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OCTOBER 2023

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Grimes, Johnston and Dallas Center residents share their favorites



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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Johnston, Grimes and Dallas Center. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Johnston, Grimes and Dallas Center as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate their being in these communities.

As always, thank you for reading, and thank you for voting, too. ■

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RESIDENTS' CHOICE AWARDS

Grimes, Johnston and Dallas Center residents share their favorites

Another year has rolled around, and it is once again time to check in with local residents about their favorite professionals, businesses, local attractions and more.

The results of the Grimes, Johnston and Dallas Center Residents' Choice Poll have been tallied, and congratulations are in order. Many of last year's favorites return to the top three, but some new ones have also emerged. Regardless, all can truly be proud, for they have earned the respect and loyalty of those who matter most — customers. From favorite restaurant to hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

It appears residents are sweet on Grimes and Dallas Center. For ice cream, residents say Heavenly Delights is their go-to, while the dessert destination is Korner Kone Eats N' Treats. And Grimes seems to be the place to be for a night out, as all three favorite bars are there: Stevie C's, Pour Choices Neighborhood Bar and Uptown Bar & Grill.

Residents find plenty of other entertainment in Grimes, including Sky Zone Trampoline Park, favorite spot for dads to take the kids; Emerge Academy, favorite spot for kids' birthday parties; and Beaver Creek Golf Club, favorite golf course. And that's just the beginning.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. To the top three, great job dazzling your customers. To those striving to be in next year's winner's circle, get in gear now. The competition is fierce.



Spencer James at Emerge Academy. Emerge Academy was chosen as residents' favorite in four categories, including favorite place to take the kids or grandkids.

Grimes, Johnston and Dallas Center Residents' Choice for Favorite ...

(Runners up in alphabetical order)

Restaurant: Trostel's Greenbriar

Restaurant and Bar, Johnston

Runners up: Destination Grille, Grimes; Hacienda Vieja, Grimes

Restaurant for breakfast: Cozy Cafe, Johnston

Runners up: Hy-Vee; Sugar Grove Goods, Dallas Center

Restaurant for lunch: Korner Kone Eats N' Treats, Dallas Center

Runners up: Charlotte's Kitchen, Johnston; Pour Choices Neighborhood Bar, Grimes

Restaurant for dinner: Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: Destination Grille, Grimes; Hacienda Vieja, Grimes

Restaurant for dessert: Korner Kone Eats N' Treats, Dallas Center

Runners up: Heavenly Delights, Grimes; Van Dee's Ice Cream Shoppe, Johnston

Place for ice cream: Heavenly Delights,

Grimes

Runners up: Korner Kone Eats N' Treats, Dallas Center; Van Dee's Ice Cream Shoppe, Johnston

Pizza establishment: Pagliai's Pizza, Johnston

Runners up: Bredeaux Pizza, Grimes; Casey's General Store

Bar: Stevie C's, Grimes

Runners up: Pour Choices Neighborhood Bar, Grimes; Uptown Bar & Grill, Grimes

Coffee shop: Starbucks

Runners up: Scooter's Coffee; Sugar Grove Goods, Dallas Center

Caterer: Hy-Vee

Runners up: Cyd's Catering, Johnston; Jethro's BBQ n' Pork Chop Grill, Johnston

Server/bartender: Brittany Richards, 1st Street Tavern, Grimes

Runners up: Heather Loops, Trostel's Greenbriar Restaurant and Bar, Johnston;



Bailey Osterhout, Board & Batten, Dallas Center

Auto service: Finishline Auto Works, Grimes

Runners up: Christian Brothers Automotive, Grimes; Shade Tree Auto, Grimes

Auto body shop: Finishline Auto Works, Grimes

Runners up: Christian Brothers Automotive, Grimes; Minor Wreck Express, Johnston

Car dealership: Toyota of Des Moines, Grimes

Runners up: Audi Des Moines, Johnston; Bam Motors, Dallas Center

Preschool/day care: Kids Korner, Dallas Center

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FEATURE

Runners up: Generation Next Child Development Center and Preschool, Johnston; Johnston KinderCare, Johnston

Nonprofit: Johnston Partnership

Runners up: Children's Cancer Connection; Grimes Storehouse

School: Dallas Center Elementary

Runners up: Dallas Center Grimes High School; Wallace Elementary, Johnston

Park: Terra Park, Johnston

Runners up: Dewey Park, Johnston; Mound Park, Dallas Center

Community festival/event: Dallas Center

Fall Festival

Runners up: Grimes Governors Days; Johnston Green Days

Church: Lutheran Church of Hope

Grimes

Runners up: NorthPoint Church, Johnston; St. Peter Lutheran Church, Grimes

Pastor: Jeremy Carr, NorthPoint Church, Johnston

Runners up: Mark Schlenker, St. Peter Lutheran Church, Grimes; Ben Wedeking, Prairie Creek Church

Chamber of commerce: Grimes Chamber and Economic Development

Runners up: Dallas Center Betterment Foundation; Johnston Chamber of Commerce

Grocery store: Fareway

Runners up: Aldi, Hy-Vee

Boutique: Purple Poppy Boutique, Johnston

Runners up: 2 Harts Boutique, Grimes; Brown Eyed Girl, Dallas Center

Retail store: Christopher's Rare Coins, Johnston

Runners up: Board and Batten, Dallas Center; Johnston Ace Hardware

Thrift store: Many Hands Thrift Market, Grimes

Runner up: Goodwill of Central Iowa, Johnston

Home improvement retail store:

