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AUGUST 2024

# Living

MAGAZINE

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WELCOME

# THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■

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Rosalie Pfeifer inspects a frame  
from one of her beehives.  
Photo by Sean Dengler

# WHAT'S THE BUZZ?

**Residents share their  
experiences as beekeepers**

**By Sean Dengler**

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.



## Passion for beekeeping

Finding one's way into beekeeping can take many different paths. This passion for taking care of one of nature's smallest creatures can develop in diverse ways. For Rosalie Pfeifer, it took reading about the decline of bees.

"I became interested in beekeeping in 2010 from articles I had read on the decline of the bee population and that bees and pollinators are responsible for one of three foods we eat," she says. "At that time, we lived in Waukegan, and there was an ordinance prohibiting beekeeping. In the meantime, I read and studied articles, stories, books about honeybees and their extraordinary behaviors. I was hooked."

This passion never went away, and, fortunately, relatives decided to move to the countryside.

"Fast forward to 2021," Pfeifer says. "I moved to Clive, and my brother and his wife moved back to Iowa and purchased our great-grandparents' farm near Luther. We now had a place for bees."

With a little help from a mentor and a book, Pfeifer was set up to hit the ground running.

"I found a mentor in a person who was retiring from beekeeping," she says. "He was a great advisor. We purchased used hives and equipment from him. We started with two hives, purchased two packages of bees and two queens, and were off and running. We were using the book, 'Beekeeping for Dummies.' It was our 'bible.'"

Despite being well informed, beekeeping does not come without its challenges, such as making sure the hives don't become overcrowded.

"When you have a strong queen, and she is laying eggs, up to 2,000 per day, the hive can quickly become overcrowded," Pfeifer says. "When this happens, the bees will leave to seek a new home with more space. The queen leaves as well. No queen, no hive."

Another issue is watching out for pests.

"There are several kinds, most commonly, varroa mites. All hives have them, but, left uncontrolled, they can kill the hive," Pfeifer says.

It is important to not overstay one's welcome with the bees.

"Always have a plan," she says. "Know what your goals are for that day's inspection. You want to work with purpose. Do not prolong your visit by trying to figure out what you are going to do while the hive is open. Bees prefer to be left alone."



Rosalie Pfeifer prepares to establish a new beehive after receiving a package of bees.

Despite these challenges, there have been many successes, even in Pfeifer's first year.

"In spite of our clumsiness, our bees survived their first winter," she says. "Still, in spite of us, they thrived the following summer, and we harvested a bounty of delicious, golden honey."

Unfortunately, the successes were short lived.

"Soon after that harvest, a rogue swarm of bees attacked our hives, ate the remaining honey we left for them to feed on and killed the bees," Pfeifer says. "This is called 'robbing.' The hive was destroyed. That was definitely a failure because a few frames of honey were left on the ground outside the hive. That is what attracted the robbing bees. Very rookie mistake."

As for what they do with their spoils, Pfeifer keeps it simple.

"Since we keep just three to four hives, we don't produce enough honey to sell. But it is fun to give it away as gifts to friends and family," she says.

When Pfeifer first started in the beekeeping endeavor, she learned an important tip.

"At one of the first beekeeping seminars I attended, the speaker said, 'The first thing to remember about beekeeping is failure.' He was right. But we keep going, buy new bees and try, try again," she says.

Pfeifer provides guidance on how to make beekeeping work.

"Attend meetings," she stresses. "There are many. I used a garden center that was offering a class for beginners. The Central

Iowa Beekeepers Association, ISU Extension, and the Iowa Honey Producers Association are just a few. I read and watch many YouTube videos. In addition to these sources, try locating a beekeeper who is willing to show you their hives, find a mentor to help you along the way. Beekeepers love to talk about bees. The Iowa Honey Producers Association has a list on their website of local clubs."

For Pfeifer, it has been worth it, and she is still learning.

"We are now in our third year and still very green compared to people who have been doing it for 30-plus years. We learn something new every time we visit the hives."

## An early start

An interest in beekeeping developed early for Natalie Christopherson, who started in seventh grade with the help of her mother, Mollie McCarron, and her father, Jason Christopherson. During her extended learning program with teacher Karlee McKibban at South Middle School, Natalie studied beekeeping.

"It started as a school project because I had extra time in my science class where I could do research on whatever topic I wanted. I'd heard that bees are very complex, and we'd been learning about sustainability and the environment already, so I decided to research them further," she says.

To get started on this new adventure, Christopherson decided to get the equipment.

"We started by going to the Central Iowa



Beekeepers Association auction in April where we got nearly everything, including the actual bees, boxes, frames and tools,” she says. “At the auction, we were also able to talk to people and get contacts for questions that we would have later. Beekeepers are very open to helping newbies.”

Along the way, Christopherson has had successes and failures.

