

GRIMES/DALLAS CENTER

MAY 2023

Living

MAGAZINE

GOVERNORS

Days!

Grimes' annual event
promises fun for
everyone June 8-10

Meet Shayla Peters

EDUCATION

Dempsey makes time to help others

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WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parades, carnivals, live music and even fireworks. I have attended most all of them in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having lines of chain stores, cookie-cutter houses and the traditional family make-up. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build here, and families decide to move in. As a whole, the communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you drive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent here in Grimes.

Many of you reading this column remember when Governors Days was called Funtastic Days. It was a small celebration that reminded many newcomers of their hometown festivals. But, just like Grimes, it grew from a sleepy little event to a multi-day festival for residents and visitors alike.

For 15 years now, we have been sharing the details of this wonderful event in the pages of this magazine. We have been present, taking photos, writing stories and sharing in the festivities. It is a wonderful part of this wonderful community and yet another reason why so many of us choose to call Grimes home.

Thanks for reading. ■

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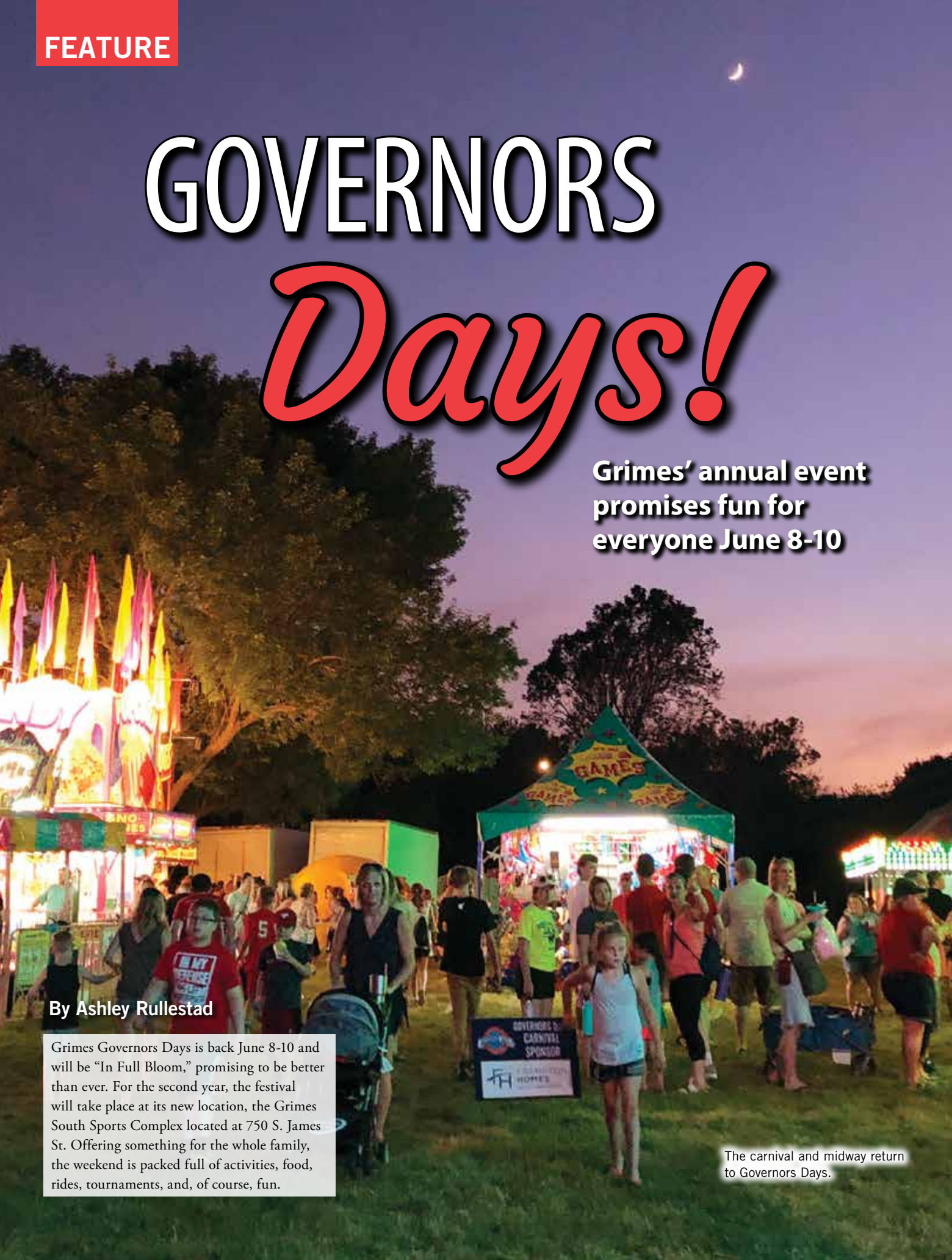
GOVERNORS *Days!*