Menards, Grimes

Runners up: Johnston Ace Hardware; Kempker's True Value and Rental, Grimes

Liquor store: Hy-Vee Wine & Spirits

Runners up: Spirits Liquor, Grimes; WineStyles, Johnston

Nursery/garden center: Canoyer Garden Center, Grimes

Runners up: Bentley Ridge Tree Farm, Grimes; Earl May Nursery and Garden Center,

Grimes

Place to purchase a gift for a man:

Menards, Grimes

Runners up: Board and Batten, Dallas Center; Johnston Ace Hardware

Place to purchase a gift for a woman:

Purple Poppy Boutique, Johnston

Runners up: Brown Eyed Girl, Dallas Center; Canoyer Garden Center, Grimes

Dad/child date spot: Sky Zone

Trampoline Park, Grimes

Runners up: Backpacket Pin and Pixel, Johnston; Korner Kone Eats N' Treats, Dallas Center

Mom/child date spot: Korner Kone Eats N' Treats, Dallas Center

Runners up: AMC Theatres, Johnston; Sky Zone Trampoline Park, Grimes

Place to take your mom and dad:

Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: Central States Mobility, Johnston; Korner Kone Eats N' Treats, Dallas Center

Place to take your kids or grandkids:

Emerge Academy, Grimes

Runners up: Korner Kone Eats N' Treats,



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FEATURE

Dallas Center; Sky Zone Trampoline Park, Grimes

Children's birthday party spot: Emerge Academy, Grimes

Runners up: Mid Iowa Gymnastics, Grimes; Sky Zone Trampoline Park, Grimes

Golf course: Beaver Creek Golf Club, Grimes

Runner up: Hyperion Field Club, Johnston

Hair salon: Talking Heads Salon, Grimes

Runners up: PURE Salon Aveda Johnston; Studio S, Dallas Center

Health clinic: MercyOne Johnston Pediatrics Care, Johnston

Runners up: The Iowa Clinic Johnston; UnityPoint Clinic Family Medicine - Grimes

Dental office: Furrow Family Dentistry, Johnston

Runners up: Grove & Platt Dental Associates, Grimes; Johnston Dental, Johnston

Orthodontist: Mann Orthodontics, Grimes

Runners up: Grove & Platt Dental Associates, Grimes; Iowa Orthodontic Solutions, Johnston

Mental health service: Family Legacy Counseling, Johnston

Runners up: Providence Place, Grimes;

RedCouch Counseling, Johnston

Chiropractic office: Kleckner Chiropractic Clinic, Grimes

Runners up: Herrmann Family Chiropractic, Johnston; Nerem Family Chiropractic, Grimes

Vision care: Total Family Eye Care, Grimes

Runners up: Lifetime Vision, Johnston; Precision Family Eyecare, Grimes

Health club or gym: CrossFit 8035 West, Grimes

Runners up: Anytime Fitness; Emerge Academy, Grimes

Pharmacy: Hy-Vee Pharmacy

Runners up: Medicap Pharmacy, Walgreens Pharmacy

Cosmetic services: Central Iowa Dermatology, Johnston

Runners up: The Aesthetic Bank, Grimes; Studio IV, Grimes

Physical therapy: Athletico Physical Therapy - Johnston

Runners up: Elevate Physical Therapy and Sports Medicine, Johnston; Rock Valley Physical Therapy, Grimes

Dance studio: Inspiring Dance, Grimes

Runners up: Black Pearl Dance Academy,



Veterinarian and Owner of Prairie View Animal Hospital Lisa Thilges and her husband and practice manager, Dave Thilges. Prairie View is residents' choice for favorite vet clinic.

Grimes; Dance Vision, Johnston

Gymnastics studio: Emerge Academy, Grimes

Runners up: Inspiring Dance, Grimes; Mid Iowa Gymnastics, Grimes

Tumbling studio: Emerge Academy, Grimes

Runners up: Inspiring Dance, Grimes; Mid Iowa Gymnastics, Grimes

Financial planner: Danny Beyer, Iron Horse Wealth Management, Johnston

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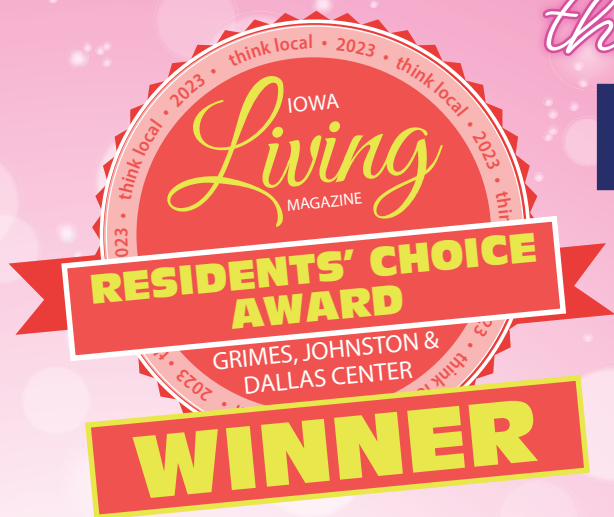
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Law firm: Brown, Fagen & Rouse, Dallas Center and Grimes

Runners up: Letsch Law Firm, Grimes; Danilson Law, Johnston

Accounting firm: ThornTree CPA

Services, Johnston

Runners up: Accounting & Tax Professionals, Grimes; Loren Merkle, Merkle Retirement Planning, Grimes

Veterinarian: Prairie View Animal Hospital, Grimes

Runners up: Grimes Plaza Veterinary Clinic, Grimes; Westfield Veterinary Hospital, Johnston

Dog groomer: Clean & Breezy, Johnston

Runners up: Dog Grooming by Dani; Klise Dog, Johnston

Pet care: Dogwoods Lodge, Grimes

Runners up: Grimes Plaza Veterinary Clinic, Grimes; Prairie View Animal Hospital, Grimes

Lawn care business: CLK Lawn Care, Dallas Center

Runners up: Colby's Lawn & Landscape,

Johnston; Yardworks Lawncare & Landscaping, Grimes

Landscaping company: CLK Lawn Care, Dallas Center

Runners up: Bentley Ridge Tree Farm & Nursery, Grimes; Yardworks Lawncare & Landscaping, Grimes

Heating and cooling business: Chas W.

