

# Living

# Unplugging

## FOR SUMMER FUN

Keeping kids busy and active —  
without the screen time

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WELCOME

# UNPLUGGED

Many of you reading this may remember “MTV Unplugged,” a television series on the cable channel MTV that showcased musical artists who played acoustic instruments. As such, the term “unplugged” has come to refer to music that would usually be played on electrified instruments but is rendered instead on instruments that can be played without electricity. Some of the artists who appeared on the MTV show in the 1990s include Eric Clapton, Mariah Carey, Rod Stewart, Nirvana and even Tony Bennett. This different twist on the popular music of the day provided a fresh listen that many of us enjoyed — and still do.



Today, unplugged has another meaning. Even though electrical cords are mostly a thing of the past as we rely on batteries for seemingly everything, the idea of letting go of our electronic devices and getting back to nature — or actually talking with people face to face — has a newfound attraction.

When was the last time you hopped on a bicycle for a leisurely ride, seeing the world at less than 5 mph and breathing in the fresh air?

Or when did you last take a casual swim in a nearby lake, feeling the warmth of the sun on your body?

And how about stretching out in the cool grass at night and gazing up at the numerous stars in the sky, listening only to the chirping of crickets or the hoot on an owl?

Sound relaxing? Then maybe it's time to lay your phone down, put social media on hold and hide the remote control to the TV. In short, unplug. And if you really want to tie this unplugged theme together, find a talented friend who can play an acoustic guitar and sing around a campfire.

If you are a parent, you have likely directed your children to put down their phones or stop playing video games and get outside. I know I have. But maybe instead of giving orders to today's youth, we need to take the advice ourselves and enjoy the aforementioned activities and the many others that are available to us.

Need ideas? Well, you are in luck, as this month's cover story provides examples of what residents are doing with their families to reduce screen time and unplug. See you outside.

Thanks for reading. ■

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# Unplugging FOR SUMMER FUN

**Keeping kids busy and active —  
without the screen time**

**By Ashley Rullestad**

It's time to put down the cell phones, iPads and video game controllers and turn off the TV, computers and streaming services. It's summertime, and that means it's time to get moving, exploring and enjoying the myriad of fun activities available. This summer, stave off your kids' "I'm bored" blues by trying something new or rediscovering good old-fashioned fun. It all starts with hitting the "off" button on electronics.

Among the local parks one can plan to visit this summer is Kennybrook Park. Photo by Erin Huiatt



## Starting early

Brittney Shipley has two young boys, Sawyer Vanhnalath, 2, and Bowen Vanhnalath, 1.

"I know they're on the younger side for screen time, but I know people who use screen time as a crutch even for kids this young. I didn't want my kids to become dependent on screens, so I started early with keeping them busy and active."

Shipley purchased a membership to both the Blank Park Zoo and Des Moines Science Center. They also visit the Children's Museum at Valley West Mall.

"My boys love all things sensory and STEAM, so if they can get involved, they're all over it."

Don't forget that even very young kids can do the summer reading program at the Grimes Public Library. Shipley enjoys reading and wants to pass that on to her kids.

"We are so incredibly lucky to have a library and librarians who have worked hard and have included activities and reading challenges for even the littlest littles. We go to the library at least once a week, sometimes more."



Bowen and Sawyer Vanhnalath enjoy playing outside.

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They are also doing the 1000 hours outside challenge. She learned about the challenge through moms' groups on Facebook. There is a "1000 hours outside" official Facebook page, as well as an Iowa-specific group page.

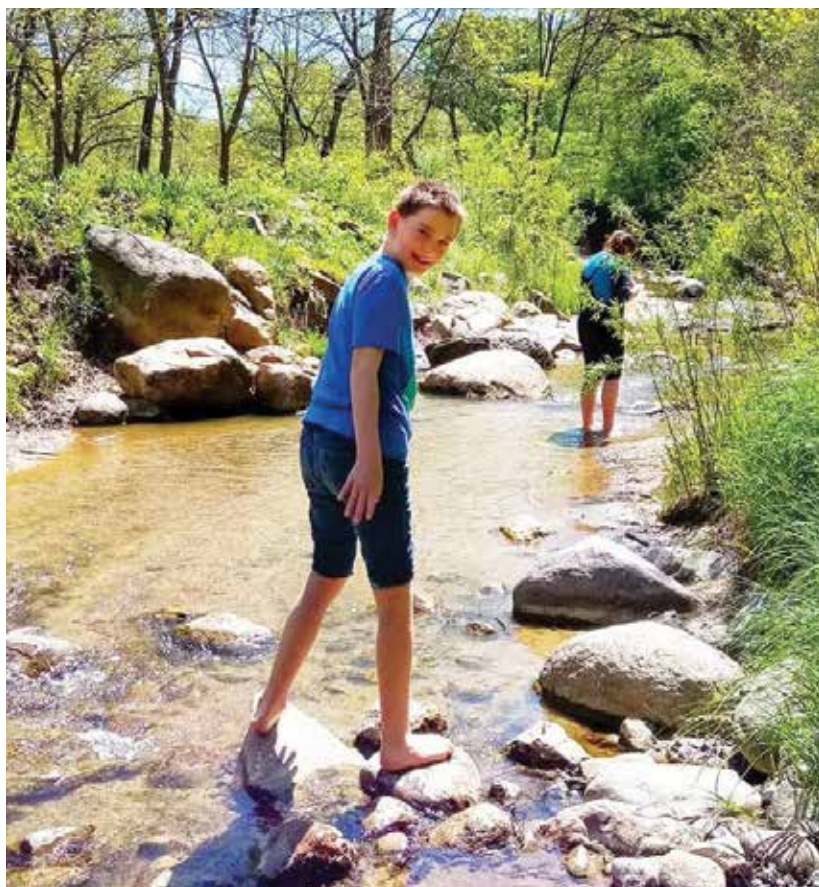
"It just challenges you to be outside as much as possible, despite the elements. They have a kick-start packet you can download and print that has monthly activities and challenges and even book lists for both kiddos and adults. We're at 134 hours currently. They also have an app to track your progress and earn badges."

Shipley says she finds a lot of the activities she does with the boys through social media moms' groups.