**Grimes' annual event
promises fun for
everyone June 8-10**

By Ashley Rullestad

Grimes Governors Days is back June 8-10 and will be "In Full Bloom," promising to be better than ever. For the second year, the festival will take place at its new location, the Grimes South Sports Complex located at 750 S. James St. Offering something for the whole family, the weekend is packed full of activities, food, rides, tournaments, and, of course, fun.

The carnival and midway return to Governors Days.



FEATURE

“Our organization is very excited to again be working on this important and impactful community event,” says Brian Buethe, president/CEO of Grimes Chamber & Economic Development. “Last year, we made the move to our new location, and everything went pretty good. The City is a great partner, and we couldn’t do this without them, so we worked together to secure a new location due to the construction of the new splash pad for the whole community to enjoy. Last year, it even rained a little, and that didn’t slow us down since most everything is on concrete now and not on the grass.”

This year’s theme, “In Full Bloom,” is a nod to Grimes’ growth.

Governors Days officially kicks off on Thursday night, June 8, with live entertainment for the first time on the Thursday of the celebration, with Beard & BroTank hitting the stage at 6:30 p.m. The entertainment garden will be open and serving from 6-10 p.m., and folks can enjoy craft and food vendors as well as Sam’s Amusement Carnival & Midway. Ride all the rides you can handle with a wristband available for \$25.



Governors Days will again be held at the Grimes South Sports Complex, 750 S. James St.

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

Then it’s time for a family-friendly event that everyone loves — the kiddie parade. The kiddie parade used to start at the Grimes Community Complex and end at Waterworks

Park, but, with the new location, it will again travel from the Grimes Community Complex on Main Street to the Sports Complex. Kids are encouraged to dress up in their favorite costume or one to go with the theme this year. Think flowers, flowers, flowers! Rainbow of the Heartland, the Kiddie Parade presenting sponsor, will present an award for the best costume.

The kiddie parade also features the Isiserettes, a dance and drill group organized

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in 1980 to give Des Moines area youth an exciting and positive experience to do within their community. Their style is a mix of hip-hop choreography and marching pageantry infused with an array of musical percussionists that pound out drum cadences. The kids range from 7 to 18 years of age and are one of Iowa's performing treasures.

Thursday will also feature the SoCo Baggers Tournament starting at 6:30 p.m., as well as the Ohana Pedal Pullers' kids pedal tractor pull on the basketball courts. Sign up is at 7 p.m., and the action starts at 7:30 p.m.

A new addition to the festival this year is a softball tournament being hosted by the Special Olympics of Iowa on Thursday evening. This will allow some great local athletes to showcase their talents. The public is encouraged to attend and cheer them on.

On Friday, June 9, back again at Governors Days, the Bill Riley Talent Show signup runs from 11-11:45 a.m. with the show beginning at noon. Buethe says this event, which is organized by Inspiring Dance, has been part of the festival for years, and organizers are excited to make it a part of Governors Days again this

year.

"It's something we cherish because we know we have a lot of talent, and we want to provide an avenue to showcase that," Buethe says. "It will also give a great entertainment aspect to the festival. We anticipate we'll have local Grimes people, and we might have people from all over the state come in to qualify."

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

On Friday night, the carnival will run from 6-10 p.m. Carnival fans can also ride all the rides with another wristband special for \$25. Craft vendors will be open until dusk and many of the food vendors will be open until 11 p.m.

After you grab some dinner from local food vendors, head on over to the beer and entertainment garden to enjoy the sounds of local band Dirty Rotten Scoundrels on the Home Base Iowa Main Stage. This central Iowa favorite is a nostalgic trip back to the start of rock and roll, with a strict adherence to the



What would a festival be without a parade? The parade is held along Main Street.