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Runners up: Golden Rule Plumbing, Heating, Cooling, Electrical, Grimes; Kohles & Bach Heating and Cooling, Johnston

Electrical business: Deaver Electric, Grimes

Runners up: Elite Electric & Utility Contractors, Dallas Center; Luellen Enterprises, Dallas Center

Plumbing company: Golden Rule Plumbing, Heating, Cooling, Electrical, Grimes

Runners up: Elite Electric & Utility Contractors, Dallas Center; Roto-Rooter Des Moines, Grimes

Senior living establishment: Edencrest at Green Meadows, Johnston

Runners up: Kennybrook Village, Grimes; Spurgeon Manor, Dallas Center

Insurance Company: Glenn

Waterhouse, State Farm Insurance, Johnston

Runners up: Andrea Sabus, State Farm Insurance, Grimes; City State Bank Insurance, Grimes

Realtor: Steve R. Nissly, RE/MAX

Concepts, Dallas Center

Runners up: Joleen Roskamp, RE/MAX Precision, Johnston; Casee Woodley, RE/MAX Precision, Johnston

Bank/credit union: City State Bank

Runners up: Charter Bank; Raccoon Valley Bank

Photographer: Simply You

Photography by Katie Ramsey, Grimes

Runners up: Becky Peterson Photography; Kari Bruck Photography, Johnston

Place for guests to stay: The Church in Town, Dallas Center

Runners up: Hilton Garden Inn Des Moines/Urbandale, Johnston; Stoney Creek Hotel and Conference Center, Johnston

Homebuilding/remodeling contractor:

Renov8 IA, Johnston

Runners up: Brenner Built, Grimes; Cover's Construction, Dallas Center ■



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LEGAL

By Cynthia P. Letsch, J.D.

ESTATE Planning 101: Avoiding probate with a revocable living trust

This is part of our ongoing series: Estate Planning 101. Last month, we discussed how and when a last will and testament is used. It is only used if a formal probate process is needed. Generally, there is no need to have a formal probate process if there are no orphaned assets. Probate is an expensive and very public process. Therefore, the goal for many people is to avoid the public probate process.

Some people attempt self-help to avoid having orphaned assets by putting children's names as joint owners on bank and investment accounts and/or transferring real estate to children, either directly or as joint owners. For the lucky few, this may work fine. But, for many, this causes more problems than it solves. Each of these are gifts that cannot easily be ungifted if your circumstances change in the future. If you have done this, your assets are now also your children's assets (real estate is subject to your child's spouse's rights, as well) and subject to their life events: marriage, divorce, creditor problems, etc. The problems you can unknowingly create are many. Refer to my January 2023 article titled 3 Tips to Avoid Probate for more information.

The most common tool to avoid probate is a revocable living trust. Think about it like a soft serve ice cream cone. The document the lawyer writes is the cone. You design it. The trustee is the person who holds onto the cone and keeps the ice cream away from the heat. You can hold on to the cone while you are alive and capable. You choose who will hold on to the cone if you become incapacitated and after you have died. The beneficiaries are the people who get to eat the ice cream. While you are alive, you get to eat the ice cream. You choose who gets to eat the ice cream after you have died. You may even decide to put ice cream in a cup for a person with a disability, at your death, thus protecting that person's government benefit entitlement and the remaining ice cream. (See the July 2023 article: Special Needs Planning). You can squish the ice cream, add more ice cream, take ice cream out, etc. anytime you want. At your death, your trustee takes over and dishes out the ice cream according to your wishes. No orphaned assets. No probate. ■

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.



A portrait of Cliff Cunanan, a man with grey hair and glasses, wearing a dark suit and a patterned tie, smiling. He is positioned in front of a green circular graphic. In the background, a woman with curly hair wearing an orange sweater is leaning over a stack of cardboard boxes.

Cliff Cunanan

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'FIDUCIARY' is an important word

"Fiduciary" is a funny but important word to consider when finding the right person to help you plan for retirement. It comes from the Latin "fidere," meaning "to trust." The term may not roll right off your tongue, but we all understand and value the concept of trust.

In the financial industry, a fiduciary must, by law, act impartially and provide advice that is in their clients' best interest. Choosing a fiduciary can help put you at ease when looking for the right retirement planner. This person should be transparent and thoroughly explain investment options and fees. If you are working with someone who doesn't have a fiduciary duty to you, you have fewer legal options should you discover that your best interests were not served. When interviewing a potential retirement planner, a few questions are, "What's your legal obligation to my investments?" and "What investment services or advice will you be providing me?" It's also a good idea to ask for regulatory documentation on how they handle conflicts of interest and what procedures they have to ensure your best interests are placed before theirs.

