

GRIMES/DALLAS CENTER

JULY 2023

Living

MAGAZINE

HEAD-TURNING

Wheels

Residents share their passion
for restoring vehicles.

Brunch board with a twist

RECIPE

State girls soccer champs — again

EDUCATION

Retirement provides time to give back

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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed — cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Grimes/Dallas Center Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■



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HEAD-TURNING *Wheels*

**Residents share their passion
for restoring vehicles.**

By Ashley Rullestad

While some of us dream about one day owning that fresh-off-the-showroom-floor vehicle with its spotless exterior, dust-free dashboard, brand-new smell and scuff-free tires, others are looking for something quite different: potential. Where we see a rusty, broken-down or past-its-prime set of wheels, they see what will be after repairs, cleaning, fresh paint and hours of labor, frustrations and gratification. They see a dream car in the making.

Jason Odegaard with his
1969 Chevy Chevelle SS 396.
Photo by Todd Rullestad

FEATURE

Need for speed

Jason Odegaard has been interested in cars and going fast for as long as he can remember.

"I got into racing go-karts when I was about 9 and got my start with working on engines about that time, too. I always enjoyed working with my dad in the garage, going to car shows, races, and pretty much anything car related."



Jason Odegaard with his 2012 Chevy Camaro SS, 1979 Oldsmobile Cutlass and 1969 Chevy Chevelle SS 396. Photo by Todd Rullestad



A look under the hood of Jason Odegaard's 1969 Chevy Chevelle SS 396. Photo by Todd Rullestad

In Odegaard's early teens, he began delving into repairs and restoration work. His dad, Mel, is an avid car enthusiast and collector and had a background in stock car racing along with a knowledge and talent for car, truck and tractor restorations, so he learned from him along the way.

When he wasn't playing sports, he and his dad spent most of their free time in the garage working on various projects and fixing up old cars and



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Jason Odegard with his 1969 Chevy Chevelle SS 396 and his dad, Mel, with his 1969 Corvette.



Paul Stawowczyk's 1970 Mercury Cyclone Spoiler.

tractors. He started buying and fixing up his own cars when he was 14 and still has his first car, a 1979 Oldsmobile Cutlass.

Now, Odegard has a collection of several old cars and trucks, but the largest project he has tackled is his 1969 Chevelle SS 396. The several-years-long project for him and his dad started with completely dismantling the car

from top to bottom. The body came off the frame, nuts and bolts were removed, and all parts were restored and repainted prior to being reassembled.

"The car is a Super Sport and still has its original numbers matching the big block 396 engine," says Odegard. "We worked tirelessly to put the car back into its original showroom

condition and keep it all as original as possible."

There's always time for a new project, he claims, though you never know when the right car might fall into your lap. For the time being, he's just enjoying the hobby, keeping the cars he has in good condition and helping promote the hobby to the younger generation.

Odegard has a photo of himself and his



Christmas in July

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UPCOMING EVENTS

Tax-free shopping Weekend..... August 5-6

Teacher's Shopping Event..... August 15

Last Summer Sip and Shop event
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dad with the Corvette Mel bought in 1974.

“When I was born in 1977, I came home from the hospital in that car,” he says. “He still has the car, and, in 2015, I borrowed it and I brought my newborn son home in it. So I guess my affinity for muscle cars may have started younger than I thought.”

Spoiler saga

Like Jason Odegaard, Paul Stawowczyc has been interested in cars for most of his life. He started racing at 16, and his dad had made a career out of his interest in cars. Stawowczyc started working at a shop at 16, sweeping the floors, taking out the trash, anything to learn more about the industry.

“I started painting cars when a guy at work, Pat, saw the potential and mentored me. I couldn’t tell you the number of cars I’ve helped to restore in one way or another. If you go to a car show — Goodguys, Mustang Club, Madrid car show — I’m sure I’ve worked on several. As a kid, I worked on my race cars and other cars through the years.”

