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JULY 2024

Living

MAGAZINE

YARDS WITH

personality

Residents share how their landscaping choices reflect their style.

Cellentani Caprese pasta salad

RECIPE

Mustangs score big at state soccer

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Zimmerman serves faith-based, sober living organization

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WELCOME

DIRT under the fingernails

My dad worked in the “dirt business” much of his life. He and my uncle owned a gravel and excavation company in a small town in northern Iowa. They dug basements, built pads, cleared out groves, hauled gravel and did most anything else that involved heavy equipment and moving dirt. Dad’s hands were stained from years of exposure to dirt and oil and grease, a symbol of his many years of manual work and service to his customers.



My hands may be stained with ink from time to time, but I don’t work in the dirt like Dad did. The exceptions are when I am motivated to tackle a landscaping project or two, and those seem to be annual events. Tearing shrubbery out. Putting new bushes in. Wheelbarrowing dirt. Setting stones. Planting flowers. And watering, watering, watering. It’s all part of the landscaping process. I am certainly not an expert, and I need to call in the pros from time to time, but I don’t hesitate to dig in the dirt when I get a chance to do so.

Landscaping is something my wife and I can do together and not disagree much about. She has a good eye for landscaping design, and I still have a reasonably strong back — at least I think so until the day after proves otherwise.

We have done our share of landscaping in each home we have lived in, and we would like to think that each place looked better when we were done. Of course, the new owners likely tore out what we did and replaced it with something more their style, but that’s OK. Landscaping is art, and beauty is in the eye of the beholder in lawns, too.

This month, we share examples of landscaping projects local residents have embarked on. We hope these stories inspire you to break out the shovels and get some dirt under your fingernails, too.

Thanks for reading. ■

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YARDS WITH

personality

Residents share how their landscaping choices reflect their style.

By Ashley Rullestad

A plethora of pots. A hillside of hostas. Wildflowers willy nilly. Manicured hedges and straight edges. From wild and unruly to precise and planned, the landscaping around a home often reflects the owner's own unique style. While some prefer lush, thick foliage, others enjoy succulents among a garden of rocks. From a tropical vibe to the charm of a country cottage. From mad about mulch to mad for magnolias. Whatever their preferences, homeowners with a green thumb and plenty of imagination enjoy creating landscaping masterpieces with pizzazz.

Karla and Jim Corder are happy with the added curb appeal their new landscaping provides.

Gorgeous garden

Mark and Deb Gunhus have been working on their home in Grimes for the last 23 years. They built the house, choosing the lot for the creek that ran behind the property.

“It was an established farm field, so the creek behind us was way overgrown,” Mark says. “It was like a jungle.”

Despite the challenge with the overgrown creek banks, the Gunhuses saw potential. They asked the builders to save all the trees they could when they cleared the lot. What the builders saw as junk trees (ones that drop a lot of sticks, seeds or leaves), the Gunhuses knew would help hold the creek bank in place.

“We bought the property for the creek,” Mark says. “But there was sod right up to the bank, and that wouldn’t hold, so we needed to put something in right next to the bank — plants that have deeper roots,” Deb adds.

Mark is the creek whisperer, building bridge after bridge over it. He is currently constructing the seventh one.

“When we ordered wood this last time, the guy who brought it in asked if we were expanding the deck, and he was shocked when I told him it was for a bridge,” Mark says. “Most people have no idea we have this back here in Grimes.”





A variety of plants thrive under the careful care Deb and Mark Gunhus provide.



Deb and Mark Gunhus have been developing their landscape for 23 years.


While Mark builds bridges, Deb does the planting. She is a member of the garden club in Waukee and enjoys creating a unique look amid the shade from the oaks and maples they planted.

“I work with what we have, which is a lot of shade,” she says. “I tend to like the cottage look. I like coral bells


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The Corders chose contrasting brick and rock colors with ornamental grasses and bushes providing greenery.

and hydrangeas, and I've had to learn how to take care of certain plants to make them bloom their best. Some of the plants like vinca vine and native grasses maintain the bank to help with erosion."

Deb focuses on perennials but fills in with annuals to add color. She trades plants with other garden club members to try new plants for free.

