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MAY 2024



Living

MAGAZINE

Governors DAYS

**Festival fun returns with carnival,
parade and so much more**

Meet Donna Gladfelder

EDUCATION

Finding hope and healing through horses

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WELCOME

IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about Governors Days.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■



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Governors DAYS

**Festival fun returns with carnival,
parade and so much more**

By Ashley Rullestad

Grimes Governors Days is back June 6-8 and better than ever. Promising something for the whole family, the weekend is packed full of activities, food, rides, tournaments and, of course — fun.

“Our organization is very excited to again be working on this important and impactful community event,” says Brian Buehe, president/CEO Grimes Chamber and Economic Development.

Among the fun at Governors Days is a carnival.

FEATURE

Governors Days, sponsored by Inspiring Dance, will again be held at the South Sports Complex, 750 S. James St. People are encouraged to park at Wallace Farm at the end of Main Street and walk the two blocks to the festival grounds.

Governors Days officially kicks off on Thursday night, June 6, with two sporty, fun events: the Special Olympics Softball Tournament on Fields 1 and 2 at 5 p.m. followed by the SoCo Baggers Sports League Bags Tournament at 6:30 p.m.

Then it's time for a family-friendly event that most everyone loves: the kiddie parade. It begins at the Grimes Community Complex on Main Street and travels to the Sports Complex. Kids are encouraged to dress up in their favorite costume or one to go with the theme this year — think flowers, flowers, flowers!

The kiddie parade also features the Isiserettes, a dance and drill group organized in 1980 to give Des Moines area youth something exciting and positive to do within their community. Their style is a mix of the best hip-hop choreography and precise marching pageantry infused with an array of musical



Live music will be featured on the Home Base Iowa Main Stage.

percussionists that pound out drum cadences. The kids range from 7 to 18 years of age and are one of Iowa's performing treasures.

You can also enjoy live entertainment on Thursday with DJ of BCP Live on the Home

Base Iowa Main Stage sponsored by Shade Tree Auto starting at 6:30 p.m. The entertainment garden will be open and serving from 6-10 p.m. Folks can also enjoy craft and food vendors as well as Sam's Amusement Carnival and

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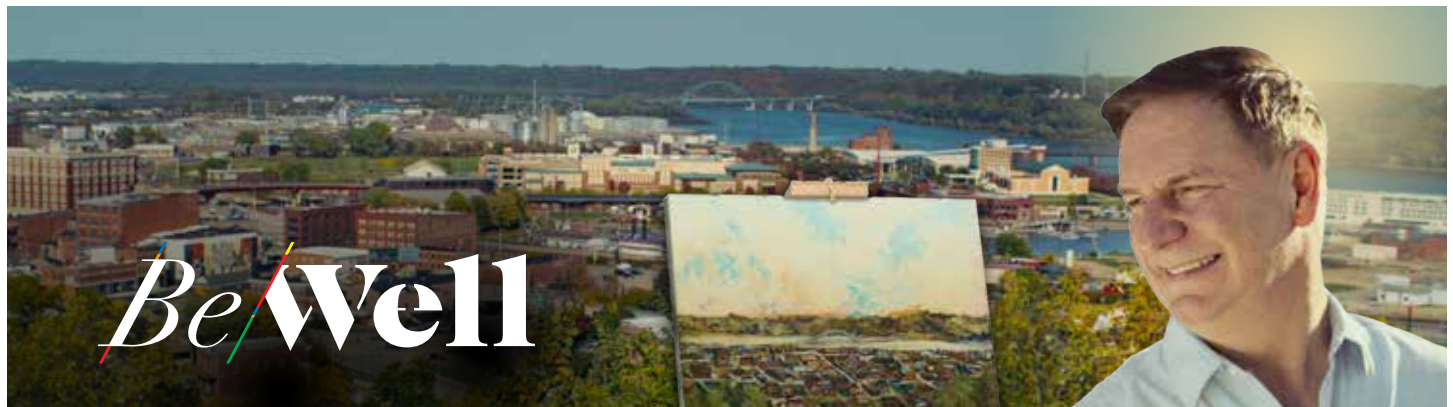
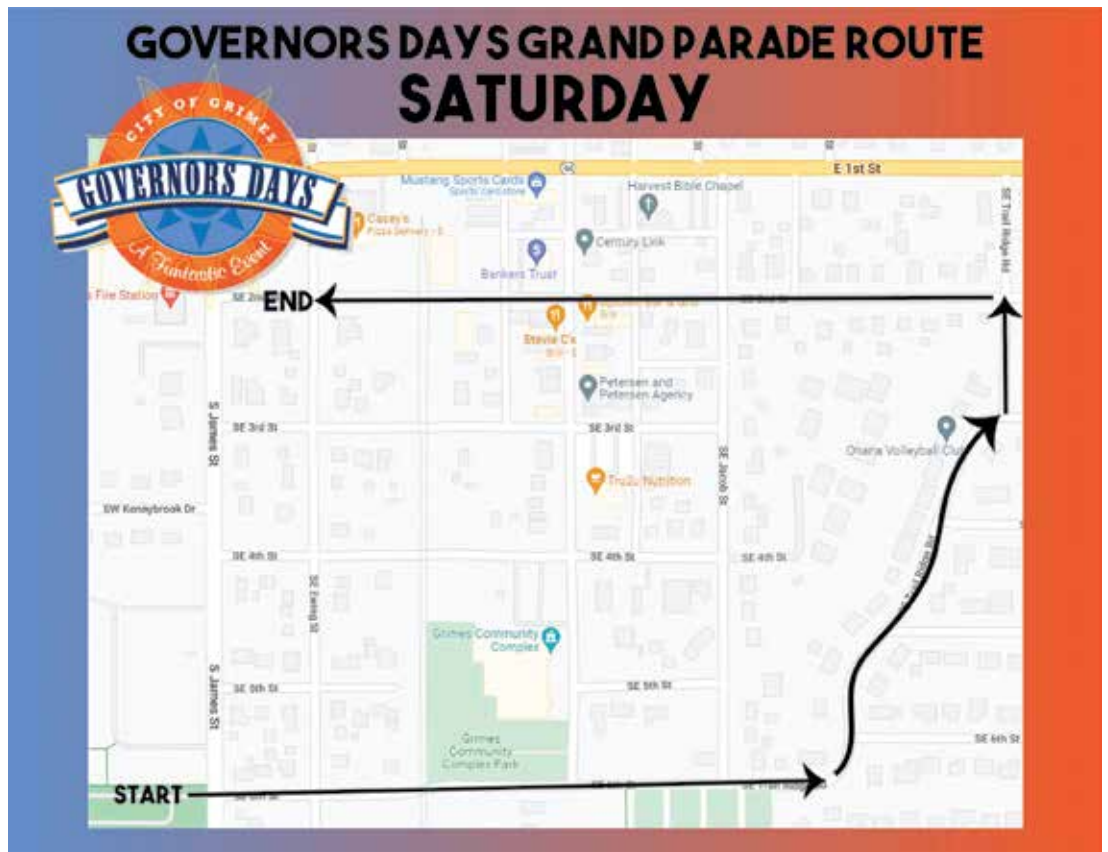
FEATURE