"Even if I'm not sure we'll 100% do an activity or attend an event, I always click 'going' or 'interested' so it stays in my events tab, and then it also helps the Facebook algorithm in recommending other events like it."

For Shipley, it's about being intentional with their time and planning things, rather than just letting the day float away. It helps to find things that the whole family can enjoy and participate in.

"What keeps me sane in keeping them busy is just genuinely enjoying watching them learn, explore and be happy. Right now, Sawyer really likes the park by the community center. It has a fire truck, which is one of his all-time favorite things."



Charlie and Mary Claire Ritter explore Ledges State Park.



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## Free fun

Kim Ritter has teenage kids — Charlie, 14, and Mary Claire, 19. She's had years of practice keeping them busy and entertained as they've grown up. In fact, she started [twokidsandacoupon.com](http://twokidsandacoupon.com) in 2009 when her son was born.

"My husband and I had started couponing, and we had friends and family asking how we got so many things for free or very, very cheap. My site focuses on budget-friendly things for families to do, like affordable meals, projects and crafts to do at home and how to find fun and free things in your area to do."

One example is the Adventure Pass from local libraries, including Grimes Public Library. Library card holders can reserve a pass to visit the Blank Park Zoo, the Science Center of Iowa and other area attractions free of charge. The area libraries also have fun classes and activities regularly for kids from toddlers to teens. The Ritters have gone to escape rooms, camp outs, Nerf wars and more that didn't cost a thing.

When looking for fun events on a budget,



Abby Cunningham's ice bucket challenge is one activity that keeps her kids occupied on a hot summer day.

Ritter searches Facebook events and follows different cities and towns nearby to see what events are coming soon like parades and summer festivals. Some events like classes may require registration even if they are free, so be sure to read the details, she advises.

"With my own kids, we like to stay busy. We usually purchase a pool pass, and they have also volunteered as well. There are great volunteer programs for teens that can keep them busy, give them life experience and help them earn those silver cord hours."



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## Ideas on hand

Abby Cunningham's daughters, Rilyn and Hadlie, are 14 and 10 now, and she has spent many summers off from her teaching job keeping them and her nephews occupied during summer vacation.

"I became a teacher for lots of reasons, but one is that I would get to spend summers with my kids, and I know that's not something everyone gets to do. I always hate articles that portray moms in a super mom kind of light that makes other moms feel bad for not doing certain things. I think we all try to do our best, and we can all get ideas about how to spend quality time with our kids at any age."

Her biggest resource for activity ideas when the kids were younger was Pinterest. Every day, they went somewhere and did an activity. She says they didn't have much money, so she had to be creative. Two of their favorite things were simple — the ice block challenge and peanut butter apples for a snack.

Cunningham did the ice block challenge at the end of the summer. She bought little trinkets for each kid and froze them in water in a container. They had to get the items out using

only things they found around the yard to help them.

Her idea for the apples came when she realized she had three apples on hand for five kids.

"I cut the apples in pieces, split them into five bowls, put some peanut butter on top, then threw anything else I had in my cupboard on the table and let them create their own snack. They thought it was great."

Now that the kids are older, they don't have as much free time to fill because they are busy with their own activities. But they still get a pool pass, and now Cunningham is the "pool mom" of the neighborhood and takes as many neighbor kids as she can fit in her car to the pool. They also still write a summer bucket list of things they want to do and places they want to go, but she doesn't plan daily activities like she used to.

Her advice for reducing screen time in the summer is to have a bunch of ideas of things to do in your tool belt and make it a point to do them. Making a list makes it feel like a challenge.

"Ride 50 miles on our bikes this summer" can help motivate you and your kids to spend that free hour in the evening or weekend on the

bikes instead of on devices, she says.

Some of her other ideas include:

- Complete the Des Moines Trek of the Parks challenge. <https://outdoorfun.desmoinesparent.com/central-iowa-trek-the-parks-challenge>.
- Look at all the free programming at the library or sign up for activities through Parks and Recreation.
- Have theme days such as Make Something Monday, Take a Trip Tuesday, Water Wednesday, etc.
- Take an Iowa road trip.
- Have kids paint a pot and then pick out a favorite vegetable to plant and watch it grow all summer.
- Find as many murals around Des Moines as you can and take a picture in front of each one.
- Paint inspirational quotes on rocks and leave them all over town.

"Nothing has to be elaborate. Have some things that require no pre-planning that can be done at anytime, like putting the names of parks in a bucket and picking one out whenever you need to get out of the house to burn a little energy. Simple things can be just as much fun as expensive, big outings," Cunningham says. ■



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## LEGAL

By Cynthia P. Letsch, J.D.

# ESTATE planning 101: powers of attorney

As we discussed last month, as each child turns 18 years old, his or her parents lose the legal ability to handle personal and financial affairs for their children. This places each newly minted adult in a very precarious situation. If he or she becomes seriously ill or injured, there is no one who has the authority to step in and take care of business like terminating a lease agreement, cell phone contract or car insurance. Imagine that you are suddenly unable to manage your personal affairs. Who has the legal authority to manage them for you? Your children are now adults like you, too.



Unfortunately, if your child has a significant disability, he or she may not have the decision-making capacity to sign powers of attorney, leaving you no choice but to obtain a guardianship and conservatorship so that you can stay in your role as decision-maker.

But, for the rest of you, get these documents in place now. Start with a health care power of attorney and living will. The health care power of attorney is used after a doctor has said that the person does not have the ability to make his or her own medical decisions. A living will is often included in a health care power of attorney. It usually states that a person does not want to be kept alive simply for the sake of being kept alive, if the person has a terminal illness and the doctors think the person is going to die soon, regardless of the medical intervention. Some people confuse the term living will with a last will and testament. They are not the same. A living will is also called a Medical Advanced Directive. These are interchangeable terms.

The other power of attorney is a general durable power of attorney. It is for everything other than medical decisions. Refer to the list above, and add things like picking up mail, taking care of a pet, applying for government benefits, etc.

It is common for a new adult to name a parent as the agent under either of these types of powers of attorney and for a married person to name a spouse. However, the selection of who your primary agent should be and who your back up agent should be is the choice of the person granting the authority. Once signed, these do not have to be permanent documents. The signer can cancel them at any time, and they should be updated every couple of years. ■

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



# WELCOMING community

Stensland has lots of gratitude for school system.