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FEATURE

1950-1969 timeframe. The repertoire is ever-growing and assures you'll be twisting all night long with their modern take that continues to be true to the original sound. Like Elvis said, "Rock and Roll music, if you like it, if you feel it, you can't help but move to it."

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

In years past, it was then time for the annual 5K run/walk. When organizers decided not to continue the event, Iowa organization MS Moments saw an opportunity to expand their reach and engage more with the Grimes community. MS Moments already sponsored the bags tournament on Saturday, and after being approached by the Grimes Economic Development Corporation (GEDC) about absorbing the 5K race, MS Moments joined with Farrells, Athletico, and the Grimes community to make the race even bigger. More details coming soon, so check out the Governors Days website, www.governorsdays.com.

com, for updated details on this year's 5K.

Then it's time for the grand parade at 10 a.m. Due to construction in the area, the parade route will be altered and slightly shorter than in years past. This year it will run down Main Street in a shortened route. Organizations can find registration information on the Governors Day website.

After the parade, register for the popular bean bag tournament, which starts at 12:30 p.m. in the entertainment garden and is a fundraiser for MS Moments. MS Moments was founded in 2015 by a group of friends, including Karrie Anderson, a long-time Grimes resident who was diagnosed with MS in 2010. MS Moments is a 100% volunteer organization that raises funds to provide grants to Iowa families living with MS. More than 95 cents of every dollar raised stays in Iowa to help Iowa families fighting MS live their best physical and mental lives.

One of the ways that MS Moments has been able to raise awareness and funds is through their participation in the Governors Days bags tournament, which had been hosted by the Ware family for many years. In 2016-2017, the



A variety of vendors will be on hand for Governors Days.

Wares approached MS Moments to see if they were interested in taking over the tournament. MS Moments gladly accepted and has been hosting the tournament ever since.

"We feel so blessed to be part of the Governors Days event," Anderson says. "It has provided us with countless support, volunteers, participants, and donors in a way a volunteer organization can only dream of. We are long-time members of the Grimes Chamber and feel

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FEATURE

confident saying our organization grew up in Grimes.”

For those interested in participating, volunteering, or donating to the 5K race or the bags tournament, MS Moments has made it easy through their website, www.msmomentsiowa.org, or by visiting stompoutms.flipcause.com or tossoutms.flipcause.com.

The entertainment garden and Sam’s amusements will start at 11 a.m. with a midway wristband special from 11 a.m. to 4 p.m.

After that, enjoy the beverages at the beer and entertainment garden and another \$25 wristband special from 5-9 p.m. Stick around for a can’t-miss show featuring favorite party band Gimikk. You’ll be rocking out to the sounds of favorites like Bon Jovi, AC/DC, Guns ‘N Roses and Van Halen.

Bueth says Governors Days wouldn’t be what it is without sponsors for the weekend’s events. Inspiring Dance is the festival’s presenting sponsor. Governors Days also couldn’t be held without the help of, and partnership with, the City of Grimes.

Organizers emphasize also that the event



Live entertainment is a highlight of Governors Days.

couldn’t be held without all the people in town who support it and all the volunteers who put in many hours of work to make sure it goes smoothly. Bueth is excited to have everyone come out and enjoy the community event.

“We are really proud of the fact that we’re able to engage so many different groups, such as the Dallas Center Grimes Education Foundation, Grimes Lions Club, MS Moments and Friends of the Library. We don’t make

money off the events they lead, but they do, and it’s a part of pulling the community together to support so many wonderful organizations in town and to have a good time with friends, neighbors and community members.”

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

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LEGAL

By Cynthia P. Letsch, J.D.

ESTATE Planning 101: ready, set, go

Estate planning is a big word, and most folks do not know what it really means. At its core, it means putting formal measures in place to manage your personal and business life now and after you die. Every person over the age of 18 years has an immediate need for estate planning because that is when we transition from child to adult.

At age 18, each person should obtain two kinds of power of attorney documents: a Healthcare Power of Attorney and a General Durable Power of Attorney. The documents ensure that, if you become very ill or injured, someone already has the authority to act on your behalf. The alternative, if they are not in place but needed, is very expensive and involves the courts.

Unfortunately, for those children with significant disabilities, the only avenue for a parent to continue in the role of a parent is to obtain a guardianship and conservatorship. Parents of these children should be thinking about establishing a Special Needs Trust and funding it with life insurance to ensure there are resources in place to care for the child after the parent is no longer able to do that.