Midway. Ride all the rides you can handle with a wristband available for \$25.

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

On Friday, June 9, the Bill Riley Talent Show sign up runs from 11-11:45 a.m. with the show beginning at noon. This event used to be a part of the Grimes city festival years ago, before going on a hiatus. Organizers are excited to make it a part of Governors Days again this year.

Online registration can be found on the Governors Days website, and the event will be held at the Grimes Community



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FEATURE

Complex gym. You can also enjoy Friends of the Public Library bingo on Friday night on the basketball courts from 6-8 p.m.

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

After you grab some dinner from local food vendors, head on over to the beer and entertainment garden to enjoy the sounds of Pianopalooza Dueling Pianos on the Home Base Iowa Main Stage. Pianopalooza features Des Moines-based duo Tony Bohnenkamp and Jerry Lorenson delivering headline-caliber performances every time they tickle the ivories.

The city really gets hopping on Saturday, June 8 with the Lions Club breakfast beginning bright and early at 6:30 a.m. at the Grimes Community Complex. Grab your flapjacks and save your spot on the parade route for later in the morning.

In years past, it was then time for the annual 5K run/walk. When organizers decided not to continue the event, Iowa organization MS Moments saw an opportunity to expand their reach and engage more with the Grimes



Governors Days features a kiddie parade and grand parade.

community. MS Moments already sponsored the bags tournament on Saturday, and after being approached by the Grimes Economic Development Corporation (GEDC) about holding a 5K race, MS Moments joined with

Farrells, Athletico and the Grimes community to make the race even bigger last year. For this year's race information, check out the Governors Days website for updated details on the 5K, starting at 7:30 a.m.

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FEATURE

Then it's time for the grand parade at 10 a.m. presented by Des Moines Parent. The parade will return to the route it had before road construction led to a shorter route in previous years. It begins at S. James Street and S.E. Sixth St. and travels east and then north along S.E. Trail Ridge Road before turning back west on S.E. Second Street, ending at S.E. Ewing Street.

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

A new event this year is a car show hosted by The Repair Companies Shop. Check out all the hot rods and cool rides. If you want to get

involved and show off your wheels, you can register on the Governors Days website. The entry fee is \$30 and T-shirts are available for purchase. Judging is from 2-4 p.m. with awards presented at 5 p.m.

The entertainment garden and Sam's Amusements will open at noon for festival-goers ready to enjoy the rides and refreshments. Sam's Amusements will offer another wristband special from 5-9 p.m. for \$25. Craft and food vendors will also be open until 11 p.m.

Saturday's live entertainment is local favorite the Damon Dotson Band. Originally from Okoboji, Dotson is now a full-time musician living in Des Moines. His pop/rock style is popular with fans, featuring an upbeat and entertaining mix of originals and covers. Although he often performs solo, he'll be bringing the band to Governors Days, featuring a group of talented musicians on guitars, bass, drums and saxophone.

Buethe wants to thank all the sponsors of the events throughout the weekend, especially Inspiring Dance, the festival's presenting sponsor. Governors Days also couldn't be held

without the help and partnership of the city of Grimes.

Organizers also emphasize the importance of all the people in town who support the festival and all the volunteers who put in many hours of work to make sure it goes smoothly. They are excited to have everyone come out and enjoy the community event.