"I'm the accidental or experimental gardener," she says. "My mom didn't really do any gardening, but I always had an interest, so I had to seek out the knowledge on my own. Mark's mom was moving and had a lot of plants that I could take from the house, and that's how I got started."

The Gunhuses recommend those who have an interest in landscaping and gardening research what plants work well in Iowa. She advises to check the soil — especially with a new build. Much of the topsoil is removed, so planting right away might not work.

"Build up your beds and help your soil before you start," Deb says. "There are lots of local resources that can help."

Something new

Karla and Jim Corder moved into their new home in Grimes in 2021. Since it was a new build, it didn't come with any landscaping. The couple decided they wanted to add some curb appeal and make their corner lot look more welcoming.

"We had been driving around looking at houses everywhere to get ideas on what we liked, what would work best for us and meet our needs of having that curb appeal but still being low maintenance," Karla says.

They knew they wanted to add border, rock and plants around

the house's foundation. As time passed, they discovered areas where the home's new sod was struggling because of lack of water and sun. They figured the right landscaping would help fix those issues, with the benefit of taking up some more yard space and leaving less grass to mow.

The Corders wanted a plan that incorporated some greenery — plants and bushes — that required little care. Low maintenance was a priority for them as neither claims to have a green thumb. They also wanted to maintain proper water flow, so downspouts were put under the landscaping with a pop-up emitter to allow the water to drain away from the home's foundation.

Their favorite plant is the Karl Foerster feather reed grass in front as it covers the blemishes on the concrete behind it. It is also hardy and easy to maintain. They also like the look of having different colors for the border bricks and the landscaping rock.

Karla says they are happy with the work that Herrick Outdoor Solutions did on the house.

"They were professional yet personable and very knowledgeable. Plus, we always love supporting local, family- and veteran-owned businesses, and they meet all three. They did everything, from the plans to getting the plants and materials we wanted, to taking away the old sod and cleaning up when finished."

Their advice for new landscapers is to do your research but don't get "analysis paralysis" either.

"Ultimately, move forward and get it done. You won't regret it," Karla says.

FEATURE

Curb appeal

Jeff and Jessica Gardner moved into their new home in October 2020. With three young kids — Gracie, 12; Bryson, 9; and Krew, 5 — they were looking to enhance the outside of their home but didn't have a lot of time to devote to maintenance.

"We wanted something simple that would match the style of our house, and, with the edging and rock that was chosen, we feel like Herrick Outdoor Solutions listened to what we were looking for and delivered," Jeff says.

Like those looking to change the outside of a new home, the Gardners were working with a blank slate. They were interested in a company that could provide a turnkey solution rather than taking on a trial-and-error project on their own.

They ended up adding box woods and ornamental grasses, and the main piece of the landscaping is a white hydrangea tree.

"We went with that because it reminded us of my grandma. She had a bunch of white hydrangea bushes at her house." ■



Jeff and Jessica Gardner are busy raising three kids, so they wanted landscaping that was easy to maintain.

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VOLUNTEERING is part of Zimmerman's life

Serves faith-based sober living organization

Volunteering and acts of service have been a strong thread in Beth Zimmerman's life since she was a child.

"I remember volunteering for numerous church events with my family growing up," she says. "We were taught that, although we may not be able to give as much financially, we were abundantly blessed in time and talents that we could use to glorify God and help others."

Today, Zimmerman uses her time and talents to serve as the volunteer coordinator for TIM's CLUBE, which is a non-profit organization that provides faith-based sober living homes to men and women in the Des Moines area.

"We currently serve 24 residents in our five men's houses and four residents in our women's house," Zimmerman explains. "Many of our residents come to us from prison, jail or the streets in varying stages of recovery from their drug and alcohol addictions. They are desperately needing a safe place to call home where they can work on their relationship with God, their recovery and rebuilding their lives."

TIM's CLUBE also helps these individuals connect with community



Tim Short of Edward Jones presents a Good Neighbor certificate to Beth Zimmerman.

resources, gain employment and study the Bible, as well as provides accountability in their recovery.

As the volunteer coordinator, Zimmerman screens volunteer applicants, assigns them to the volunteer team where their talents and experience can be the most helpful, leads volunteer training meetings and puts together the organization's quarterly newsletter. She also serves as a mentor in the women's house, providing guidance, support and accountability to the residents.

