

Living

MAGAZINE

Festival FUN

Grimes Governors Days returns with three days of family fun June 4-6.



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WELCOME

FUNNEL cakes, chaos and community

There is nothing quite like a community festival to remind us that humanity is chaotic, charming and deeply committed to eating fried food outdoors.

On paper, festivals sound wholesome — live music, local vendors, smiling families. In reality, they are a delightful mash-up of sunburns, long lines and someone's uncle absolutely destroying a karaoke rendition of a 1980s power ballad. And yet, we keep coming back.

Maybe it is because community festivals turn ordinary places into something slightly magical. Suddenly they are packed with food trucks, handmade jewelry and a suspiciously competitive pie-eating contest.

The real entertainment, though, is the people. Festivals are one of the few places where strangers will strike up a conversation with others for no reason at all.

And then there is the food — arguably the main event. Community festivals operate under a simple rule that, if it can be fried, it will be fried. Oreos? Fried. Pickles? Fried. Possibly things that were never meant to be fried? Absolutely fried.

Somehow, though, it is not just about the food. It is about the stories behind it. Every booth has someone proudly explaining their recipe, their craft, or why their salsa is "award-winning." It's a cultural exchange with napkins.

Music adds another layer. Local bands take the stage and give it everything they have got. And there is something refreshing about a performance where the lead singer might also be your dentist.

Of course, no festival is complete without at least one mildly chaotic moment. Maybe it is a sudden rain shower that sends everyone scrambling under tents. Maybe it is a child covered head to toe in cotton candy. Maybe it is you, realizing you have been walking around for an hour with powdered sugar on your face.

In the end, community festivals are messy, loud and a little ridiculous, but that's exactly why they matter. They pull people out of their routines and into shared space, where the goal isn't productivity or efficiency, but simply being there.

You may leave feeling slightly tired, possibly sticky and definitely overfed. But you also leave with a feeling that, for a few hours, you were part of something fun, spontaneous and genuinely human. ■



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Festival FUN

Grimes Governors Days returns with three days of family fun June 4-6.



By Ashley Rullestad

Grimes Governors Days returns June 4-6, promising three days packed with activities, food, rides, tournaments and family-friendly fun.

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

The carnival returns for Governors Days.

FEATURE

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

The event officially kicks off Thursday, June 4, with the SoCo Baggers Sports League bags tournament at 6:30 p.m. Organizers note the event will look a little different this year and encourage participants to check the Governors Days website, www.governorsdays.com, for updated details.

The evening continues with the family-favorite kiddie parade. While the parade previously ran from the Grimes Community Complex to Waterworks Park, this year it will begin at the Grimes Community Complex on Main Street and end at the sports complex. Children are encouraged to dress in their favorite costumes.



Governors Day features a Kiddie Parade and Grand Parade.



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FEATURE

The parade will also feature the Isiserettes, a dance and drill group founded in 1980 to provide Des Moines-area youth with positive opportunities in their community. The group blends hip-hop choreography with marching pageantry and live percussion. Performers range in age from 7-18.

The entertainment garden will be open from 6-10 p.m., alongside craft and food vendors and Sam's Amusement Carnival and Midway. Unlimited rides will be available with a \$30 wristband. This marks the 20th year the festival has partnered with Sam's Amusements.

"We have some of the same great volunteers and new faces coming in, too," Buethe says. "We will have a mix of longtime vendors as well as new food options and a variety of cuisines for people to enjoy throughout the festival."

Friday highlights

Friday's schedule includes the return of the Bill Riley Talent Show. Signups run from 11-11:45 a.m., with the show scheduled from noon to 3 p.m. at the Grimes Community Complex gym. Registration is also available online through the Governors Days website, www.governorsdays.com.



The Bill Riley Talent Show returns.

Friday evening features Friends of the Public Library bingo from 6-8 p.m. on the basketball courts. The carnival will run from 6-10 p.m., with another \$30 wristband option available. Craft and food vendors will remain open until 11 p.m.

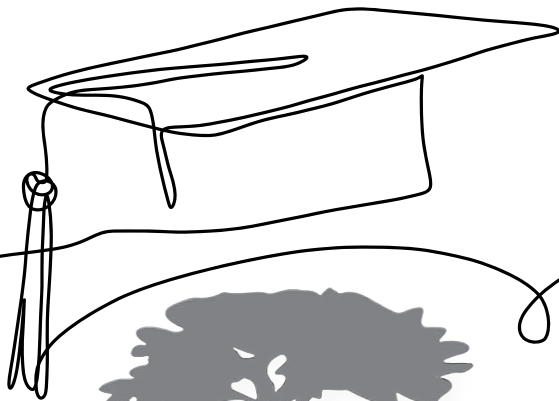
Live music begins at 8 p.m. in the entertainment garden with Bad Friends, a Des Moines-based rock cover band.

Saturday highlights

Saturday events begin early with the Lions Club breakfast at 6:30 a.m. at the Grimes Community Complex. The 5K and fun run follows at 7:30 a.m.; participants should check the website, www.governorsdays.com, for updated race details.

The grand parade, presented by Des Moines

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The Entertainment Garden features live entertainment and a place to relax.