"We are really proud of the fact that we're able to engage so many different groups, from the Dallas Center Grimes Education Foundation, Lions Club, MS Moments, Friends of the Library," Buethe says. "We don't make money off anything, but they do, and it's a part of pulling the community together to support so many wonderful organizations in town and to have a good time with friends, neighbors and community members."

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

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Life and Hope After Stroke

Ankeny man shares his inspiring story of rehabilitation, recovery

It was 3:00 in the morning and Brian Clark couldn't sleep. He felt off, so he made his way to the kitchen to retrieve his smartwatch, which was charging there. As he fumbled to put his watch on, he couldn't get his left arm to respond. He went back to his bedroom to awaken his wife, who thought he was sleepwalking when he mumbled a garbled request for help.

Suddenly Brian's left leg went out from underneath him, and he couldn't get back up. His wife called 911, and paramedics were on the scene within minutes. As Brian rode in the ambulance to the hospital, he couldn't help but think, "Is this it? Am I done with my life? Is there more, or not?"

Brian said he resolved then and there that he wasn't going to let this be the end for him. When he arrived at the hospital, they quickly determined he was having a stroke and by 4:30 that morning, he was in surgery having the blood clot in his brain removed.

For Brian and the one in four adults over the age of 25 who will experience a stroke in their lifetime, there is life – and hope – after stroke. Rehabilitation can build strength, capability and confidence. It can also help someone who experiences a stroke continue daily activities, despite the effects of their stroke.

There are more than 7 million stroke survivors living in the U.S. today. But

not all strokes – and not all stroke survivors – are the same. Finding the right rehabilitation plan is vital to recovery after stroke. The American Stroke Association has developed standards to help rehabilitation facilities provide consistent, high-quality care for individuals as they recover from stroke.

Facilities that have agreed to participate in the Association's post-acute stroke standards program agree to follow the Association's treatment guidelines and have made a commitment to providing care that is based on standards aligned with American Stroke Association science and vetted by stroke rehabilitation experts.

Thanks to a wonderful team that included PT, OT, and speech therapists at On with Life in Ankeny, one of several Iowa facilities participating in the Association's post-acute stroke standards program, Brian has experienced a nearly full recovery. While he still has challenges with his left hand and arm, he is back to running his own business and the life that he loves.

"I told myself when I arrived for in-

patient rehab that I was walking out on my own," Brian said. "It's a really long journey. Progress is literally measured in 1/16th of an inch, one step a week."

Brian said that his care team took the time to get to know him as an individual and what motivated him, which in his case included a desire to get back onto the golf course. As a result, golf became a large part of Brian's unique rehab plan. Brian also has incorporated strength training and cross-fit to help him continue his progress.

Nearly three years after his stroke, Brian says he continues to work on his recovery and revisits his care team for "tune ups" every few months. Together they work to map out a program for his continued recovery.

"In the rehab experience, you have a lot of time to think to yourself," Brian said. "You think about how precious those moments you have with your kids and grandkids are, and you want more of that time. So now you cherish every minute you've got with your son, your daughter, your wife, your grandkids. It becomes so much more important."



Brian dancing with his daughter at her wedding.



Congratulations to the following Iowa facilities who have joined the American Heart Association and American Stroke Association's post-acute stroke care initiative.

These providers have agreed to follow the Association's treatment guidelines and have made a commitment to providing care that is based on standards aligned with American Stroke Association science and vetted by stroke rehabilitation experts:

- Community Memorial Hospital, Sumner
- Finley Health Foundation, Dubuque
- Genesis Medical Center, DeWitt
- Guttenberg Municipal Hospital, Guttenberg
- Jackson Country Regional Health Center, Maquoketa
- NewAldaya Lifescapes, Cedar Falls
- Jones Regional Medical Center (UnityPoint Health), Anamosa
- West Ridge Care Center, Cedar Rapids
- Good Samaritan Society- LeMars, LeMars
- Sanford Sheldon Medical Center, Sheldon
- St. Lukes (UnityPoint Health), Sioux City
- Cedar Ridge Village (Pivotal Health Care), West Des Moines
- Hearthstone, A Ministry of WesleyLife, Pella
- Kennybrooke Village (Pivotal Health Care), Grimes
- Mary Greeley Medical Center, Ames
- On With Life, Inc., Ankeny
- Prairie Vista Village (Pivotal Health Care), Altoona
- Encompass Health Rehabilitation Hospital (University of Iowa), Coralville
- Kahl Hom, Davenport
- Lone Tree Health Care Center, Inc., Lone Tree
- Van Buren County Hospital, Keosauqua
- Audubon County Memorial Hospital, Audubon
- Midlands Living Center, LCC, Council Bluffs
- Myrtue Medical Center, Harlan
- Hegg Health Center, Rock Valley
- Lucas County Health Center, Chariton
- Davis County Hospital, Bloomfield
- Buchanan County Health Center, Independence
- Solon Retirement Village, Solon
- Independence Village, Waukee
- Gundersen Palmer, West Union



Brian working on his golf game with a therapist.

Learn more about this initiative at heart.org/PostAcuteStroke

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FINDING hope and healing through horses

Tolle says Rhythms of Grace changes lives — including his.

Paul Tolle firmly believes Rhythms of Grace has changed his life.

The nonprofit organization, located in Dallas Center, was founded to help individuals, particularly children and adults with physical or mental special needs, find hope and healing through equine-assisted services.