Although Abby Stensland didn't know the community very well when she joined her husband in Grimes, she has found it to be a great place for raising their daughters.

When Abby Stensland moved to the Dallas Center/Grimes area 13 years ago, she wasn't very familiar with the community.

"Honestly, I moved here because of my husband and didn't know much about the area at the time," she explains. "I lived in Ankeny prior to moving in with him but quickly grew to love it here and knew we wanted to raise our family here."

The couple initially lived in an old farmhouse at a location they loved — so much so that when they needed more space for their growing family, they built a house on the lot next door. The home was designed to allow for a lot of natural light, which is Stensland's favorite feature.

"It always feels bright and airy," she says.

Since the home is in the country, Stensland's two girls have a ton of outdoor space to play in, but it's also close enough to town for running errands or getting to school.

"We really get the best of both worlds out here," Stensland says.

Even though she didn't grow up in the area or know many people in

the district when the kids started school, Stensland shares the community was quick to make them feel included.

"Our girls have made some of the best friends, and we've grown close to their families as well in the past few years," she says. "We've just always felt so welcomed in the community."

"We have had such wonderful experiences with the teachers they've been lucky enough to have each year," she adds. "I feel like this community attracts and retains strong educators who go the extra mile for the kids they work with every day."

Over the years, Stensland herself has gotten more involved.

"I am the sponsorship chair for the Make-A-Wish Iowa gala, and there are a large number of Dallas Center/Grimes families who join us each year to support other local families that have children with critical illness," she says. "Our committee meets in Grimes at Destination Grille each month for planning, and they've always been easy to work with for our group." ■

# AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.

## 1. Opticians and eye exams

- While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

## 2. Hearing aids

- Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

## 3. Dental work

- Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

## 4. Overseas care

- Medicare usually doesn't cover health care while you're traveling outside



the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

## 5. Cosmetic surgery

- Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

## 6. Chiropractic care

- Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

## 7. Massage therapy

- Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

## 8. Nursing home care

- Medicare pays for

limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

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## PREP your system before going on vacation

Are you ready to travel and dreaming of beaches and exotic destinations? Before you head out of town, it's important to make sure that your HVAC system is prepared for your absence. Here are some tips for preparing before you leave for vacation:



- **Adjust your thermostat** - One of the easiest ways to save energy while you're away is to adjust your thermostat. Setting your thermostat at 78-80 degrees will help prevent unnecessary energy usage and save you money on your energy bills.

- **Consider a smart thermostat** - If you have a smart thermostat, you can program it to adjust the temperature of your home based on your schedule. This means you can set your thermostat to a more energy-efficient temperature while you're away and have it automatically adjust to a more comfortable temperature when you return.

- **Shut off your water supply** - If you're going to be away for an extended period of time, consider shutting off your water supply. This will help prevent any potential water leaks or damage to your HVAC system.

- **Clean your HVAC filters** - Dirty air filters can reduce the efficiency of your HVAC system and lead to higher energy bills. Before you leave for vacation, make sure to clean or replace your air filters to keep your HVAC system running smoothly while you're away.

- **Schedule a professional inspection** - If you're going to be away for an extended period of time, it's a good idea to schedule a professional inspection of your HVAC system before you leave. A certified technician can identify any potential issues and make sure your system is running at peak efficiency while you're away.

By taking these simple steps, you can help ensure your HVAC system is prepared for your absence and will continue to function properly while you're away. And when you return home from vacation, you can rest easy knowing your home will be comfortable and energy-efficient.

If you're unsure how to properly prepare your HVAC system for your next vacation, don't worry, you're not alone. After all, who has time to worry about air filters and thermostats when you're busy packing for a trip? Don't fret. Contact your local heating and cooling company for help, and, when you return home, you can bask in the glory of a comfortable, energy-efficient home, without lifting a finger. So go ahead and enjoy your vacation. ■

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



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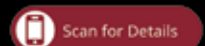


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## NEWS BRIEF

### THE IOWA CLINIC grows with new clinics in Grimes and Adel

The Iowa Clinic (TIC) announces expansion into two new communities in the Des Moines metro. A new pediatric clinic will open in Grimes in September at 825 N.E. Gateway Drive, and a new Family Medicine clinic will open in Adel on the corner of Highway 169 at 710 Common Place, Suite 700 in October.

"We are excited about being able to serve and care for our growing communities, as it allows us to expand our exceptional care to new patients and families," said Ben Vallier, chief executive officer, The Iowa Clinic.

Previously, TIC announced the Waukee Surgery Center – South Waukee Clinic, located at 1025 S.E. Tallgrass Lane Waukee, will open in February 2024. The South Waukee Clinic will be the largest of its kind in the area, with services including internal medicine, family medicine, urgent care, pediatrics, cath lab, orthopaedics, and other specialties.

Additionally, North Waukee Clinic, located on Alice's Road, will expand the physical space of the clinic to accommodate more patients and will be adding services, including dermatology. ■

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# TIME to roll?

When you leave your job or retire, you have an opportunity to manage your funds in an employer-sponsored retirement plan such as a 401(k), 403(b), or government 457(b) plan. Depending on the situation, you generally have four options. These include leaving assets in the former employer's plan, transferring assets to a new employer-sponsored plan, rolling over assets to an IRA, or withdrawing the money. The approach that typically gives you the most control over the funds is to transfer some or all of the assets to an IRA through a rollover.



## Reasons to consider rolling over to an IRA

- You generally have more investment choices with an IRA than with an employer's 401(k) plan. You typically may freely move your money around to the various investments offered by your IRA trustee, and you may divide up your balance among as many of those investments as you want. By contrast, employer-sponsored plans generally offer a limited menu of investments from which to choose.
- An IRA may give you more flexibility with distributions. Your distribution options in a 401(k) plan depend on the terms of that particular plan, and your options may be limited. However, with an IRA, the timing and amount of distributions are generally at your discretion (until you reach the age at which you must begin taking minimum distributions).
- You can roll over (essentially "convert") your 401(k) plan distribution to a Roth IRA. You'll generally have to pay taxes on the amount you roll over (minus any after-tax contributions you've made), but any qualified distributions from the Roth IRA in the future will be tax free.