Parent, begins at 10 a.m. The route returns to its traditional format, starting at South James Street and Southeast Sixth Street, traveling east and north along Southeast Trail Ridge Road, then west on Southeast Second Street. A sensory-friendly zone will be designated along the final block from Main Street to Ewing Street, with no lights or sounds.

Festival activities resume at noon, with the entertainment garden and carnival reopening. Another \$30 wristband special will be available from 5-9 p.m., and vendors will remain open until 11 p.m.

Saturday night entertainment features local favorite Gimikk at 8 p.m. The band has performed at weddings, festivals and RAGBRAI for more than two decades.

The weekend concludes with a fireworks show at 10 p.m. Saturday. Set to music inspired by America's 250th birthday, the show is best viewed from the park area.

Volunteers make it happen

Buethel thanks sponsors for their continued support, especially presenting sponsor Inspiring Dance. Additional sponsors include Golden Rule, TAAG Development, Hy-Vee Grimes, Daimler Truck North America, Frampton Homes, Raccoon Valley Bank and Midwest Heritage Bank. He also emphasizes the importance of the city of Grimes and local volunteers in making the event possible.

Organizers stress that community support is key to the festival's success and encourage

GOVERNORS DAYS KIDDIE PARADE ROUTE
THURSDAY, JUNE 4TH 6:30PM

START → Grimes Community Complex

END ← Entertainment Garden

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GOVERNORS DAYS GRAND PARADE ROUTE
SATURDAY, JUNE 6TH 10AM

START ← Grimes Community Complex

END → Entertainment Garden

SENSORY FRIENDLY ZONE
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PRESENTED BY:
 DES MOINES PARENT

residents to attend and participate.

“We are really proud of the fact that we’re able to engage so many different groups, from the Dallas Center-Grimes Education Foundation, Lions Club, Friends of the Library and more,” Buethel says. “We don’t make money off anything, but they do, and it helps bring the community together to support local

organizations while having a good time with friends and neighbors.”

For more information, including registration and a full schedule of events, visit www.governorsdays.com. Most events will take place at the South Sports Complex, 750 S. James St. ■

The May 2011 Grimes Living magazine featured the story, "Love thy neighbor: Local churches serve the community." The front page photo featured Roger and Norita Elwood, volunteer co-chairs, at the Grimes Community Food Pantry, housed at Grimes United Methodist Church at that time. The story also pictured the Praise and Play program at Grimes United Methodist Church and the St. Peter Lutheran Church Senior Citizen Luncheon, with Barb Henry, Dorothy Greif and Pastor Grant Woodley pictured, as well as volunteers Julie Bendel, Rhonda Olson, Phyllis Rosenberg, Gai Shields, Susan Ballard, Joan Warren and Angela Boyd. Also interviewed was Pastor Jason Friesen, who talked about the random acts of kindness by members of Crossroads Community Church. ■



BACK to basics

Diversification and asset allocation

When investing, particularly for long-term goals, there are two concepts you will likely hear about over and over again: diversification and asset allocation. Diversification helps limit exposure to loss in any one investment or one type of investment, while asset allocation provides a blueprint to help guide your investment decisions. Understanding how the two work can help you put together a portfolio that targets your specific needs.



Diversification: Spreading out risk

Diversification refers to the process of investing in a number of different securities to help manage risk. The theory is that if some investments in your portfolio decline in value, others may rise or hold steady.

For example, say you wanted to invest in stocks. Rather than investing in just domestic stocks, you could diversify your portfolio by investing in foreign stocks as well. Or you could choose to include the stocks of different size companies (small-cap, mid-cap, and/or large-cap stocks).

If your primary objective is to invest in bonds for income, you could choose both government and corporate bonds to potentially take advantage of their different risk/return profiles. You might also choose bonds of different maturities because long-term bonds tend to react more dramatically to changes in interest rates than short-term bonds. As interest rates rise, bond prices typically fall.

Asset allocation: Investing strategically

Asset allocation is a strategic approach to diversifying your portfolio among different asset classes that seeks to pursue the highest potential return within a certain level of risk. After carefully considering your investment goals, time horizon and risk tolerance, you would then invest different percentages of your portfolio in targeted asset classes to pursue your goals. A careful analysis of these three personal factors can help you make strategic choices that are suitable for your needs.

Rebalance to stay on target

Over time, an asset allocation can shift simply due to changing market performance. For example, in years when the stock market performs particularly well, a portfolio may become overweighted in stocks. In years when bonds outperform, they may end up comprising a larger-than-desired percentage of the portfolio. In these situations, a little rebalancing may be in order by selling securities in the overweighted asset class and directing the proceeds into the underweighted ones, or by directing new investments into the underweighted asset class until the desired allocation is achieved. ■

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A vacation 10%
Someone to do all your chores... 7%
Better relationships..... 0%



MEET Claire Marchant

Second-grade teacher reflects on student growth, strong relationships and family life.

Claire Marchant began her teaching career at Dallas Center-Grimes and has enjoyed it so much she hasn't considered going anywhere else.

"In the fall of 2018, I was placed at South Prairie Elementary in fourth grade with Mrs. Updike for 16 weeks of student teaching. From there, I was hired for the following year at the same building."