Tolle signed up for riding lessons at the ranch after meeting the founder, Dawn M. Carlson, while working at his full-time vehicle service center job. They had a conversation about riding horses, and it just so happened Tolle was at a spot in his life where he needed to focus his energy on something.

Tolle initially became involved at Rhythms of Grace as a student rider. He thought that's all he'd be, but he quickly realized he wanted to help others who came to the ranch.

So, he began working as a volunteer, helping with chores like moving hay or mucking stalls. He also started serving as a side walker and developed into a horse leader.



Tim Short, Edward Jones, presents the Good Neighbor certificate to Paul Tolle.

What Tolle most enjoys about volunteering is getting to know and interact with Rhythm of Grace's clients.

"Service to (the organization) has been service to me," Tolle says.

Over the years, the work Tolle has done at Rhythms of Grace helped him reconnect with his daughter, too. She's now a student and volunteer at the organization as well.

"I feel like I can't pay Rhythms of Grace back enough for what they've done for me and my family," Tolle says.

He's also seen that with other families. Tolle adds that everyone who comes to Rhythms of Grace is on their own journey.

"You can see hope turn to healing in the volunteers as well," he says. "We can lean on each other."

One of Tolle's favorite memories is of leading a horse ridden by a little boy who loves Spider-Man. Tolle happens to have a customer at his full-time job who dresses up as the superhero for various events. One day, this customer visited Rhythms of Grace as Spider-Man and congratulated the little boy on how well he was doing horseback riding.

For Tolle, it was special to be able to pass along some kindness by bringing Spider-Man to visit.

Tolle also enjoys seeing how happy kids are to be at Rhythms of Grace and the growth they make while there.

Witnessing the love in his fellow volunteers' hearts and the grace of the horses is just the icing on the cake.

"I've found a lot of my personal strength and healing by serving," Tolle says. ■

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LEGAL

By Cynthia P. Letsch, J.D.

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If your business was established prior to Jan. 1, 2024, you must file before the end of 2024. If your business was/is established after Jan. 1, 2024, you must file within 90 days of receiving confirmation from the Iowa Secretary of State of acceptance of your filing.

Be prepared to provide your unexpired government issued photo I.D., social security number and address. Also, you will need to submit this information for all owners and anyone who has some substantial control, such as a manager, even if the manager has no ownership. These are called "beneficial owners." And you must report any change in address or name of the business or any beneficial owner within 30 days of the change.

Errors in reporting or failure to report the change on time also results in very stiff penalties. "I didn't know" is not a valid justification for avoiding penalties.

If you're thinking, "What! No. That can't be right." Then you are not alone. Never before in history has there been such a sweeping law affecting your average everyday person that is rolled out without fanfare, training, and/or a grace period for compliance. It is part of the anti-money laundering laws passed by the federal government because they think terrorists are using small companies to move money.

The process is to file online only, either directly through the web portal of by filling out the pdf and then uploading it. Information on how to file is available at boiefiling.fincen.gov. Be sure to read through the instructions.

The law has been challenged as unconstitutional; however, I would not count on the outcome of that case resulting in the law being tossed out. The best advice is to file now. ■

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.



RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces



- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.

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NAVIGATING Social Security election: How to unlock your best option

Knowing when to elect Social Security can feel overwhelming. With the possibility of 81 election options for couples, the choice is anything but straightforward. It is more than just deciding between taking benefits at 62 (when you can first elect), at full retirement age (66 or 67 for most people), or at 70 (the age at which your benefit stops growing). For many retirees, Social Security represents 25% to 35% of their retirement income. You want to make the most of this vital retirement income source.

A lot of times when pre-retirees first meet with one of our Retirement Planners, they are working with a financial advisor. We often hear the following about their Social Security decision, “My advisor said, make your election and then let me know what you decide.” This



advice makes me cringe. Social Security benefits over 25 years can add up to \$500,000 for an individual and \$1 million for a couple. This decision deserves a complex analysis, not a “good luck, you’re on your own” approach.

That complex analysis should include all your different retirement savings accounts (including any pensions), your monthly income needs in retirement, your long-term tax plan, and your plans to leave a legacy to loved ones or charities. Your health, longevity, and marital status should also be considered. Once you have a clear picture of these factors and how they work with your Social Security, you don’t have to rely on luck. You have powerful information that will help you make the most of your benefit.

For married couples, we often recommend a combination strategy. One spouse will take their benefit early, typically the one with the lower benefit, and the other spouse will defer their benefit — maybe until full retirement age, just

before or up to age 70. This strategy allows the couple to get some Social Security income right away in retirement and defer some for a higher income down the road and a higher survivorship benefit for the spouse who lives the longest.

That’s just one strategy. There are many more. I have learned that small shifts can cascade into big outcomes in retirement planning, especially when it comes to electing Social Security. Instead of “let me know what you decide,” your Social Security needs more time and attention, and so does your retirement. You spend a lot of time saving for retirement — spending some time planning is one of those shifts that can lead to big outcomes in retirement. ■

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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Q: Does self-talk make a difference?