“Last August we were able to harvest 15 gallons of honey from our three hives,” she says. “The honey that the bees produced is the best we’ve ever had. But, last winter, we lost all three of our hives and had to buy new ones in April. The cause of their death seemed to be out of our control as the weather got significantly warm at the end of February, so they were out for a few days. (Bees stay in their hive all winter and usually come out in late March to early April.) Then the temps dropped back down in early March, and they died.”

Harvesting honey is a process and requires equipment up for the task.

“To get the honey, we cut off the capping, which is a wax seal the bees put over the hexagonal cells of the comb to keep the moisture content low,” Christopherson says. “Low moisture is why honey doesn’t spoil. Then we put the frames full of honeycomb in a honey extractor, which spins them around to take the honey out.”

Once the honey has been extracted, it is filtered through fine mesh strainers to remove any wax. Then it’s poured into the jars. Christopherson sells the honey she collects.

The beeswax collected when extracting honey can also be used. First, it needs to be separated from any debris.

“We put all of the wax we’ve collected from a year of beekeeping — this usually has honey and very dirty wax in it — and put it in a huge metal bin with water,” Christopherson explains. “Because wax is less dense than water and debris, all of the pure wax will float to the top when melted. We usually do this two times to take away all of the large pieces of debris.”

The wax is then filtered using pantyhose, Christopherson says.

“Pantyhose are good filters because they are made out of nylon, so it’s able to withstand the heat,” she says. “These wax-filled pantyhose go into a crockpot of water to be filtered one final time. Finally, the mush of wax, honey and debris has turned into pure, golden beeswax. With the wax, we’ve made candles and hand salve of olive oil plus beeswax.”

Despite her youth, Christopherson has a few tips to those new to beekeeping.

“You don’t need to have bees to learn about beekeeping,” she says. “Talk to experienced beekeepers and go to meetings. You can just go to a CIBA meeting and listen to the speakers or other beekeepers talk. Do not be afraid. Beekeepers are very welcoming to newcomers and will definitely want to talk about bees with you.” ■



Natalie Christopherson removes a frame from a beehive.



The honeycomb inside one of Natalie Christopherson’s beehives.



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## TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](https://SuccessRice.com). ■

### Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

#### DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.



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# RECIPES

## Grilled Hawaiian chicken and coconut rice

Prep time: 5 minutes, plus 4 hours for marinating

Cook time: 15 minutes

Servings: 4

- 4 chicken breasts, skinless and boneless
- 1/2 cup soy sauce
- 1/2 cup water
- 1/2 teaspoon sesame oil
- 1/2 cup brown sugar
- 1 garlic clove, minced
- 1/4 cup white onion, chopped
- 1 bag Success Basmati Rice
- 2 cups coconut milk
- 4 pineapple rings
- 1/4 cup unsweetened coconut, shredded

### DIRECTIONS

- In 1-gallon bag, combine chicken with soy sauce, water, sesame oil, brown sugar, garlic and onion. Marinate in refrigerator about 4 hours.
- Heat grill to medium heat.
- Prepare rice according to package directions, replacing 2 cups water with coconut milk.
- Once finished marinating, remove chicken and pat dry. Grill about 7 minutes per side, or until internal temperature reaches 165 F.



- Pat pineapple rings dry and grill about 1 minute per side.
- Mix shredded coconut with rice. Place pineapples on top of chicken and serve with rice.



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## 7 TIPS for first-time homebuyers

Purchasing a home can be complex, but you can ensure a smooth journey to homeownership by doing the right research ahead of time. Here are seven tips for first-time homebuyers to set you up for success.

### 1. Get preapproved before home shopping:

Choosing a lender and getting preapproved should be one of your first steps in the homebuying process. In fact, some real estate agents and sellers won't meet with you before you have a mortgage preapproval.

**2. Determine your home-buying budget:** Next, your lender will approve you for the maximum total you can afford; however, that's not necessarily the number to take as your target home price. Keep in mind the other expenses that come along with owning a home, such as property taxes, utilities, insurance and more.

**3. Work with a Realtor:** While you're not required to work with a Realtor, having an expert guide you through your first homebuying experience typically helps alleviate stress and anxiety, instills confidence throughout the homebuying journey, and makes the overall process smoother.

**4. Make a timely offer:** It's time to make an offer. While buying a home is a big decision that shouldn't be rushed, remember the market is



competitive and homes aren't staying on the market very long. Don't wait too long to make an offer once you think you've found "the one."

### 5. Conduct a home inspection and calculate maintenance costs:

A home inspection will point out any large repairs that need to be done before closing. Depending on the results of the home inspection, you may be able to negotiate price reductions or needed repairs.

**6. Learn about alternative down payment options:** Saving for down payments often holds people back from buying a home right away. However, there are financial options that require little or no money down. Talk to your lender about other down payment options to consider.

**7. Check your credit report and be mindful of your credit:** Your credit report will likely be reviewed in the mortgage preapproval process; it may also be reviewed again before closing. Any changes to your credit score, such as opening new lines of credit or failing to make payments on existing credit cards, could result in changes to your loan.