She is thrilled to be part of the South Prairie community.

"The connections and relationships I've made at DCG are truly the best. Everyone at South Prairie feels like family, and I know anyone in the district is willing to help however they can."

Marchant has taught two years of fourth grade, including one year entirely online, as well as five years of second grade. She earned her undergraduate degree in elementary education from the University of Iowa and completed a master's degree in teaching, learning and cultural competency in 2019.

She knew from a young age that she wanted to be a teacher. Growing up, she spent her time babysitting, driving younger children to events, volunteering at church for confirmation classes and helping lead music at vacation bible school. Working with children and being part of their daily lives is her passion.

One of her favorite parts of teaching is seeing her students grow.

"These kiddos truly can come such a long way in just a year, and it's so fun watching them and their confidence soar.

"Finding a balance between work and home can be a challenge," she admits. "Making sure I am putting enough in both baskets is hard, but my team at school is so supportive. We truly are there for each other when someone needs help balancing our time."

For Marchant, kids really do say the darndest things. She keeps a note on her phone with funny phrases or "advice" her students have shared over the years. On a hard day, it never fails to lift her spirits.

Outside the classroom, Marchant enjoys reading, traveling and spending time with family.

"My 18-month-old son keeps my husband and me busy outside of school, and we are getting ready to add boy No. 2 to the family in September." ■



Claire Marchant says one of her favorite parts of teaching is seeing her students grow.



Jennifer Grove, D.D.S., P.C. • Matthew Platt, D.D.S., P.C.
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EVENTS IN THE AREA

Be sure to check for cancellations.

Note about calendar events: This magazine is delivered the third Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

Library Closed

May 23-25

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

The Grimes Public Library will be closed May 23-25.

Growing the Good Life

Saturday, May 30, 11 a.m. to noon
Grimes Public Library Meeting Room A/B, 200 N.E. Beaverbrooke Blvd.

Registration is required at <https://grimes.librarycalendar.com/event/growing-good-life-6679> for this adult workshop. This ongoing series provides opportunities to learn about crafts, food and gardening while also allowing for hands-on practice. This month's topic is Beaded Dragonflies.



Free Roller Skating

Tuesday and Friday evenings, 7-9 p.m., from the last Friday in May through August; Fridays in September, 6-8 p.m. (weather permitting)
Dallas Center Roller-Skating Rink, Mound Park

Free skating, theme nights and fun for the entire family. Quad skates and inline skates available at no charge, sizes toddler to adult. Scooters and skateboards also available. One Tuesday a month, June 2, July 7 and Aug. 4, hoverboards and the like will be permitted. Skating will also be held Saturday, Aug. 29, during Dallas Center Fall Festival, along with a lip sync contest at the site.

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

Upcoming in Grimes/Dallas Center Living magazine

Fishing: Share your fishing stories. Perhaps you fished with your father as a child, fished in an interesting place, participated in fishing competitions. If it is related to fishing, drop us a note! Email tammy@iowalivingmagazines.com.

Play sets, play houses and tree houses:

Share the stories of your memorable play sets, play houses and tree houses. Perhaps your family has play structures that entertain your kids for hours. Or maybe you have memories of the play house you enjoyed as a child. Big or small, if it creates happy times, let us know. Email tammy@iowalivingmagazines.com.

Family Night: Bird Feeders

Monday, June 1, 6-6:30 p.m.

Grimes Public Library Meeting Room C/D, 200 N.E. Beaverbrooke Blvd.

Evening activities simple enough for your youngest, but fun enough for the whole family. The craft will be pinecone bird feeders.

Fishing in Grimes

Fishing is allowed in the public ponds in Grimes. The DNR frequently restocks the public ponds with largemouth bass, bluegills, and channel catfish. Before you grab your pole and head out, make sure you brush up on these rules.

Anyone over the age of 16 needs a fishing license. These are available at iowa.dnr.gov. These ponds follow the statewide harvest regulations. That means you can keep up to three largemouth bass (must be 15 inches), 25 bluegills, and eight channel catfish. To find a public pond, including the type of fish stocked, visit iowa.dnr.gov.

Rhythms of Grace volunteer orientation

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

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



Food Truck Fest

Wednesday, May 27, 4:30-7:30 p.m.

Grimes Public Library parking lot, 200 N.E. Beaverbrooke Blvd.

Enjoy dinner at the library. Food trucks will be located outside the library with food and drinks available for purchase.

Battery and Electronics Recycling

Did you know that it only takes one battery to spark a fire? Batteries are dangerous in your garbage or recycling. That's why the city has partnered with Metro Waste Authority to introduce a free and convenient battery drop-off in the Grimes community. These drop-offs accept alkaline batteries, button batteries, electronics with rechargeable batteries, other electronics, and cords. The drop-off box is at Grimes City Hall, 101 N.E. Harvey St., and is open Monday through Friday from 8 a.m. to 4:30 p.m.



CITYVIEW Midday Mixer

Saturday, May 30, 1-4 p.m.
The District at Prairie Trail, S.W. District Drive, Ankeny

Enjoy summer cocktails to kick off the season. Check in is at El Presidente. Cost is \$25 for advance tickets, \$35 at the door. For more information, or to buy tickets, scan the QR code.