A: Positive self-talk is huge in a workout setting. It starts far before you even set foot in the gym. After all, how many people have actually talked themselves out of working out before? It happens to the best of us, but let's be honest, if it happens too many times, we start feeling bad about ourselves because we are not making any progress. The second you tell yourself you cannot do something, you have already convinced yourself that you can't. Why do we do that to ourselves though? If you would not say it to your friends, why do you think it is OK to say it to yourself? If you are constantly being critical of yourself, your stress will increase, and your motivation will decrease. Telling yourself that you can do that exercise or make it through that workout changes your mentality big time. You start making it through that exercise or workout, and it slowly starts getting easier. Allow yourself to have a positive mindset. Allow yourself to think that you are worth achieving that goal or you are good enough to accomplish it. Change your mentality; think positively. You never know who is watching. Even on your worst workout day, you could still be someone's motivation. Stop being so hard on yourself and start looking at those small steps you have already accomplished. ■



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.

HOW your biases can affect investment decisions

Traditional economic models are based on the premise that people make rational decisions to maximize economic and financial benefits. In reality, most humans don't make decisions like robots. While logic does guide us, feelings and emotions — such as fear, excitement and a desire to be part of the “in” crowd — are also at work.



Behavioral finance has identified unconscious cognitive biases that can influence even the most stoic investor. Understanding these biases may help you avoid questionable financial decisions.

Can you relate to any of these common biases that can influence financial decision-making?

- **Anchoring** refers to the tendency to become attached to something, even when it may not make sense. In investing, it can refer to the tendency to hold an investment too long or rely too much on a certain piece of data or information.
- **Loss aversion bias** describes the tendency to fear losses more than to celebrate gains. For example, you may experience joy at the chance of becoming \$5,000 richer, but the fear of losing \$5,000 might provoke a far greater anxiety, causing you to take on less investment risk than might be necessary to pursue your long-term goals.
- **Overconfidence** is having so much confidence in your own ability to select investments that you might discount warning signals or the perspective of more experienced professionals.
- **Confirmation bias** is the tendency to assign more authority to opinions that agree with your own. For example, you might give more credence to an analyst report that favors a stock you recently purchased, in spite of several other reports indicating a neutral or negative outlook.
- **The bandwagon effect**, also known as herd behavior, happens when decisions are made simply because “everyone else is doing it.” This can result in buying high and selling low — what most knowledgeable investors strive to avoid.

Emotion-based decisions — shifting in and out of the market due to fear, overconfidence or following the herd, and subsequently missing the best-performing days over a 10-, 20-, 30-year time horizon can have a significant impact on your portfolio over time.

When it comes to our finances, instincts may work against us. Before taking any actions with your portfolio, it might be wise to seek the counsel of a qualified financial professional who can help you identify any unconscious biases at work. ■

For more information please 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.

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MEET Donna Gladfelder

Seeing the confidence of children grow



Donna Gladfelder, with the help of a student, found tools to direct hallway traffic.

Donna Gladfelder has been teaching fifth grade in the Dallas Center Grimes Community School District for the last 10 years. Previously, she served as a sixth-grade paraprofessional at Millard Public Schools in Omaha; taught third grade at USD232 DeSoto, Kansas; and taught third grade at Davenport Community Schools. She now teaches math and science at DCG Middle School.

“While working as a paraprofessional in Omaha, the group of sixth grade teachers that I worked with encouraged me to obtain my teaching degree,” she says. “While still working, I went back to college through Buena Vista University, attending classes in the evening. Going back to get my teaching degree was one of the best choices that I’ve ever made.”

Gladfelder enjoys working with an “amazing” group of teachers. On a daily basis, they supply support and collaborate to meet the needs of all students.

“Of course, the students bring a smile to my face the minute they walk into the classroom. I also am appreciative of all the supportive parents that I have worked with during my tenure at DCG,” she says.

One of the biggest challenges she has seen develop during her time teaching is the growing influence of social media. It can serve as a distraction to learning and cause misunderstandings among kids. Her biggest reward is helping a student that doesn’t understand a concept and watching them catch on, then seeing their confidence grow as a result.

Of course, kids say the darndest things. Her first year of teaching, a third grader seriously looked her into the eyes and said, “We’re lucky your name is Mrs. Gladfelder. Can you imagine what it would be like if your name was Mrs. Madfelder?”

She recalls a particularly hectic day in the hallway.

“In passing, I said that I needed things like what they use at the airport to park planes. The boy next to me said, ‘I should get you some for Christmas.’ Guess what showed up on my desk a few days later? I don’t use them on dismissal every day, but the smiles on the students’ faces when I do are priceless.”

When she isn’t at school, you will find Gladfelder cheering on the Iowa State Cyclones, landscaping and working in the yard, golfing, enjoying travel, and spending time with her husband, two sons, and granddaughters. ■

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SATURDAY, JUNE 1

11:00 AM TO 2:00 PM



FARMERS MARKET

TUESDAYS FROM JUNE TO SEPT.