His main car is a 1970 Mercury Cyclone Spoiler with quite a story to it. The car started out on a lot in Nebraska before being sold in November 1970. When the original owner needed cash for an engagement ring, Stawowczyc’s dad, Bill, bought it. He had it for several years, but, in the late 1980s, he, too, needed some extra money and sold the car.

In 1996, Bill was reading The Omaha World Herald and saw a 1970 Cyclone for sale. He knew it wasn’t the one he owned because there were a number of changes from his original car, but he wanted to take a look at it, so, eventually, he took Paul, then 16, to go see it.

“When he popped the hood, his heart skipped a beat — the hood still had his handwriting on it, and he knew it was the same car he purchased in the early ’80s.”

After all those years and a few additional owners, Bill’s name was still on the title, and they purchased the car for \$3,000. Paul ended up with the car and totally overhauled it in



Cody Stoos managed to find his first car, a 1973 Chevy Nova that he had sold, and buy it back.

2019-2021.

“Now we take it to car shows and competitions,” says Stawowczyc. “For now, I just have the Cyclone and tinker with that here and there. One day I’d like to get another project, but, for now, I chose to spend more of my free time with my family.”

A second chance

Paul Stawowczyc isn’t the only guy in Grimes who has had a car come back to him after a long time away. Cody Stoos bought his first car, a 1973 Chevy Nova, at age 14.

“I was attending a small school, so I got a school permit and was able to drive it to and from daily. I regrettably sold the car in 2007 before my 16th birthday. After 14 years of regret, I decided to try to find it again.”

In 2021, Stoos posted photos online of the car from 2007 when he owned it. The second comment on the post had a name tagged. When Stoos clicked on the profile, there were photos of his old Nova. He messaged the owner to let him know he once owned the car and was

interested in buying it back. But it wasn’t for sale — yet.

“After a few weeks of going back and forth, we agreed on a price, and he was willing to sell it,” says Stoos. “I drove it home on a cold December night with no heat.”

Since then, he’s completely rewired the car and has pulled the motor and worked on that, as well as the exhaust and fuel system. Next on the list is to install heat and air conditioning using what’s called vintage air. He also wants to put the car on coil over suspension and upgrade the brakes from manual drums to Wilwood discs. For the interior, he plans to install three-point seatbelts in the back for his kids.

In addition to the Nova project, Stoos and his father fully restored a 1972 Buick GS convertible LS, swapped a 1970 Chevy C10, and more.

“I also want to buy a square body Chevy Suburban (late 1970s-mid 1980s) for the extra space and comfort to take the family all on the Hot Rod Power Tour, the largest traveling car show in the country,” says Stoos. ■

FFA alumni group established

Group will benefit the DCG FFA chapter.

Anna Pion, a 2018 graduate of Dallas Center-Grimes, was — and continues to be — active in her local, state and national FFA programs. Recently, she took her passion for the organization and launched a local DCG FFA Alumni and Supporter's group.

"We are currently locally chartered but will be state and nationally chartered come August 2023," Pion explains. "I was inspired to start the chapter while at Iowa State University in the summer of 2022. During my senior year at Iowa State, I received the highest honor an FFA member can receive, The American Degree. The summer following graduation, I knew I wanted to stay involved with FFA as much as I could. The organization did a lot of wonderful things for me in my personal and professional life."

Pion's goal for the inaugural year of the DCG FFA Alumni and Supporter's group is to have around 20 active members, one fundraiser, one or more local sponsors and a career event where alumni and students can mingle.

She adds that the plan is to hold two or more meetings per school semester, have volunteers for local and state events, and attend/volunteer at events put on by the DCG FFA Student chapter.

"We have two amazing communities deeply tied to agriculture," Pion says. "My one big hope is we are able to have a scholarship that helps a student further their career in agriculture either at an accredited college or trade school."