EVENTS IN THE AREA

Be sure to check for cancellations.

Sips On Main Supporting The Home Place

Wednesday, June 3, 5-8 p.m.

Sips on Main, 104 S.E. Main St., Grimes

Sips on Main will host a night of live music in support of The Home Place. Enjoy an evening of community, connection and live music by local artist Andrew Hoyt.

Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m.

Des Moines Art Center, 4700 Grand Ave, Des Moines

Discover the vast variety of the Des Moines Art Center's permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

Celebrate Spring in the Park

Monday, June 15, 6 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

The Kerry and Linda Killinger Foundation Community Series features live performances on the Killinger Family Stage throughout the summer. The Des Moines Performing Arts takes the stage in June, featuring a national touring act in the park. Learn more at www.waterworkspark.org/events-in-the-park/community-series.

Greater Des Moines Botanical Garden Spring Programs

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

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Des Moines Downtown Farmers Market

Saturdays through Oct. 31, 7 a.m. to noon, 8 a.m. to noon in October

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The 2026 season will feature 305 vendors, including 43 new participants, with 75 produce and agriculture vendors highlighting the region's strong farming community. Vendors represent 74 cities across 42 Iowa counties, spanning 12 city blocks from Water Street to Fifth Street. For more information, visit www.dsmpartnership.com/desmoinesfarmersmarket. ■

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WESTON explores tradition in debut novel

Book reflects on faith, family and the cost of progress.

A.R. Weston, a local Iowa author, recently published the novel, “The Last Candlemaker,” a project he brought to life in his community.

“Writing it has been a meaningful part of my life here, and Grimes has been a great place to live and create,” Weston says.

The idea for the book came from watching the world change rapidly around him.

“Technology, specifically AI, is moving at a pace we have never seen before, and while much of that progress is good, I started asking myself what we might be losing along the way,” Weston says. “‘The Last Candlemaker’ grew out of that tension. I wanted to tell a story about tradition, honest work and the quiet strength of people who refuse to let go of what matters most.”

The novel’s main character, Chandler Bliss, became a way for Weston to explore those questions through a human lens.

For Weston, living in Grimes has been a source of creative inspiration.

“It is a place where you still feel a strong sense of community and connection,” he says. “That kind of environment reminds me of the values I grew up with in Kentucky and those I carried with me from my time in the military. It helps ground my writing.”

When Weston sits down to tell a story, he focuses on real people, real families and the kind of world being built for the next generation. He says Grimes offers a genuine sense of pride, support and neighborly care that is not always present elsewhere.

“It reminds me a lot of the values I hold dear: faith, family and service,” Weston says. “Being part of a community like this keeps me inspired and reminds me who I am writing for.”

For readers who pick up his book, Weston hopes it leaves them thinking.

“I want them to feel the weight of the choices the characters face and ask themselves what they would do in the same situation,” he says. “I also hope it reminds people that progress is not just about moving forward — it is about holding on to the things that define us. Faith, family, freedom and the dignity of honest work should never be left behind.”

Although he is passionate about writing, Weston says being a husband and father comes



A.R. Weston is a published author, but, more importantly, a husband and father.

first, and that perspective shapes everything he writes.

“It keeps me focused on what really matters,” he says. “My background in the military and my education in homeland security also influence the way I think about conflict, risk and human behavior. All of that comes together in my stories, even in a setting like 1884 Hanover in ‘The Last Candlemaker.’ ”

He adds that the novel is more than a story about candles and electricity. It is ultimately a story about people.

“It is about standing firm when the world around you is changing faster than you can keep up. If readers are looking for a story with heart, tension and a deeper message about what it means to stay true to your values, I believe they will find it here.” ■



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DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
May 21	7:30PM	Valley	DCG HS BB/SB Field	June 13	8:00AM	Multiple Schools	Creston High School
May 26	7:00PM	Fort Dodge	DCG HS BB/SB Field	June 15	5:30PM	Pella	Pella High School
May 27	7:30PM	Pella Christian	Pella Christian High School	June 15	7:30PM	Pella	Pella High School
May 29	7:30PM	Pella	DCG HS BB/SB Field	June 17	7:30PM	Oskaloosa	DCG HS BB/SB Field
May 30	10:00AM	Missouri Valley	Clarinda Lied Recreation Center	June 19	5:30PM	Indianola	DCG HS BB/SB Field
May 30	12:00PM	Clarinda	Clarinda Lied Recreation Center	June 19	7:30PM	Indianola	DCG HS BB/SB Field
May 30	2:00PM	Bedford	Clarinda Lied Recreation Center	June 20	10:45AM	Bettendorf	Northwest High School
June 1	5:30PM	Oskaloosa	Oskaloosa High School	June 20	12:30PM	Urbandale	Northwest High School
June 1	7:30PM	Oskaloosa	Oskaloosa High School	June 22	7:30PM	Carlisle	DCG HS BB/SB Field
June 3	7:30PM	Indianola	Indianola High School	June 24	5:30PM	Newton	Newton High School
June 4	7:15PM	Winterset	Winterset High School	June 24	7:30PM	Newton	Newton High School
June 6	11:00AM	Fort Dodge	George Davis Softball Park	June 25	7:30PM	Norwalk	Norwalk Middle School
June 6	3:00PM	Waukee Northwest	George Davis Softball Park	June 26	9:00AM	Multiple Schools	Jefferson Softball Field
June 8	7:30PM	Newton	DCG HS BB/SB Field	June 27	8:30AM	Multiple Schools	Jefferson Softball Field
June 10	5:30PM	Norwalk	DCG HS BB/SB Field	June 30	7:00PM	Southeast Polk	Southeast Polk
June 10	7:30PM	Norwalk	DCG HS BB/SB Field	July 3	11:00AM	Multiple Schools	Burnett Complex
June 12	5:30PM	Pella Christian	DCG HS BB/SB Field	July 7	7:30PM	Waukee Northwest	DCG HS BB/SB Field
June 12	7:30PM	Pella Christian	DCG HS BB/SB Field				