4:00 PM TO 7:00 PM



SOUNDS OF SUMMER

JUNE 8 - JUNE 29 - AUG. 24 - SEPT. 28

7:00 PM TO 10:00 PM



TUNES AT TWILIGHT

JULY 18 - AUG. 8 - SEPT. 12

7:30 PM TO 9:00 PM



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COMMERCIAL real estate transactions

Grimes, Jan. 15-Feb. 12, 2024

403 S.E. Ewing St., Grimes

Sale date: 2024-01-20
Sale price: \$310,000
Seller: Rosenberg, Ronald D. Estate
Buyer: Integrity Builders of Iowa LLC
Acres: 0.807
Square feet: 2,814

317 S.E. Jacob St., Grimes

Sale date: 2024-01-22
Sale price: \$2,100,000
Seller: Brookside Apartments Inc.
Buyer: Brookside Capital Partners LLC
Acres: 4.233
Square feet: 26,840

101 S.E. Main St., Grimes

Sale Date: 2024-01-31
Sale Price: \$675,000
Seller: 101 SE Main Grimes LLC
Buyer: Kas Grimes LLC
Acres: 0.199
Square feet: 2,204

320 S.E. Gateway Circle, Grimes

Sale Date: 2024-02-09
Sale Price: \$664,905
Seller: 49th St Investors LLC
Buyer: Fareway Stores Inc.
Acres: 2.828
Square feet: 0 ■

MYA announces new divisions, promotions

Mueller Yurgae Associates (MYA), a leading food broker and CSN Partner, announces the establishment of three distinct business divisions to streamline operations and better serve a diverse client base. The new divisions, Grocery North; Grocery South; and Convenience, Specialty, and Distribution (CSD), will organize all lines of business within the company going forward.

The Grocery North division based out

of Grimes includes coverage for Hy-Vee, Fareway, UNFI, Target, and the Colorado and Wisconsin grocery markets. The Grocery South division, based out of Olathe, Kansas, includes support for Associated Wholesale Grocers (AWG) retailers, Schnucks, and Save-A-Lot. The Convenience, Specialty, & Distribution (CSD) division focuses on non-traditional grocery retailers including convenience stores, convenience store

distributors, specialty stores, value/dollar retailers, and the MYA Distribution division (including Pantryful.com).

MYA announced the promotion of key team members in each division. In the Grocery North division based in Grimes, the following have been promoted: Bob Gostomski, executive vice president; Cory Collard, vice president; Lori Merical, director of operations; and Kelly Sixta, director of sales. ■



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*Class is Medium Premium Utility



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**Horsepower and torque ratings based on premium fuel per SAE J1349†. Standard horsepower, torque, and fuel economy are independent attributes and may not be achieved simultaneously.

†EPA-estimated rating of 30 city/31 hwy/30 combined mpg. 2.0L GTDi I4 HEV engine/Cvt Auto Transmission Power Shift Selecter transmission/AWD drivetrain. Actual mileage will vary.



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SUMMER SPORTS SCHEDULES 2024

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VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
05-16-24	7:00PM	Away vs. Carlisle	Carlisle High School
05-20-24	7:00PM	Harlan Community	DCG BB/SB Complex-Dallas Center
05-21-24	7:00PM	Adel DeSoto Minburn CSD	DCG BB/SB Complex-Dallas Center
05-23-24	5:00PM	Waukee Northwest	DCG BB/SB Complex-Dallas Center
05-28-24	7:00PM	Away vs. Winterset	Winterset High School
05-30-24	7:00PM	Ankeny Centennial	DCG BB/SB Complex-Dallas Center
05-31-24	7:30PM	Pella Christian	DCG BB/SB Complex-Dallas Center
06-03-24	5:30PM	Away vs. Pella	Pella High School
06-05-24	7:30PM	Away vs. Norwalk	Norwalk High School
06-07-24	5:30PM	Indianola	DCG BB/SB Complex-Dallas Center
06-08-24	4:30PM	Southeast Polk	Fort Dodge Harlan Rogers Sports Complex
06-10-24	7:30PM	Newton	DCG BB/SB Complex-Dallas Center
06-12-24	5:30PM	Away vs. Oskaloosa	Oskaloosa HS Baseball/Softball Fields
06-13-24	7:00PM	Away vs. Gilbert	Gilbert High School
06-17-24	5:30PM	Away vs. Pella Christian	Pella Christian High School
06-19-24	7:30PM	Pella	DCG BB/SB Complex-Dallas Center
06-21-24	5:30PM	Norwalk	DCG BB/SB Complex-Dallas Center
06-22-24	12:15PM	Sioux City East	DCG BB/SB Complex-Dallas Center
06-22-24	4:45PM	North Scott	DCG BB/SB Complex-Dallas Center
06-24-24	7:30PM	Away vs. Indianola	Indianola High School
06-26-24	5:30PM	Away vs. Newton	Woodland Park
06-27-24	7:00PM	North Polk	DCG BB/SB Complex-Dallas Center
06-28-24	7:00PM	Away vs. Van Meter	Van Meter High School
07-01-24	7:30PM	Oskaloosa	DCG BB/SB Complex-Dallas Center
07-03-24	7:00PM	Ankeny	DCG BB/SB Complex-Dallas Center
07-08-24	7:00PM	Away vs. Waukee	Waukee High School
07-09-24	7:00PM	Lewis Central	DCG BB/SB Complex-Dallas Center