Check that your retirement planners are all investment advisors registered with the U.S. Securities and Exchange Commission. They will uphold the regulatory requirements needed to be financial fiduciaries.



Aside from regulatory requirements, being a fiduciary is necessary to protect the families and individuals they work with.

Some retirement planners have also passed a rigorous certification and training process established by the National Association of Certified Financial Fiduciaries to obtain the Certified Financial Fiduciary designation. While the other financial designations you might see cover the legalities of a fiduciary, there is no other designation that focuses solely on understanding and being the best fiduciary one can be. This training not only puts retirement planners in a better position to help families and individuals plan for retirement, it keeps the critical word "trust" at the forefront of the entire retirement planning process. Obtaining the Certified Financial Fiduciary designation allows retirement planners to apply a wide array of knowledge to your retirement and ensure that all facets of your plan are intentional, customized and transparent.

When planning for retirement, the Latin you may want to live by is "carpe diem." This phrase means to seize the day, enjoy the moment, and worry less about tomorrow. Finding a retirement planner you trust can help you do just that. ■

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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TREE sculpture in Memorial Park

A new Dallas Center landmark

Dallas Center has a new landmark in town.

Located in Memorial Park, an old tree was turned into a sculpture that depicts native wildlife.

"Bob King and company were most interested in wildlife for the carvings," sculptor Gary Keenan says, adding that he will be working on another one in Memorial Park this month. "The carving that is done was a large ash with three limbs. Native wildlife is most popular, so we went with a squirrel, owl and racoon."

This past September, a joint event was held that combined the Walk to End Alzheimer's and sealing the surface of the new tree sculpture. As walkers passed the sculpture, they were able to stop and help coat the sculpture with urethane to protect and extend its life.

Mary Werch, chair for the Parks and Recreation Board, shares that the idea for sculpting trees came about when a board member saw some of Keenan's work in Winterset's City Park and brought the idea to the board.

"We were getting quotes for taking down some dead ash trees and had several evaluated for carving," she says. "The community got behind the idea, and, on a wonderful late summer weekend, the carving took place. Some people spent Sunday afternoon in lawn chairs watching the figures emerge from the tree."

Werch says the sculpture adds life to Memorial Park where the disc golf course is located and will be viewed by more than just local residents.

More trees are slated to come down next year, and the hope is that one in Mound Park will be suitable to carve.

Keenan explains that his process of making tree sculptures starts with the use of a large chainsaw to remove the larger pieces of wood.

"With a trunk that large, it's necessary to trim away the base, otherwise the animals appear small in relation to the trunk," he shares. "I picture the animals in my mind, in a position that works with the size and angle of the limbs. I switch to smaller saws with smaller bars and chains that work best to shape the animals. I use die grinders with specialized bits to burn in the eyes. I use a torch to provide the camouflage stripes on the owl."

While Keenan enjoys the entire process of his work, the part he appreciates the most is the detail and finishing.

"I feel very fortunate to have discovered that I can do this," he says. "I believe that everyone has a talent, but, unfortunately, many never discover what that is. One is very lucky to enjoy their career." ■



Participants in the Walk to End Alzheimer's had the opportunity to stop and help add a coat of sealant to the surface of the new tree sculpture in Memorial Park.

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Q: Does blending fruit change its nutritional content?

A: We have talked about this in previous articles, but let me just say it again: Sometimes fitness concepts can be controversial. Some people say one thing and other professionals say another. It can be confusing at times. The nutrition aspect can be the same way, too. I say this because recently there is a misconception going around regarding smoothies. The claim is that eating a banana (or any fruit or vegetable) just plain is more nutritionally beneficial than putting it in a smoothie. Simply said, that blending it up changes the nutritional content of the fruit or vegetable. It is not true at all. There is no difference. The makeup is still the same. Now, if we were talking about juicing, then yes, it can change the nutrition of it. The major difference is that, when it comes to juicing, you often have to peel whatever you are putting in there, and the peel of the fruit or vegetable does contain a good portion of fiber. So yes, you would be taking some of the nutritional benefit out of it. As long as you are not adding a lot of sugars, blending everything into a smoothie is completely OK. Whether it is juicing, drinking a smoothie, or eating it raw, just make sure you are getting those fruits and vegetables in. They are big on vitamins, nutrients and fiber. ■



Information provided by Haley Powers-Risdal, certified personal trainer/head coach at Anytime Fitness 255 S.W. Brookside Drive, 515-300-9262, GrimesIA@anytimefitness.com.

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YOU'VE received an inheritance. Now what?

If you've recently received an inheritance, you will be facing many important decisions. Receiving an inheritance might promote spending without planning, but don't make any hasty decisions. Here are some suggestions that could help you manage your inheritance.



• **Identify a team of trusted professionals.**

Tax laws can be complicated, so you might want to consult with professionals who are familiar with assets that transfer at death. These professionals may include an attorney, an accountant, and a financial and/or insurance professional.

• **Consider tax consequences.** While you might not owe income taxes on the assets you inherit, your income tax liability may eventually increase, particularly if the assets you inherit generate taxable income. For instance, distributions you receive from inherited tax-qualified plans such as 401(k)s or IRAs will likely increase your taxable income. Also, your inheritance may increase the size of your estate to the point where it could be subject to state and/or federal transfer (estate) taxes at your death. You might need to consider ways to help reduce these potential taxes.

