didn't mean much to me and my siblings as we were preparing our backpacks at night for show and tell the next day, but it holds value now for me as a husband and father with a mortgage and adult bills. Let's look at that through different eyes.

For the stock market: In late September, the FED announced a .25% interest rate drop and plans for two more interest rate changes in October and December. Initially, the stock market has favored this change, and language of this interest rate drop was already "baked into the markets." However, in October — and to finish off the holiday season — your 401K could see a boost with a potential 1% additional drop. This reduction of interest rates stimulates the economy by making borrowing cheaper for businesses and consumers, which tends to drive positive steam toward stock market equities.

For the economy: Historically, the health of the economy, or lack of, has usually been measured by many factors; however, four well-known major measurements reported over the four weeks of a month include: The Jobs Report, housing sales, prices at the pump and consumer spending (prices at the grocery store). The measure of any good standing macro or micro economy is the "motion of money." By reflection, favorable interest rates, as interpreted by consumers, will reduce unemployment, increase home sales, drive down fuel prices and increase consumer spending across all blue- and white-collar factors.

For your retirement: Many retired or near-retired individuals are seeking diversity away from higher risk investments. They are staring down the tunnel of the next 30 years of their life with the broad unanswered question, "Have I saved enough for the long haul?" In the last few years since the drop of COVID, we witnessed an interest rate hike of vast proportions. Overnight in the third and fourth quarter of 2021, CD rates saw 6% and 7% changes. Fixed and Fixed Indexed Annuities saw guarantees with 12% and bonuses to make dramatic relocations, and home rates rose to 8%. This change was attractive but short term. For this "30-year tunnel," it was a seasonal flower with a short-lived show. So, how should you be planning for retirement when so much fear lies around the short game of interest rates?

First, take a breath. At every age, we've leaned on a personal advisor. My wrestling coach emphasized technique, training and conditioning; my teachers urged study, hard work and focus for the long game; and when our children were born, wise voices guided how to raise the next generation. My point...in all the chaos, and especially this time of year, it may be a good time to set that appointment with an advisor for your retirement. Blessings for a safe and productive fall season. ■

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.

# Because your Ghosts and Goblins **DESERVE MORE THAN URGENT CARE**



## Why choose a Pediatrician?

- Trained to consider both the physical and mental wellbeing of children.
- Trained to track important health and growth milestones.
- Trained to provide preventative care and diagnose medical issues specific to children.
- Trained to communicate directly with children, making them feel at ease.



**Your child is more than just a number to us!**  
Call to schedule a meeting and tour our clinic.



**Waggoner Pediatrics of Central Iowa**  
Call today to schedule your child's appointment!

**515-987-0051**

2555 Berkshire Pkwy, Suite A, Clive  
**waggonerpeditrics.org**



## PICKING the right team for Grimes' future

I was 8 years old when the “Miracle on Ice” happened. As a young boy from the Midwest, growing up during the Cold War, I can still remember how big of a deal it was. The United States wasn’t supposed to beat the Soviet Union in hockey. They were bigger, faster and far more experienced. The Soviets were professionals — seasoned veterans who trained together year-round. Meanwhile, the U.S. team was made up entirely of amateur college players. That was the rule back then: no professionals. The deck was stacked against them from the start.



But somehow, under Coach Herb Brooks, that group of American kids pulled off one of the greatest upsets in sports history.

Brooks played a huge role in that victory. He didn’t just select the players blindly. He studied their personalities, strengths and weaknesses. He looked for the right mix of people who could work together, push each other, and form something greater than the sum of their parts.

That’s not all that different from what we do as citizens during local elections.

This Nov. 4, we’ll have the opportunity to select some of our own “team.” Voters will decide on three City Council seats, the position of Mayor, and several School Board positions. And, just like Coach Brooks, we have a responsibility to learn about the individuals on the ballot. We should, like Coach Brooks, study their character, understand their priorities, and choose those who can best represent and unite our community.

Coach Brooks built a team where no single player was the star. The team was the star. But every great team needs a leader. Someone who brings out the best in others and unites them behind a common goal. For the 1980 U.S. hockey team, that person was Team Captain Mike Eruzione. He wasn’t the biggest, fastest or most famous player, but his leadership was undeniable. When the moment came, he delivered the goal that defined the Miracle on Ice.

In Grimes, our next mayor will play a similar role. The mayor can’t do it alone, but they can help set the tone for how the team — our city council, staff and community — work together. The best leaders, like Eruzione, understand that success is about helping everyone pull in the same direction, with a shared belief in what’s possible.