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
05-20-24	7:30PM	Harlan Community	DCG BB/SB Complex-Dallas Center
05-21-24	7:30PM	Fort Dodge	DCG BB/SB Complex-Dallas Center
05-23-24	7:30PM	Away vs. Waukee	Waukee High School
05-28-24	4:30PM	Away vs. Winterset	Winterset High School
05-31-24	7:30PM	Pella Christian	DCG BB/SB Complex-Dallas Center
06-01-24	8:30AM	Away vs. Fort Dodge	Greater DM Softball Complex
06-01-24	10:15AM	Away vs. CR Jeff	Greater DM Softball Complex
06-01-24	5:15PM	Away vs. Urbandale	Greater DM Softball Complex
06-03-24	5:30PM	Away vs. Pella	Pella High School
06-05-24	7:30PM	Away vs. Norwalk	Norwalk High School
06-06-24	5:30PM	Indianola	DCG BB/SB Complex-Dallas Center
06-08-24	TBD	Away vs. Creston Comm	Creston High School
06-10-24	7:30PM	Newton	DCG BB/SB Complex-Dallas Center
06-12-24	5:30PM	Away vs. Oskaloosa	Oskaloosa HS Baseball/Softball Fields
06-14-24	7:30PM	Des Moines East	DCG BB/SB Complex-Dallas Center
06-17-24	5:30PM	Away vs. Pella Christian	Pella Christian High School
06-19-24	7:30PM	Pella	DCG BB/SB Complex-Dallas Center
06-20-24	5:30PM	Norwalk	DCG BB/SB Complex-Dallas Center
06-21-24	11:00AM	Away vs. Linn-Mar	Linn-Mar High School
06-22-24	10:00AM	Away vs. Linn-Mar	Linn-Mar High School
06-24-24	7:30PM	Away vs. Indianola	Indianola High School
06-25-24	7:30PM	Away vs. Southeast Polk	Southeast Polk High School
06-26-24	5:30PM	Away vs. Newton	Newton @ HA Lynn Complex
06-28-24	11:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
07-01-24	7:30PM	Oskaloosa	DCG BB/SB Complex-Dallas Center
07-03-24	7:30PM	Carlisle	DCG BB/SB Complex-Dallas Center
07-05-24	7:00PM	Away vs. Iowa City West	Iowa City West High School
07-09-24	7:00PM	Away vs. WDM Valley	Valley High School
07-10-24	7:30PM	Waukee Northwest	DCG BB/SB Complex-Dallas Center

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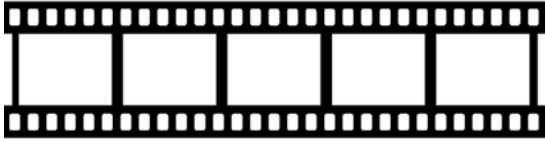
Be sure to check for cancellations.

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com.

Volunteer orientation

First Monday of the month, 5:30 p.m.
Rhythms of Grace, 23625 River Heights Drive, Dallas Center

Rhythms of Grace offers a one-hour orientation monthly for those who would like to learn more about Rhythms of Grace before committing to a volunteer application, background check and training.



Movie at Heritage

June 13, activities at 6 p.m., movie at 7 p.m.
Heritage Park

Enjoy a free showing of “Teenage Mutant Ninja Turtles: Mutant Mayhem” on a special outdoor screen that has a perfect picture (even in the daylight) so you won’t miss a second of the movie. There will be free popcorn, but don’t forget snacks, drinks and chairs/blankets that you’d like to bring from home.



Raccoon River Palooza

Saturday, June 8, 8 a.m. to 8 p.m.
Raccoon River Park, 2500 Grand Ave., West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.



Vietnam War Living History Event

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston
Saturday, June 1, 9 a.m. to 5 p.m., and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.

Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.
100-200 Blocks of Fifth Street, West Des Moines
www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

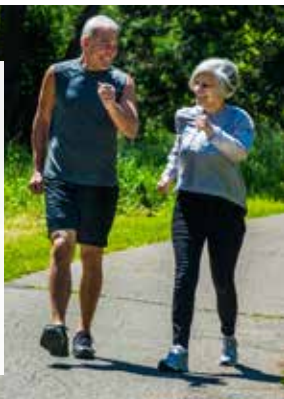
Live entertainment, art activities and artists’ demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival. ■



Iowa Take Steps Walk

Saturday, June 22, 9 a.m.
Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn’s and Colitis Foundation. The event starts at 9 a.m. with a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org.



ENGAGING in community

Brahns have been in town for a decade.

Dave Brahn and his family moved to Grimes because of the reputation of the Dallas Center–Grimes Community School District.

That was a decade ago, and, in the years since, the Brahns’ affinity for the community has only grown.

As for their home specifically, Brahn likes its location and that it’s surrounded by mature trees.

“We enjoy being able to look back into the woods and see a variety of wildlife that share our space,” he says.

Brahn also feels they have great neighbors and appreciates that theirs is a quiet neighborhood.

“While it doesn’t take long to get anywhere in Grimes, we do enjoy having our kids’ elementary school close, the city’s trails in our neighborhood, and that we can walk to the library or to pick up ice cream,” he adds.

Brahn spends a lot of time giving back to the community, too. He’s currently on the Grimes Library Board of Directors.

“I have enjoyed getting to know more about our city and community as I serve on this board,” he says. “I have also appreciated the public’s support of the new library in town. It is amazing to see the large number of people that are visiting this wonderful building every day.”

In addition, Brahn and his family are actively involved at St. Peter Lutheran Church and have enjoyed having their kids in many of the city of Grimes’ rec sports programs. He says these have been great places to meet more people and engage in the community.

“I love that, even with our growing community, we still know our neighbors and see folks we know when we’re around town,” Brahn says. ■



The Brahn family enjoys much that Grimes has to offer and likes that their home is located within walking distance to trails, the library and more.