Pion shares that alumni members of the DCG FFA Alumni and Supporter's group will have the option to volunteer or offer their time and knowledge to current FFA students as well. Pion's ultimate goal is to have more than 50 active members of the group, have the funds to help send students to the national convention every year in Indianapolis, and have enough volunteers to help at state events like the Iowa State Fair or the Iowa FFA state leadership conference.

Those interested in learning more about the group can email dcgalumni@gmail.com. ■



Anna Pion, a graduate of Dallas Center-Grimes and Iowa State University, has launched a local DCG FFA Alumni and Supporter's group.



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LEGAL

By Cynthia P. Letsch, J.D.

ESTATE PLANNING 101: Planning for a child with a disability

You may already know that once your child turns 18 years old, even if your child is obviously disabled, you are not afforded the privilege of simply moving along as though this milestone has not happened. Your child's rights attach at age 18, regardless. Now you must prove to the court that your child does not have the decision-making capacity to make his or her medical or personal decisions.



The petition for guardianship and conservatorship should be started the month before the month that your child will turn 18 years old. A guardian ensures that your child has safe shelter, food, clothing, medical care, education and social interactions. A conservator manages income and assets. The same person can be the guardian and the conservator, or it can be different people or entities. A conservatorship is often not needed if there are no assets and no income other than social security.

Two people can be co-guardians, which is typically the case when there are two living parents. The guardian must file an initial care plan and then annual reports thereafter. The guardian does not automatically get to make all the medical decisions. Important medical decisions require advanced court approval.

While you are young and healthy, you should consider who will look after your child when you are gone and what assets will be used to provide that care. We have a large population of aging parents who have sacrificed their lives caring for their children and who presume one of the other children or another relative will pick up the ball once the parent becomes incapacitated or dies. The sad reality is that this is wishful thinking, and these folks are finding themselves in quite a predicament.

The most effective way to plan is by creating a Special Needs Trust and purchasing a life insurance policy on your own life. Make the trust the beneficiary. At your death, the trust will be funded; the trust document will dictate how a trustee is selected and create an advisory committee for the trustee to ensure the trustee knows what your child's needs are. As a bonus, this type of trust does not disturb whatever government benefits are available to your child, and the state cannot make a claim against assets remaining in the trust at your child's death. You will have set the terms for who gets whatever is left over, if any. Win-win. ■

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.



IT'S BACK!

Who will be voted favorite in Grimes, Dallas Center & Johnston?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Grimes, Johnston & Dallas Center Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center and Johnston October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES AUG. 31, 2023.

See rules and vote at www.iowalivingmagazines.com/residentpoll. One vote per resident, please.

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- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

HEALTH/BEAUTY

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- Health Clinic
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- Place for Guests to Stay
- Home Building/Remodeling Contractor

DON'T OVERLOOK retirement taxes

Ahhhh, taxes — a necessary part of our American lives. They pay for roads, safety, and a whole host of other community-related services. We enjoy the benefits our taxes pay for but dislike the idea of paying more than our fair share.

Taxes follow you even into retirement. Those retirement accounts you've started drawing from, Social Security benefits you're receiving, and other income from accounts designed to support your lifestyle in retirement may be taxable.

For most of your working life, you've been in an accumulation phase — gathering and growing assets to be used to support you in your later years. During retirement, however, you move to a different mindset as you transition into a distribution phase. Planning for your retirement income includes a shift in perspective as you work toward preserving the assets you spent so many years building.

Most retirement accounts — including 401(k)s, 403(b)s, SIMPLE IRAs, SEP IRAs, profit-sharing plans, pension plans and traditional IRAs — are called qualified accounts. Qualified accounts are designed for retirement income; any money saved into these plans can be accessed without penalty after age 59 ½.

The IRS has allowed money in these accounts to be saved and grow tax-deferred, meaning the taxes have been delayed until some point in the future. You haven't paid any taxes on qualified retirement accounts yet.



When you start to take income from those accounts, taxes are owed at your ordinary tax rates at the time of distribution.