• **How you receive your inheritance makes a difference.**

Your inheritance may be received through a trust, in which case you'll receive distributions according to the terms of the trust. You might not have total control over your inheritance as you would if you inherited the assets outright. If you inherit assets through a trust, it's important that you familiarize yourself with the trust document and the terms under which you are to receive trust distributions.

• **Develop a financial plan.** Consider your future needs and how long you want your wealth to last. It's a good idea to take some time after inheriting money to formulate a financial plan. You'll want to consider your current lifestyle and your future needs, then formulate a financial strategy to meet short- and long-term goals.

• **Evaluate your estate plan.** Depending on the value of your inheritance, it may be appropriate to re-evaluate your estate plan. Estate planning involves conserving your money and putting it to work so that it best fulfills your goals. It also means helping reduce your exposure to potential taxes and possibly creating a comfortable financial future for your family and other intended beneficiaries. ■

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

LUNA the Grimes Great Dane

Recently, the town of Grimes came together in a unique way as residents worked together to help a lost Great Dane that was roaming the area. Unni Stuart, known for her rescue and animal-related efforts in Grimes, became aware of the dog when Jason Hofbauer contacted her on Aug. 7 to see if she happened to know the animal. She did not, but soon was working with Polk County Animal Control to determine how best to keep the dog safe. Polk County Animal Control decided it was too risky to pursue the skittish dog as she was sitting next to Highway 44, and they were worried she'd run into traffic.

The following morning, Stuart contacted Lana Schroder from Upper Midwest Great Dane rescue, and they started working together. They called the dog Luna and posted "found dog" notices on multiple Facebook pages. The dog's movements were monitored as she spent the next three days in a field and a wooded area. Chereen and Mike Broderick and Gina Knudsen, who live nearby, monitored the fields for them.

Then, Terry and Brandie Davis offered their assistance in building a Missy trap, a specific type of trap used to catch large, skittish dogs. The Davises' greyhound Baloo had gone missing

eight years ago for eight weeks, and they had to build such a trap to catch him. Doug Schroder and Jeromy Robb assisted in the build for Luna's trap.

Over the next several days, they had multiple sightings, but the dog continued to be elusive. At one point, Stuart had her eating next to her car, but she still stayed about 15 feet away from people.

"Grimes people were an enormous help in reporting sightings and keeping her safe. The town followed her story daily and got to love her. Some even suggested to make Luna a mascot. It was wonderful to see the town come together for the cause of helping Luna."

On Aug. 15, Scott Willemsen called Stuart to report Luna was on his property. With a calm manner and lots of patience, he was able to get her in his garage with tasty treats. Luna was saved.

Schroder and Stuart took Luna in to Blue Pearl for emergency care. She had been limping



Unni Stuart and the rescue team

and had some leg swelling, and she was diagnosed with an ulnar chip fracture.



Stuart says she is grateful to all the people who put in an enormous amount of hours to keep Luna out of danger and get her rescued safely. Luna will now be put up for adoption. Applications are currently being accepted at lschrod1@msn.com for anyone interested in welcoming the big pup to their home. You can also stay up to date on Luna's progress through her Facebook page: Luna, the Grimes Great Dane. ■

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TOUR TIPS: finding a senior living community

Whether you're considering an Independent Living, Assisted Living, or Memory Care community for your loved one or yourself, you'll want to make sure it's a great fit.

The number of housing options for seniors is increasing. That makes it harder to choose the right community.

It's important to explore the possibilities with someone you trust. Asking the right questions and keeping an eye out for some common indicators of quality should give you more insight into what you'll find in any given senior living community.

What is the quality of life here? When you visit a possible new residence, current residents are your best resource. Don't be afraid to ask how they like living in their community. Ask for an activity calendar that you and your loved one can review to find matching or new interests.



Are the community surroundings clean and inviting? You want to be sure you are in an environment where you are confident about the cleanliness — and completely comfortable with living there.

Look at the outdoor spaces as well as the indoor ones. Are there walking paths and gardens? Are there opportunities for residents to enjoy these spaces comfortably and safely? What kind of care does the community provide? How do they meet the needs of their residents? Because everyone's needed level of care is different, it's important to let staff know exactly what you are looking for.

Make sure you familiarize yourself with the specifics offered in assisted living, independent living, rehabilitation and memory care. Ask about assistance with the daily tasks of living, including medication management, bathing, dressing and attending meals or events around the building.

Are the staff kind and caring? The importance of staff to the senior living experience cannot be overstated. Ask residents how they feel about staff. You should also

observe staff and resident interactions throughout your visit.

Were you invited to dine at the community? How was the experience? Mealtime is central to the quality of life at every care community. Are the food choices fresh, healthy and tasty? What is service like in the dining room? Are there choices for variations on the daily dining experience? Would you want to eat there again?

While choosing the right community may take some time, asking the right questions can bring you closer to finding what you want. Don't be afraid to return to a community and tour it again before selecting it. Pay attention to your instincts, as well. Many times, you will "know" if a community feels like the right one. The answers you receive will confirm those feelings. ■

This content provided by Cassia/Meadowview of Clive. For more information contact Connie Bever, Sales Director, Connie.Bever@cassialife.org, 515-644-8740, 3300 Berkshire Parkway, Clive, IA 50325.



