

News Brief

FILING DEADLINE SET FOR NOV. 7 ELECTION

The deadline for candidates to file nomination papers for city council and the mayor's seat is Aug. 31. The paperwork must be turned in to the office of the county auditor or designated city clerk.

Seats up for reelection this year include Mayor Steve Knepper and Council Members Bill Hosch and Andy Kelchen.

Police Report

The Cascade P.D. reported:

• Jae Yong Ho, 27, Ankeny, arrested for OWI first offense and failure to maintain control, May 18.



Contributed Photo

Students spend time in the old jailhouse: front, Bentley Swan; second row from left, Nolan Manternach and Keith Juarez; third row, Kruze Engesser, Bennet Ehlers and George Johnson; back, Henry Ambrosy, Daisy Gassman and Phillip Cook.

TOUR: Trip was a success

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military room. A lot of my students said they enjoyed it because they had grandparents or people they knew in the military, so they were able to look back and see what they went through, wore and used."

Brindle, Roller and Otting all agreed the trip was a success, especially since many students

expressed interest in returning with their families. This field trip is planned to become a yearly tradition for the second grade, which Otting said is a great step towards the level of collaboration they'd like to have with the Cascade schools.

"We'd like to get more participation from both elementary schools," he said. "The doors are always open."

TEACHING: Looking forward to traveling

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emailed me saying they had lost something at home. The mom said 'Pray to St. Anthony, we'll find it,' and the little boy said, 'Mom, St. Anthony isn't going to come here. He spends all his time in Mrs. Donavon's room.'

With a career lasting 42 years, only three less than her mother's, Donovan said she's retiring to better take care of her husband, who had a stroke eight years ago. She also said she feels it's time to move on to another stage of life and pass the torch of teaching.

"COVID was hard on everybody and it was hard to get back into the routine of things. It was time for me to move on

and do something different and let somebody young take over."

Donovan said she's looking forward to traveling with her husband for as long as his health will allow and hopes to do some subbing once in a while in the fall. Still, she will miss her students and sharing her faith experience at Catholic schools.

"You don't get into it for the money, especially in a Catholic school," she said. "You have to love what you do and you have to love the kids. The thing I'm going to miss the most is being with my students. You get hugs from them and they genuinely care. The community of teachers in your school becomes a strong bond."

Practicing self care to care for others

BY ERIN LABELLE
erin.labelle@wcinet.com

"I just really like to help people," beamed Melissa McLees, a licensed massage therapist serving clients at Just Teasin' Salon and Spa in Farley. McLees graduated from Carlson College of Massage Therapy and launched Creative Touch Massage and Wellness in 2021, reinventing herself after a challenging period of life.

McLees spent 15 years working for Modernfold, and although she learned much from her factory job, she began to feel unappreciated. The work-related stress and grief from her mother's death, as well as several miscarriages, caused McLees to reach out to alcohol. She knew something had to change.

Counseling and a session with Moriah the medium, began to turn everything around. Moriah made contact with McLees' mother, Elaine Johnson, who passed away in 2017. Johnson encouraged her daughter to leave her job and leap into something new.

McLees' counselor suggested Carlson College, sharing their fall start date, which was right around the corner. Having always enjoyed receiving massages and being in the garden, two pieces of the Carlson curriculum, she joined a small cohort for six months of healing and learning.

Anatomy and Physiology, Swedish massage, Reiki, Craniosacral Therapy, Reflexology, Cupping, Herbology, Hydrotherapy, Aromatherapy, Lymphatic Massage, Precision Neuromuscular Therapy (PNMT) and many other classes walked McLees toward well-being while preparing her to guide others on their healing journey.

During a Craniosacral Therapy class, McLees fell into a dream



MELISSA MCLEES, LMT

state which left her feeling changed. After sharing the internal experience with peers and her instructor, the group resolved

she'd been processing stored emotions from childhood trauma during the session.

A favorite quote, attributed to Jane Harrington, speaks to the power of the work McLees offers today. "When you touch a body, you touch the whole person, the intellect, the spirit and the emotions."

McLees grew up on a Cascade farm, with addiction and mental health challenges on both sides of the family. She became aware of her anxiety and depression in third grade. McLees remembers feeling different and anxious like she didn't fit in. "Mental health isn't openly talked about in a farming community, especially back then," she said. "When I talk about mental health and miscarriages now, I realize there are more people out there with similar experiences."

