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AUGUST 2023

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WELCOME

JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■



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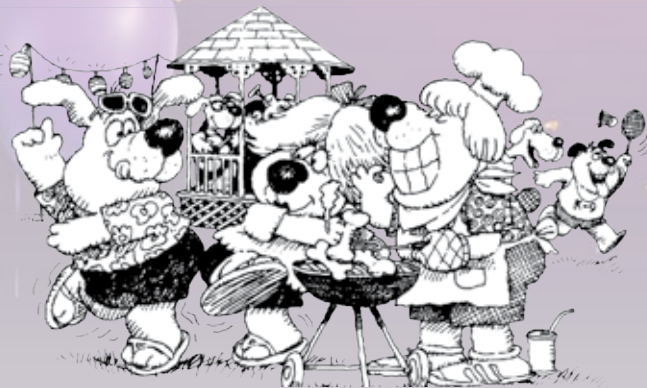
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PUT ME IN, COACH

**Residents recall the coaches
who impacted their lives**

By Ashley Rullestad

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.

Emma Miner with
coach Adam Jones.

FEATURE

State champs

Bo Huston has enjoyed a variety of sports since he was young. It was basketball he decided to stick with, and his determination to play in high school culminated in the DCG state title win in 2022.

"I just love the game and having fun every time I step on the court with my friends and making memories that will last forever," says Huston.

It was DCG basketball coaches Adam Jones and Joel Rankin who inspired him. Huston started playing tournament ball in second grade, and his coach was Adam Jones all the way through eighth grade. At that young age, Jones taught him not only how to play the game right but also how to be a team player.

From attending basketball camps in fourth grade through high school, Huston found inspiration from Joel Rankin, the high school coach.

"He taught me how to dribble and shoot and play against bigger guys since I don't have much size as a shooting guard," says Huston. "All of the drills he taught me in those camps, I would copy them every day in my driveway, and I



Bo Huston participated in basketball.



Bo Huston with his coach, Joel Rankin.

don't think I would be the player I am today if it wasn't for Coach Rankin."

After Huston and his team won the state championship his final season, he wasn't sure if he wanted to continue playing basketball

in college. He didn't know what he wanted to do moving forward, and he struggled with the decision. It was during his many talks with Coach Rankin and a couple lunches with him after the season that Huston decided



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Jose "Jay" Meza participated in cross country.

to keep playing ball. He decided to play at Simpson College because, ultimately, he says he couldn't just stop playing basketball competitively.

"My life is this sport, and I've put too much hard work and dedication into this

to not play in college. To have a coach that believed in me made it easier to enjoy the game and gave me confidence when I played," Huston says. "Knowing that your coach is OK with you taking shots that others shouldn't be takes a lot of weight off your shoulders.



Jose "Jay" Meza and Coach Matt Pries.

Listening to coach during practices and his funny stories and weird ways he would like to do certain things is what I miss a lot. I'm so happy we were able to win a state championship together and make memories I'll never forget."

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“Before every race, he would give us lessons to help us grow as individuals. He taught us respect, personal values and to be humble. I have learned to love those around me and to offer humility.”

— Jose “Jay” Meza

Keep on running

Jose “Jay” Meza also played sports from childhood, starting with soccer and basketball. He began running cross country in middle school in Kearney, Nebraska. His family moved to Iowa in 2021, and he made most of his new friends at DCG by playing soccer and running cross country. He especially enjoyed the cross country season as he says it was extremely fun and easy to progress as a runner when supported by an amazing coach and surrounded by awesome people.

“My coach, Matt Pries, inspired me to become confident and strive every practice to become faster and better, and he also motivated me to a personal record in every meet,” says Meza. “Before every race, he would give us lessons to help us grow as individuals. He taught us respect, personal values and to be humble. I have learned to love those around me and to offer humility.”

It was Coach Pries who gave Meza his first pair of cross country shoes. Meza continued to run over the winter once the cross country season was over, and Coach Pries encouraged him to join the track and field team. He had a great season in that sport as well.

“He also stopped by my house after graduation with a plaque that I will take to ISU. Having Coach Pries as my coach was a



Emma Miner participated in basketball.

blessing. He taught me valuable lessons that I will use for the rest of my life,” says Meza. “Coach Pries believed in me and pushed me to be a better runner and overall a good human. He truly made an impact on me as an athlete and as a person. I hope he doesn’t retire any time soon so my smaller brother can have him as his coach, too.”

A love of the game

Emma Miner also played some sports when she was little, but it was dance she decided to focus on as a young child. She started playing basketball in fifth grade because her older brother played. She says she kept playing basketball because she enjoys the thrill of competition.

Her high school coach, Adam Jones, was the person who inspired her to keep going and progressing in her sport. Before high school started, she never thought about playing college basketball. All she wanted to do was start for the high school team.

Miner says Coach Jones made the decision to start her right away, and she will always be grateful for that because it helped her confidence and love for the game grow.

“He taught me how enjoyable basketball can be. I have truly been surrounded by the best people the past four years at DCG, and we

have been very successful together, but I do not think that happens by accident. I believe that all of the teamwork, drills and books about how to be a good teammate shaped us into the team we are today.”

Miner says Coach Jones shaped her into the person and player she is by believing in her from the first game of her freshman year.