By following these steps, learning more about the homebuying process and what to expect, you'll likely be on your way to homeownership in no time. ■

Information provided by Cassandra Haller, VP, Mortgage Loan Originator, NMLS #681625, 11111 University Ave., Clive, Desk: 515-222-2001, Cell: 515-707-6461; and Olga Dobbins Oliver, NMLS ID#: 571175, Office: 515-222-2009, odobbins@bankerstrust.com, West Des Moines Branch, 620 S. 60th St., West Des Moines, IA 50266.

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# THE BENEFITS of respite care in assisted living facilities

First, respite care ensures that seniors receive the professional attention and care they need in a safe and supportive environment. Many caregivers, often family members, may lack the specialized training required to address the complex health needs of elderly individuals. Assisted living facilities are staffed with trained professionals who can offer medical care, therapy and assistance with daily activities, ensuring that seniors' physical and emotional needs are met. This professional care can prevent potential health issues from escalating, leading to better overall health outcomes for seniors.

Moreover, respite care offers a much-needed break for primary caregivers, who often face significant stress and burnout from their demanding roles. Caring for an elderly family member can be an around-the-clock job, leaving little time for personal needs or rest. By providing temporary relief, respite care allows caregivers to recharge, attend to personal matters, or simply take a break, ultimately leading to better care when they return. This break can also prevent caregiver burnout, a condition that

can negatively affect both the caregiver and the senior they are caring for.

In addition to benefiting caregivers, respite care also has positive effects on the seniors themselves. A change of environment, even temporarily, can be refreshing and stimulating for elderly individuals. Assisted living facilities often offer social activities, exercise programs and other engaging events that can enhance a senior's quality of life. These interactions and activities can help combat feelings of loneliness and isolation, which are common among the elderly. Social engagement is known to improve mental health, reducing the risk of depression and cognitive decline.

The community, as a whole, also benefits from respite care services. When caregivers are supported, they are more likely to remain in the workforce, maintaining their economic contributions. This stability is vital for community cohesion and economic health. Furthermore, respite care reduces the strain on healthcare systems by preventing the exacerbation of health issues in both caregivers

and seniors. Healthy caregivers and well-cared-for seniors are less likely to require emergency medical services, reducing healthcare costs and resource allocation.

Lastly, respite care services highlight a community's commitment to its elderly population. By providing accessible, quality care, communities demonstrate their value of all members, regardless of age. This commitment fosters a sense of belonging and security among residents, contributing to a more supportive and inclusive society.

In conclusion, respite care for seniors in assisted living facilities is a vital service that benefits the elderly, their caregivers and the community at large. By offering professional care, supporting caregivers, enhancing seniors' quality of life, and contributing to economic stability and healthcare efficiency, respite care stands as a testament to a community's dedication to its aging population. ■

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



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# PLANNING for a medical crisis

Effective estate planning involves not only directing the distribution of your wealth after death, but also making decisions about your care while alive. Medical technology can extend life, but many clients prefer to focus on the quality of that life. Decisions about the dying process are personal and should be made individually before the opportunity is lost.

When people do not plan for medical crises, family members have to make important health decisions without guidance. If you became ill and are unable to make medical treatment decisions for yourself, or if you became incompetent to participate in those decisions, the burden falls to your family and loved ones. It is for them that you should complete advance



directive documents.

An advance directive expresses your health care choices in writing and nominates someone to carry them out. Without a written advance directive, you have no control over the decisions or choices your agent makes. If you do not have an advance directive and become incompetent, a court may appoint a guardian to make your healthcare decisions for yourself. Guardianships can be a very costly process and can be avoided with proper planning.

A Durable Health Care Power of Attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. The document is “durable” because it is still effective even if you become incapacitated or incompetent.

A Living Will is a document that expresses in writing your directions for your medical care if you are unable to express your wishes yourself. It can direct your physician to

withhold or withdraw certain life-sustaining procedures if you are in a terminal condition. However, it can be much more comprehensive, including what you want to happen in various situations.

Advance directives allow you to maintain individual control over your life by directing healthcare decisions made for you in the future.

Advance directives allow you to anticipate medical emergencies and participate in your future care. These documents make health care decisions in advance and create peace of mind for you and your family.

The most effective estate planning is accomplished before you need it. Consult with an experienced attorney who can help you create these essential documents. ■

Information provided by Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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# CLIVE POLICE Chief Venema retires after 40 years of service in law enforcement

Clive Police Chief Michael Venema has retired after almost 40 years of service in law enforcement. The City of Clive hosted an open house and retirement ceremony for Chief Venema on July 26 at the Clive Public Safety Center.

Mark Rehberg was sworn in as Clive's new chief of police during the City Council meeting on July 25.

"It has been an honor to serve the Clive community alongside the department's dedicated and professional officers and staff. Working for the Clive community has been a rewarding experience these last 12 years," said Chief Venema. "Clive is a special place, and I know Chief Rehberg will continue the department's work of supporting Clive as a safe place to live with a great quality of life."