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V BASEBALL

DATE	TIME	OPPONENT	LOCATION	DATE	TIME	OPPONENT	LOCATION
May 21	7:00PM	Ankeny Centennial	DCG HS BB/SB Field	June 19	7:00PM	Indianola	Burnett Complex
May 25	7:00PM	ADM	DCG HS BB/SB Field	June 24	5:00PM	Newton	H.A. Lynn Baseball Field
May 27	5:00PM	Pella Christian	Pella Christian High School	June 24	7:00PM	Newton	H.A. Lynn Baseball Field
May 27	7:00PM	Pella Christian	Pella Christian High School	June 26	7:00PM	Norwalk	Norwalk Middle School
May 28	7:00PM	Waukee Northwest	Northwest High School	June 27	10:00AM	Carlisle	Burnett Complex
May 29	7:00PM	Pella	DCG HS BB/SB Field	June 27	2:30PM	Bishop Heelan	Burnett Complex
June 1	5:00PM	Oskaloosa	Oskaloosa High School	June 29	5:00PM	Van Meter	Van Meter School
June 1	7:00PM	Oskaloosa	Oskaloosa High School	June 30	5:00PM	Waukee	Waukee Softball/Baseball Complex
June 3	7:00PM	Indianola	Indianola High School	June 30	7:00PM	Waukee	Waukee Softball/Baseball Complex
June 5	10:00AM	Ballard	Burnett Complex	July 3	7:00PM	North Polk	North Polk High School
June 5	3:00PM	Algona	DCG HS BB/SB Field	July 6	7:00PM	Johnston	DCG HS BB/SB Field
June 8	7:00PM	Newton	DCG HS BB/SB Field				
June 10	5:00PM	Norwalk	DCG HS BB/SB Field				
June 10	7:00PM	Norwalk	DCG HS BB/SB Field				
June 11	5:45PM	Humboldt	Iowa Central Community College				
June 12	7:00PM	Pella Christian	DCG HS BB/SB Field				
June 15	5:00PM	Pella	Pella High School				
June 15	7:00PM	Pella	Pella High School				
June 17	7:00PM	Oskaloosa	DCG HS BB/SB Field				
June 19	5:00PM	Indianola	Burnett Complex				

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STAYING the course during market volatility



As a child, I remember a conversation on the farm with my grandfather about listening to and learning from animals. Growing up on a dairy farm in southwest Wisconsin, I absorbed lessons about patterns, patience and the steady rhythms of life — lessons that apply surprisingly well to investing.

Market volatility often reveals more about investor psychology than about underlying fundamentals. When prices swing sharply, many investors abandon long-term strategies in favor of short-term reactions driven by fear or greed. While markets evolve, human behavior tends to repeat itself.

During downturns, panic selling is a common response. Investors see losses and rush to “cut” them, often locking in declines that might have been temporary. This was evident during the 2008 financial crisis or the dot-com bubble, when enthusiasm for high-growth technology stocks quickly turned to fear, and many exited after prices had already fallen.

On the other side of volatility, strong market rallies can lead to overconfidence and “herd behavior.” Investors often chase performance, buying assets that have already risen significantly. This fear of missing out can inflate bubbles and increase risk, reinforcing the inverted cycle of buying high and selling low.

One of the strongest arguments for disciplined investing is the importance of staying invested to capture the market’s best days. Historically, a large portion of long-term returns comes from a small number of strong trading days — often occurring during periods of heightened uncertainty. Missing even a few of these days can significantly reduce overall returns. During the COVID-19 market downturn, some of the strongest gains occurred shortly after the greatest losses, making it difficult for those who left the market to re-enter at the right time.

This creates a paradox: The days that feel the most uncertain are often the ones that deliver the greatest growth. Because these moments are unpredictable and often staggered around market lows, attempting to time the market becomes extremely challenging — even for professionals.

History consistently supports the value of “staying the course.” Investors who maintained diversified portfolios through major downturns, such as the 2008 crisis, generally recovered and benefited from the market’s long-term upward trend. Similarly, those who continued investing during the volatility of 2020 not only experienced the recovery, but also had the opportunity to buy investments “on sale.”