“He started me, and that instilled in me that I can be a great player. Without him and this program, I would not have learned many life skills like how to be a great leader and friend.”

Miner is now playing basketball at the University of St. Thomas in Minnesota. Coach Jones is a reason why she continued playing, but it is also because of her high school team. She says she enjoyed her experiences and memories she shared with her team so much that she wants to be able to experience something similar to that again for the next four years.

“To have a coach believe in you is a feeling that is hard to describe. It is nice to know that you can always rely on that coach to help you and make you a better player but also a better person,” says Miner. “I will always be grateful for DCG and the people it has brought me. I have made so many great relationships all because of playing basketball. I just really appreciate my whole basketball community, teammates and coaches.” ■

GRIMES Storehouse expands

New space provides for children's clothing closet.



Total Family Eye Care partnered with Fareway to benefit the Grimes Storehouse. The eye care office raised money that was then used to purchase 3,890 pounds of food and 100 reusable bags from Fareway.

Many exciting things are happening for the Grimes Storehouse Food Pantry, the biggest of which is the expansion of the local food pantry located at 112 N.E. Ewing St.

"This has allowed us to reorganize the food pantry for a better workflow and shopping experience for our clients," says Jen Harrington, director of the Grimes Storehouse Food Pantry. "In addition, we now have a space for our children's clothing closet. We want to give a shout out and say thank you to KRM Development for donating the time and supplies to complete the remodel necessary for our new clothing closet space."

Plans are to open the closet yet this month prior to school starting.

"Our goal is to help empower children by not just supplying food to nourish them, but also providing quality clothing to help boost their self-esteem and confidence," Harrington says.

The clothing closet accepts clean, in-season clothing sizes 4T to adult small, which can be dropped off at the Storehouse during open hours.

With the opening of the children's clothing closet, the Grimes Storehouse is looking for additional volunteers to organize clothing or help clients shop. Those interested should visit the

Grimes Storehouse website.

Another exciting happening is Total Family Eye Care's recent partnership with Fareway to benefit the Grimes Storehouse. The eye care office raised money that was then used to purchase 3,890 pounds of food and 100 reusable bags from Fareway.

"Their donation was amazing and done at a time we really needed it," Harrington says. "Just as other pantries in the area are, we are seeing record numbers of individuals needing food assistance. Our community always amazes us with their generosity and support."

For other businesses in town looking to get involved with the Grimes Storehouse, Harrington suggests becoming a sponsor of the food pantry or hosting a clothing drive or food drive at any point throughout the year.

"November and December are the months we receive the bulk of our donations," she explains. "Although we greatly appreciate it, the need is not just during those months. We would love to see drives spread out through other parts of the year as well."

Harrington points out that, this fall, local Boy Scout and Girl Scout troops will begin their annual food drives.

"These are always fun events for us," she



The Grimes Storehouse has expanded and reorganized its offerings.

says. "We love seeing all the kids having a good time and working hard to help make a difference in their community."

"We would like to say thank you to everyone for what you do for the Grimes Storehouse Food Pantry," she continues. "Whether it's through monetary and food donations, volunteering, or with prayers, your love and generosity is so greatly appreciated."

She adds, "The Grimes community is incredibly supportive, and we couldn't help the families we serve without you. Thank you for helping us continue to fulfill our mission of being a community pantry that feeds the whole person." ■

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LEGAL

By Cynthia P. Letsch, J.D.

REPRODUCTIVE rights have been terminated

I had promised another article of a series on basic estate planning covering different types of family structure. However, there has been some major change to Iowa law that will affect nearly everyone in the state, and you need to know.

For all intents and purposes, abortion is now illegal in Iowa. Here is how it happened.

In 2018, the Republicans were able to pass a bill known as the “fetal heartbeat” bill. It bans abortion, with minor exceptions, after a heartbeat can be detected by ultrasound (usually six weeks). At the time the bill was passed, everyone knew it could not be enforced, because it was unconstitutional according to federal law. There was an Iowa Supreme Court challenge to the law, and they agreed.

However, subsequently, *Roe v. Wade* was overturned. Thus, the statute was no longer in conflict with federal law, and the Iowa Supreme Court was asked to rescind its decision that the law was unconstitutional. In a sharply divided Court, the controlling decision was that, if the legislature wanted to enact the law, they had to pass it again. This very thing happened on July 12, 2023, in a one-day special session. The law was immediately challenged and is currently “suspended” until it makes its way through the court system.

Medical experts do not define a “fetus” until 10 weeks, when a heartbeat can be detected by stethoscope. It is not uncommon for women to not know or suspect they are pregnant before 10 to 12 weeks. By then, it will be too late to terminate a pregnancy.

There is a “medical emergency” exception, but the danger must be life-threatening. Future court cases will revolve around the medical determination of whether or not the medical condition was “life threatening.” Expect doctors to err on the side of caution to avoid legal challenges to their practice.

It is curious that in the very same month that the *Barbie* movie has become a cultural phenomenon, the Iowa legislature has voted to take away a woman’s right to make her own significant health care decisions. ■

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.