Making a lifestyle change and working with a counselor, as well as integrating self-care practices into her day, helped McLees stop drinking. She recognizes sunlight, water and a morning routine are important. Being in nature, grounding, painting, nature photography and kayaking are a few self-care favorites and McLees constantly collects rocks. If a client cancels a session, she accepts the gift of self-care time and goes out for a walk.

An empath, McLees is sensitive to energy and passionate about her work. She responds to her client's needs and attunes to



Erin LaBelle • Staff Photo

Trees of Life are one of many products made and sold by Melissa McLees, of Creative Touch Massage and Wellness.

each person, connecting deeply during each session. "Being holistic, you're more tuned into the body, it's not just a routine massage," she said. McLees often has to discern if what she's feeling is her own or the client's experience.

Of all the tools in her wellness toolbox, PNMT, a form of soft-tissue therapy, is her secret weapon. Effective in treating a wide array of disorders, PNMT offers a higher level of customization. Many forms of massage require specific routines, but PNMT asks therapists to respond to the symptoms they discover, making each session is unique, matching the patient's needs. McLees describes her massages as therapeutic with comfort and

pampering.

In Carlson College's Herbology class, McLees learned to make wellness products with natural ingredients and essential oils, like the bath bombs, Epsom bath salts and tea blends she sells today. She creates aromatherapy bracelets and necklaces with lava rocks to hold essential oils, which offer health benefits throughout the day. McLees regularly sells her products at Just Teasin', and she'll be at The Dyersville Downtown Market and Cascade Sunset Fest. McLees will host an open house in Farley in July.

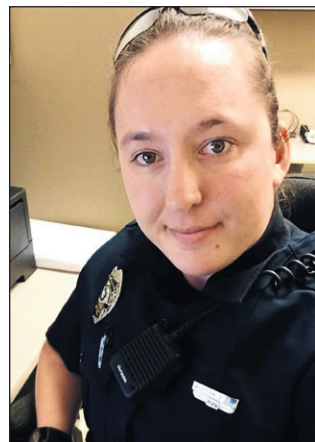
For more information, connect with Creative Touch Massage and Wellness on Facebook or at Just Teasin' Salon and Spa.

Matson joins police as part-time officer

BY DANIEL CHARLAND
daniel.charland@wcinet.com

Paramedic, firefighter and law enforcement officer, Coletta Matson is the newest member of the Cascade Police Department. Matson grew up on a 20-acre farm in Missouri Valley and entered the field of medicine as a paramedic at Crawford County Memorial Hospital in Denison. Matson said she never anticipated becoming a police officer but was heavily encouraged by a sergeant while at work.

"One of the sergeants approached me and said I'd probably make a good officer," said Matson. "I told him no for almost a year, but he finally sweet-talked me into just applying. I didn't think I was going to pass the physical fitness test, but I did, so I had to make a decision and decided to take the leap. I went through train-



Contributed Photo

Coletta Matson joins the Cascade Police Department as a part-time officer and looks forward to getting to know the community.

ing, found out I really liked it and the rest is history."

The Denison Police Department put Matson through the police academy and she worked there until her recent

move to Cascade, when she transitioned to the Cascade Police Department as a part-time officer. Matson's primary, full-time job is with Monticello Ambulance. She also works part-time as a paramedic one day a week at Guttenberg Hospital and serves with her fiancée in the Cascade Fire Department.

"I still enjoy working in the medical field," she said. "I love taking care of people, but I also enjoy being an officer. The main reason I didn't stay full-time as an officer was not being able to find any full-time positions when I moved."

Matson began in May and might be seen on duty at any time, as her shifts will be on an as-needed basis around her primary paramedic schedule. She said her favorite part of law enforcement work is meeting and interacting with small-town communities.

"I don't like working in big cities, I like the small-town feel," she said. "I like working in small towns because I grew up in one and know how everything works when it comes to the smaller farmer community mindset."

"Yes, law enforcement is about upholding the laws, and apprehending those who choose to break them, but it's also about developing a relationship with the community members. It's not all the 'rough and tough' you see on TV. It's actually about developing that trust and relationship, and I love developing and working on that. I love being on patrol and stopping to talk with Old Widow Brown about her flowers for a second."

While off duty, Matson's hobbies include raising pill bugs, canning, sewing, indulging her love of frogs and small critters and hanging around at home.