When evaluating whether to initiate a rollover always be sure to (1) ask about possible surrender charges that may be imposed by your employer plan, or new surrender charges that your IRA may impose, (2) compare investment fees and expenses charged by your IRA (and investment funds) with those charged by your employer plan, and (3) understand any accumulated rights or guarantees that you may be giving up by transferring funds out of your employer plan. ■

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.

## SUMMER FUN @ THE JOHNSTON TOWN CENTER 2023

### FARMERS MARKET

Come and enjoy the Farmers Market on Tuesdays this summer. This year, the market will take place on the north side of the Yard. Shop for fresh produce and homemade products while being entertained by live music. Learn more about the market at [www.johnstontowncenter.com/events](http://www.johnstontowncenter.com/events).



**TUESDAYS | 5 - 8 PM | JUNE - SEPTEMBER**

### music & movies after the market



Join us on Tuesday evenings after select Farmers Markets for extended live music or outdoor movies. The music begins at 7:30 p.m., and the movies start at dusk. Please bring chairs or blankets to enjoy the entertainment in the Yard.

#### Music:

- **July 11**, Orphan Annie
- **August 1**, The Savage Feds
- **September 12**, Sons of Gladys Kravitz

#### Movies:

- **June 27**, Encanto
- **July 25**, Top Gun Maverick
- **August 15**, The Mario Bros.
- **September 26**, American Underdog

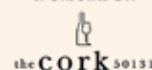
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## EDUCATION

By Ashley Rullestad

## MEET Eric Klein

Enjoys energy of middle school students

Eric Klein currently serves as the technology education teacher at Oak View. He graduated from UNI in 1996 and completed his student teaching in San Antonio, Texas, then taught at Southwest High School for four years. Klein moved to the Des Moines area in 2000 and worked at both Hiatt Middle School and North High School in the Des Moines Public School District until he had the opportunity to move to DCG in the fall of 2016. Klein began teaching the STEM classes Automation and Robotics, Design and Modeling, Introduction to Engineering Design, and 3D Modeling for grades 8-12.



Eric Klein is the technology education teacher at Oak View.

"Having had the opportunity to work at both the middle school and high school levels, I found that I enjoy working with the middle school students the most because of the energy and excitement they bring to the classroom. We have a great staff to work alongside with, and I have been very lucky to have great leadership here at Oak View who work to support both staff and students."

Now he teaches Project Lead the Way STEM courses Automation and Robotics for seventh-grade students and Design and Modeling course for eighth-grade students.

He laughs when asked what his biggest challenge is.

"Learning all of the students' names as I get new kids each quarter," he says. "It turns out that I am awful at remembering names and sometimes I call the student the wrong name, which is embarrassing."

But the rewards of the job are great — like working with the kids and watching them problem solve and collaborate to work through their activities. Klein says that the enjoyment they show when they run their robots for the first time, get their puzzle cubes to work, or run their CO2 cars is fun to see.

He's had his share of funny and memorable moments, too.

"When I taught wood shop at Hiatt Middle School, I let my students shave my head one day because they caught me working without my safety glasses on for a third time. I think they really enjoyed taking their turn with the clippers."

Klein spends quite a bit of his time outside of the DCG classroom teaching something else — Driver's Education for Street Smarts. He also enjoys playing golf.

"I try to play at least once with my 102-year-old grandmother who can still really hit the ball off the tee."

Klein has two daughters, Emma and Ellee. Emma graduated from Iowa State University in 2022 and now works for ChildServe in their human resources department. Ellee will be a junior at Iowa State University in the fall.

"My wife, Jeanne, and I enjoy our time together and spending it with our friends and family." ■



## RECIPE

# SHAREABLE sliders for a nutritious summer meal

*(Family Features)* Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting [emeals.com/campaign/Fresh-Cravings-Healthy-Eats](https://emeals.com/campaign/Fresh-Cravings-Healthy-Eats). ■

## Chicken Shawarma Sliders

Recipe courtesy of eMeals  
Registered Dietitian Rachel West  
Prep time: 25 minutes  
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



### DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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# DALLAS C

## VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
June 15	7:30PM	Gilbert	DCG BB/SB Complex-Dallas Center
June 16	7:30PM	Grinnell	DCG BB/SB Complex-Dallas Center
June 19	5:30PM	Pella Christian	DCG BB/SB Complex-Dallas Center
June 20	7:30PM	Van Meter	DCG BB/SB Complex-Dallas Center
June 21	7:30PM	Pella	Pella High School
June 23	5:30PM	Norwalk	Norwalk High School
June 26	7:30PM	Indianola	DCG BB/SB Complex-Dallas Center
June 27	7:00PM	Ankeny Centennial	Ankeny Centennial High School
June 28	5:30PM	Newton	DCG BB/SB Complex-Dallas Center
June 29	7:30PM	North Polk	North Polk High School
July 1	7:00PM	Johnston	DCG BB/SB Complex-Dallas Center
July 3	7:30PM	Oskaloosa	Oskaloosa HS Baseball/Softball Fields
July 5	7:00PM	Ankeny	Ankeny High School

## JV BASEBALL

DATE	TIME	OPPONENT	LOCATION
June 15	5:30PM	Gilbert	DCG BB/SB Complex-Dallas Center
June 16	5:30PM	Grinnell	DCG BB/SB Complex-Dallas Center
June 20	5:00PM	Van Meter	DCG BB/SB Complex-Dallas Center
June 21	5:30PM	Pella	Pella High School
June 23	10:00AM	Norwalk	Norwalk High School
June 26	5:30PM	Indianola	DCG BB/SB Complex-Dallas Center
June 29	5:30PM	North Polk	North Polk High School
July 1	5:00PM	Johnston	DCG BB/SB Complex-Dallas Center