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RETIRE your way

In the last 20 years, I've learned that all retirement plans look different. Each family or individual we've helped has a separate retirement vision, individualized retirement savings, and a distinct set of circumstances that led to retirement — but, sometimes people want to compare themselves to others. People often ask us, “What is the average account balance?” or “How much do most people retire with?” They want to know how they stack up. Others may think they should make their pension decision based on what a coworker did or elect Social Security based on what a friend or relative did. I understand it's normal to compare ourselves to others — but retirement is too individualized to compare yourself to others. To retire your way, you can't make decisions based on some arbitrary benchmark or what someone else did. Your neighbor or coworker has not lived the same life you have. Your friend or relative does not have the same goals you do.

You don't have to find the perfect product or reach a financial threshold to live the retirement of your dreams. I'm convinced that the only thing standing between you and that dream trip, vacation home, new hobby, or move to be near family and friends is a strategy tailored



to your distinct needs and goals.

Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan. ■

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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Modern air conditioners employ state-of-the-art technology, such as variable-speed compressors and smart thermostats. These smart features allow your AC to adjust its output based on your cooling needs, ensuring that it doesn't work harder than necessary. It's like having a personal cooling assistant, always tailoring the perfect temperature just for you.

Say hello to the superhero acronym of air conditioners — SEER. This stands for Seasonal Energy Efficiency Ratio, and it's an indicator of how efficiently your AC uses electricity. The higher the SEER rating, the more efficient your unit is, and the more you'll save on utility bills. Newer models can boast SEER ratings of 20 or more, while older ones typically have ratings below 10. Upgrade, and you'll see the difference on your monthly bills.

Not only do newer air conditioners save you money, but they also play a part in saving the planet. Many modern AC units use eco-friendly refrigerants that are kinder to the environment. You can stay cool while feeling good about your carbon footprint — talk about a win-win situation.

Your new AC can also play nice with other smart devices in your home. Imagine controlling your cooling remotely through your smartphone or integrating it with your smart home assistant. Turn your home into a futuristic, chill-zone paradise where the temperature bends to your will.

Newer air conditioners are built to last. With proper maintenance, they can provide reliable cooling for years, unlike older models that often required frequent repairs and replacement parts. Investing in a modern AC is a long-term commitment to staying cool and comfortable.

There's a world of difference between older AC units and the sleek, efficient wonders available today. Upgrading your air conditioner is a decision that brings you instant comfort, significant savings, and a nod to environmental responsibility. Embrace the chill, embrace the efficiency, and embrace the wonders of modern air conditioners. Remember, life's too short to sweat away in discomfort, especially when the solutions are as cool as the breeze from a modern AC. Keep it chill, folks. ■



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

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Parents' names: AJ and Tara Ellingson
Age: 3
Favorite book: "That Fruit is Mine!"
Favorite animal: Zebra



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Here are some important age-based retirement milestones to help prepare for your lifestyle during your retirement years:

Age 50: In the year you turn 50, you are eligible for catch-up contributions. Catch-up contributions are available on many different retirement plans including 401(k), 403(b), SARSEP, 457(b), and even IRAs.



Age 59 ½: When you turn 59 ½ you have reached withdrawal age. If needed, you can begin taking withdrawals without penalty from IRAs and qualified retirement plans. Previously, if you took a distribution prior to age 59 ½ from a retirement plan, you were subject to a 10% penalty.

Age 62: Eligibility to take reduced Social Security benefits begins at age 62; however, you should expect at least a 25% reduction in lifetime benefits if you take Social Security benefits at the earliest date.

Age 65: At age 65, you become eligible for Medicare Insurance. This is a special milestone as health insurance is one of the largest expenses in retirement and one of the top concerns for retirees. Sign up for Medicare three months prior to your 65th birthday.

Age 66-67 (full retirement age): Full retirement age varies depending on the year you were born. If you can delay collecting Social Security benefits until full retirement age, you can expect a dramatic increase in benefits. Full retirement age breakdown:

- Born between 1943-1954: age 66
- Born in 1955: age 66 + 2 months
- Born in 1956: age 66 + 4 months
- Born in 1957: age 66 + 6 months
- Born in 1958: age 66 + 8 months
- Born in 1959: age 66 + 10 months
- Born in 1960 or later: age 67

Age 70: If you hold off taking Social Security retirement benefits until you reach age 70, you are getting your maximum potential in Social Security benefits. There is no additional benefit if you hold off past age 70.

Age 73 or 75: Required minimum distribution (RMD) age. This means you must start taking distributions from most of your retirement accounts including IRAs. The RMD is calculated on an annual basis. Your RMD age will depend on the year you were born. Current RMD age is age 73; however, the RMD age is set to increase to age 75 in year 2033. ■

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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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FOOD AND DRINK

- Restaurant
- 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

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office

HEALTH/BEAUTY

- Health Club or Gym
- Pharmacy
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling

RACCOON VALLEY BANK provides unique community gathering place

After being closed for more than 3 years, the Raccoon Valley Bank Community House in Adel is ready to reopen to the public after a lengthy renovation.

Originally built as a church in 1862, the building was acquired by neighboring Raccoon Valley Bank in 1996. The building was extensively renovated to include a large meeting room, kitchen and bathroom addition. An extensive collection of historical Adel photos was also put on display. After the \$400,000 renovation was complete, the building was opened for use by the public. Anyone, not only customers of the bank, could reserve the building at no charge.