A Last Will and Testament with instructions for who will care for your minor child and any money your minor child might inherit because of your death is needed as soon as you have a child, whether you are married or not. Simply being married and having no children does not generally create a need for this type of planning, yet.

When your children become adults, your goal should be to avoid probate. There is a very concerning privacy issue connected with probate. That is the main reason to avoid it. We most commonly do this with the soft-serve vanilla ice cream cone trust called a revocable living trust.

Once you get a bit gray on top (60ish), you should start thinking about your legacy for the next generation. A dip-cone trust (irrevocable trust) is needed to protect your ice cream from creditors. This is a highly specialized trust used when we are protecting a family farm, family business, or other cash asset we do not want to be eventually used up paying for long-term care.

We will explore each of these estate planning topics in greater detail in upcoming articles. However, it is graduation season right now. Powers of Attorney make a perfect graduation present for your newly minted adult. ■

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



HOMETOWN girl

Carter raises family in her old stomping grounds.



When Ashley Carter and her husband were deciding on a place to raise their children, she thought of living in the school district that she attended.

Ashley Carter is a native of the Dallas Center/Grimes community and alumna of Dallas Center-Grimes Community High School.

So, when she and her husband were looking for a place to plant their own roots, the area was a natural fit, especially because Carter wanted her kids to attend the same school district as she did.

The Carter family moved back to Grimes almost five years ago.

"We chose our current home because of the location," she explains. "We were close to my parents who live in Dallas Center and loved that Grimes was minutes away from anything we would need."

One of Carter's favorite parts of their home is the creek that runs through the backyard and the community park nearby.

"We love that everything is close by," she adds of the area in general. "We don't have to travel far for anything, whether it be for groceries, take out or school."

The neighborhood in which the Carter family lives is an added bonus.

"Our neighbors are all really great, and we have become pretty close with the whole street," she says. "We have about 16 kids on our street, all about the same age of each of our kiddos. We have barbecues and hang out in each other's driveways just about every weekend."

The Carters' four young boys keep them busy as well and are involved in many sports, specifically basketball and baseball.

Carter has more deeply embedded herself into the community with her aptly named small business, 4 Wild Boys Custom, where she makes and sells T-shirts, shoes, purses and much more.

"I started doing this in my home and have been running it online from my in-home office for almost five years," she says.

For the Carter family, it truly is a joy living in a community as vibrant and active as Dallas Center-Grimes. The move back to Carter's hometown is a decision they haven't regretted. ■

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DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more than likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: [fdic.gov/resources/resolutions/bank-failures/failed-bank-list/](https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/) "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

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TLC for your air conditioner

Ah, spring. The flowers are blooming, the birds are chirping, and the weather is finally starting to warm up. And while you might be busy cleaning out your closets and getting your garden ready, don't forget about your air conditioner. After all, it's about to start working overtime to keep you cool in the coming months.



That's why it's important to take the time to give your air conditioner a little TLC this spring. Here are some easy maintenance tips to help prepare your AC for the warmer weather ahead:

- **Change your air filter.** This is probably the easiest and most important step you can take to maintain your air conditioner. A dirty air filter can restrict airflow and cause your AC to work harder than it needs to, which can lead to higher energy bills and even system breakdowns. So make sure to replace your air filter regularly.

- **Clean the outdoor unit.** Over the winter months, leaves, dirt and other debris can accumulate around your outdoor AC unit. This can hinder airflow and cause your system to work less efficiently. Take a few minutes to clear away any debris and make sure the area around your unit is clean and clear.

- **Schedule a professional tune-up.** While there are some maintenance tasks you can do yourself, it's always a good idea to have a professional tune-up your air conditioner at least once a year. A trained technician can identify any potential problems before they turn into bigger issues, ensure that your system is running at peak efficiency, and help extend the lifespan of your AC.

- **Check your thermostat.** As the temperatures start to rise, it's important to make sure that your thermostat is working properly. If you have an older manual thermostat, consider upgrading to a programmable one to help save on energy costs. And, if you're not sure how to properly set your thermostat for optimal comfort and efficiency, don't hesitate to ask a professional for help.