That’s why the business community, through Grimes Chamber & Economic Development, hosts Candidate Forums. We don’t tell people who to vote for, but we do everything we can to make sure they’re informed. Because, when we do our homework and work together, we put our community in the best position to compete and win in the future. So, I challenge you to do your own scouting and then do your best to choose good candidates this and future election cycles. ■

Information provided by Brian Buethe, President | CEO,  
www.GrimesIowa.com

### THE METRO'S BEST EYE WEAR SELECTION

**Extensive Selection of:**  
Ray Ban, Prada, Tom Ford, Oakley,  
Nike, Kate Spade, Tiffany & Co

**NEW!** Ray Ban Meta and Oakley Meta glasses

**TOTAL FAMILY EYE CARE**

515.986.1234 [www.totalfamilyeye.com](http://www.totalfamilyeye.com)  
YOUR EYE HEALTH SPECIALISTS

Powered by MetaAI



Buffalo Wild Wings GO ribbon cutting was held on Sept. 30 in Grimes.



Franchise owners Matt and Tim King, with Brian Bueche, president of Grimes Economic Development and Chamber of Commerce (center), at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



LuAnne Gafford, BobbiJo Wolfe and Madison Taiber at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



Leslie King and Kelsie York at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



Andrew King and Mariah Utz at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



Megan Bartelson and Chelsea Hogan at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



Steve Davis, Chrissy Draper and Bryce Block at the Buffalo Wild Wings GO ribbon cutting on Sept. 30.



Christy Cline, Cynthia Letsch and Leslie Irlbeck at the Grimes Chamber After Hours held at Letsch Law Firm on Sept. 25.



Julie Soper, Cynthia Letsch and Michelle Bueche at the Grimes Chamber After Hours held at Letsch Law Firm on Sept. 25.



Tim Short, John Palmer, Glenn Waterhouse and Keegan Simons at the Grimes Chamber After Hours held at Letsch Law Firm on Sept. 25.



John Palmer and Halsey Altringer at the Grimes Chamber After Hours held at Letsch Law Firm on Sept. 25.

# DCG football and dance team

DCG Football and Dance Team in Grimes on Sept. 5.



Dylan Lackland



Hudson Heidgerken



Chase Engel



Max Murray



Abby Bjork



Carly Bushnell



Katie Howard



Emily Bjork



Halle Foy



Izzy Larsen



Jaelynn Clark



Jocelyn Cottrell

# Get your flu shot. Get



**Hy-Vee**  
GRIMES<sup>®</sup>  
pharmacy



No appointment necessary.  
Scan the QR code to schedule  
in advance.

Fuel saver offer available to all flushot  
recipients. See pharmacy or Hy-Vee.com  
for details. Certain state, age, health-related  
and other restrictions may apply.

# Harvest some great deals today!

Pricing valid Oct. 1-31, 2025



**\$1,099**

**\$699**

**MAYTAG® \$999 EACH\***

**AMANA® \$659 EACH**  
JUST RIGHT.



MRT711SMFZ

33-Inch Wide Top Freezer Refrigerator With Evenair™ Cooling Tower- 21 Cu. Ft.



MDB4949SKZ

Dual Power Filtration. PowerBlast® cycle. Heated Dry. Touch controls. Fingerprint resistant stainless steel.



MHW5630HW

4.5 cu.ft. Front Load Washer with Extra Power & 12-hour FreshSpin Option



MED5630HW

7.3 cu.ft. Electric Dryer with Extra Power & Quick Dry Cycle

\*Must Purchase Pair



NTW4519JW

3.8 Cu ft. Capacity, Stainless Steel Wash Basket, Quick Wash cycle



NED4655EW

.5 Cu ft Capacity, 11 Cycles, Auto Dry

## Thank you Farmers!

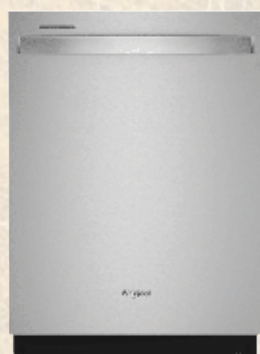
**\$799**

**Whirlpool®**

**\$999 EACH\***

**\$1,599**

**\$2,199**



WDT750SAKZ

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



FWF5720RR

4.5 cu ft Smart front load  
\*Must Purchase Pair



WED5720RR

7.4 cu ft  
Wrinkle shield



WSIS5030RZ

Induction slide-in range. Air fry. Griddle zone. 6.4 cu ft oven.



WRMF3636RZ

Maximum ice capacity, Exterior ice & water, Refrigerated exterior drawer

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-1  
**515-993-4287**

**ADEL & Winterset**  
T.V. & APPLIANCE • HEATING & COOLING  
Est. 1960

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

*Always a good time to shop local!*

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-1  
**515-462-2939**