Fast forward 25 years, and the well-used historical building was due for an upgrade. The building was closed as plans were put in place for a complete property renovation expected to cost more than \$600,000. A new metal shingle roof was installed after old sagging rafters were replaced. The foundation was reinforced, flooring replaced, and new paint applied throughout. A new paver patio with natural rock retaining walls was installed. New landscaping and sod were planted. An artificial turf area was installed that will soon house four permanent bags tournament boards. Raccoon Valley Bank Market President Thomas Book said, "We want people to stop and enjoy the whole property, not just the inside of the building. People are welcome to play bags or sit on the shaded patio and enjoy the view of Main Street and the adjoining stage and pavilion park if the facility is not already in use." People using the inside of



The Raccoon Valley Bank Community House is located at 1016 Main Street in Adel.

the facility will enjoy new furnishings that include tables and chairs for groups of 60 people that can easily be stored away, as well as an expanded kitchen with new appliances.



The planners of the project wanted to respect the historical nature of the building as much as possible. The pavers used in the patio are meant to mimic the street pavers used on nearby Main Street. The shingle roof was chosen because it was designed to look like a roof from the 19th century. Even grape vines, which have existed on the East side of the building for decades, were saved. "Adel is a historic town. We wanted this project to reflect the character Adel is known for," said Book.

The Raccoon Valley Bank Community House will reopen in late August. An official open house is planned for Thursday, August 3, from 5 p.m. to 7 p.m. An online reservation scheduling system will be available to the public soon. As before, the facility will be free for use by the public. Not just for Raccoon Valley Bank customers

"Raccoon Valley Bank understands the importance of providing space for people to gather," said Book.

"A true community bank does things that bring the community together."



Raccoon Valley Bank

www.raccoonvalleybank.com



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SPECIAL ADVERTISING SECTION



HOW-TO

GUIDE

HOW TO CHOOSE A TREE SERVICE

Trimming or removing trees from your property is difficult work, not something you'd want to attempt yourself. Making sure your trees are healthy while avoiding property damage requires employing a professional tree service.

Follow these tips to find a qualified, professional tree service in your area:

• **Ask friends, family and neighbors.**

You may know someone who has used a tree service in the past. They can tell you who does the best work.

• **Contact at least three tree services.** Inform them of the situation and request a site inspection. It gives you the opportunity to ask about issues and get a feel for the experience and expertise of each company. Take notes so you can compare your results afterward.

• **Find out how long each company has been in business, their experiences, references and whether they are licensed and insured.** Check with the Better Business Bureau for outstanding

complaints. Even reliable companies may have a few problems. It is how they resolve the issue that counts.

• **Request estimates.** These figures can vary widely. Some companies are better equipped for certain jobs, so they can offer more competitive pricing. Other companies are slow or may be trying to "fill-in" appointment slots with smaller jobs just to keep their crews busy. Don't choose a company strictly by cost. Tree work is dangerous. Proper equipment, well-trained employees and insurance create high operating costs. It is worth paying more for peace of mind and excellent service.

• **Look at a copy of their insurance policy.** Coverage should include personal liability, property damage coverage, workers' compensation and damaged vehicles or home coverage.

• **Inspect their previous work by looking at their portfolio.** Each tree service company has a work style. Verify

that it suits your needs. Photos of past work might also be on their website.

• **Get a detailed written estimate of any work to be performed before signing a contract.** Responsible companies will provide detailed descriptions, along with the time and cost for your records. This estimate should also offer information about cleanup expectations. Are logs to be cut up or left for firewood? Will the company haul everything away or leave it for you to manage? Will leaves and twigs be raked up or run through a chipper? If they are removing an entire tree, what will happen to the stump?

• **Verify the workers wear proper safety gear.** They should be wearing helmets at all times. In addition, they should use face shields or protective glasses and steel-toe boots. The person who climbs the tree should have arborist climbing ropes, specialized safety and climbing gear, the proper saddle, helmet and safety glasses. ■

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HOW TO CHOOSE AN AUTO BODY REPAIR SHOP

From dents and scrapes to fender-benders and more intense damage resulting from an accident or weather-related incidents, you may have a need for an auto body repair shop.

Not surprisingly, shops specializing in this service can vary in quality, reliability and cost. It's not unusual for auto body repair estimates to differ by hundreds if not thousands of dollars. To get the best work at the fairest price requires an investment in time and asking the right questions.

Your insurance company more than likely has a list of "preferred shops" that they will encourage or demand that you obtain an estimate from. You are not required by Iowa law to utilize your insurance company's "shop." You choose where the work is done. Whatever shop you choose will need to be able to work off of the preferred shop's estimate. Many times, once a repair is started, there are additional costs. No fear, the body shop

will deal with the insurance company to be paid for those additional charges.

Your insurance company may indicate that, if you have repairs completed at a shop that is not "preferred" then they cannot ensure that a warranty will be given. This is a conversation that you need to have with your shop. Most reputable shops will have a written warranty they can provide.

Start your search by asking your friends, family and colleagues. Most of us have worked with an auto body shop at one time in our lives, and it's easier to ask those close to us for referrals for who they have used before.