"When I volunteer and see how much it means to the TIM's CLUBE residents just to know that someone cares and hasn't given up on them, it makes my heart full," Zimmerman says. "These are people who have been through things that most of us can't even imagine, and they've put their family and friends through some really trying times, maybe even to the point of their families giving up on them. Playing a small part in showing them that God has not given up on them and that they can make it through this is the most beautiful gift that I am blessed with from this experience."

For Zimmerman, volunteering is just one way that she lives out her faith and serves God.

"There are so many people and organizations out there that need help, and we have all been blessed with gifts and talents," she says. "When you volunteer and see the impact that you're making in someone else's life, there's just no greater reward."

TIM's CLUBE is currently accepting volunteer applications, which can be found on their website, www.timsclube.com. ■

Edward Jones > edwardjones.com | Member SIPC

Happy Summer!

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LEGAL

By Cynthia P. Letsch, J.D.

4 THINGS to know before investing in a pool

The city pool ordinance only applies to pools that can hold water at least 24 inches deep and that are “intended” for swimming, recreational bathing or wading. This does not apply to the portable plastic or blow-up kiddie pool, which is typically no more than 22 inches high, although you will want to be proactive to ensure no one accidentally drowns in there, either. However, some seasonal pools are higher than this, and, according to City Inspector Steve Tibbles, these are intended to be covered under the ordinance, although they may not technically meet the requirement of needing to be “constructed.”



1. Presuming your pool does qualify under section 326.1, you must first obtain a permit. Along with your permit, you need a site plan showing where it will be in relationship to lot lines and other structures and how the design requirements meet the other provisions of the ordinance. You cannot put it anywhere you want.

2. Design materials must be light in color (why do they care), **impervious to water** (no comment), **provide a tight tank with smooth, easily cleaned surface: no sand or dirt.**

3. Fenced unless it is a hot tub with a locking cover or pool with a powered safety cover. The fencing rules are complicated and depend on whether you have an above-ground or in-ground pool.

- For in-ground pools, the fence must be at least 48 inches tall, measuring from the ground on the non-pool side of the fence.

- Where the pool is above-ground, in some cases, the pool wall can serve as the barrier if it is taller than 48 inches. If you build a deck, you will need to fence either the deck or the pool itself.

There are a plethora of rules on how large the spaces in the fence and/or gate can be, depending on where the opening is. If your yard fence meets the pool fence and gate requirements, then a separate fence at the pool is not needed.

4. Gates must open away from the pool, be self-closing and lockable. Ladder access not secured by a gate must also be rendered inaccessible.

If your residence is subject to a restrictive covenant that prohibits above-ground pools, then it does not matter whether the city allows you to have one or not. The restrictive covenant is enforceable. More on that next month. ■

Information provided by Cynthia P. Letsch, J.D., Letsch Law Firm, 112 N.E. Ewing St., Suite D, Grimes, 515-986-2810, www.LetschLawFirm.com.

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"Good luck to all the students, and here's to another year of fun and learning!"



RECIPE

BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit barilla.com/recipes to discover more dishes that can help you follow the Mediterranean lifestyle. ■

Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7


- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste




DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.


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Dr. Tyler Fulton received his Doctor of Optometry degree in 2017 from the Illinois College of Optometry in Chicago, graduating with honors. He has practiced family optometry in the Des Moines metro area for seven years focusing on pediatric vision, contact lens management, macular degeneration, and dry eye disease. He enjoys seeing patients of all ages.

Dr. Fulton lives in Grimes with his wife, son, and dog.

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MAXIMIZING Social Security

John and Sue's journey to an extra \$93,000

As retirement nears, many face the critical question of how to optimize their resources, ensuring they can live the lifestyle they want and have the money to pay for it. One of the most significant components



of this journey is the Social Security decision. The Social Security decision made by John and Sue, the stars of our online Journey to Retirement Workshop, is a shining example of how thoroughly analyzing your options can maximize your Social Security benefit.

John and Sue, aged 62, are at the crossroads of making their Social Security election. Their goal is clear: maximize their benefits while considering their income and lifestyle needs. Through our workshop, we illustrated three different Social Security scenarios to help them make an informed decision.