Taking the time to perform these simple maintenance tasks can help ensure that your air conditioner is ready to handle the summer heat. And, not only will regular maintenance help keep your system running efficiently and effectively, it can also help save you money on energy bills and prevent costly repairs down the line.

So, this spring, show your air conditioner a little love and give it the attention it deserves. Your wallet (and your home's comfort level) will thank you. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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NEWS BRIEFS

BREWER featured in magazine

Jay W. Brewer, consultant and former president of Grimes Volunteer Support Services in Grimes, was included in "Mellenium - A Marquis Who's Who" magazine in the Social Services and Nonprofit section. The 130-plus page issue included noteworthy members of their profession from across the country. The article on Brewer reviewed his career as a public servant including the work he has done for GVSS, a nonprofit that assists people in Grimes. He was president from 2010 to 2022 and is now a consultant for the organization. Brewer has also served as vice chairman, secretary and chairman of the Community Choice Credit Union board of directors in Johnston. He has worked with Iowa Respite and Crisis Care Coalition and the Iowa Veterans Home. He has a master's degree in administration from Truman State University. ■

KING honored

Several Iowans received the prestigious Volunteer Hall of Fame and Excellence in Mentoring Awards at the Volunteer Iowa Awards Ceremony, coordinated by Volunteer Iowa, April 27 at the Capitol. The 2023 Iowa Volunteer Hall of Fame inductees included Robert "Bob" King, Dallas Center.

The Iowa Volunteer Hall of Fame was established in 1989 to honor Iowans who have made extraordinary donations of volunteer service to their communities. Nominees must live or operate in Iowa: individuals, national service members, families, groups, organizations, nonprofits, businesses, or corporations may be nominated.

Being selected is the most prestigious state-level honor volunteers can receive; the people selected have freely given their precious time and talent in countless ways to benefit others and have forever changed their community, the state, the nation, or the world. ■



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FINANCE

By Wade Lawrence, CFP®

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Here's your chance to catch up on retirement saving

If you are age 50 or older and still working, you have a valuable opportunity to super-charge your retirement savings while managing your income tax liability. Catch-up contributions offer the chance to invest amounts over and above the standard annual limits in IRAs and workplace retirement plans.



2023 limits

In 2023, the IRA catch-up limit is an additional \$1,000 over the standard annual amount of \$6,500. Participants in 401(k), 403(b), and government 457(b) plans can contribute an extra \$7,500 over the standard limit of \$22,500. For SIMPLE plans, the catch-up amount is \$3,500 over the standard limit of \$15,500.¹

Tax benefits

Contributions to traditional workplace plans are made on a pre-tax basis, which reduces the amount of income subject to current taxes. If you are not covered by a retirement plan at work, your traditional IRA contributions are fully tax deductible. If you are covered by a workplace plan, you may deduct the full amount if your adjusted gross income is \$73,000 or less as a single taxpayer or \$116,000 or less if you're married and file jointly. If you are not covered by a workplace plan but your spouse is, you are eligible for a full deduction if you file jointly and your income is \$218,000 or less.²

Contributions to Roth accounts do not offer immediate tax benefits, but qualified distributions are tax-free at the federal, and possibly state, level. A qualified distribution is one made after the account has been held for five years and the account owner reaches age 59½, dies, or becomes disabled.

1) Participants in 403(b) and 457(b) plans may benefit from other catch-up contributions specific to each plan type. Participants in government 457(b) plans cannot combine age 50 catch-up contributions with other catch-up contributions. When calculating allowable annual amounts, contributions to all plans except 457(b)s must be aggregated.

2) Phaseout limits apply. Married couples filing separately cannot take a full deduction. You must have earned income at least equal to your IRA contribution. Talk to a tax professional. ■

For more information, please contact Wade Lawrence or Bryce Block with City State Bank Trust & Investments at 515-986-2265. Not FDIC insured. Not deposits or other obligations of the bank and are not guaranteed by the bank. Are subject to investment risk, including possible loss of principal. City State Bank does not provide tax or legal advice. Each taxpayer should seek independent advice from a tax professional. These materials are based upon publicly available information that may change at any time without notice.

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Spinning your wheels trying to get rid of an old tire or two? Grimes has partnered with Metro Waste Authority for a tire drop-off event May 15-21. During this event, residents can drop off up to five tires free of charge. Tires from tractors and bicycles, or solid tires from lawnmowers or golf carts, are not accepted. Learn more at www.WhereItShouldGo.com/TireDropOff.