Strategies like dollar-cost averaging reinforce this disciplined approach. By investing consistently regardless of market conditions, investors naturally purchase more shares when prices are low and fewer when prices are high. This reduces the emotional burden of timing decisions and helps smooth out market fluctuations over time.

Ultimately, successful investing is less about predicting short-term movements and more about maintaining exposure to long-term growth. Volatility is inevitable, but missing the market’s strongest periods can be more damaging than enduring temporary losses. Patience, diversification and consistency remain key principles — much like the steady lessons learned from life on the farm. ■

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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Join Us at Assumption

May 21 - Knights of Columbus Council Meeting starting with rosary @ 6pm followed w/Mass, Dinner & Meeting

May 21 - Catholic Women's Club out to dinner this month @ Food Depot

May 25 - Mass @ Beaver Catholic Cemetery starting at 9am for Memorial Day

May 25 - Parish Offices Closed for Memorial Day

May 26 - Rosary @ 7:30pm in the Church
Starting June 1st and going thru August 3rd on Monday Nights @ 7pm we will have **The Prophets Bible Study Classes**

Martial Art Classes are on Monday & Thursday Nights (except for the 3rd Thursday of the month) 6:30-8:30pm. Contact Mark Wheeler to register 515-577-3599

Every Tuesday @ 7:30pm **Rosary** followed with **Adoration**

June 7 - Parish Picnic @ Centennial Park starting at 11am

June 20 - "Garden of Grace" Ladies Luncheon starting at 11am RSVP to Brenda @ 515-999-2239 x3

July 19 - Baptismal Prep Class

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A DEEP love

Simmons family has been fostering and adopting Newfoundlands for more than 20 years.

When Terri and Greg Simmons built their current home in Dallas Center in 2018, it was designed, in part, with their dogs in mind.

The home accommodates their rescued Newfoundland dogs, Parker and Paddington, and features a dedicated dog room with a shower and ramps leading to the fenced backyard.

“When we constructed our current home, we made sure to consider the needs of our aging dogs,” Terri Simmons says. “Our fenced yard features two ramps to assist dogs having difficulty with stairs in accessing the yard. Additionally, we built a dedicated dog room with a low-threshold shower and a groomer-selected spray head, making it easier to bathe a 145-pound dog with joint issues.”

Parker joined the Simmons family after they experienced the loss of a full-time dog and a foster dog within a short period, which left their remaining dog, Ellie, alone.

“We felt she needed a companion,” Simmons says. “Parker was a foster with another rescue member, and we believed his youthful energy would be beneficial for Ellie.”

Paddington arrived at the Simmons home as a foster along with another dog. Although a home was eventually found for the other dog, the couple decided that Paddington was a keeper, and the family grew by one.

Newfoundlands have been part of their lives for decades, beginning with the adoption of their first rescue from Heart of America Newfoundland Rescue in 2005. Since then, the couple has adopted, fostered or provided overnight care for 24 Newfoundlands through the organization.

“I have always had a deep love for animals,” Simmons says. “I recall writing an essay in elementary school expressing my passion for rescuing cats and dogs. Both my husband, Greg, and I grew up with family pets. Cats have been a part of our lives since before we got married, and we welcomed our first Newfoundland into our family in 2005.”

Rescue pets are special, she says.

“I get to see them improve as they get comfortable and come out of their shell, as well as see them go to a forever home,” Simmons says. “Participating in the rescue process brings me immense joy. It allows me to educate others about the positives and challenges of this breed.”

Part of that education is teaching prospective owners the realities of pet ownership, particularly Newfoundlands.

“Quality of breeding and previous life experiences are going to impact an animal’s personality and behavior in any given situation,” Simmons says. “I believe Newfoundlands are awesome, but they are not for everyone.”

That’s why, when a rescue dog enters their home, she says a great deal of time is taken to understand its needs and work on any issues.

When done properly, the rewards are plentiful.

“Witnessing a rescue dog grow and thrive while in our care, and eventually finding a loving home, is incredibly fulfilling,” Simmons says. “While I miss every dog that has passed through our home, I continue to love them even after they have found new homes. Every dog that has been part of our lives has taught us valuable lessons and has left a lasting impact on us.” ■



Terri Simmons and one of her family’s two Newfoundlands, Paddington.

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SAUSAGE and cheese breakfast bake is easy, filling and practical

Mornings get busy, which is why I love having a breakfast recipe I can rely on. This one checks every box for me. It is incredibly easy to make — just mix, pour and bake — with simple ingredients I usually already have in the fridge. No complicated steps. No mess. No standing over the stove while trying to get ready for the day. I love the idea of cooking once and enjoying for days.



What I appreciate most is how protein-packed this recipe is. Between the eggs, sausage and cheeses, it is the kind of breakfast that actually keeps you full and focused all morning. I am not reaching for a snack an hour later, which makes a big difference on busy days.