Check out reviews. Many auto body shops will promote testimonials from prior customers on their websites. Reading valuable reviews and testimonials from people who've used their service before can help with the process of choosing an auto body shop.

Look for local shops. When you take

your vehicle to a local body shop, you're much more likely to be met by friendly faces, better service, use of top-quality parts, high standards and honest prices. They can maintain low overhead costs and provide friendly customer service.

Create a list of shops, contact them on the phone and ask some questions.

How long have they been in business? Do they provide free estimates? What is their turnaround time? Do they offer warranties? Do they work directly with insurance companies? What are their specialties? How soon can you bring your vehicle in for an inspection?

Consider prices. Are they comparable to other body shops? While you want to find a great deal, cheaper is not always better. Low prices may be tempting, but they could mean sub-par work, used parts and paint that is incorrectly applied.

Finding the right auto body shop will make the experience much more pleasant, and you will be happy with the repairs. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO CHOOSE A CATERER

For a passionate host, there's no better feeling than that pride you feel in sharing beautiful, great-tasting food with your guests, and no greater joy than showing everyone a great time at the table. A caterer can help you do all that — while keeping the event stress-free on you.

Follow these tips to ensure your best gathering ever.

BOOK WELL IN ADVANCE

The best caterers are busy year-round, and if you want to get on their schedule, start working with them the minute you have the details (date, time, location and approximate number of guests).

NARROW YOUR OPTIONS

The best way to choose a caterer is through experience and word of mouth. Did you go to a catered event where the food

was terrific? Find out who catered it. Ask around. What have you heard about the caterers in your area? Who does everyone rave about?

Once you've narrowed a few options, head to each caterer's website and get an idea of the kinds of foods they serve and events they specialize in. You can often tell if they're a good match by looking at the photos, menu descriptions, services and pricing they offer.

GET EVERYTHING IN WRITING

Your party will only be as good as the information you communicate with your caterer. When asking for a price estimate, let the caterer know as many details as you can give them, including your budget, the reason for the occasion, the timing of the event, and any further information they ask for.

Many caterers offer online forms that make getting a quote a breeze. In fact, getting all information down in writing is better than having numerous phone conversations, as there's less potential for misunderstandings. Dot the i's and cross the t's!

Once you get a quote, your caterer should send you a catering agreement. The catering crew will be working from this agreement, so make sure all details meet your expectations.

RELAX AND ENJOY

Whether you're hosting an intimate dinner party or celebrating one of life's great milestones, once you've hired a great caterer and have all the details ironed out, it's time sit back, relax and let the pros do the job of delivering great food — and making you look great, too. ■

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HOW TO SELL YOUR HOME FAST

Everyone with a home on the market wants their property to sell fast and for the highest price possible. It not only means money in your pocket, but also speeds up the move into your new home — not to mention the relief of not having to keep your place in tip-top shape every day.

However, the quick sale doesn't always happen due to timing, market fluctuations and the condition and attractiveness of your home.

But there are some time-tested steps you can take that will make it much easier to see a "sold" sign in your front yard quickly.

PRICING

The most important step is to price your home correctly at the outset. Price it too low, and you'll leave money on the table. Price it too high, though, and your home will take longer to sell.

To hit the pricing bull's eye, you've got to know what is comparable in your market. An appraiser can pull data about recent comps,

typically from the last six months, for sales of homes that are similar to yours.

The closer your price is to homes that are actually selling, the more likely you are to get a quick sale.

STAGING

Staging your home is sometimes thought of as an elaborate process that involves redecorating and renting beautiful furniture to make your interior look its best, but it doesn't always have to be that intense. Staging is about presenting your home in the most appealing way possible. The goal is to get buyers to imagine putting their own things in your home, so basic steps like clearing out clutter and removing your personal photos can help their imagination go to work.

PHOTOGRAPHY

For most buyers, the first impression of your house won't be made in person. It will be made through photos of your home they see

online or in print ads.

That's why it's critical to have good, quality photographs of your home.

In some markets, that might mean having a professional photographer shoot images of your home when it's staged at its best.

The more clear, well-lit pictures that show off the beauty and features of your home, the more buyers are likely to take the next step and schedule a showing.

FIX IT UP

Finally, you have to pay attention to details to make sure your home is in top shape cosmetically.

You'll want to make sure the gardens, flower beds and other landscaping are neat, clean and free of weeds. You should also make a checklist of simple handyman tasks to complete, like replacing burned-out light bulbs, making sure doors and hinges shut properly, and removing stains from your carpet. ■

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HOW TO CHOOSE A FINANCIAL ADVISOR

Working with a professional financial advisor could be the best investment you'll ever make. The best planners can help you meet your financial goals now and in the future. An advisor can bring their experiences and objective perspective to advise you on how best to save, invest and spend your money. They can also suggest avenues of money management. Some investments help lower your tax liability. Also they can help guide you through uncertain financial times.

To find a reliable financial advisor, start by asking your friends and family for suggestions. Research online for advisors in your area. Searching a potential advisor using brokercheck.finra.org will list any disclosures and the advisor's work history. Remember to research each advisor with an eye toward your own situation and goals. Once you have a list of possible advisors, set a time to meet, and see if the fit is right for you.