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HEALTH

By Elijah Evans

EMOTIONAL validation makes or breaks relationships

Emotional validation is a critical skill for healthy relationships. To validate someone's emotions is to communicate the understandability or reasonableness of their feelings. This is not the same as agreeing with the person's stance, and, in fact, this skill becomes all the more important when the feelings of the person you are acknowledging are different from your own. For example, I find coffee disgusting, but, for all the coffee lovers out there, I respect that, to you, it is an invigorating brew in which you find genuine satisfaction. The alternatives to validation include the assertion of one's own perspective (e.g. coffee is gross) or attempts to change a person's feelings (e.g. arguing tea is the superior hot, bitter beverage). These alternatives become problematic when responding to the emotions of others because they imply there is something wrong with the way they feel, since you are either unwilling to relate to their feelings or suggesting they should be different. Instead, practicing validation communicates empathy and respect for differences, which are crucial for navigating conflict. While the coffee example is a mundane way to demonstrate validation, one can easily imagine an emotionally charged interaction in which one person expresses an important feeling, and validation is the only thing that would make them feel seen and cared for. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

LAWN CARE

By Kevin Johnson

WINTERIZE your lawn this fall for improved health

Fall winterization of your lawn involves a heavy feeding of fertilizer, at the appropriate time, that maximizes the naturally occurring process that every lawn goes through each fall. In fact, this application of fertilizer does the most to directly benefit your lawn compared to others made when your grass is actively growing earlier in the season. If you could only fertilize once a year, this would be the time.



When is the best time to make your last application of fertilizer? As a homeowner, you all have experienced that time of year when the growth of your lawn slows down in the fall, and you no longer have to mow. Although the growth of your grass has stopped, your lawn is still green and producing energy. The energy being produced is directed towards increased food reserves being stored in the roots of your lawn. This is a naturally occurring process that all perennial plants go through each fall. Increased food storage in your grass plants' root system results in benefits you'll see next year. This would include earlier spring green up, increased plant drought and disease resistance, and a healthy, thicker lawn.

If you want a better lawn next year, talk to your lawn care professional and schedule a late fall application of fertilizer. ■

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

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NEIGHBOR

By Lindsey Giardino

FIRST Presbyterian welcomes new pastor

Doug Basler is excited for his new role.

Pastor Doug Basler believes the First Presbyterian Church of Grimes is in a unique position.

The church's new pastor knows it has deep roots in town, as it was established in 1882.

"A church that has been around that long has gone through all of the ups and downs, struggles and successes of being a community of people learning how to follow Jesus together," Basler says. "But, obviously, the city is growing rapidly, and new families are moving into the community, and there is the possibility of connecting with new people and finding fresh ways to serve the neighborhood. I am really excited to see what God might do with that combination of a rich, historical tradition and the new life and energy of a growing community."



Pastor Doug Basler and his wife, Katie, have found many activities for their family to enjoy.

Basler shares that he's getting to know some of the other pastors in town and feels there are several great congregations that he looks forward to partnering with and serving alongside.

Prior to arriving at the First Presbyterian Church of Grimes, Basler served for 11 years at the First Presbyterian Church of Aberdeen, Washington, followed by a time at Union Park Presbyterian Church in Des Moines in a part-time capacity, since he and his family moved to Iowa due to his father being diagnosed with Alzheimer's.

"With the pandemic and the reality that nursing homes were closed, [my wife] Katie and I prayed about it and decided we would move to the Des Moines area and have my dad move in with us so we could care for him," Basler says.

"When we heard that the church in Grimes was searching for a pastor, it seemed like maybe God had led us to our new home and new school district for a reason," he says. "We began to talk with the people at First Presbyterian Church of Grimes and to pray about it and see if this might be a good fit. After several conversations, we felt like this was the right position at the right time and in the right place."

Today, Basler's three kids attend Dallas Center-Grimes schools and are involved with the DCG Soccer Club, as well as Parks and Rec basketball and baseball. Since Basler helps coach these sports, life is certainly busy for the family.

Basler says he likes to teach and preach, and he also enjoys writing. He's currently pursuing a degree called the Sacred Art of Writing from Western Seminary in Holland, Michigan.

"But what I love the most about being a pastor is helping point people to Jesus in the ups and downs of everyday life," he says. "I think the good news of Jesus is still just as good news as it has ever been, and everybody is looking for good news. It is a great privilege to get to walk through life with people and watch the Holy Spirit reawaken them to the love of God and watch them grow in faith and hope and love." ■

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Grimes Annual Craft Sale

Oct. 28, 9 a.m. to 2 p.m.
Prairie Creek Church, 801 W. First St.

Start your holiday shopping at this free Annual Craft Sale, formerly the Grimes Holiday Bazaar. There will be many great products, as well as baked goods, for sale. Breakfast and lunch items will also be available for purchase.

Trunk or Treat

Oct. 22, 2-4 p.m.
South Sports Complex,
750 S. James St., Grimes

Enjoy early trick or treat fun. Local businesses will have cars decked out for the holiday and will be handing out candy. Trick or Treat takes place in Grimes on Tuesday, Oct. 31, 6-8 p.m.



Great Iowa Pet Expo

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Whether you're looking to adopt, shop, learn, or enjoy contests for pets, this expo has it all. From 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.

Details at www.greatiowapetexpo.com.



Johnston Kiwanis Pancake Breakfast

Oct. 28, 7:30-11 a.m.
Johnston Middle School,
6501 N.W. 62nd Ave.

Enjoy all-you-can-eat pancakes at the Kiwanis Pancake Breakfast. Tickets are \$7 in advance or \$8 at the door. For advance tickets, email johnstonkiwanis@gmail.com or pay via Venmo @Johnston-Kiwanis and pick up tickets at the event. ■

RECIPE

FILL your family's plates with cozy fall meals

(Family Features) Putting away the homework, turning off electronics and spending a little quality time together can help ease everyday stresses. Add a cozy meal packed with tastes you love and you'll have the perfect recipe for an autumn evening with your family.