Bankers Trust Summer Branch Celebrations

Friday, June 9, 11 a.m. to 1 p.m.
Grimes Branch, 110 S.E. Main St.

Bankers Trust is showing its appreciation to its customers with Branch Celebrations, featuring free food while supplies last and giveaways.



Urbandale Summer Performance Series

Tuesday, May 23, 6:30 p.m.
Charles Gabus Memorial Tree Park,
3400 86th St., Urbandale

Enjoy a free concert featuring The Rivas. All ages are welcome. Bring a chair.



Flag retirement ceremony

Flag Day, June 14, 7 p.m.
Grimes Public Works facility,
1700 S.E. Destination Drive

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and need to bring a folding chair, as there is no seating available. Retired flags may be brought to the box in the rear of the Johnston Fire Station building on Merle Hay Road at any time. ■

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WHAT ARE rebound headaches?

Do you suffer from headaches monthly or even weekly? Rebound headaches typically occur in people with migraine or tension headaches who also frequently use one or more acute headache medications such as butalbital-containing medications, Excedrin or triptan medications.



Medication overuse headache is a secondary, drug-induced headache that can stem from any type of primary headache type. It typically occurs more than 15 days of the month because of regular overuse of acute medications for more than three months.

So, how can it be treated? The best treatment is prevention. Using acute medications more than two days per week may lead to worsening chronic headaches. Medication overuse occurs more commonly in patients with depression, anxiety or chronic pain, women and those who drink more than 200mg of caffeine per day, which is about two cups of coffee. To break the vicious cycle of rebound headaches, a person must limit the overused medication to

no more than twice a week or stop it all together.

Many times, adding a preventative medication is needed for chronic, frequent headaches. This typically means migraines occurring more than four days per month. After a preventative medication is started, the acute medication should be tapered off or changed if still needed.

There are newer, more effective, acute and preventative medications on the market today. They typically come at a higher cost, however, and may or may not be affordable depending on insurance or other factors. Some of these in the newer class of medications don't seem to cause medication-overuse headaches as often, but, again, can be expensive.

Always feel free to reach out to your doctor or pharmacist for advice. There are options, and more medication is not always the answer and, in this case, could be doing more harm than good. ■

Information provided by Jane Clausen, Adel HealthMart, 113 N. Ninth St., Adel, 515-993-3644.

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MEET Shayla Peters

Enjoying the personalities of middle school students.

After student teaching at Oak View with Holly Glade as her mentor, Shayla Peters says she was thrilled to land her first teaching job at the same school. She studied history and political science at Iowa State University and now shares her passion for learning with eighth-grade social studies students, some of whom she met last year in seventh grade.

Peters likes being at Oak View because of her colleagues, who she says are truly committed to being lifelong learners.

"There is always an opportunity to learn from my colleagues and my mentors at the school. Everyone at the school really truly cares about the students, and it is evident in everything they do. It makes teaching so much easier when the people around you support you and care just as much as you do. Even though the school is growing, everyone takes the opportunity to get to know one another and the students on an individual level."

Though some would say teaching middle school is the most challenging age, Peters says it's the best. For her, every day is an adventure with her students. She gets to see them grow and make sense of themselves and the world. She says there is never a dull moment with this age group, and their questions and ideas are never ending, which makes teaching them exciting.

Middle schoolers can be harsh critics, so Peters works hard to make lessons engaging for all students. Her students are unique and have such a variety of interests, it can be hard planning a lesson that they might all connect with, she says.

"Even with the difficulties, teaching is such a rewarding job. I get to spend my day with people that are learning lifelong skills and improving each day. One of the best rewards is when I hear students making their own connections and sharing what they learned with others throughout the day. I also love seeing the difference in students from the beginning of the year to the end, and their ability and willingness to share out loud in front of their peers and grow in their confidence."

She also enjoys those funny moments when her students share their creative side — which often means a song of some kind to connect to their current learning topics.

When she's not in the classroom, you might find Peters spending time outdoors walking her dog, Poppy, playing sand volleyball, or playing cards with her grandparents.