AREAS OF EXPERTISE

Financial products can contribute to your well-being and peace of mind. Some common investments are CDs, bonds, mutual funds, stocks and commodities. Weighing risk is essential. Some products will be better for your portfolio

than others. An experienced financial advisor can customize a portfolio especially for you. The financial advisor should also understand how much risk you want to take.

FEES OR COMMISSIONS

Inquire about how your advisor is paid for their services. Make sure you understand the fees you are paying, and that you are only paying for services you're actually using. Typically accounts are either fee based or commission based. A fee-based account charges a monthly fee based upon the value of your account. In a fee-based account you are able to make changes in the account without additional expenses. A commission-based account only charges a fee if, and when a trade is placed. The commission may be at the front end or back end for both the buy and sell depending upon the product.

Once everything has been completed to your satisfaction, you can choose a financial advisor. They will partner with you to reach your goals whether it's retirement, emergency savings, a vacation home, or another goal that you have. ■

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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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EDUCATION

By Ashley Rullestad

MEET Sarah Irlmeier

Student returns as teacher to her home district.

Sarah Irlmeier was born and raised in Grimes, graduating in 1996 before heading to Iowa State University to complete her degree in early childhood/ special education. She taught kindergarten in Indianola for nine years before staying home with her kids for 10 years. She moved back to Grimes with her family in 2009. In 2019, she returned to the classroom, teaching preschool at Heritage for two years, and she will teach kindergarten at North Ridge again this fall for the third year.



One of Sarah Irlmeier's favorite activities with her kindergarten students is the annual field trip to the zoo.

"We came back to Grimes because I wanted my own kids to have a great education, like I did, as well as live close to my parents and have a smaller town experience for them. I'm so excited to be in kindergarten this year because early childhood education is my love and passion. I love coming to school each day and watching each individual learn and grow. I truly couldn't imagine teaching anything else because I love this age and stage."

Irlmeier says she knew she wanted to be a teacher since childhood. In high school, she spent time helping in the classroom at South Prairie, which solidified her decision to major in education. Now that she is at North Ridge, she says she enjoys all of the staff, families and students. The principal, April Heitland, is supportive of each staff member and goes above and beyond to help teachers, she says. Irlmeier says she also enjoys her building because she is part of a kindergarten team that is the best support system to each other and which helps each teacher out daily, no matter what.

Kindergarten is both exhausting and extremely rewarding, Irlmeier says. Some of the challenges are to be expected. Kindergarten is the kids' first full day of school experience and sometimes there aren't enough arms to help when 23 students need something at one time. But, the hugs, sweet notes, each child's individual growth and kind words from families make the job rewarding, she says.

With kindergarteners, there is never a dull moment, she says. One of her favorite activities is the field trip they take to the zoo.

"On the way to the zoo, they are so excited to ride the bus and full of energy. On the way home, half fall asleep, and they are so exhausted. It's so cute," she laughs.

When she's not at school, you will find Irlmeier spending time with her husband, Nick, and kids, Paige, sophomore; Cole, freshman; and Will, third grade. She likes traveling, cheering on the Cyclones, golfing, supporting the kids in all their activities, movie nights, volunteering, crafting on her Cricut and reading. ■



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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.

Fall Festival Dallas Center

Aug. 25-26
Dallas Center

Fall Festival is known for being a family-friendly event that is the pride of Dallas Center. This year's theme is "Feeling Groovy in DC." Enjoy the carnival, parade, fireworks, live music, sand volleyball tournament, cow pie drop, cornhole tournament, car show, garden tractor pull, pedal pull, pie auction, 5K/1 mile road race, toddler trot, cribbage tournament, bingo, freewill donation BBQ and so much more. For more information, visit www.dallascenterfallfestival.com.



Ingersoll Live

Aug. 26, 3-10 p.m.
2800 block on Ingersoll Avenue

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.theavenuesdsm.com.

Halfway to St. Pat's Car Show

Sunday, Sept. 17
Mugsy's Pizza House, 1225 Copper Creek Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.



Latino Heritage Festival

Sept. 23-24
Western Gateway Park, 100 Grand Ave., Des Moines

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. www.latinoheritagefestival.org.

Rock Around the Clock Concert Series

Thursdays, Sept. 14 - Oct. 12, 5:30-8 p.m.
Heritage Park, 1055 N.E. Beaverbrooke Blvd.

Introducing the Grimes Rock Around the Clock Concert Series sponsored by Aquilo Financial Group. Enjoy performances by local bands and multiple food trucks.

Sept. 14 – Abbie & the Sawyers

Sept. 21 – The Cardinal Sound

Sept. 28 – Vinyl Vagabonds

Oct. 5 – Mike Moody and the Outlaws

Oct. 12 – Cherry Pickers

Attendees are asked to bring a nonperishable food item or a monetary donation to the Grimes Storehouse for admission.

World Food & Music Festival

Aug. 25-27
Western Gateway Park, 1205 Locust St., Des Moines

Enjoy a weekend of international cuisine, live music and performances. For a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.