In the first scenario, John and Sue both opt

to take Social Security at the earliest possible age of 62. We use some assumptions about their benefit and an assumed life expectancy of 81 for John and 84 for Sue. In scenario No. 1, cumulatively, over their lifetimes, they would collect \$941,000.

In the second scenario, only Sue starts her benefits at 62, while John waits until full retirement age (FRA), which for him is 67. This strategic delay allowed John to receive his full Social Security benefit of \$3,000 monthly, yielding \$998,000 in total lifetime benefits.

The third scenario involves further delaying benefits. John waits until age 70, letting his benefit grow 8% yearly from age 67 to 70, while Sue begins taking her Social Security benefit at 65. Ultimately, this strategy brought their total Social Security benefits to \$1,034,000 — a staggering \$93,000 more than the first scenario.

Why does this matter? Beyond the obvious financial gain, this additional income provides John and Sue with the flexibility to adapt their plans as needed. Whether it's dealing

with unforeseen health expenses, adjusting for inflation, or simply enjoying a few extra vacations, the additional \$93,000 adds a significant cushion to their retirement portfolio.

This type of Social Security analysis works best when the final decision on when to elect Social Security is made in connection with a broader retirement strategy that includes retirement lifestyle goals, other sources of income, investable assets, health status, market conditions and more.

Integrating these choices into a broader retirement strategy can unlock substantial benefits, offering financial security and the freedom to fully enjoy the retirement years. For those nearing retirement, I encourage you to take the time to explore your Social Security options thoroughly. Your future self will thank you. ■

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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EVENTS IN THE AREA

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

Be sure to check for cancellations.



Movie at Heritage

Aug. 8
Heritage Park, 1055 N.E. Beaverbrooke Blvd., Grimes
“Kung Fu Panda 4” will be featured. Activities start at 6 p.m. with the movie at 7 p.m.



Highway 141 Garage Sale

Friday and Saturday, Aug. 2-3
Grimes First Presbyterian Church, 410 S.E. Third St.

This 50-plus family garage sale will be held in the air-conditioned fellowship hall. A bake sale and \$5 meals will also be held.



Rock Around the Clock Concert Series

Thursdays, Aug. 29 - Sept. 26
Heritage Park, 1055 N.E. Beaverbrooke Blvd., Grimes

The Rock Around the Clock Concert Series is back. The concerts will be from 5:30-8 p.m. In addition to rocking out, organizers have partnered with the local food pantry, Grimes Storehouse, to help families in need. Bring a donation of a nonperishable food item or a monetary donation for admission.

- Aug. 29 - Brian Congdon
- Sept. 5 - Dick Danger Band
- Sept. 12 - Brian Herrin
- Sept. 19 - Brother Trucker
- Sept. 26 - Damon Dotson

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. To register, visit <https://rhythmsofgraceequine.org/volunteer>.

Blessing of the Animals

Sept. 15, 2 p.m.
Grimes First Presbyterian Church, 410 S.E. Third St.

Join in to celebrate and bless our furry family members. There will be treats, certificates and lots of fun. All creatures great and small are welcome.



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Oct. 13, 4:30-7 p.m.
Grimes First Presbyterian Church, 410 S.E. Third St.

Turkey and dressing, mashed potatoes and gravy, green beans, cranberry sauce, rolls and pumpkin pie for a freewill offering. This is a drive-thru event only.



Waukee Arts Festival

July 19-20
Centennial Park, Waukee
www.waukeeartsfestival.org

Centennial Park in Waukee will host plenty of eye-catching local art from some of the area's best artists over the two-day-long festival. Live music and food trucks will be available to enjoy alongside the artwork.

Square Dance Lessons

Sundays starting Sept. 8, 6:30 p.m.
Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.