The key to preserving your assets is developing a long-term income and tax planning strategy that work together and answer key questions: When should I start taking income from my accounts? Which accounts should I take the income from? A retirement income strategy is designed to create a plan for optimizing your tax liability and your income — and maintaining that income for as long as you will need it. Even if you've already entered retirement, you can still benefit from retirement income planning and potential repositioning of assets to help ensure your strategy is as tax efficient as possible.

While distribution planning would start before retirement in an ideal world, people who have already entered retirement can also greatly benefit from building a distribution strategy to potentially pay less in future taxes. But where do you begin? What steps do you need to take today to help ensure success tomorrow? Check out our Retire Your Way Toolkit below for resources that will get you started thinking about all of the decisions you'll have to make in retirement and answer some of the big questions you have about Social Security, retirement income and longevity. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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AC HISTORY: from Egypt to Iowa

When the summer heat in Iowa turns up, and you find yourself melting faster than an ice cream cone on a hot sidewalk, there's one hero that comes to your rescue — the air conditioner. But have you ever wondered about the origins of this magical machine that keeps you cool and comfortable?

Believe it or not, the concept of air conditioning dates back to ancient times. Clever Egyptians used to hang reeds soaked in water in their windows, allowing the breeze to blow through and create a natural cooling effect.

Fast forward to the 20th century when the modern air conditioner made its grand entrance. In 1902, a genius engineer named Willis Carrier invented the first electrical air conditioner. And yes, you guessed it, he was also a real cool guy. Carrier's invention was initially meant to control humidity in a printing plant, but it didn't take long for people to realize its potential in providing much-needed relief from the summer swelter.

Did you know that the term "air conditioning" was coined by a textile mill owner named Stuart Cramer in 1906? He used it to describe the process of adding moisture to the air to condition the yarn and prevent it from breaking. Little did he know that his term would soon be associated with indoor comfort.

In the early days, air conditioners were considered a luxury reserved for the elite. Only posh movie theaters, fancy hotels, and the homes of the super wealthy were graced with the cool breeze of air conditioning. It wasn't until the mid-20th century that air conditioners became more affordable and started appearing in regular households. Suddenly, staying cool wasn't just for the rich and famous — it was for everyone.

Nowadays, air conditioners have become an essential part of our lives, especially here in Iowa, where the summers can feel hot and humid. We've come a long way from the days of reeds and humidity control. Modern air conditioners are more energy efficient, quieter, and can even be controlled with the touch of a button on your smartphone. It's like having your very own personal weather wizard right at your fingertips.

Remember, whether you're sipping lemonade on your porch or seeking refuge from a sweltering day indoors, your trusty air conditioner is there to keep you as cool as a cucumber. Stay frosty, my friends. ■



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

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LIBRARY

GRIMES Public Library news

Another youngster has completed the 1,000 Books Before Kindergarten program at Grimes Public Library.

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Name: Benjamin Jones

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STICK with your financial game plan

Having a game plan leading up to retirement is one of the most important actions an investor can do. When we are planning for retirement and thinking through our investment strategies, we believe our game plan requires action. The news and television outlets provoke our emotions by using trigger words and phrases like “stocks falling sharply” or “best week since 2019.” These phrases cause investors to feel like they are missing out on investment gains or have a fear of investing in bad market conditions. The way to combat these urges is to revert to the basics and look at your game plan.



If your investing game plan has the appropriate amount of risk for your goals, doing nothing is an active decision. This year, so far, is a perfect example of how staying in the market could help your portfolios. In 2022, the S&P 500 dropped 19.4%. Mid way through 2023, the S&P 500 has recouped some of its value and is up close to 15%. Having a solid plan allows an investor to be patient through turbulent market conditions.

Major market swings can cause your investment game plan to get out of balance. This can cause your portfolio to take either too little, or too much risk depending on your goals. If your 80/20 stock to bond portfolio goes through a stock market correction, this could leave you with a portfolio of 70% stock and 30% bonds after the drop in value. At this point, your game plan needs a rebalance. You can rebalance your portfolio by buying back stocks at a lower value and selling some bonds.