Chief Venema began his career in law enforcement in 1984 with the Sterling, Illinois, Police Department. In 1985, he moved to the Davenport Police Department, where he spent 26 years and rose to the rank of lieutenant. He was appointed as the Clive Police Chief in 2012.

"Chief Venema has done an exceptional job leading the department and fostering strong partnerships with the community," said Clive Mayor John Edwards. "He has transformed the department and its mission of providing public safety, promoting community service, and enhancing the quality of life for Clive residents. I know Chief Rehberg is the right



Clive Police Chief Mark Rehberg and recently retired Clive Police Chief Michael Venema

person to lead the department and continue Clive's commitment to community service."

Captain Mark Rehberg joined the Clive Police Department in 1999 and recently served as Clive police captain and operations commander. Chief Rehberg is a U.S. Marine Corps veteran and a 2016 graduate of the 265th Session of the FBI National Academy in Quantico, Virginia. ■

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## INVESTMENT

By Daniel Rundahl

# NORMAL stock market?



Welcome to the season of “fear” when it comes to the stock market and the relationship around growth for your portfolio. Normally, the third quarter is the most volatile period of the calendar year; this is to say in a normal year. The stock market swings are built from predictable things, like the monthly housing report, unemployment rates and consumer reports. Also, normally, major hitters on today’s S&P 500 will come out with their predictions and actual results of earnings. These normal patterns help control the stock price of most of your major investments. However, there are some factors that may not make sense to where the Dow stands today. Let’s discuss a few actions that generally lead to this volatility in the stock market.

1. Those in direct control of the interest rates, the FED, meet formally in September each year to discuss the outlook of rates and changes that will need to be made. Many of us feel the effects of inflation, and big decisions with even larger consequences to fail may exist in these necessary changes.

2. In September, the Social Security Trust Board meets about the projection of a SS pay raise or increase in the next year’s Medicare premium. Speculation will scare or excite the market on this.

3 End of the summer. That’s right. The end of the summer still marks the end of the “honeymoon period” for the stock market. Many companies’ budgets and projections are built on a fiscal year that will start at the end of the third quarter.

4. Oh, and it is a major election year, too. The “changing of the guard” in our nation’s largest chair can directly or indirectly affect the sentiment of investors. The swing of power will mean a change to fiscal policy across the board.

What do we do? Let us start by assessing why we use these types of “stress driving investments” to save. Historically speaking, the stock market has eight out of 10 years with positive performance. The average Bear market since 1950 has lasted 18 months, while the average Bull market has lasted 54 months. The growth period is thus triple the loss time frame. When we are in the investing stage in our 20s, 30s and 40s, we recognize that a lower number on the statement is not such a big deal now. When we are in our 50s, 60s and 70s, this drop could be the difference between having enough for the long haul or not.

We are told words like diversification, but have we really considered this in the good times and the bad? Let’s pause for a second. Would you gamble your rent check or your mortgage? Would you risk your paycheck to affect buying groceries this week? Would you take a chance on putting gas in your car? There is no better time than the next couple of months to schedule a meeting with your financial advisor. Consider the “risk” in saving with your time frames of need. In reality, you may just need to re-evaluate what diversification models are best for you. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinancial.com, 515-727-1701, www.rundahlfinancialconsultants.com.



# KEEPING the dream alive

White Eagle Multicultural Pow Wow to be held Sept. 20-22.

Ralph Moisa III had a dream — one in which all people lived as one, despite differences.

“He wanted to bring races together to understand each other so that we wouldn’t be so fearful of people we didn’t know, and that we have similar goals even though we have different heritage and customs,” says his father, Ralph Moisa.

Tragically, Ralph Moisa III would pass away on Dec. 5, 1995, at the age of 19. But out of this tragedy came the White Eagle Multicultural Pow Wow, which continues to this day.

This year will mark the 25th year of the pow wow, which will be held Sept. 20-22 at Jester Park near Granger. The event will not only showcase some staples of Native American heritage, but other customs as well. Finding common ground among all people is something we should all strive for, says Moisa.

“Our hope is that, by bringing people together and learning a little bit about their culture and their heritage, foods and other things, we will find that we aren’t that different,” he says. “We all have things in common, and no one is better than anyone else. We all have things to share. We want people from all four races represented at the event, and you’ll see the colors of them all around. Everywhere you go there will be red, yellow, black and white. We want everyone to be a part of the circle.”

The pow wow, which will feature dance, food, singing, speaking and more, is open to all comers, Moisa says.

“Anyone can attend, and they don’t even have to spend any money if they don’t want to,” he says.

People have traveled from all across the globe to be a part of the event over the years, Moisa says. More than 35 people are directly involved in setting things up and getting the event ready for the more than 1,500 participants who are expected to be a part of the pow wow this year. Moisa says that, during the peak years of the event, there were upwards of 15,000 people in attendance. COVID took a toll, however, and it’s been an uphill battle to get numbers back to where they once were. Moisa has hope, however.

“We think that people are getting up and about and around more again, and we think the numbers will begin to grow again,” he says.