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies — from sweet potatoes to pumpkin and more — paired with hearty favorites like cheesy pierogies that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

For an extra special celebration with the ones you love in honor of the 15th anniversary of National Pierogy Day, consider a cozy, warming dish like Roasted Sweet Potatoes Brown Butter Pierogies, which is loaded with the flavors of the season. This comforting meal starts with cubed sweet potatoes — a hallmark of fall — along with pierogies tossed in a homemade brown butter sauce. Top with pecans for a nutty crunch and fresh thyme leaves for the final touch on a newfound favorite that'll bring loved ones running to the dinner table.

Find more ways to incorporate fall flavors into your family's everyday menu by visiting MrsTsPierogies.com. ■

Roasted sweet potatoes brown butter pierogies

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4-5

- 1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies
- 2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- water
- 1/2 cup pecans
- fresh thyme leaves, for serving

DIRECTIONS

- Preheat oven to 400 F.
- Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.



- In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.
- In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.
- Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.
- Top with fresh thyme leaves.

MEET Travis Donahue

New principal is familiar with the district.

Travis Donahue came to Dallas Center Grimes in 2007 as an industrial technology teacher, and he's never looked back. Now he is serving as the new DCG High School principal.

"DCG was the one place my wife and I could agree on for me to apply," he says. "My wife wanted to move to a big city, and I wanted to live in a small town. So, we ended up in the Des Moines area, and I was very lucky to get the opportunity to get the position at DCG. This was my first teaching position right out of college and has been my place ever since."

In Donahue's second year of teaching, the principal at the time came to him and asked, "You want to do a house project?" He'd never built a house but agreed. That led to the building of a total of seven houses in Grimes and Dallas Center and led him to his next role as the at-risk coordinator at DCG High School. He then served as dean and eventually assistant principal.

"I got to continue to support students, but also got to shift some of my focus to supporting and helping staff. This role was a great fit for me, and I really grew as a leader in this role," says Donahue. "Then a wonderful opportunity came open for me to move into the principal role this year, and that is how we got here. Over my 16 years, I have had opportunities to look at and consider other options, but DCG is a place where leaving is very hard."

He told the students this on the first day of school: "There is no one from my hometown of Waukon that would have said, 'Travis Donahue is going to be a high school principal someday.' Not a person would have said that. I would not have said that until last year. DCG has given me the opportunity to grow from a shop teacher to the building principal."

Donahue says his biggest challenge is supporting all of the 80-plus staff members and more than 1,000 students.

"Each one is unique, and each one deserves the very best from me and all educators each day," he says. "That can be hard to figure out. The biggest reward is when I get them to trust me, and I can trust them because this is where amazing things can happen. The sky is the limit."

When he's not at school, Donahue is spending time with his wife, Kristal, and their two children, Revi, 7, and McCabe, 3. He enjoys woodworking and built the family's current house. He also helps staff with their own projects, building decks, garages, sheds and more throughout the years.

In his time at DCG, the experiences have been varied and plentiful. Donahue has built houses, coached wrestling and football, been taped to a wall, had his beard shaved off, been pied in the face, been embarrassed in a basketball game, dominated in a basketball game, and even wrestled during a basketball game.

"I have witnessed state titles won for DCG and heartbreaking losses. I have seen some amazing performances on the stage, on the court, on the field, and in classrooms. The memories are plentiful and I hope to continue to make more," he says. ■



DCG High School Principal Travis Donahue, center, with Austin Roy and Sheila Hudson, new DCG High School assistant principals.



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MAKING friends while serving others

Volunteering is Strotman's passion.

For more than 35 years, Judy Strotman has been a member of the T.T.T. National Society, the last five years as part of the metro area's Iowa Chapter D.

T.T.T. is a non-profit organization that raises money and sends young girls to a week of camp each summer.

"After the girls go to camp, we continue to work with them through activities, celebrations, scholarships and more," Strotman explains. "Chapter D sends six girls to camp each year, and we raise a lot of our funding through an annual garage sale."

As a member of Chapter D, Strotman is the co-chair of the Camper Club, which plans and organizes events throughout the year, such as a holiday party and summer party.

She's also serving as one of three managers for the 2023 T.T.T. National Convention, which will be held in Johnston this month.

In addition to her work with the T.T.T. National Society, Strotman is the coordinator of Lutheran Church of Hope - Grimes' 50+ Fellowship.

"We are an extremely active group, and we continue to grow in size every month," she shares. "We find our group is able to serve our church in many ways, such as serving at funerals, providing food for Vacation Bible School staff and volunteers, assembling 2,500 Easter Eggs and assembling over 1,000 candles for Christmas Eve services. We are always willing to serve in any way we can. We are building upon 'food, fun, friendship and fellowship.'"

Yet another volunteer activity Strotman is involved with is Grimes Volunteer Support Services. She is still fairly new to the organization, but, this past year, she's helped with its marketing efforts.

"Volunteering is who I am," she says. "I have been volunteering for many different organizations throughout my life. I started many different volunteer and leadership activities when I was in high school, and I continued to volunteer in college at the University of Northern Iowa. After

college and marriage, I volunteered in almost every capacity at our church and through membership in the Waverly Chamber of Commerce, including serving as president."

Strotman has gained many great memories from her lifetime of volunteering, so it's hard to pinpoint just one highlight.