Oktoberfest

Sept. 22-23
Lauridsen Amphitheater, Water Works Park, 2251 George Flagg Parkway

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HEALTH

By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children. In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

LAWN CARE

By Kevin Johnson

WEEDS, weeds, weeds

Unfortunately, weeds in your lawn are just like weeds in your garden or flowerbeds. They continue to germinate throughout the growing season, which can affect the looks of your lawn. Repeat applications are often necessary to keep weeds at bay throughout the year. Here are some of the usual offenders:

- **Crabgrass/Foxtail:** These annual weeds are normally controlled best by a pre-emergent application. A lawn care professional has access to superior post-emergent products that can provide some control if it has become a problem in your lawn.

- **Yellow Nutsedge:** Though not a true broadleaf weed, this weed can become prevalent in your lawn if the right growing conditions exist. This plant has a slightly yellowish-green appearance in a spikelet form that usually grows faster than your grass. At the base of the plant, the stem forms a three-sided triangle that you can feel. It can be controlled with special products. Always check to see if there is an additional charge.

Oxalis, Spurge, and other broadleaf weeds, fortunately, can be controlled. Control can be slow if it is extremely hot or dry. The broadleaf weed control products used to provide control work best when the weeds are actively growing.

Consult with a lawn care professional or nursery specialist about how to eliminate these weeds from your lawn. ■



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

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WITH dignity and respect

Dallas Center group helps those in need.

It's people like Bob King who have helped Dallas Center achieve recognition as one of the Healthiest Hometowns in Iowa by the 2022 Wellmark Community Awards.

As president of Sustaining Active Independent Lives in Dallas Center (SAILDC) board of directors, King and others like him have taken it upon themselves to lend a helping hand to those who might not be able to do things on their own.

"Our major effort is providing non-emergency transportation to medical facilities and shopping for people of all ages who cannot drive," he says. "This includes taking people for kidney dialysis, physical therapy, and accompanying them to visits with medical specialists."

King adds that the group also helps frail or visually challenged clients do routine shopping and also organizes a community effort to remove snow at homes where people are not healthy enough to remove it themselves. The group has strong links with the Dallas County Health Department's Health Navigators who help people find other resources as needed.

SAILDC serves Dallas Center and a 7-mile radius of homes in the Dallas Center area, including the community of Minburn. But while their reach is far, their mission is simple: "to help residents remain in their homes and maintain their independence and dignity."

"People who live alone, or with aging partners, are often only one fall or loss of eyesight or decline in health away from being forced to leave their homes," King says. "We also encourage aging people to seek routine medical care. These risks to sustaining long-term health are particularly acute where alternate transportation is not readily available. SAILDC drivers and shovellers help basically healthy people who wish to live independently safely stay in their homes for as long as possible."

From July 2022 to June 2023, SAILDC provided transportation for 19 people on 280 trips over 5,800 miles.

"We also coordinated community efforts to clear the snow from 12 homes and the ice rink," King says. "We currently have 14 drivers and at least that many people who help with snow removal as needed."

Every incorporated social organization in Dallas Center — including all the churches, the Rotary Club, Beta Sigma Phi, the American Legion, Spurgeon Manor and the Dallas County Health Department — participated in creating the organization, he adds.

"We are a small volunteer group serving a small community that provides strong support for us," he says. "Our City Council pays for our liability insurance. The Presbyterian Church collects gift cards for our drivers every Christmas. The Dallas Center Brewers and Smokers and several patrons generously provide for the rest of our needs. We would also be remiss in not recognizing the tremendous support from the Grimes Volunteer Support Services (GVSS) who were instrumental in helping us organize and continue to provide ongoing support with advice and medical equipment when needed."

Those interested in being a part of the effort can call 515-344-2074 or reach out at SAILDC, Box 123, Dallas Center, Iowa 50063. ■



Sustaining Active Independent Lives in Dallas Center (SAILDC) drivers, from left: Anne Miles, Marge Lowe, Don Siegrist, Carole Hoover, Bruce Minger, Mary Werch, Bob Findlay, Kate Sheets and Bob King.

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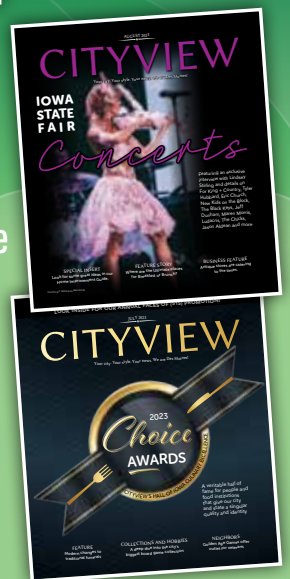
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READY to lend a helping hand

Scales is committed to helping others.

When Halsey Scales moved to Grimes three years ago, she knew she wanted to give back to the community in whatever way she could. She says this is an extension of her being raised with the values of putting others above herself, reaching out to others in times of need and being available to lend a helping hand.

Today, Scales volunteers her time with Grimes Volunteer Support Service (GVSS) — an all-volunteer organization that assists seniors and people with disabilities by fulfilling transportation needs and other service requests.

“I make the time to volunteer because it’s important to me, plain and simple,” Scales says. “It allows me to grow as a person, learn more about the people my community serves and, hopefully, fingers crossed, allows the organization to still be around when I may one day need it.”

Prior to moving to Grimes, Scales’ volunteering revolved around underprivileged youth, as she worked as an employee of a school district that served a large number of them.