Around 25 vendors will be at the event, as well as dancers from 15 communities that have committed to share their heritage with others.

For more information and schedule of events, visit [www.whiteeaglepowwow.com](http://www.whiteeaglepowwow.com). ■



The White Eagle Multicultural Pow Wow features not only Native American dance, but dancers from many other cultures as well.





Be sure to check for cancellations.

## Cirksena Park grand opening

Friday, Sept. 6, 4-5 p.m.  
Cirksena Park,  
3575 Westgate Parkway, Clive

The grand opening of Cirksena Park will be celebrated with a ribbon cutting and ice cream social.



## Little Builders

Tuesdays at 9 a.m.  
Harbach Public Library,  
8505 Harbach Blvd.

Does your little one like to build and create? The Harbach Public Library will have a variety of building toys and open playtime in the Community Room. The program is for ages 0-6. Contact [staff@cityofclive.com](mailto:staff@cityofclive.com) for more information.

## Packages collected for deployed Guard unit

Month of September

Waukee American Legion Post 737 is collecting items for care packages to send to members of a deployed Iowa Army National Guard Unit. Non-perishable snacks such as chips, microwave popcorn, nutrition bars, peanuts, crackers, gum, breath mints, raisin packs, cereal bars, small box cereal, hard candy, jerky, Slim Jims and small packages of Goldfish crackers are needed. Donations will be collected at the Waukee YMCA, 210 N. Warrior Lane, and MercyOne Health and Fitness Center, 12493 University Ave., Clive. Financial contributions are also sought to help pay for postage (each box will cost \$24.75 to mail.) Contributions can be made to: American Legion Post 737, P.O. Box 286, Waukee, IA 50263.

## Prohibition in Iowa

Sept. 8, 2-3:15 p.m.  
Clive Public Library Community Room, 1900 N.W. 114th St.

Iowa author Linda McCann will talk about her book, "Prohibition in Eastern Iowa." From 1920 to 1933, it was illegal to manufacture, transport, or sell liquor in every state in the U.S. So, why then did Iowa farmers begin using their corn to produce alcohol? Linda spoke with the children of moonshiners and bootleggers and will share their stories, along with having items specific to the Clive area. Books will be available for purchase and signature from the author, cash or check only. This free program is for ages 19 and older. Preregister for a chance to win a door prize. Visit [https://cityofclive.activityreg.com/ClientPage\\_t2.wcs](https://cityofclive.activityreg.com/ClientPage_t2.wcs) to sign up. For more information, contact Teri at [tnelson@cityofclive.com](mailto:tnelson@cityofclive.com) or call 515-453-2221.



## Food Truck Fridays

Fridays, Sept. 6 and 13, 5:30-8 p.m.  
Campbell Park, 12385 Woodlands Parkway, Clive

Live entertainment and food are presented by Clive Parks and Recreation and the Clive Chamber of Commerce. Jump on the Greenbelt Trail and make your way to Campbell Park to enjoy music, food and fun. Bring the whole family. The park has three playgrounds and a green space. Bring a blanket or a lawn chair. Note: Campbell Park is now a cashless facility. No cash is accepted. Payment methods are Visa, Mastercard, Discover, American Express, Apple Pay and Google Pay. Sept. 6 features the Dick Danger Band, and Sept. 13: features Brother Trucker.

## Protect Yourself From Fraud

Sept. 17, 6:30-7:45 p.m.  
Clive Public Library Community Room,  
1900 N.W. 114th St.

Every day, someone in America becomes a victim of fraud. One in three Americans ages 65 and older are scammed, losing \$35.5 billion annually to financial exploitation, criminal fraud and caregiver abuse. Volunteers from AmeriCorps Seniors UNITED55+ are presenting this Iowa Fraud Fighters program. Join us to learn how to protect yourself and those you love. This free program is for ages 19 and older. Preregister at [https://cityofclive.activityreg.com/ClientPage\\_t2.wcs](https://cityofclive.activityreg.com/ClientPage_t2.wcs). For more information, contact Teri at [tnelson@cityofclive.com](mailto:tnelson@cityofclive.com) or call 515-

## Clive Youth Basketball League

Registration is now open for the Clive Youth Basketball League. The program is for grades 2-7, and the season will start in November. More than 200 teams participated in 2023. The registration deadline is Wednesday, Oct. 2, or when full. Availability is limited. Visit [cityofclive.com/parkandrecreation](http://cityofclive.com/parkandrecreation) or email [staff@cityofclive.com](mailto:staff@cityofclive.com) for more information.



## Harbach Center hours

8505 Harbach Blvd.

The Harbach Center is open Monday through Friday, 3-7 p.m., and Saturday, 10 a.m. to 2 p.m. (closed Sundays). Membership is now required for all users, and you can enroll online. This will help staff better track attendance and gather important emergency contact information. Visit <https://ow.ly/UrGw50RsIXt> for more information.