"But, seeing the joy on the faces of our T.T.T. camp girls when they return from camp from one of the best weeks of their lives is hard to beat," she says. "And, it is so great to watch the growth of our 50+ ministry at Hope - Grimes. We have been able to build amazing friendships and find true joy in serving others."

Strotman adds that having just moved to Grimes five years ago, being a volunteer for several organizations has given her the chance to make many new friends.

"I love Grimes and all of the wonderful people, places and things it offers. Getting involved is a life-changer," she says. "Volunteers help build our community of Grimes, but volunteering has also built my personal community." ■



Judy Strotman says volunteering has helped her build a circle of friends since moving to Grimes.



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CHAMBER

By Brian Buethe

MORE important than you know

Grimes Area Chamber of Commerce was officially formed in 1995. At that time, Grimes had a population of 3,490 people. Just five years earlier, in 1990, the decennial census indicated that 2,690 people lived in the community. In just five years, the population of Grimes had grown by nearly 30 percent. At the time, it was remarkable to think that this small community could experience so much growth in such a short period of time.



Like the population growth, the number of businesses continued to increase in the 1990s as well, which encouraged community leaders at that time to form a more formal organization to benefit the local business community. It wasn't the first time that businesses had worked together for the good of the community, but it was the first time they were organized as a non-profit business organization. During the late 1980s, another group of community leaders, with some crossover representation from the Chamber group, would meet to discuss economic development challenges and opportunities. Then, about the turn of the century, the economic development efforts and the Chamber merged their efforts and laid the groundwork for the organization now known as Grimes Chamber & Economic Development (GCED).

What started as a handful has increased to a little more than 315 businesses and organizations that call themselves members of Grimes Chamber & Economic Development. It is governed by a dozen representatives from the membership. Like the businesses it serves, the organization is always evolving to best provide value to a diverse array of investors. While some basic tenets of operating a successful business remain the same (i.e., hard work, good service, etc.), many things have changed (i.e., new laws, supply chain progression, online reviews, etc.) since GCED was first formed.

The organization must remain focused on being aware of what businesses are dealing with regularly so we can take steps to make the business climate conducive to success. To that end, we work with many partners. We advocate for our members. We organize events that allow members to engage other businesses (B2B), organizations and the public (B2C). We help to educate and inform our members of important news and information that might help them make better business decisions. We try to tackle the issues of the day (workforce and regulatory issues as examples). And yes, we still host business networking events, groundbreaking ceremonies and ribbon cuttings.

This work has always been important, and it will remain important. The work we do benefits all businesses, whether they are a member or not. When we are successful at growing the workforce or impacting legislation, all businesses win. If you are a non-member Grimes business, please know you are invited; you are welcome. The more involvement we realize, the more we can accomplish for the good of everyone in the community.

Learn more about GCED at www.GrimesIowa.com. ■

Information provided by Brian Buethe, president | CEO, Grimes Chamber & Economic Development, GrimesIowa.com, brianb@grimesiowa.com.

OUT & ABOUT



A ribbon cutting was held for The Iowa Clinic – Grimes pediatric clinic, with Dr. Nicole Stoecken cutting the ribbon, on Sept. 19.



Sandra Wiser and Payton Main at The Grimes Chamber of Commerce's Off the Clock open house at Letsch Law Firm on Sept. 28.



Bethany Jeffries and Austin Quinn at The Grimes Chamber of Commerce's Off the Clock open house at Letsch Law Firm on Sept. 28.



Chad Allison, Cynthia Letsch and Squire Hutcheson at The Grimes Chamber of Commerce's Off the Clock open house at Letsch Law Firm on Sept. 28.



Wendy and Chad Miller at The Grimes Chamber of Commerce's Off the Clock open house at Letsch Law Firm on Sept. 28.



Courtney Moller and Madison Taiber at The Grimes Chamber of Commerce's Off the Clock open house at Letsch Law Firm on Sept. 28.

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

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GOLF Outing

The annual Grimes Chamber of Commerce Golf Outing was held at Beaver Creek Golf Course on Sept. 14.



Diane Harmening and Steve Davis



David Huskey and Kent Bily



Dave Ling and Brian Buethe



Tim Kozitza and Zack Ray



Ben Olson and Dan Jansen



Mike Vaughn and Clint Dudley



Jeff Kinning, Joe Kinning and Neal Hyde



Aaron Jarosh and Matt Allender



Alex Pfaltzgraff and Andrew Borchering



Britton Klomstadt and Cyle Taylor



Garrett Neal and Holly Patterson



Zach Plagman and Heather Krenz

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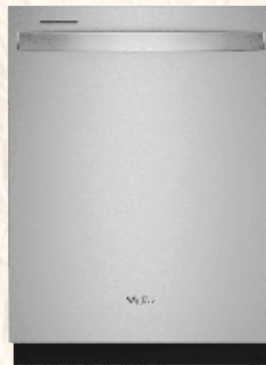
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Resistant
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Safe Halloween Tips

1. All costumes, wigs and accessories should be fire-resistant
2. Fasten reflective tape to costumes and bags, or give children glow sticks
3. When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
4. Remove all makeup before children go to bed to prevent skin and eye irritation
5. If your older children are going alone, plan and review a route acceptable to you
6. Agree on a specific time children should return home
7. Teach your children never to enter a stranger's home or car
8. Instruct children to travel only in familiar, well-lit areas and stick with their friends
9. Tell your children not to eat any treats until they return home and an adult has checked for opened packages
10. Children and adults should put electronic devices down, keep heads up and walk, don't run, across the street



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