A good game plan will typically change. It is important to realize retirement strategies and planning are not a one-time activity. Having an accurate and up-to-date plan takes work. As you age, your life will change and with that, your goals and needs in retirement. These life changes should be the only reason that your game plan changes. It is essential to not let the daily news and current market conditions have an influence on your retirement and investing goals. Please reach out if you have any questions on making sure your investment strategy aligns with your retirement goals, or if you think you should look to rebalance your portfolio. ■

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EDUCATION

By Ashley Rullestad

MUSTANGS are girls soccer state champs — again

Dedication shows in the record.



The Dallas Center Grimes girls soccer team has been in the state finals the last three years — each time facing off against Waverly Shell Rock for the state title. Though WSR beat them the first time, the last two years have resulted in back-to-back state titles.

In those three years, the team has an overall record of 55-9, losing just one conference game in that stretch. Dan James, who began as head coach in spring of 2000, started as a volunteer with the program for one year. When the head coaching position opened up, then Athletic Director Steve Watson gave him the opportunity.

“Each year is always different. As kids graduate, you always have new players to piece together and get a game plan that will best suit the abilities of those kids. The uniqueness of each kid adds to the enjoyment as each year is different. But these last few teams are some of the hardest working teams we have ever had. They put in a ton of time on the field but also do it in the weight room and in the classroom.”

This year, the team won the state tournament on Saturday and many of the girls were back in the weight room on Monday morning. James sees it as a testimony to their dedication. And it shows in their record. The team went 22-0 in 2022, something rarely accomplished by any sports team.

“These groups have been great about taking on their role to make the team better, even in the state finals. We lost one of our top players in the semifinals game and a few girls had to take on a different role for the finals, and, without hesitation, they all did what was best for the team.”

Graduating senior Elena Bartak started playing soccer at age 4. She has enjoyed the time spent playing on the DCG team.

“Each season presented a set of new challenges that my teammates and I were eager to overcome. Winning state last year and going 22-0 set a big target on our backs. Winning state this year was absolutely surreal. I am so proud of this team and all of the girls. I know that I can count on them, and I hope that they know how much I have cherished our time together.”

For Bartak, it's not always about the time spent on the field. Some of her favorite team memories are of the bus rides to and from games. The whole team would blare music on the bus and scream and dance to a wide variety of songs by Morgan Wallen, Pitbull and Taylor Swift.

“It definitely set me in the right mindset to play. Something about singing at the top of your lungs after winning a game signifies team camaraderie to me. The DCG girls soccer team is one like no other, and I am truly blessed to have had the opportunity to play with such unfaltering individuals who also happen to have the biggest hearts.”

Next year, Bartak heads to Missouri State University to continue playing soccer. During this past season, Coach James got his 300th win, making him the third coach in the state to accomplish the feat. But he says it always goes back to the team.

“It's the dedication these girls put into their activities, always striving to be their best.” ■

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RECIPE

BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.

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EDUCATION Foundation awards scholarships

Record-setting amount awarded at annual event



RED scholarships were awarded to Elle Gannon, Kiley Crivaro and Sage Abrahamson-Stratton.

The Dallas Center-Grimes Class of 2023 received the largest amount of financial support to-date from the DCG Education Foundation (DCGEF) during the annual scholarship event held May 24 at the DCG High School Auditorium.

During the awards ceremony, students received 124 scholarships sponsored by local businesses, organizations, community members and fundraising efforts. The scholarships awarded totaled \$181,250.

"We are extremely grateful to our local community for their support of DCG students," said Mike Wemhoff, outgoing DCGEF board president. "It is the mission of DCGEF to support students in the pursuit of higher education through financial scholarships. With the growing interest in our programs and fundraisers, we are able to have a larger impact each year."