## Business Trick or Treat

Thursday, Oct. 17, 5-7 p.m.  
Location TBD

All ghosts and goblins are invited to enjoy an evening of dancing, crafting, free trick or treating and to meet some of the amazing businesses right here in our community. Kids can wear a costume and collect yummy treats from local businesses.



## EVENTS IN THE AREA

Be sure to check for cancellations.

### Singles Again 50-year celebration

Sept. 18

Machine Shed, Urbandale

Fifty years ago, in 1974, a group was formed which has since had a great impact on the lives of many people in the Des Moines area. Singles Again, Inc., was organized as an alternative to Parents Without Partners for those single or previously married people who didn't have children, and, therefore, were not eligible to join PWP. In 1985, SA was opened to all single adults. Many lasting friendships have formed over the years and, although this is not a dating service, they have seen many marriages as well. The group holds approximately 10 activities per month ranging from happy hours to cultural offerings, educational programs and occasional day trips. On Sept. 18, the group will hold an anniversary luncheon. To learn more about Singles Again, call 515-277-9976.

### Christian Authors Fair

Saturday, Sept. 21, 1-4 p.m.

The Church at Union Park, 821 Arthur Ave., Des Moines

The Des Moines chapter of Word Weavers International is hosting a Christian authors fair with the following authors participating: Angie Dicken (romance, historical fiction), David Burrier (children's), Dawn Ford (young adult fiction), Derek Dunnagan (biblical fiction), Diane Holmes (historical fiction, memoir), Glenda Mathes (nonfiction, middle-grade fiction), Jolene Philo (nonfiction, mystery), Kathleen Bird (speculative fiction), Kenan Bresnan (nonfiction), Lois Kennis (contemporary novel), Patricia Tiffany Morris (poetry), Sherry Kubalski (children's), and Susan R. Lawrence (historical and contemporary fiction, middle-grade fiction, devotionals). For additional information, enter Iowa Christian Author Fair in Facebook search. With chapters across the country, Word Weavers meets monthly to critique each other's work and provide a forum to encourage writers and help them develop their craft. Local writers — aspiring or published — are welcome to join. For more information, contact Judy Hagey, judy.hagey@gmail.com, or Susan Lawrence, srlauthor@mcchi.com.

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### Blue Believers Run/Walk

Saturday, Sept. 21, 7:30 a.m.;

run/walk event 8:45 a.m.

Principal Park, 1 Line Drive, Des Moines

Blue Believers, a local nonprofit dedicated to raising awareness and funds for prostate cancer, is holding a run/walk event in collaboration with Team Blue Iowa. Included is a 1-mile walk, 5K walk, timed 5K run and kids fun run. The theme is superheroes, and participants are encouraged to dress as their favorite superhero. Live local music will be featured throughout the day, and a survivor recognition ceremony will be held. A moment of remembrance will also be held. Proceeds will be donated locally to support Iowa men and families affected by prostate cancer. Register at [www.teamblueiowa.com](http://www.teamblueiowa.com).



### World Food and Music Festival

Aug. 23-25

Western Gateway Park, 1205 Locust St., Des Moines

[www.dsmpartnership.com/worldfoodandmusicfestival](http://www.dsmpartnership.com/worldfoodandmusicfestival)

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards. ■

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## BOB FORTE stays busy helping others

Is passionate about helping others “have a better life”

After years of hard work, many people look forward to retirement, only to find they have too much free time on their hands. Bob Forte of Clive prefers to stay active, so, when he retired, he actively sought out ways to channel his energy.

During his career, Forte worked first in the consumer beverages field and later as an admissions manager for a technical school. Although he did some volunteering while employed, he knew that retirement meant he could do much more. He credits former Clive Mayor Scott Cirksema with helping him get involved in the community.

“Shortly after retiring, I started volunteering with the Food Bank of Iowa, which covers 55 of the 99 Iowa counties,” Forte says.

Besides the Food Bank, Forte also gives his time serving as the chair of the Clive Board of Adjustment. He also regularly volunteers at Clive Community Services and helps with the Lions Club holiday basket program. He says that seeing the results of his efforts is rewarding and energizing.

“You kind of get the bug, and once you’ve done one thing, and you see the results, you want to do more,” he says.



Daniel Timmons of Edward Jones, at right, presents the Neighbor Spotlight certificate to Bob Forte.

Forte says he’s a strong advocate of helping those dealing with food insecurity, which impacts more than 340,000 Iowans, including 100,000 children.

“We’re doing what we can to create awareness of the serious nature of food insecurity,” he says. “It affects kids, but it also affects our veterans and seniors. That led me to really get involved in Clive Community Services.”

Forte spends two to three days volunteering at Clive Community Services.

“I take inventory and do the ordering to keep the pantry shelves filled,” he says. “I’ve been doing that for about two and a half years.”

One of his favorite volunteer opportunities is during the holiday season.

“My wife and I have participated in the Lions Club holiday basket program since we moved here. That’s something that really hits home to me, when you’re actually delivering the food to the family in their home,” Forte says. “You walk into the home with the food and the toys and the household items, and it hits you when the kids come up and give you a hug and say, ‘Merry Christmas’... that makes it as real as anything I’ve done.”