County Fairs

- **July 17-21:** Madison County Fair in Winterset. www.madisoncountyfair.net
- **July 17-21:** Story County Fair in Nevada. www.sc-fair.weebly.com
- **July 18-21:** Boone County Fair in Boone. www.boonecountyfairia.com
- **July 19-25:** Jasper County Fair in Colfax. www.jaspercofair.com
- **July 24-29:** Warren County Fair in Indianola. www.warrencofair.com
- **July 25-28:** Polk County Fair at the Iowa State Fairgrounds in Des Moines. www.polkcountyfairiowa.com



National Balloon Classic

July 26-Aug. 3
Memorial Balloon Field, 1136 150th Ave., Indianola
www.nationalballoonclassic.com

Just look up. Beautifully colored hot air balloons adorn the skies of Indianola. The National Balloon Classic has been dropping jaws of Iowans and travelers with its wondrous display for more than 50 years.

Hinterland Music Festival

Aug. 2-4
Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles
www.hinterlandiowa.com

Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike. Headliners: Aug. 2: Hozier; Aug. 3: Vampire Weekend; Aug. 4: Noah Kahan.



CITYVIEW's Summer Stir - East Village

Friday, July 26, 5-9 p.m.
East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit summerstirs.dmcityview.com.

Together Through Sound Music Festival

Sept. 8, 1-10 p.m.
Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com or email info@togetherthroughsound.com. ■

SUMMER safety tips for senior citizens

Summer is a wonderful season, but, for senior citizens, it can pose unique health challenges. High temperatures, intense sunlight and outdoor activities can exacerbate existing health issues and create new ones. However, with a few simple precautions, seniors can enjoy the summer safely and comfortably. Here are some essential summer safety tips for senior citizens.

• **Stay hydrated:** Dehydration is a major concern for seniors during the summer months. Older adults often have a diminished sense of thirst, making it easy to forget to drink enough fluids. It's crucial to drink water regularly, even if you don't feel thirsty. Aim for at least eight glasses of water a day and consider eating water-rich foods like cucumbers, watermelon and strawberries. Avoid excessive consumption of caffeine and alcohol, as these can lead to dehydration.

• **Dress appropriately:** Wearing the right clothing can make a big difference in staying cool. Choose lightweight, loose-fitting, light-colored clothing made from natural fibers like cotton, which allow the skin to breathe. Wide-

brimmed hats and sunglasses with UV protection are also essential to protect the face and eyes from the sun's harmful rays.

• **Protect your skin:** The skin becomes more sensitive with age, increasing the risk of sunburn and skin damage. Always apply a broad-spectrum sunscreen with an SPF of at least 30 before going outdoors, even on cloudy days. Reapply every two hours, or more often if swimming. Don't forget to cover often-missed spots like the ears, back of the neck and tops of the feet.

• **Stay cool:** High temperatures can be dangerous, leading to heat exhaustion or heat stroke. Stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m. Use air conditioning or fans to keep your living space cool. If you don't have air conditioning, consider spending time in public places like shopping malls, libraries or community centers that are air-conditioned. Cool showers or baths can also help lower your body temperature.

• **Be mindful of medications:** Some medications can increase sensitivity to sunlight or affect the body's ability to regulate temperature.

Review your medications with your healthcare provider to understand any potential side effects related to heat and sun exposure. Carry a list of your medications and their dosages in case of emergencies.

• **Stay active but smart:** Physical activity is important for maintaining health, but it's essential to adapt your routine to the summer heat. Engage in outdoor activities like walking or gardening early in the morning or later in the evening when it's cooler. Take frequent breaks and listen to your body. If you feel dizzy, weak or overheated, stop immediately and rest in a cool place.

By following these summer safety tips, you can enjoy the sunny season while minimizing health risks. With proper hydration, sun protection, and smart activity choices, the summer months can be both safe and enjoyable. Stay cool, stay safe and make the most of summer. ■

This article was written by Meadowview of Clive, 515-644-8740.



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Make your voice be heard and cast your votes in the 2024 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center, Johnston, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

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One vote per resident, please.

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

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

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

SHOPPING

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

ENTERTAINMENT

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

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy

HEALTH/BEAUTY

- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

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- Tree Service

DCG MUSTANGS score big at state soccer

Boys and girls teams win state soccer championships.



The Dallas Center Grimes girls and boys soccer teams won their state championships.

This was an exciting spring for Dallas Center Grimes soccer fans, as both the boys and girls teams secured state championships. Coaches Dan James (girls) and Collin Lane (boys) are excited about the season and looking forward to the future.