The highlight of the awards ceremony was the announcement of the recipients for the DCGEF RED Scholarship. The RED scholarship is a community-funded, renewable scholarship that totals \$12,000 over four years of post-secondary school. This year, DCGEF was able to award three of these scholarships in thanks to the generosity of local supporters who participated in the annual RED Dinner and Auction last November.

RED scholarship recipients are selected based on a matrix of criteria including grade-point average, activities, leadership, volunteerism, and a student-written essay. This year's RED scholarships were awarded to Elle Gannon, Kiley Crivaro and Sage Abrahamson-Stratton.

There are many ways to become involved in DCGEF, including scholarship sponsorship, donating items for the RED Dinner and Auction, or volunteering for a committee or board seat.

The DCGEF Board would like to thank Mike Wemhoff for his many years of service and commitment to the successful futures of DCG students. Wemhoff has served as president since 2019.

Visit www.dcgeducationfoundation.org to learn more about DCGEF and upcoming events. ■

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Grimes Farmers Market

Saturday mornings, 7-11 a.m.
through July
Heritage Park, 1055 N.E.
Beaverbrooke Blvd.

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



Highway 141 Garage Sale

Friday and Saturday, Aug. 4-5

The sale route follows Highway 141
between Des Moines on the east and Sloan
on the west. The entire route is in excess of
177 miles in length. That is 170-plus miles
of great garage sales, countless bargains, and
hidden treasures just waiting to be found.

First Responders Appreciation Breakfast

Friday, Aug. 18, 11:30 a.m. to 1 p.m.
Grimes Community Complex - Banquet
Hall, 410 S.E. Main St.

This event
recognizes and
shows appreciation
for the Polk
County Sheriff's
Department and the
Johnston Grimes



Fire Department. Men and women in the line of duty
put their lives before others each and every day in our
region. The Chamber recognizes just how important
these first responders are to our community. This event
includes a lunch for all attendees, gift bags for all First
Responders and networking. Cost is \$25. Registration
link is available at [https://business.grimesiowa.com/
events/details/first-responders-appreciation-luncheon-
1796?calendarMonth=2023-08-01](https://business.grimesiowa.com/events/details/first-responders-appreciation-luncheon-1796?calendarMonth=2023-08-01).



National Balloon Classic

July 28 - Aug. 5

Memorial Balloon Field, 15335
Jewell St., Indianola

National Balloon Classic takes your
eyes to the skies as pilots suspend more
than 100 hot air balloons for competition.
The event also features live music, food
vendors, balloon rides, fireworks and
more. www.nationalballoonclassic.com.

Des Moines-Apalooza

July 26

Water Works Park, 2201 George
Flagg Parkway

RAGBRAI cyclists enter Des Moines
after attempting a record-setting ride for
a night of music, food and celebration
for a festival-style event. For more
information, visit ragbrai.com.



Clive Festival

July 21-22

East side of N.W. 114th
Street, Clive

Greenbelt Landing will
have fun for everyone including
"Thunder Over Clive" fireworks,
live music, the popular Clive
Fire Department Slip-N-Slide,
a running festival, food trucks
and more. [cityofclive.com/
parkandrecreation/programs_
and_events/clive_festival.php](http://cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php). ■



Summer Stir

East Village
July 21

This event is a relaxed
opportunity to visit many
great establishments in the
early evening and sample
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summerstirs.dmcityview.com.



River Ruckus

July 27-29

408 West State St., Guthrie
Center

This country music festival
marks the event's 15th anniversary
featuring acts such as HARDY,
Riley Green, Chase Rice and 10
others. For a full schedule, visit
www.guthriesriverruckus.com.

Peitzman Reunion

Sunday, Aug. 6

First Presbyterian Church,
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HEALTH

By Elijah Johnson

GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.



Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■

Information provided by Elijah Johnson, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com.

LAWN CARE

By Kevin Johnson

WHITE GRUBS can be a menace to your lawn

The larvae stage of the Northern Masked Chafer, more commonly known as the June bug, can cause serious damage to your lawn if they are present in significant enough numbers.