"Most of my free time is spent with my family. Both my sister and brother live very close to me, so I get to watch their kids on the weekends and in the summer. My nieces and nephews are much younger than the middle schoolers I teach, so watching them is a fun change of pace for me." ■



Shayla Peters student taught at Oak View and was glad to be hired for her first teaching job there.

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Q: Are macronutrients important to your workout?

A: Macros refers to the three main fuel sources: carbohydrates, proteins and fats. When it comes to carbs, there are two forms: simple and complex. Simple carbs (i.e., fruit, sweets, pasta) get into your system more quickly and give your body immediate energy. Complex carbs (i.e., sweet potatoes, quinoa, oatmeal) are in more nutrient-dense sources, so they do take a slightly longer time to enter your system. Since they are your body's go-to fuel source, make sure you eat some carbs at most an hour before your workout. If you ever feel more tired or dizzy during your workout, it could mean that your carb source is depleted.



Proteins are undeniably the most important macro we need. They are the building blocks for your muscles and help repair and recover from your workout. Since they help your muscles recover, right after your workout, you want to ingest a clean carb and a lean protein.

We have talked about fats before, but, as a reminder, it is important to keep the fats healthy (i.e., eggs, fish, avocados). Since they are harder to burn, you want to make sure you don't go over too much of your allotted fat amount for the day. ■

Information provided by Jacob Pinyan, club manager, Anytime Fitness, 255 S.W. Brookside Drive, 515-300-9262, GrimesIA@anytimefitness.com.

LAWN CARE

By Kevin Johnson

DISPELLING lawn myths

Now that your lawn has come to life, there are some common lawn myths that people still believe that are counterproductive.

Myth No. 1 – Once your dandelions have bloomed, it is too late for effective weed control. Although it might seem like you've lost the battle, dandelions are pretty easy to control using commonly available three way products like Trimec® throughout the year. If you want to get on top of broadleaf weeds, the products available at your garden center or using a lawn care professional can get those pesky weeds under control fairly quickly.



Myth No. 2 – You need to bag your lawn clippings to prevent thatch build-up. Not true. Lawn clippings break down fairly quickly and normally do not increase thatch levels. In fact, removing your clippings takes away and decreases the valuable nutrients available that your lawn needs to be active and healthy. The only time you really need to remove clippings is if you have fallen behind on mowing (usually during extended wet periods). Using a good mulching mower, with a sharp blade, and mowing frequently enough is the best practice to follow to reduce thatch build-up.

A good lawn care professional can provide you with these tips and provide you with the correct lawn information that will help you maximize the beauty of your yard. Take advantage of their knowledge and expertise. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.

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RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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DEMPSEY finds value in giving back

With time on his hands, volunteer helps GVSS.

Tim Dempsey has been a loyal volunteer with Grimes Volunteer Support Services since February 2022.

“After my wife passed away and I retired, I found I had time on my hands, which led me to join GVSS,” he says. “It is a great way to give back some of my time to people who need it, and I really enjoy the conversations I have with the clients and the stories they have to tell.”

While most of Dempsey’s time is spent driving clients where they need to go, like doctor’s appointments, social events, the Grimes Senior Center and the grocery store, GVSS has a lot of services folks can benefit from.

The organization’s motto is “neighbors helping neighbors,” and that’s exactly what its volunteers do. While the priority is transportation, GVSS also provides minor home repair and maintenance services, yard work and snow removal, durable medical equipment loans and much more — all without charge.

In total, GVSS has more than 200 clients who are assisted by more than 70 volunteers. It’s estimated that the organization, which started in 2011, has provided nearly 25,000 trips and driven more than 305,000 miles, some of which have been logged by Dempsey himself.

What fills Dempsey with the most joy is simply hearing clients thank him and tell him how appreciative they are of the GVSS services.

In addition to his work with GVSS (he also serves on the board), Dempsey volunteers with the Beaverdale Farmers Market in the summer



Tim Short presents Tim Dempsey with the Good Neighbor award.

when it’s open and throughout the year with its market management.

“Volunteering is a great way to give back to the community,” he says. “One never knows when they might need the same types of services themselves someday.”

Dempsey adds, “If a person finds themselves with time to share with others, I would recommend they get involved with volunteering. The rewards are definitely worth it.”

GVSS is continually looking for volunteers. If you’re interested in volunteering and assisting others in the Grimes community, contact the GVSS office at 515-986-5355. ■

Do you know a Good Neighbor who deserves recognition?
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Andrei Murphy
President

CHAMBER

By Brian Buethe

GRIMES is blooming!