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



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## SUMMER SCHEDULES 2023

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
June 16	7:30PM	Grinnell	DCG BB/SB Complex-Dallas Center
June 19	5:30PM	Pella Christian	DCG BB/SB Complex-Dallas Center
June 20	7:30PM	Carlisle	Carlisle High School
June 21	7:30PM	Pella	Pella High School
June 22	5:30PM	Norwalk	Norwalk High School
June 23	11:00AM	Multiple Schools	Oak Ridge Middle School
June 24	10:00AM	Multiple Schools	Oak Ridge Middle School
June 26	7:30PM	Indianola	DCG BB/SB Complex-Dallas Center
June 27	7:30PM	Southeast Polk	DCG BB/SB Complex-Dallas Center
June 28	5:30PM	Newton	DCG BB/SB Complex-Dallas Center
June 30	11:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
July 3	7:30PM	Oskaloosa	Oskaloosa High School

### JV1 SOFTBALL

DATE	TIME	OPPONENT	LOCATION
June 16	5:30PM	Grinnell	DCG BB/SB Complex-Dallas Center
June 19	4:00PM	Pella Christian	DCG BB/SB Complex-Dallas Center
June 20	5:30PM	Carlisle	Carlisle High School
June 21	5:30PM	Pella	Pella High School
June 22	4:00PM	Norwalk	Norwalk High School
June 26	5:30PM	Indianola	DCG BB/SB Complex-Dallas Center
June 27	5:30PM	Southeast Polk	DCG BB/SB Complex-Dallas Center
June 28	4:00PM	Newton	DCG BB/SB Complex-Dallas Center
July 3	5:30PM	Oskaloosa	Oskaloosa High School

### JV2 SOFTBALL

DATE	TIME	OPPONENT	LOCATION
June 16	10:00AM	Valley	DCG BB/SB Complex-Dallas Center
June 19	9:00AM	Urbandale	DCG BB/SB Complex-Dallas Center
June 20	4:00PM	Carlisle	Carlisle High School
June 21	4:00PM	Pella	Pella High School
June 22	1:00PM	Norwalk	Norwalk High School
June 26	4:00PM	Indianola	DCG BB/SB Complex-Dallas Center
June 27	1:00PM	SE Polk (DH)	DCG BB/SB Complex-Dallas Center
June 28	9:00AM	Ankeny Southview	Ankeny High School
June 29	9:00AM	Johnston	Johnston Middle School
July 3	4:00PM	Oskaloosa	Oskaloosa High School
July 5	9:30AM	Multiple Schools	Winterset High School



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# ARBOR DAY event plants 32 trees

Annual event betters Grimes' green infrastructure.



The Arbor Day tree planting event drew volunteers to help plant 32 trees.

Each year in April, in celebration of Arbor Day, the City of Grimes hosts a tree planting event with advisement from the local Tree Board and support from grant opportunities.

This year's event, in its seventh year, was held on the morning of April 29 when a group of residents — including individual families, Cub Scouts Packs 171 and 172, Grimes Hy-Vee staff members and City of Grimes staff — led by experienced professionals, planted 32 trees along the new bike trail around the detention pond located directly behind Hacienda Viejas.

"Planting takes approximately an hour and includes planting and mulching," explains Lee Goldsmith, a member of the Tree Board.

"Public Works staff dig holes prior to the event, and the Tree Board works hard each year to source good quality trees and supervise plantings. We are always impressed by the care and attention our community takes in planting, so we know it's done well and correctly."

Goldsmith shares that the Arbor Day planting event not only improves community green infrastructure, but also meets the criteria to maintain Grimes' Tree City USA designation.

"Tree Cities have lower utility costs, enhanced property values, cleaner air and water, and cooler community spaces," he says. "Tree Cities may also receive preference for grants or programs to help our green infrastructure."

The trees, supplied by Iowa Outdoor Products, were partially funded by a Trees Forever Grant sponsored by Black Hills Energy and a grant from MidAmerican Energy's Trees Please program.

Over the past seven years, the Arbor Day event has resulted in more than 200 trees being planted in public spaces throughout Grimes.



"We have planted shade for many sport areas and trails," Goldsmith says. "We also advise the city in matters of tree health and city tree ordinances. Overall, this work makes our community safer and healthier."

He adds that each member of the Grimes Tree Board is a volunteer with an interest in improving the green infrastructure of the community and who brings their talents to ensure the board provides good advisement to the City of Grimes.

"Some of us are industry professionals, and others contribute related and additional skills," Goldsmith says. "Thank you to the excellent City of Grimes staff we work with. We love to see other community members join our efforts, too, and are very happy to educate people and answer questions."

More information about the Tree Board can be found on the City of Grimes website. ■



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## EVENTS IN THE AREA

Be sure to check for cancellations.

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



### Grimes Farmers Market

Saturday mornings, 7-11 a.m.  
in June and July  
Waterworks Park, 200 N. James  
St., parking lot area along the  
north side

Attend the Farmers Market to see  
what local vendors have available.



### Leprechaun Bags Tournament

July 15, noon  
Sully's Irish Pub, 860 First St.,  
West Des Moines

The Friendly Sons of St. Patrick  
are hosting a bags tournament to raise  
funds for the St. Patrick's Day Parade.  
Registration begins at 11 a.m. with  
play starting at noon. The fee is \$30  
per two-person team, with advanced or  
beginner divisions. Prizes awarded and  
fun for all. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com)  
for more information.

### Camp Dodge Summer Concert Series 2023

These free concerts are  
held Thursdays in June from  
7-9 p.m. at the Pool Complex  
at Camp Dodge. Food trucks  
will be serving starting at 6  
p.m. Entertainment on June  
22 is Pianopalooza Dueling  
Pianos; and June 29, 34th  
Army Band will perform for  
Alumni Night.

### Green Days Festival

Terra Park in Johnston  
June 15-18

A community celebration involving a beverage  
tent, parade and live entertainment for the  
entire family. <https://johnstongreendays.org>

### Juneteenth Week

Various locations  
June 19-23

Juneteenth week will have several  
events across several locations in  
the metro; [iowajuneteenth.org](http://iowajuneteenth.org)



### Cajun Fest

Cowles Commons,  
221 Walnut St., Des Moines  
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# EVENTS IN THE AREA

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## Music Under the Stars

Various dates and locations

Music Under the Stars, one of the oldest musical traditions in Central Iowa, is in its 76th season. The season includes free concerts on June 18, June 25, July 2, July 9 and July 16. All concerts begin at 7 p.m. and conclude by 8:30 p.m. Four of this summer's concerts will take place on the West Capitol Mall. However, for the first time in the concert band's history, Music Under the Stars will relocate to the Lauridsen Amphitheater at Des Moines Water Works Park July 9 and July 16.