Forte says he’s always believed in giving back and attributes that to something he heard as a child. He remembers his father telling him that everyone has unique gifts that they can use to take care of home and family but also to help others. Forte adds that he’s proud to see that his children have also “caught the bug” about volunteering to give back to their communities.

For anyone else interested in “catching the bug,” Forte encourages people to contact organizations such as those he helps with or to ask around to see if friends or neighbors know of opportunities to make a difference. There are many ways to get involved, and Forte’s advice is to pick one that’s personally meaningful and simply to “lead with your heart.”

“I just wanted to share what I had,” Forte says. “If I could help someone in a small way, then that’s what motivates me every day to get more involved, because I’m just so passionate about helping people have a better life.” ■



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## 'IT'S A guarantee'

Did you know that prepaying funeral arrangements allows you the opportunity to have service selections and merchandise selections prepaid and guaranteed?

So, what does that mean? The services provided by the funeral home that are paid in advance will be provided at no additional expense to the family at the time those services are needed in the future. Merchandise selections that are prepaid are also guaranteed to be provided at no additional expense to the family.

You might be wondering, "What if the casket I want is no longer available when I die?" Given that you are guaranteed the casket you select, or one of comparable value, your family would have a replacement option to consider that is guaranteed to not be inferior to the one that was purchased in advance.

Imagine going to the car dealership and purchasing a brand new car — but delaying delivery for several years — all with the guarantee you will be provided a brand new car when you are ready to accept delivery... at no additional cost at that time. That would be a pretty amazing deal.

That is what you can do by prepaying funeral expenses. Plus, you will be making a future event less stressful by giving thought and consideration to these important decisions now.

Ask your preferred funeral provider if they offer a guaranteed plan. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



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## ALLERGY shots 101

Ragweed season is just around the corner. For some Iowans, constant congestion, sneezing, itching and fatigue are putting a damper on their day-to-day lives. Many have tried over-the-counter allergy medicines with no long-term success. Fortunately, one of the most effective treatments is available from your local allergist: allergy shots.

Allergy shots work by regularly exposing your body to small amounts of allergens to develop immunity over time. Adults and children ages 5 and older can receive allergy shots for both indoor and outdoor allergies. For treatment to be most effective, a board-certified allergist will formulate a specific plan that involves receiving multiple allergy shots in a medical clinic over a period of time. Many will notice benefit within the first year of starting allergy shots and long-term benefit can be achieved by continuing allergy shots for three to five years. Studies show that 85% of people who suffer from allergies have improvement with allergy shots. Allergy shots can decrease nasal and eye symptoms, decrease dependence on allergy medicines and, for some, improve allergic asthma, eczema and mental health.

If you suffer from allergies, make an appointment with your local allergist to learn more about this life-changing treatment option. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



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# VARLEY'S park-like backyard includes a pond

## A shady oasis in the busyness of the city

When Carl and Evelyn Varley moved back to Iowa in 1998 for a job transfer and to raise their family, their Clive yard was all bluegrass, with few trees and little shade.

Today, the landscape features dozens of flower and garden beds, a pond and heaps of shade.

"I don't need an umbrella out here anymore," Carl Varley says. "The trees filled up my hole to the sky," he laughs.

Although his wife has passed away, Evelyn's vision and influence are still evident throughout the front and back yards.

One of their additions was a pond and waterfall installed by Just Add Water. Numerous native plants surround the waterfall, and koi fish swim in the pond. Carl put in a bubbler with a heater so the fish can survive the winter.

However, koi fish have disappeared occasionally.

"We lost one to a mink," Varley says. "I think the tree (canopy) is tight enough where we don't have to worry about blue herons or eagles swooping in."

Across the property is a wooded area with a small wooden foot bridge that used to cross a creek, which is now dry after development diverted its flow.

"It's too bad. We don't have water here anymore," he says.

Varley enjoys seeing wildlife in his backyard.

"I've seen deer, fox, coyote, two fawns and a doe this year," he says. "I once saw 12 deer among the trees, but that was before Clive allowed bow hunting to thin the herd."

Several years ago, Varley's home was featured on a local pond and garden tour, where visitors marveled in the park-like atmosphere. The backyard includes statues, sculptures and other décor. The gardens, front and back, include native flowers and a variety of perennials. Acorns from a huge oak tree in their backyard were used to start a new oak tree in the front yard.

Varley has also scattered seed pods from different plants in other parts of the gardens.

"It makes me happy to see new plants growing," he says.

In addition, numerous bird feeders provide a haven for a variety of birds, although he often sees deer helping themselves to the seeds around the feeders.

Varley enjoys the quiet of the backyard, where he can sit and enjoy nature.

"It's terrific — even if there's a lawnmower or freeway traffic," he says. "The waterfall is a soothing sound."

His wife's influence is in the memories of the beautiful gardens she planted throughout the years.