“This year was similar, yet different to the previous year,” James says. “We had similar stumbles in the regular season compared to last year, including the same record as last year. Each year, you have new kids in different positions, and we had to figure out our roles on the team. Once we did that, we played much better.”

Because the team had won state before, it was the expectation that they’d be in the finals. The three-peat is not something that has happened very often, but DCG girls did it and will be part of a small group of players to ever do such a thing.

Now, the bar has been set high for this program for many years, and James is confident the girls will be up to the challenge and be competing to be right back in the state tournament.

Collin Lane, head coach of the boys since 2018, has also had a strong

team. Of the six seasons they have played (COVID season was cancelled), DCG soccer has qualified for the state tournament five of those times.

“It always means a lot to go to state,” Lane says. “Winning a state championship — especially in the fashion in which we won (a tough game, we battled hard, an overtime golden goal off a corner) — will be something I’ll never forget. Watching the boys and fans celebrate is a series of images and emotions and pride that I can’t describe. This was the first state championship in DCG boys soccer history.”

DCG soccer players will be back to play together this summer, and the coaches are sure there will be plenty of state championship talk, which will keep the fire lit. Once school starts, it is back to work.

“We have a lot of wonderful players with tremendous talent returning, and one of my favorite parts of coaching high school soccer is working to assemble the puzzle each year as players graduate and others join the program,” Lane says. “We put the pieces together and assemble what we believe will take us to that final match that our program has now played in — and won.” ■

5 TIPS for healthy conflict

Fireworks are common around the Fourth of July, but you don't want them in your relationship. Here are some helpful strategies to keep them in the sky where they belong.

Tip 1: Use a soft start: The first three minutes of discussion sets the tone, so keep it civil. Avoid criticism, contempt, defensiveness and shutting down. Respond so your partner feels heard. This will help prevent emotions from intensifying to get your attention.

Tip 2: Keep calm: A heart rate increase of 20 beats/minute can signal emotional flooding. This causes a release of stress hormones, putting the nervous system into overdrive. Try calming down by taking deep breaths, listening to music or walking.

Tip 3: The 5:1 ratio: Keep interactions positive. Research shows healthy relationships have at least five positive interactions for each negative. Find shared activities and interests to assist with your 5:1 ratio.

Tip 4: Avoid "kitchen sinking": Most fights snowball with differences in values, unrecognized needs or hidden dreams. Instead of dumping out secret resentments, work to find the culprit and stick to the topic.

Tip 5: Fine-tune your conflict culture: Know where your partner's boundaries are, and act in ways that you both agree on. One example: a hard rule of no name-calling. ■

Information provided by Vanessa Andersen, LISW, Licensed Mental Health Therapist, Pink Couch Wellness, 1220 N.E. Station Crossing, Suite 204, Grimes, IA 50111. www.pinkcouchwellness.com. Source: Fight Right Julie Swartz Gottman, PhD, and John Gottman, PhD 2024



529 COLLEGE Savings Plan new rules boost retirement and education planning

With summer nearing its end and school coming back into session soon, 529 College Savings Plans are becoming a hot topic of discussion. 529 plans are a powerful way for families to save for a loved one's college expenses in a tax-advantaged way. Some of the biggest concerns or hesitations with funding 529 plans in the past were overfunding the plan, a child receiving a large scholarship, or fear that a beneficiary may choose not to attend college. Previously, if funds within the 529 plan were used for anything other than education costs, they were subject to income taxation and a 10% penalty.



Now, in 2024, the concern of overfunding the plan has been addressed. If there are unused funds within a beneficiary's 529 plan, they can now be transferred to a Roth IRA in the beneficiary's name.

While these new guidelines are exciting news for those who are contributing or have been wanting to contribute to a 529 College Savings Plan, they do come with a specific set of rules to keep in mind:

- To transfer the plan to a Roth IRA, the 529 plan must have been in place 15 years before the transfer can occur.
- If you change the name from one beneficiary to another, this could reset the 15-year clock.
- Funds that were contributed or earned within the past five years cannot be transferred.

The current maximum that you can transfer to the Roth IRA is \$35,000 over the beneficiary's lifetime. When transferring funds, annual Roth IRA contribution limits still apply. Currently, 2024's annual Roth IRA contribution limit is \$7,000. This amount is subject to change annually.