**June 18,** Drake Night/Juneteenth Celebration, Vocals: Tina Haase-Findlay

**June 25,** "76 Trombones," Guest Artist: Dr. Tony Baker, trombone. Vocals: Kellie Kramer

**July 2,** "Stars and Stripes and Sousa," Vocals: Napoleon Douglas

**July 9,** Lauridsen Amphitheater at Water Works Park, "Musical Madness," Vocals: Max Wellman

**July 16,** Lauridsen Amphitheater at Water Works Park, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie Sawyer

Program details may be found at the Music Under the Stars website at [www.musicunderthestars.org](http://www.musicunderthestars.org).

## Science Iowa's Science Festival Trail

Raccoon River Park, 2500 Grand Ave., West Des Moines  
**June 18**  
Non-profit Science Iowa's Science Festival Trail returns on Father's Day 1-4 p.m. The free, family-friendly event will host stations designed to help Iowans have fun while learning about science. <https://iowascienceinterface.com>

## Des Moines Arts Festival

Pappajohn Sculpture Park,  
1330 Grand Ave, Des Moines  
**June 23-25**

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. [www.desmoinesartsfestival.org](http://www.desmoinesartsfestival.org).

## The Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.  
Historic Valley Junction

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: June 15, Cover That; June 22, Steam Boats; June 29, Standing Hampton. Visit [www.valleyjunction.com](http://www.valleyjunction.com) for the full schedule. ■



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## AFFLECK, Lopez, and another super-long Marvel film

As busy as May was, it was super-thin in movies to see. Obviously, the calm is before the storm as summer movies are right around the corner.

### "Guardians of the Galaxy: Vol. 3" (in theaters)



I've taken a ton of anticipated grief for my review of this latest Marvel film. I'm tired of sitting through these super-long Marvel films that substitute really long (and boring) special effects for a strong story and honest to goodness character development. Disney/Marvel seems content to give us two good-to-very-good films, and then they turn on cruise control. The second "Black Panther" film was a mess, and a really long mess. The "Ant-Man and the Wasp" movie was a mess, a really bad mess. I've had enough. Call me a cranky old man if you want, but I'm guessing many of you didn't see them anyway. Don't bother. **Grade: D**

### "Hypnotic" (headed for streaming super fast)



This movie will confuse and disappoint many people. Viewers will wonder why Ben Affleck is in the film. I was heading in that direction but then realized that Robert Rodriguez wrote and directed the movie. A buddy of Quentin Tarantino, Rodriguez plays in the action/comic book genre, and this movie made much more sense to me after seeing his name in the credits. A great film? No. Worth seeing if you like these kind of movies? Heck yes! **Grade: B**

### "The Mother" (Netflix)



With husband Ben Affleck in "Hypnotic," Jennifer Lopez takes on an action role in the Netflix movie "The Mother." She plays a woman living in hiding with a lot of really nasty guys trying to kill her. She ships her daughter off to a safe place, but when the bad guys turn their attention to the daughter, J Lo's character comes out of hiding for some serious butt-kicking action. A great movie it isn't, but it has moments and ends up being fairly entertaining. **Grade: B**

### "Master Gardener" (in theaters)



Writer/Director Paul Schrader has had his hands in some great and some truly controversial films in his career. He wrote "Taxi Driver," "The Light Sleeper," "Raging Bull" and "The Mosquito Coast," to name a few. He also wrote "The Last Temptation of Christ" (for director Martin Scorsese), which is the only movie I've ever had to cross a picket line to see. His later films are all dark but never rise to the level that those early films did. His latest, "Master Gardener," stars Joel Edgerton as a former white supremacist who turned his life around and is now a master gardener working for a very wealthy woman (Sigourney Weaver). The movie takes some dark but interesting turns. **Grade: B+**

### "Fast X" (in theaters)



How we got to 10 movies in this series is a mystery to many, and a thrill to many more. I loved the original and a few of the early sequels, but they kept getting more over the top, and I eventually lost interest. I was completely entertained by this alleged last film in the series. The movie knows its audience and what they want, and it delivers in spades. It's hard to knock a movie that is giving its audience exactly what they want and more than anyone expected. This is a triumph film that could not be any more disconnected from reality. My sister-in-law from Phoenix is a "Fast and Furious" aficionado, and she LOVED this movie. **Grade B+**

### "The Little Mermaid" (in theaters)



Another live action remake of a Disney classic animated film. These live action versions have not been the end all that Disney expected, and a couple of them were just plain not good. The story is as you expect. Halle Bailey as Ariel is darn good, and her voice is angelic. Melissa McCarthy was my stumbling block. She is so outrageous and over the top that it hurts the movie. Her goal was to steal every scene, and she accomplishes that — but not in a good way. The visuals at the Palms IMAX were stunning, but the story fell flat and what a waste. **Grade: B** ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.





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## HEALTH

By Elijah Evans

### MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## LAWN CARE

By Kevin Johnson

### RAINFALL following an application

There is a common myth that rainfall, or moisture from your irrigation system, following a fertilizer or broadleaf herbicide application, will ruin what has been applied to your lawn. That is not necessarily the case. Moisture following an application, whether it is from mother nature or your irrigation system, is normally very beneficial. It helps to get your fertilizer application down to where the plant can get the most benefit. Your lawn is like a big sponge that holds 99.99% materials that have been applied — where they are applied. They do not run-off or become ineffective just because of the moisture that your lawn receives following an application. Most crabgrass pre-emergent products actually become more effective if some rainfall or moisture is applied if the herbicide product has a chance to dry on the leaf surface. This normally takes two to three hours following an application. If your products are applied in the morning, and it doesn't rain until later in the day, the odds are very good that the weed control will not be affected.