"My wife left a legacy in this backyard," he says. ■



The landscaping at the home of Carl Varley adds to the curb appeal. In the backyard, a pond lends to the tranquil setting.





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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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See rules and vote at [www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll). One vote per resident, please.

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## FOOD AND DRINK

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

## AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- 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

## OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling Contractor
- Exterior Contractor (siding, roofing, windows, doors)
- Pest Control
- Tree Service

## FRAMED or frameless cabinets?

When it comes to kitchen cabinetry, there are two main types to consider: framed and frameless. Both have their own unique advantages and offer a variety of styles and design options.

Framed cabinets are a more traditional option, with a solid wood face frame between the door and cabinet box. This face frame provides added stability and minimizes the alignment issue known as racking. Framed cabinets also offer more size and modification options, making them a versatile choice. However, they do require separate skin panels to be installed on exposed sides and offer less interior space due to the face frame.

Frameless cabinets, on the other hand, have a sleek, modern look that is popular in Europe. They provide full access to the cabinet interior and larger drawer box capacity. Frameless cabinets also have factory-finished sides and a seamless appearance. However, they offer less size and modification options and may require more fillers to ensure minimum clearance is met for door and drawer openings.

Both framed and frameless cabinets have their own unique benefits and drawbacks, so it's important to consider the specific needs and design goals of your project when making a decision. ■

Information provided by Barb Cole, Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, 515-410-1968, [www.Avid-KB.com](http://www.Avid-KB.com).



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## MEET Kim Alowitz

### Supporting students and teachers

Kim Alowitz has been teaching for more than 20 years. She began her teaching career at Des Moines Public Schools and taught there for nine years before teaching for a year overseas in Japan. She came back to Iowa to the West Des Moines Community School District in 2014. She has been a classroom teacher at a variety of levels, reading interventionist, math interventionist and ESOL teacher.

Alowitz has attended Grand View University and Drake University, earning a bachelor's degree in elementary education, two master's degrees and endorsements in reading and English as a second language. Currently, she is the instructional coach at Clive Learning Academy.

"This is a job where I get the privilege of impacting the accomplishments of the entire school. I was selected for this job to have a greater impact on the success of Clive Learning Academy. I am very passionate about ensuring that all students have an exceptional learning experience, and getting teachers what they need to be successful trickles down to student success."

Alowitz says she enjoys working at Clive Learning Academy because of the incredible community. The school has amazing teachers and wonderful families, which makes coming to work every day an absolute joy, she says.

Though she's happy to be a part of a great teaching community, the biggest challenge of the job is that every day is different. Alowitz' many duties include working with teachers to plan instruction, teaching alongside educators in the classroom, analyzing data, planning professional learning, learning about current research in education, and working with administrators to best support students in Clive. There are a lot of moving parts, and no two days are alike.

"The biggest reward of this job is seeing success all across Clive. That success can come from seeing growth in students or supporting teachers as well as seeing the Clive Learning Academy community as a welcoming and equitable place where all students can thrive."

Alowitz enjoys sharing special moments with her students and the staff at CLA.

"At the end of the year, we have an event called School Rocks that is put on by our PTO. It is an amazing end-of-the-year celebration. Last year, I was able to connect with the city of Clive to bring in the Clive Greenbelt goats. Students really enjoyed seeing and feeding the goats."

When she's not at school, Alowitz enjoys spending time with her husband, Mike. They especially like to travel.

"My husband and I take advantage of school breaks, and we use that time to travel the world. We enjoy visiting National Parks and going on hikes," she says. ■



Kim Alowitz is an instructional coach at Clive Learning Academy. Her role and its varied duties mean no two days are alike.



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# CLIVE Festival

Clive Festival 2024  
was enjoyed on  
June 19.



Gwen, Jay, James and Mason Busch



Cameron, Dan, Miracle and Colten Meskimen



Mark Andrews and Daryl Lewis



Ty Keomala and Mecs Mart



Mel and Olivia Schmitt



Jim Reams and Karen Seidl



Ivan, Esmeralda and Sheena Esquivel



Ryan and Estee Roe



Julie and Bill Tindell



Sydney Rider and Bella Bish



Maya and Oscar Cenicerros



## OUT & ABOUT



A ribbon cutting was held at Rundahl Financial on Aug. 2.



Dan Rundahl and Kaydee Kinning at the Rundahl Financial ribbon cutting Aug. 2.



Cinnamon Rost, Christine Curtis and Melissa Stimple at Business Before Breakfast Aug. 8 at BMO Bank.



Wendy Wilson-Rice, Lisa Kannapel, Ahmed Ibrahim and Ben Chambers at Business Before Breakfast Aug. 8 at BMO Bank.



LuAnne Gafford at Business Before Breakfast Aug. 8 at BMO Bank.



Trent Weiler, Abby Boes, Blake Crannell and Devonte Clark at the Clive Festival on June 19.



Todd, Sally and Mike Frye at the Clive Festival on June 19.



Meredith Dohmen and Raeann Skeers at the Clive Festival on June 19.

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