Like the community in which we are located, Grimes Chamber & Economic Development continues to grow. In a chamber of commerce, this is a very good thing. Growth is representative of more opportunity, new clients, new employees, new ideas and new relationships. Like the businesses we represent, we are always analyzing and looking for ways to improve, to provide more value, to stay extremely relevant in a fast evolving world.



Chambers of commerce come in all sizes. The services they provide are wide and varied, influenced heavily by the makeup of their membership, by the circumstances of their geography, by the story of their community. A substantial percentage of the Grimes business community is comprised of businesses involved in the construction industry. Home builders, commercial contractors, suppliers, and just about every trade is represented. This has been an incredibly sustainable model for Grimes because of the vast amount of development occurring in our region. It is also something of which we are very proud.

However, in recent years, the business mix has been changing. Due to ongoing growth in population, increased traffic flow along major commercial corridors, positive demographic attributes, Grimes has seen a dramatic increase in public-facing retail and restaurant options. With the pending opening of the GrimesPlex (a nearly 50-acre multi-use all turf sports complex), coupled with a growing number of other youth sports-oriented facilities, the number of annual visitors (aka tourists) coming to Grimes is expected to dramatically increase.

As a result of this evolution, we anticipate continued population growth, ongoing commercial development, new entertainment/service venues, hospitality investment, and all of the ancillary businesses that want to be near these traffic-generating venues. Like the rest of the world, Grimes will need to navigate increasing development costs, inflation in the general economy, and other yet-to-be-determined headwinds, but we feel we are very well positioned, even with these challenges in the marketplace.

In order to celebrate all that is happening, we've themed our annual celebration of community, which we call Governors Days (www.GovernorsDays.com) as "In Full Bloom." This captures the comparison that, like the beautiful flowers we will see this time of year, Grimes is also growing — in a magnificently beautiful and sustainable way. We invite everyone to come and join us as we kick off the summer, June 8-10.

The festival website will also show you all of the fantastic business sponsors, who, through their investment of time and money, make this celebration possible. This year's Presenting Sponsor is once again Inspiring Dance. We're all in this together, and we feel blessed to be part of this tremendous community. #lovegrimes ■

Information provided by Brian Buethe, president and CEO, Grimes Chamber & Economic Development.

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OUT & ABOUT



Grimes Chamber and Economic Development hosted a ribbon cutting for Destination Grille on April 14.



Grimes Chamber and Economic Development hosted a ribbon cutting for Frampton Homes on May 3.



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Grimes Chamber and Economic Development hosted a ground-breaking ceremony for Iowa Ortho on April 19.



Grimes Chamber and Economic Development hosted a ribbon cutting for Peak Nutrition on April 13.



Tim Vinyard and Alyson Beecher at the groundbreaking ceremony for Iowa Ortho on April 19.



Madison Tiber, Dini Anderlik, Mike Bleskacek and Gloria Perry at the groundbreaking ceremony for Iowa Ortho on April 19.



Anne Chittenden and Austin Heeren at the groundbreaking ceremony for Iowa Ortho on April 19.



Greg Means and Adam Bunge at the groundbreaking ceremony for Iowa Ortho on April 19.



Ryleah Cross and Halsey Scales at the groundbreaking ceremony for Iowa Ortho on April 19.



Nikki Mulbrook and BobbiJo Wolfe at the groundbreaking ceremony for Iowa Ortho on April 19.



Maddie Scott and Tari Colby at the groundbreaking ceremony for Iowa Ortho on April 19.



Kollin Groth and Justin Marvin at the groundbreaking ceremony for Iowa Ortho on April 19.



Sam Schone and Randy Minear at the groundbreaking ceremony for Iowa Ortho on April 19.

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515-462-2939

Activate Their Brain this Summer!

After a long winter indoors, children need to get out and about for good mental health. Here are a few places children can exercise their brain in central Iowa:

1. Science Center of Central Iowa
2. Living History Farms
3. Jester Park Nature Center
4. Kuehn Conservation Area
5. Blank Park Zoo
6. Brenton Arboretum
7. Big Creek Beach
8. Ledges State Park
9. State Historical Building
10. The Iowa Children's Museum



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpediatrics.org