A good lawn care professional can 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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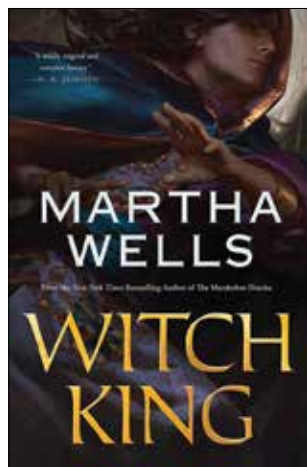
## 'Witch King'

Sometimes I just want to lose myself in a strange place, meet some interesting people with fascinating stories and forget about reality. Thankfully, Martha Wells is a master storyteller and has delivered an epic tale that is tailor-made to swallow me up. Her instantly relatable, always complex characters live in my head for weeks after I leave them, and her world-building is top notch.

Kai is a demon prince looking for answers after discovering he has been murdered. To find out what happened to him, why the world is so much different now than when he died, he'll need the help of some unlikely allies and the grit to get messy, even for a demon. Vengeance isn't supposed to be easy, after all.

I struggled to put this book down, even once. The best part, though, is the sharp, engaging and witty writing that captured me from the first sentence. I love an author who trusts me to figure out the story on my own. I dove into this one with high expectations, and it met every one. ■

— Review by Julie Goodrich



By Martha Wells  
5/30/23  
432 pages  
\$28.99  
Tordotcom

## 'Yellowface'

Unreliable narrators are a bit of a fad in the literary world, one that I don't usually enjoy all that much. However, R.F. Kuang has this incredible habit of making me eat my words. She's just so good at setting a scene and building a narrative that I don't even notice when I'm hooked and devouring a story I forget I'm not supposed to like.

Athena Liu is a much celebrated debut author with everything going for her. Her friend June, however, is standing in her shadow, aching for the same glory. When Athena dies in a freak accident, June sees an opportunity she can't pass up. Taking Athena's manuscript and passing it off as her own quickly spirals into a tense and dramatic series of events that threaten everything June believes.

This is a dark bit of satire that is both hilarious and heartbreaking. It's incredibly timely and powerful while also bringing up interesting questions of authenticity, the power of social media, and what culture really means. Read it, even if you don't think it's your kind of story. ■

— Review by Julie Goodrich



By R.F. Kuang  
5/16/23  
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# Polk County North/West Side Highlights



## Polk County Gives Funds for a New Grimes Public Library

The new **Grimes Public Library** is under construction and scheduled to open before the end of the year. **Polk County provided a \$75,000 Community Development Grant** toward the construction of the project. Grimes Library Director Cheryl Heid says, "This project was only possible because of support from Polk County and other generous individuals and community leaders."

## Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



## Polk County Grants Historic West Des Moines \$1 Million

Polk County recently provided **\$1 million for new housing initiatives in Historic West Des Moines**. The initiative is designed to rehabilitate homes, increase home ownership for low and moderate income lowans, and provide down payment assistance.

## Trestle to Trestle Bridge Reopens in Johnston

A major artery between the cities of **Johnston and Des Moines** is once again open to cyclists and walkers. The bridge was closed beginning spring of 2019 when the previous bridge collapsed under the weight of ice jams and high water. **Polk County provided significant funding to reopen the bridge** with new amenities and features.



# GVSS volunteer reaps rewards of helping others

Templeton says she feels blessed.

Vicki Templeton started volunteering with Grimes Volunteer Support Services last winter.

"There are many services GVSS provides, including yard work, minor home repair and personal assistance, all free of charge," she explains.

Most of Templeton's time with the organization, though, is spent driving clients where they need to go, like doctor's appointments, social events, the Grimes Senior Center and the grocery store.

"Literally, everyone I have come in contact with who volunteers at GVSS, as well as the clients, have been so nice," she says. "Most of the clients are elderly and some are disabled. They inspire me because they are active, they help each other, and they don't complain."

One moment that has stood out to Templeton over the course of her volunteer work with GVSS is when she helped a client in his 90s who is blind due to macular degeneration.



"He cared almost singlehandedly for his wife with dementia for many years until her death," she shares. "I was blown away by his devotion to her and by his strength."

In addition to volunteering with GVSS, Templeton has served as a hospice volunteer for more than 10 years. Unfortunately, due to some medical issues, she's not able to serve as often as she used to. She's also a part of the women's prayer team at her church.

"I simply like to help people," Templeton says. "God has opened many doors over the years, including my work in the medical field for 20 years. God calls every one of us to help one another, and it has been extremely rewarding."

She adds that, for her, volunteering is humbling as well.

"People I have attended to have blessed



Vicki Templeton says she is inspired by the people she helps.

me greatly," Templeton says. "Also, helping others is a great way to combat loneliness and depression."

GVSS, which operates by the motto "neighbors helping neighbors," 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. ■

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# GETTING organized

I've always been pretty good at accumulating things, and I'm confident that I'm not alone in this regard. Last month, the citywide garage sales took place, followed by the annual Grimes Cleanup Day — a day that allows some people to depart with things they've come to realize they don't need and others to gather things that they, too, will eventually realize they don't need, either.



Whether it is garage sales or cleanup days, there are many observations that can be made about our community and lessons that can be learned. For example, when Grimes has garage sales, people from all over the region come to scout for treasures and bargains. On average, Grimes is an affluent community, so it is more likely that people with more wealth are going to have nicer things and may also be parting with nicer things. This makes for a good hunting ground when it comes to garage sales.

These events can also teach us that sometimes it is good to eliminate excess, the unused, or extra stuff we don't need or don't want any longer. If you have too many clothes in your closet, getting rid of some of the stuff that is out of style, doesn't fit any longer, etc. can make it easier to find the outfits you do like wearing, makes wrinkles a little less prominent, and (for the shoppers), clears up some space to fill with new items.

We are fortunate to live in a community, in a region where there is a lot of opportunity to find a job, to build wealth, and to work toward acquiring things we need and/or want. But we should also be wise with these opportunities. Getting organized is much more than decluttering. It often requires setting goals, creating a plan, and doing our best to stick to our plans, knowing that sometimes course corrections are to be expected.