“I noticed that a lot of these students would report to school in the same outfit they had on for days,” she explains. “I then began my

work of asking members of that community to donate clothes and backpacks that were not serving their family’s needs anymore.

“With the massive amount of clothes I received, I was able to start a closet in the school that provided these students a place to fill backpacks full of clothes to add to their personal closets at home,” she adds. “Allowing these students to take them home in backpacks not only enabled it all to happen under the radar, but it also served as a new backpack for the students to use. To this day, this is still a staple in my old community.”

For Scales, volunteering is what community is all about.

“Helping your neighbors, elevating the place you live and allowing you to put your head on your pillow at night and know that you did something for someone else ... it just makes my heart happy when I can help someone else,”



Halsey Scales volunteers her time with Grimes Volunteer Support Service.

she says.

Scales encourages others to volunteer because she hopes everyone sees the importance of giving, for they may one day be the ones receiving.

“We are the future of our communities,” she says. “We are the ones who serve now, so I will always help those who served before me.” ■



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

PILLARS in Grimes

I had the pleasure of attending the 2023 Iowa Character Awards presented by Drake University. This event highlights role models throughout Iowa and recognizes them as someone who impacted their community. Listening to the stories from each recipient, several people and businesses from Grimes who also represent these traits came to mind. Although we're growing, we're not a large community. Nevertheless, we have an extensive number of citizens and businesses that represent well the six pillars of character.



At some point in elementary school, you likely learned the pillars. If you need a reminder, allow me to help. They include Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

As board chair of Grimes Chamber and Economic Development, Citizenship is the pillar that stands out to me. Webster defines citizenship as "membership in a community." However, local citizens of Grimes have more in common than living in the same community. We strive to be informed and engaged and passionately promote good character. Examples include having coaches who teach good sportsmanship, cleaning up trash at Governors Days, volunteering with the Chamber's Total Resource Campaign, and more.

We fortunately live in a community with engaged citizens who donate both their time and resources. As Grimes continues to grow, the need for volunteers and "pillars" in our community will be increasingly needed. If you've considered volunteering at a community activity, I encourage you to contact the organization you're interested in learning more about and take the first step towards becoming a pillar in Grimes.

Here are a few local organizations that rely heavily on volunteers:

- Grimes Storehouse is a local food pantry that provides food and services free of charge to local individuals/families who need basic food and supplies.
- GVSS is a charitable organization that assists seniors and disabled individuals so they can continue to live in their homes. As an all-volunteer organization, they fulfill transportation and other service requests for those in need.
- Special Olympics of Iowa has a mission to provide year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities by giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and the community.
- Habitat for Humanity is not based in Grimes, but several businesses have supported it by providing opportunities for their employees to volunteer on building projects. The organization brings people together to build homes, communities and hope. GDM Habitat is a nonprofit, ecumenical Christian ministry founded on the conviction that every person should have a decent, safe and affordable place to live.

I encourage you to get involved, volunteer and have fun with your fellow residents of Grimes. Together we can make a difference and improve our community. Any one of us can be an example for future leaders by representing good character. Anyone can promote civility through character development and adopting the six pillars of character. Why not you? ■

Information provided by Cyle Taylor, Board Chair, www.GrimesIowa.com.

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OUT & ABOUT



Tim Short, Thomas Harmsen and Scott Gustafson at the Dallas County Hospital Family Medicine in Dallas Center ribbon cutting on July 28.



The Dallas Center Betterment Group hosted a ribbon cutting for Dallas County Hospital Family Medicine on July 28. Dallas County Hospital now owns and manages the Dallas Center clinic.



Dallas County Hospital doctors and administrators with Dallas Center business owners and leaders at the Dallas County Hospital Family Medicine in Dallas Center ribbon cutting on July 28.



Dallas County Hospital Family Medicine in Dallas Center. Back row: Deane Baldwin, Rhonda Kadlecsek, Rhonda Kilts and Brandi Deemer. Middle row: Jennifer Steelman and Genevieve Budrevich. Front row: Sheri Schroeder and Dr. Nick Palmer.



Erin Lego and Morgan Hurd at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Kelli Vorrath and Nicole Berger at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Rhiannon Thompson and Brian Bueth at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Johnathan Sovath, Dini Anderlik, Ryan Rivera and Halsey Scales at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Wanda Armstrong, Tom Letsch and Jay Brewer at the Grimes Chamber of Commerce Lunch and Learn on June 14.

OUT & ABOUT



Craig VerHuel and Jake Anderson at the Grimes Chamber of Commerce Lunch and Learn on June 14.



John Palmer and Cyle Taylor at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Donna Foster, Cindy Manning, Barb Rothfus and Donna Moore at the Grimes Chamber of Commerce Lunch and Learn on June 14.



Pam Woodard, Dan Kline, Dan Hetzel and Clint Dudley at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Jake Anderson, Brian Buethe and Brad Armstrong at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Lu Anne Gafford and John Palmer at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Gloria Perry and Jay Brewer at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Halsey Scales and Gina Chandler at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Garrett Neel and Holly Patterson at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Chad Allison and Anthony King at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.



Nick Washburn and Erin Lego at the Grimes Chamber of Commerce Off the Clock at Shade Tree Auto on June 15.

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How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



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