It is also perfectly sized for real life. The recipe makes enough for two people to enjoy breakfast for a couple of days, which means less cooking and more convenience. Or, double the batch and freeze some for future quick meals. I can warm up a slice and have a hot, satisfying meal in minutes. Easy, filling and practical — exactly how breakfast should be. ■

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

Savory sausage and cheese breakfast bake

INGREDIENTS:

- 8 large eggs
- 1/4 cup water
- 2/3 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 package of Jimmy Dean breakfast sausage cooked, crumbled
- 1 teaspoon Nature's Seasoning



DIRECTIONS:

- Preheat oven to 350 F. Lightly grease a small baking dish (8-inch by 8-inch works well).
- Blend eggs, water and cottage cheese for 10-15 seconds in a blender.
- Combine with mozzarella and sausage and pour into the prepared baking dish. Spread evenly.
- Bake for 30-35 minutes or until the center is set and the top is lightly golden. Rest for 5 minutes, then slice and serve.
- Vary this recipe by adding sauteed onions, peppers or mushrooms. Pictured is the original recipe plus a version with peppers and mushrooms. ■

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FISHING in Iowa

Things to know before you cast a line

Anyone 16 years or older must have a valid Iowa fishing license to fish in public waters. Licenses can be purchased online through GoOutdoorsIowa.com or in person at many local retailers, including Walmart, HyVee, Casey's, etc. The cost for an Iowa resident annual license is currently \$22, and licenses must be renewed each year unless you qualify for a lifetime ("forever") license. A separate trout fee is required if you plan to fish for or possess trout.



Under a standard license, one person may fish with up to two poles at the same time. Iowa also offers a lowcost "bonus line" license that allows the use of a third pole. Shortterm licenses are available if you only plan to fish for a specific event or short period.

Nonresidents must also have a fishing license. Nonresident licenses are available in annual and shortterm versions and cost more than resident licenses.

You must carry your license (physical or electronic) while fishing and show it to a conservation officer if asked.

A typical ticket for fishing without a license is about \$135.50, which includes the fine, court costs and surcharges. Repeat offenses can result in higher fines and loss of fishing privileges.

There are limits on how many fish of any specific kind or combination that you can catch and/or possess in a day, some as low as three. Often, there are different limits for lakes versus rivers and streams. Also, there are very strict catch and release rules, also linked to which type of fish and which water source. It is quite complicated, and a link to the DNR article that has a very comprehensive table is included at the end of this article.

If you keep even one fish over the legal limit, each illegal fish can be charged separately. Officers can confiscate fish and issue multiple citations for a single stop.

Fishing on private property is trespass, even for minors. In large part, the "No Fishing" sign is by requirement of the landowner's insurance company. If you drown, you can bet someone is going to file a lawsuit against the landowner's insurance. If you are bound and determined to fish on private property, be responsible and ask for permission.

A wealth of information can be found at the DNR website. 2018 Iowa Fishing Regulations, www.iowadnr.gov/media/6063/download?inline or scan this QR code. ■



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.

AI was not used in the creation of this article.

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VOLUNTEERS make Skate Shack happen

Community-powered rink kicks off season with music, themes and student involvement.



Summer fun is rolling back into Dallas Center.

The Dallas Center Skating Rink will open for the season May 29, welcoming skaters of all ages for evenings filled with music, fun and community connection. Throughout the summer, the rink will host themed Friday nights, adding an extra layer of excitement to the weekly lineup.

Behind the scenes, however, the Skate Shack depends on community support to keep things running smoothly.

Nicole Waller, one of the Skate Shack managers, along with co-manager Darla MacConnell, is inviting local students to get involved through a volunteer program designed to support rink operations.

The opportunity is open to responsible students who have completed at least sixth grade and are interested in gaining hands-on experience while helping create a fun and safe environment.

The position is volunteer-based and offers students the chance to earn Silver Cord hours while building skills that translate to future employment. Volunteers play a key role, particularly during busy theme nights, helping ensure activities run smoothly and safely.

Responsibilities may include assisting with games and activities, supporting younger skaters, helping with cleaning tasks and monitoring the rink to promote a positive environment. Volunteers are also expected to follow directions from supervisors and serve as role models for younger participants.

Students interested in volunteering can learn more or sign up by emailing skatemanager@dallascenter.com.

As the season gets underway, organizers hope the rink continues to serve as a gathering place for the community — powered not just by skates and music, but by the volunteers who help make it all possible. ■



Skate Park managers Nicole Waller and Darla MacConnell encourage volunteers to help with events.

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Roller Skating

WHERE: Dallas Center Roller-Skating Rink, Mound Park

WHEN: Tuesday and Friday evenings, 7-9 p.m., from the last Friday in May through August; Fridays in September, 6-8 p.m. (weather permitting)

DETAILS: Free skating, theme nights and fun for the entire family. Quad skates and inline skates available at no charge, sizes toddler to adult. Scooters and skateboards also available. One Tuesday a month, June 2, July 7 and Aug. 4, hoverboards and the like will be permitted. Skating will also be held Saturday, Aug. 29, during Dallas Center Fall Festival, along with a lip sync contest at the site.

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LIBRARY

NEW 1,000 Books Before Kindergarten finisher at Grimes Public Library

1,000 Books before Kindergarten is a nationwide program hosted at Grimes Public Library to encourage families to read 1,000 books together before a child reaches kindergarten. It is a fun and free way to start your child on the path to success with prizes at every 100 books. Stop by the library to sign up.