As we work to organize our personal lives, we, too, can strive as businesses, neighborhoods and as a community to have goals, have plans to achieve those goals, and be ready to pivot when unforeseen opportunities or challenges arise. Like so many of the people in our community, Grimes seems to be positioning itself for a very bright future. We continue to attract new services, new employers, and new investment to the community. We continue to see improvements in our local infrastructure, which will help to sustain the current rate of growth. Furthermore, we continue to see neighborhoods evolve and new relationships being created continuously.

Grimes should confidently march forward, setting our priorities, addressing those things we need to "declutter" and keeping things that we value or that serve an important purpose. As a Chamber of Commerce, we encourage the good people of Grimes to engage in the community — patronize local business, participate in community events, and be a good neighbor to those around you. And, if you have too much stuff, remember that the Highway 141 Garage Sale is right around the corner ([www.141sale.com](http://www.141sale.com)). #lovegrimes ■

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

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The Grimes Chamber of Commerce hosted a ribbon cutting for Slim Chickens in Grimes on May 23.



The Grimes Chamber of Commerce hosted a ribbon cutting for Outdoor Kitchens of Iowa in Grimes on May 25.



Grimes Chamber of Commerce volunteers Mallori Phillips, Jay Brewer, Heidi Hyde, Madison Taiber, Mike Bleskacek, Gloria Perry, John Palmer, Nicole Grethen, Julie Quandt, Andy Stoecken and Halsey Scales delivered cookies to local school teachers on May 19.



Kale Montag at the JV Softball vs. Winterset in Dallas Center on May 30.



Addie Abens at the JV Softball vs. Winterset in Dallas Center on May 30.



Addie Bergthold-Haroldson at the JV Softball vs. Winterset in Dallas Center on May 30.



Amelia Ehlert at the JV Softball vs. Winterset in Dallas Center on May 30.



Delaney Fetters at the JV Softball vs. Winterset in Dallas Center on May 30.

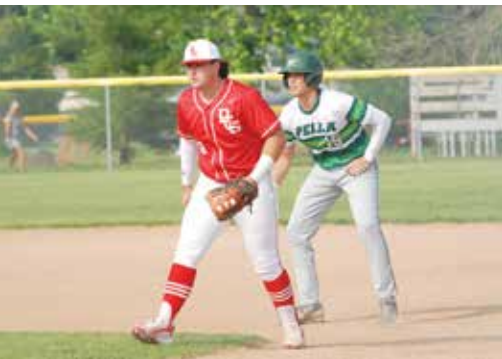


Genevieve York at the JV Softball vs. Winterset in Dallas Center on May 30.



Jenna Morrison at the JV Softball vs. Winterset in Dallas Center on May 30.

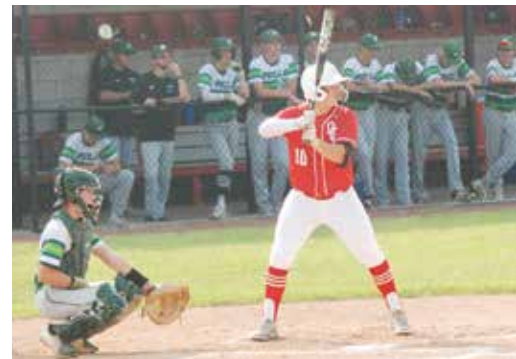




Clayton Campidilli at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



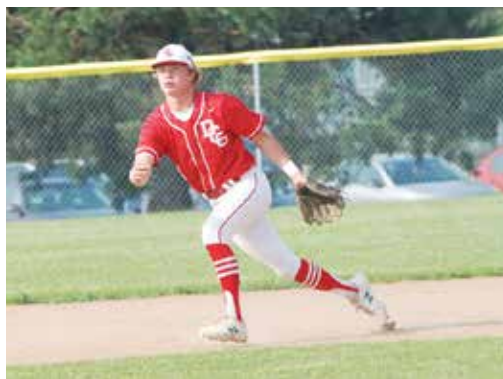
Dayne Mauk at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



Eli Rupp at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



Keaton Fenn at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



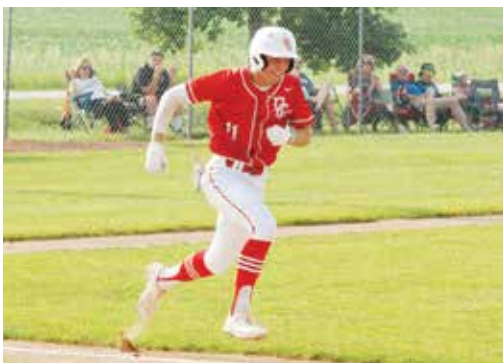
Ty Mikkelsen at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



Ryley Palm at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



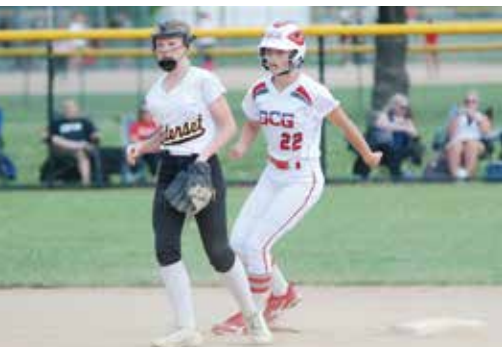
Tate Perrin at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



Trevor Hamil at the Dallas Center-Grimes vs. Pella varsity baseball game in Dallas Center on June 5.



Grace Johnson at the Dallas Center-Grimes vs. Pella varsity softball games in Dallas Center June 5.



Mara Redenius at the JV Softball vs. Winterset in Dallas Center on May 30.



Tess McGuire at the JV Softball vs. Winterset in Dallas Center on May 30.



Tessa Jones at the JV Softball vs. Winterset in Dallas Center on May 30.

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# Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

## HERE ARE SOME THINGS TO KNOW:

- 1. Wear Sunscreen:** Apply SPF 30+ sunscreen before going outside and reapply regularly.
- 2. Seek Shade:** Limit sun exposure, especially between 10 am and 4 pm.
- 3. Cover Up:** Wear protective clothing, hats, and sunglasses to shield your skin.
- 4. Skip Tanning Beds:** Avoid artificial UV radiation, which increases skin cancer risk.
- 5. Check Your Skin:** Monitor for any new or changing moles or spots, and report concerns to a healthcare provider.

## PROTECTION IS EASY

Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.



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