This stage of the insect's life causes havoc by eating the root system of the grass plants that make up your lawn. There are several tell-tale signs that your lawn has suffered grub damage. One symptom is that your grass can be peeled back like a piece of sod easily. Once peeled back, a white C-shaped insect is usually easily seen at the top of the surface. It normally takes 8-10 white grub larvae per square foot to cause this type of damage. Another symptom is when skunks, raccoons, birds, and/or moles start to flip the sod over as they forage on these insects.



Fortunately, there is a preventative grub treatment. Late June and early July is normally the ideal time to apply treatments.

Ask your lawn care professional to get the information on how to effectively prevent this menace from causing damage to your lawn. Remember this: When it comes to white grubs, you can pay a little to prevent the damage now or a lot to fix the damage they cause this fall. ■

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

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Employee Spotlight

Congratulations to our Raccoon Valley Bank Team Members



Tod Ellis RETIRING CHIEF CREDIT OFFICER

Raccoon Valley Bank would like to announce the retirement of Tod Ellis. Tod spent 40+ years in banking, including the past 7 years with RVB. Tod began his career as a loan officer in the Omaha area developing his skills with 4 different banks before becoming Raccoon Valley Bank's Chief Credit Officer in December 2015. Tod will be spending his retirement on the beaches of Florida with his wife Wendy and is looking forward to full days of golfing and boating. He also will enjoy spending more time with his daughters. We wish Tod all the best in his retirement and appreciate the years of service and dedication to Raccoon Valley Bank.



Thomas Book CHIEF CREDIT OFFICER

Raccoon Valley Bank is proud to announce the recent promotion of Thomas Book to Chief Credit Officer. Thomas has been a member of the Raccoon Valley Bank team for nearly two decades. His career has covered all facets of lending, including his most recent position as the Adel Market President for the past ten years. With the promotion Thomas will oversee the bank's loan operations staff, credit administration staff, and the overall safety and soundness of the bank's loan portfolio. Thomas and his wife Jenny live in rural Adel and have five school aged children. Thomas is heavily involved in youth sports and several community boards. In addition, Thomas enjoys managing his family's cash grain farming operation. Thomas is thankful for this opportunity to continue to grow with and serve the owners and customers of Raccoon Valley Bank.



Chris Watkins CHIEF LENDING OFFICER

Chris Watkins has been in commercial lending for over 23 years, spending the last ten as a Market President for Raccoon Valley Bank. Prior to starting his banking career, Chris graduated from Iowa State University with a degree in mathematics and spent two years as a high school math teacher. He then returned to Iowa State University earning a Master of Business Administration degree with a Finance Specialization. To add to his impressive resume, Chris has also taken numerous professional development opportunities, including obtaining his Certificate of Executive Leadership from the Graduate School of Banking in Madison, Wisconsin in 2013. Chris has lived in Grimes, Iowa, since 2004 with his wife of over 23 years, Heidi, and their two children, Lainey 20 and Sam 17. In addition to spending time with his family, Chris is very active in his community. He has been involved in the following organizations over the last 20 years: DCG Soccer Club, DCG Basketball Club, Rotary Club, Grimes Chamber of Commerce (Board Member), and the Dallas Center-Grimes Education Foundation (Board Member). Raccoon Valley Bank is pleased to announce Chris Watkins as its new Chief Lending Officer.

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SECOND retirement leads to volunteering

Strange gives her time to helping others.

Jacque Strange became a Grimes resident 21 years ago when she moved from Des Moines to the then small community.

She's enjoyed where she's lived throughout the years, so when she retired a few years ago, she was excited to have the time to give back.

"I first retired in 2018, as they offered early retirement, but, after a few months, I was bored and went back to work for three and a half more years," Strange explains. "The second time I retired was April 2022, and I decided I needed to do something to keep me busy, as I didn't want to go back to work a third time. It's not my personality to do nothing. I love to stay busy. I decided I would now have time to help people and make a difference in my community."