With this change coming into effect this year, families can feel more confident when opening and funding a 529 plan for a loved one without fear of the funds going unused. This change presents an opportunity for parents and grandparents to take advantage of funding and even overfunding a 529 plan for a child or grandchild. Even if you are not helping pay for higher education costs, you are helping your loved one get a head start on their retirement savings at an early age. ■

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PROVIDING dental care for those in need

Oral health is important to child development and overall health.

Did you know that, in Iowa, 54% of children ages 6 to 9 have had at least one cavity? And that low-income children have five times more untreated cavities than children whose parents have private insurance? It's a fact that rates of dental decay are twice as high for children living in poverty, too.

But oral health is essential to both child development and optimal overall health. Dental care shouldn't just be a luxury.

That's where Dental Connections — a private non-profit community health center that promotes equitable access to quality oral health care for children and adults — comes in. The Des Moines-based organization has been around since 1919, when it was formed by a group of civic leaders as the Des Moines Health Center in response to the growing demand for health care services after World War I.

The majority of the organization's nearly 14,000 patients have Medicaid insurance and about 87% are children. In addition to Dental Connections' main clinic, two mobile dental

units called the Smile Squad travel to more than 60 area schools. They also coordinate the Little Health Smiles program, which provides classroom-based screenings and fluoride varnish at 14 preschool locations, serving more than 3,000 children under the age of 5.

The organization is making a real impact, including in Grimes.

"Inclusion is so very important to me," says Jill Cresser, a Grimes resident who sits on Dental Connections' board of directors. "No kid should go without dental care because they are underinsured. The services Dental Connections provides are vital to our communities and so very important for the health of our kids and families."

On Thursday, Sept. 19 from 6-8 p.m., the



Jill Cresser of Grimes is a member of the board for the nonprofit Dental Connections.



organization will host its annual Celebration of Smiles event at Jasper Winery, which will include a Sweet Tooth Silent Auction.

"Whether it's a product, service, gift certificate, unique experience or any other valuable item, your donation will not only help raise funds but also showcase your commitment to supporting the health and wellbeing of our community," says Cresser.

More information can be found at dentalconnections.org. ■

WHERE WE LIVE

By Lindsey Giardino

GUARDIOLA family enjoys nearby amenities

Finds community welcoming and safe

Janessa Guardiola and her husband, Pablo, moved to Grimes just over a year ago.

"We chose Grimes for the small-town feel, to be close to my family, and, when visiting the area, we really liked how friendly everyone was," Guardiola shares.

As for their home specifically, they chose it for its ideal location, including being close to the new splash pad, which Guardiola feels has been a great addition to the community.

"Being parents of younger kids, we really like having the parks, trails, ice cream shop and shopping close by," she says. "My son is able to ride his bike to venture out to the creek or go fishing with his friends, and I, as a mom, have the peace of mind that where we live is a safe community. Having a sense of security is huge for us."

Guardiola and her husband also enjoy the company of their neighbors, who they have test out new recipes for their business.

Janessa and Pablo run a booth at the Grimes Farmers and Community Market every Saturday morning. Their business, Palma Mexican Taqueria, is focused on authentic northern Mexican cuisine. They offer breakfast burritos and authentic Mexican aguas frescas.

"We are very appreciative of the support the community has offered our booth," Guardiola says. "We sell out almost every Saturday. The days we don't sell all of our burritos, whatever is left over is donated to the homeless or our church community."

Ultimately, the Guardiolas say that Grimes has been welcoming of them and their culture.

"We appreciate how open the community has been," she says. "Overall, we think Grimes is a great place to live. It's a city with something for everyone, and I'm grateful to call it home. Living in Grimes has helped us and our children develop a strong sense of community." ■



Janessa and Pablo Guardiola have found Grimes to be a good community for their young family.

VOLLEYBALL teams compete at national tourney

18U team finishes fifth in the nation.

Two local boys volleyball teams returned from a national tournament in Dallas, Texas, after having gone toe to toe with some of the best squads from across the nation for four days.