Name: Analia Howell

Parents: Ashlee and Mike Howell

Age: 5

Favorite book: "Perfectly Messed-Up Story"

Favorite animal: Horse ■



NEWS BRIEF

SEPTAGON Construction welcomes Bielfelt

Septagon Construction has welcomed Bryan Bielfelt to its Grimes division as construction manager. In this role, Bielfelt will oversee field operations, workforce coordination and project execution, with a focus on efficiency, safety, building relationships and delivering high-quality outcomes for customers. He will also support the continued growth of Septagon's maintenance, warehouse and repair services.

Bielfelt brings extensive experience in commercial concrete construction and field operations. Most recently, he served as chief operating officer at Freedom Flatwork, where he led field operations, estimating and project management.



Bryan Bielfelt recently joined Septagon Construction's Grimes division as construction manager.

"Bryan has built strong relationships with our team over nearly two decades working alongside us as a subcontractor," said Brad Leonard, president of Septagon's Grimes division. "He brings a solutions-oriented mindset and a deep understanding of what it takes to deliver successful projects. We're excited to have him on board."

Bielfelt attended Des Moines Area Community College in Boone and then transitioned into hands-on construction work. He gained experience in grading, paving and asphalt before spending eight seasons at Concrete Technologies Inc. in Grimes. There he advanced from trimmer operator to leading the commercial floor division and managing large-scale projects, including supervising the Brownells manufacturing project completed with Septagon.

"I've developed a deep respect for Septagon and its commitment to quality and teamwork," Bielfelt said. "I'm excited to join the team and continue delivering strong results for our customers." ■

NEWS BRIEF

GRIMES city project highlights

Grimes city officials included updates on a few of the projects in Grimes in the city's monthly newsletter.

- South James Street: The road is expected to reopen in mid-May.
 - East First Street and Gateway Intersection Improvements: Work on the turn lane extension continues and paving has or will start soon.
 - Lions Park: The trails and other surfaces were paved. Crews will work on finalizing the playground installation, and the park is on track to open in June.
 - Southeast 19th Street and James: Southeast 19th Street will close from about Jacob Street to the intersection when South James Street reopens. The intersection of South James and Southeast 19th Street will remain open.
 - Southeast Second Street Water Main Replacement: The water service switches should be finalized now and restoration work underway.
 - Southeast Fifth Street and Southeast Sixth Street Reconstruction: Crews are wrapping up the storm sewer installation and will then begin prepping to pave the road.
 - Public Administration Building: Site grading continues. The grading for the building pad is complete.
- Find a full list of city and development projects at grimesiowa.gov/projects. ■

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LOOKING ahead

Welcoming new leadership for the Grimes Chamber

The Grimes Chamber and Economic Development organization has long played an important role in helping shape a strong, connected and growing community. Through the support of hundreds of local businesses, service providers and community partners, the Chamber works to advance initiatives that strengthen our local economy, support business success and enhance the quality of life in Grimes.



From community events (i.e. Governors Days) and business advocacy to leadership programming, the work of the chamber is ultimately a reflection of the people who make up this community. It is a shared effort, built on relationships, trust and a willingness to invest in something bigger than any one individual or organization.

It has been a privilege to be a small part of that work over the past two decades. I am sincerely grateful to the many members, volunteers, board leaders and community partners who have contributed their time, energy and ideas along the way. The progress we have seen in Grimes is something the entire community can take pride in.

As we look to the future, I am pleased to share that Jennifer Chittenden, IOM, assumed the role of president of the Grimes Area Chamber of Commerce on May 11.

Jennifer is a longtime resident of Grimes who understands what makes this community special. She brings experience as past executive director of the Des Moines Downtown Chamber and a strong appreciation for local businesses, a collaborative mindset and a genuine desire to serve. I am confident she will continue to build on the chamber's work while helping guide it into the next chapter.

Jennifer shares that same perspective. "As I prepare to step into this role, I feel grateful for the opportunity to serve the community that has been home to my family for more than 20 years," she says. "I'm inspired by the strong network of businesses, dedicated staff, and engaged leadership that already exists. In the months ahead, I look forward to listening, learning and connecting with people throughout the community. I'm excited to get started and to meet many more of you along the way."

Grimes has always been a community that grows through collaboration and shared commitment. With continued involvement from local businesses and residents, there is every reason to be confident in what lies ahead. #lovegrimes ■

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

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CHAMBER Lunch

The Grimes Chamber Lunch was held at the Grimes Public Library on April 15.



David Gish and Colleen Miller



Erin Huiatt and Jay Brewer



Nick Reggio and Ryan Nicholson



Curtis Pion and Polk County Sheriff Kevin Schneider



Cole Schimelfenig and Ryleah Cross



Johnston / Grimes Fire Chief Percy Coleman and Grimes City Administrator Jake Anderson



Adam Ostert, John Palmer and Tony Sposeto

VARSITY Soccer

DCG Junior Varsity boys soccer competed at Grimes High School on May 12.



Calen Harrington



Grayson Mosher



Elisha Franje



Kellen Spooner



Landon Carter



Gabriel Bennett



Brycen Wineland



Cole Irlmeier



Josh Gray



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