In June 2022, Strange began volunteering with Grimes Volunteer Support Services (GVSS).

"Mainly I drive our clients to appointments, senior meals, therapy or to the beauty shop, but I also have taken a few of them shopping and help them get whatever items they need," she shares. "I never know when I will need help someday, so I hope this program can continue, as we can help people stay in their home by just

giving them a little helping hand."

She also volunteered with Grimes Pet Retrievers for a bit, helping look for lost pets. While she doesn't officially volunteer with the group anymore, Strange continues to keep an eye out on the Grimes Community Facebook page for any posts about folks whose pets have gone missing. If they're in her area of town, she'll help with the search.

"Generally, I walk when I look for pets," she says. "It helps me get my steps in."

Strange also volunteers with her church in Des Moines, where she helps take inventory and orders food from the Food Bank of Iowa for the church's weekly food pantry. She's on the prayer team, too, sending out cards to those who have a prayer request. Additionally, Strange substitutes in the office when needed, answering the phones or doing other clerical duties.

"I love meeting new people and hearing



Jacque Strange is a volunteer driver for GVSS.

their stories," Strange says of why she enjoys volunteering. "I feel blessed when they tell me how much they appreciate my help. I get more out of it than they do. I am honored to be able to help.

"I love helping people and I wouldn't want it any other way," she adds. "I'm happy to help where I can, even if it feels like I'm busier now than when I worked." ■



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GREAT, another survey

Some of you may remember Richard Dawson. Dawson was an actor and a comedian. He was well known for playing the character Corporal Peter Newkirk on the long-running television sitcom "Hogan's Heroes" that originally aired in the late 1960s and early 1970s and still can be seen in reruns to this day.



Dawson became even more well known as the first host of the popular television gameshow "Family Feud." On this show, families are pitted against each other in hopes of correctly guessing what a survey of 100 people answered for a variety of questions. It's a fun concept that has resulted in years of episodes being produced. Dawson's time as the host of the show ended in 1995, and now a different comedian, Steve Harvey, is the host of the show. But the format is largely the same as it has been from the beginning.

The Family Feud surveys people for fun, and, often, the results of their surveys are indeed funny. And while surveys can be fun, there are also a lot of more serious survey topics that people are asked to respond to on a regular basis. These topics are broad and varied and often are seeking information about your feelings on political issues, customer satisfaction, employee satisfaction, brand awareness, post-event feedback, etc. The sheer number of survey requests can become a bit overwhelming.

The method of surveying has, like many things in society, evolved over time. Most surveys I experience are distributed via email. Sometimes you see them on social media sites. But the old-fashioned methods of phone calls and mailed surveys are still around, too. All these surveys must exist for a reason, right? I mean, I'm quite certain that I'm not the only one who has "survey fatigue."

Many organizations have at least figured out that surveys get a better result when they are a.) well thought out, b.) simple to complete, and c.) short (not too time consuming). It is also worth noting that, while there are bad actors, many surveys come from reputable businesses and organizations, well-run entities with smart people at the helm.

So, if smart people know that survey fatigue exists, why do they continue to conduct them? The short answer is because the information they collect is valuable. Companies want to know if the goods and services they provide are well received. This information helps to inform business decisions. Did their staff treat you well? Did the product you purchased meet your expectations, etc.? Governments ask questions for similar reasons (i.e., are their policies working).

Surveys allow consumers a certain degree of power in how products, services and policies evolve. If you have opinions and want to be heard, participating in surveys is a great way to help steer the ship... assuming enough people hold similar views.

Richard Dawson passed away in June 2012. However, if he were still around, I'm sure he would agree that some surveys are worth the investment of time to complete. The Chamber will continue to promote surveys that help raise awareness of local businesses and help the community. In fact, I can already imagine myself at a future Board of Directors meeting, raising my voice, and saying, "Survey says!" ■

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

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

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- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

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