The 18U and 16U teams, based at the Ohana Volleyball Club in Grimes, performed well, with the 18U team having an exceptionally strong showing, placing fifth in the nation in Tier 2 of the three-tier competition.

“It was great, and what’s even more awesome about that is we will lose only two seniors from this team, so I basically have all my guys coming back next year,” Anderson says.

The 16U team finished 16th out of 32 teams, having to overcome a rough first day, according to Anderson, to finish strong.

The Ohana club teams have made big strides in a short period of time. When first formed, the group consisted of athletes from Johnston and Des Moines Public Schools, Anderson says. Now, the club has grown to the point where athletes are traveling from as far as Bettendorf to be a part of the team.

The state of Iowa does not have a sanctioned boys volleyball season, but Anderson says the boys have been quick learners.

“They are coming in not knowing what to play or what to do, but when you relate it to other sports, they just pick it up so fast,” he says.

Although not true across the board, it seems as though basketball players have the easiest time transitioning to volleyball, he says.

“We love basketball players,” Anderson jokes. “They’re usually tall, quick on their feet, and a lot of the quick movements that are good for basketball are good for volleyball as well.”

The program’s growth has basically been due to word of mouth at this juncture, Anderson says. Anderson holds some free camps and clinics during the summer as well to give kids who might not be familiar with the game an opportunity to see what the sport is about.

“Once the boys get past that initial stigma that it’s only a girls’ sport, they end up liking the sport,” Anderson says.

Anyone is welcome to try out and participate in the clinics.

This year, the club will be expanding to two 18U teams, a 16U team and a 14U team.

Anderson says the season begins in October and runs through June. Practices are held at the Ohana Sports Complex at 1400 S.E. Gateway Drive in Grimes twice a week for two hours each. ■



The Ohana Volleyball Club, Grimes, 18U team recently finished fifth at a national tournament in Dallas, Texas. Front row, from left, Jackson Miller, Ames High School, and Jesse Schumacher, Southeast Polk High School. Back row: Coach Brandon Anderson; Jerze Simonson, Bondurant-Farrar High School; Eli Melz, Bettendorf High School; Chris Davis, Johnston; Tyler Nguyen, Johnston; Philip McClure, Valley High School; Max Sampson, Johnston; Nolan Edkin, Moline High School; and Coach Matt Belling.

ENJOY the new splash pad and park

Dear Grimes community members,

I am excited to welcome all residents and visitors to our brand-new splash pad and park area. This vision became a reality thanks to significant efforts from our residents, business partners and the City of Grimes and the Parks and Recreation Department. The summer of 2024 marks its inaugural season, and I encourage all of you to check it out soon if you haven't already.



Our new splash pad and park are designed to provide a fun, safe and inclusive space for families and individuals of all ages. Whether you're looking to cool off on a hot day, enjoy a picnic with loved ones, or simply take a leisurely stroll through our beautifully landscaped grounds, this new addition to Grimes offers something for everyone.



Key features of our new park include:

- Interactive splash pad: State-of-the-art water play area with various features to keep visitors entertained for hours.
 - Spacious green areas: Perfect for picnics, playing catch, or simply relaxing with a good book under the shade of a tree.
 - New trails: Paths that encourage a healthy lifestyle — go out and get some extra steps in.
 - Playground equipment: Modern and safe play structures designed for children of different ages.
 - Picnic shelters and benches: Convenient spots for families and friends to gather, eat and enjoy the outdoors together.
 - Some spaces are available for rent for various events. Visit grimesiowa.gov/shelter-rentals for more information.

This project would not have been possible without the generous support of our community members, local businesses and dedicated volunteers. Your contributions and hard work have made this dream a reality, and we are extremely grateful.

Let's make the summer of 2024 one to remember by enjoying all the wonderful amenities our new park has to offer. We look forward to seeing you there. ■

Information provided by Adam Bunge, board chair, Grimes Chamber and Economic Development.

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In 1797, the first "Washing Tool" comprised of a tub and a ridged board.



The first official electric clothes dryers appeared in the U.S. in the years prior to World War I.

The first dishwashers were too expensive for an average household, costing between \$75 and \$100, which most women would not spend on an item for their kitchen even if it meant easing the effort they had to put in washing dishes.



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