

# Living

# RESIDENTS' CHOICE AWARDS



Northwest Metro residents share their favorites.

**Creamy tomato soup**  
RECIPE

**The spirit of the Grimes Lions Club**  
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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. ■

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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



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# 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

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# 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



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# 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

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# 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 ■

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# 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!



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## 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. ■

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## 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).







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# 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.



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# 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? ■



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# EVENTS IN THE AREA

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

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.



## 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.

## 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.



## 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.



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## 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. ■

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# 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." ■

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## 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.

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# 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](http://www.GrimesIowa.com)

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# OUT & ABOUT



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



Franchise owners Matt and Tim King, with Brian Buethe, 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 Buethe 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.



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