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GOOD for the soul

Moorman using horses to help veterans.

Given the opportunity, horses can connect with your soul and heart, says Eric Moorman, the veteran equine specialist at Jester Park Equestrian Center.

“They are proven to lower anxiety and depression levels by just being with them,” says Moorman, 59, a United States Marine Corps combat veteran who served in the U.S. Marine Military Police from 1986-1992.

Helping humans is what Moorman has done for decades. But now it's more important than ever.

“Today, there are 22 suicides a day by combat veterans of Vietnam, Gulf War, Iraq and Afghanistan,” he says. “We have more combat veterans today than we've had in many years. The Veterans Administration is overwhelmed.”

Moorman, with his lifelong experience in horses and service to his country, thinks he can help. And has.

Moorman grew up in a family business breeding, training and showing quarter horses at national and world shows. His father was a horse farrier/blacksmith, horse trainer and quarter horse breeder, and raised about 15-20 foals a year to sell or show.

Moorman has continued showing and training quarter horses for customers for the last 20 years, and with that came World and National Collegiate Championships. He still helps his mother and sister organize and operate the Iowa State Fair Cowgirl Queen Show and two-day All Breed Horse Show the first weekend of the Iowa State Fair.

In 2016, Horses Helping Heroes began when the VA asked the Jester Park Equestrian Center to create a horse program in an attempt to help veterans suffering from PTSD, anxiety, depression or substance abuse.

A few short years later, in 2022, Moorman became aware of this effort and wanted to put his military and equine background together for a good cause.

“I became aware of this great program and called and asked if I could volunteer,” he says. “The leader of the program welcomed me, and soon the veterans in the group asked if I could lead the sessions.”

He did. To date, Horses Helping Heroes has served 300 veterans. In 2024, the then-program director resigned and moved away. Moorman was quick to apply for the position. Once again, it was his.

Moorman now spends his weeks coordinating and leading sessions aimed to help his fellow veterans, all through the spirit of riding a horse. Moorman welcomes any and all veterans in need to seek him, or the program, out. Moorman says he will be adding a First Responder Horse Program to his itinerary soon, and even more programs will follow.

“The more veterans that come out and go through our horse programs, they will be amazed how much they learn from the horse,” Moorman says.

For more information, visit www.polkcountyiowa.gov/conservation/jester-park-equestrian-center/horses-helping-heroes/. ■



Eric Moorman is the veteran equine specialist at Jester Park Equestrian Center.

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LEVELS of civic engagement

Governors Days to Leadership Academy, opportunities abound.

I've had the opportunity in my life to be involved in a great many organizations. Good organizations. I am drawn to groups that I believe have a desire to serve a greater societal good. For me, those organizations have included participation in local service organizations, my church, a variety of non-profit charitable organizations, etc. This interest has even guided my choice of career and likely has something to do with my current position at Grimes Chamber & Economic Development.



In Grimes, the chamber has been instrumental in organizing an annual community festival. Governors Days is a three-day affair including live music, food and craft vendors, a full carnival, parades, bags tournament, car show and 5K/ Fun Run. When you visit www.GovernorsDays.com to view the full slate of events, keep in mind that it takes hundreds of volunteers, months of planning, and the support of many businesses and the city of Grimes to make it all happen. It is a great example of civic engagement, from the volunteers, the business community, and the public who support the event.

Another level of involvement is shown by individuals and companies that engage with a different Chamber initiative: the Grimes Leadership Academy. In late May, the Academy will celebrate its first graduating class. Seventeen people who either live and/or work in Grimes will complete the inaugural course. The class first met in late August and has met every month to advance its members' leadership abilities, while also taking a deep dive into the community of Grimes. Topics included, but were not limited to, large business, agriculture, local government, community history, civic engagement, education, entrepreneurship, small business, economic development, community culture, regional collaboration, recreation, entertainment, etc.

After completing the course, the class will have intimate knowledge about Grimes and will have a greater understanding of many community initiatives and processes. Their leadership skills will also serve them well at work, at home, and in the community long term. The Grimes Leadership Academy is currently accepting applications for the next class. Details about the program and a digital application can be found at www.GrimesLeadership.com. Interested individuals and company representatives are encouraged to apply soon. #lovegrimes ■

Information provided by Brian Buethe, President | CEO, www.GrimesIowa.com

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VARSITY Soccer

The DCG girls varsity soccer game was played in Grimes on April 29.



Hannah Renz



Landry Glasgow



Kenna Knief



Emyrson Torsky



Kylie Knief



Sayler Ribich



Alexa Gill



Ella Forsyth



Rylee Renz



Neela Williamson



Kalyn Mills



Addy Janssen

WOMEN'S Event

I Am Uniquely HER,
Johnston, Grimes and
Waukee Chamber Women's
Event, was held April 4 at the
Simpson Barn in Johnston.



Madison Taiber, Halsey Scales, Dini Anderlik, Samantha Winebrenner, Jessica Taylor-Fink and Kelly Troxel



Roxanne Taiber and Rose Smid



Jen Green, LuAnne Gafford and Elizabeth Hansen



Courtney Moller and Amanda Kruse



Sunny Griffin and Jenny Meyers



Amanda Butler and Emily Zailac



Jackie Schmillen and Rachel Eslick



Jenni King and Julie Quandt



Joan Warren and Melissa Garton

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