

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Johnston, Grimes, Dallas Center, Urbandale and Clive residents share their favorites



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Egg ravioli with sage and almonds
RECIPE

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WELCOME

RESIDENTS choose again

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

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

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

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

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

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



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Brian Buresh owns Buresh Home Solutions, one of the Residents' Choice favorites in home building/remodeling contractor. Photo by Todd Rullestad

RESIDENTS' CHOICE AWARDS

Johnston, Grimes, Dallas Center, Urbandale and Clive residents share their favorites

By Tammy Pearson

August has rolled around again, which means it is time to recognize the Residents' Choice Award winners for the northwest metro area. This year, we asked residents of the area to choose their favorites from the Johnston, Grimes, Dallas Center, Urbandale and Clive area. We recognize that residents of these communities often are patrons of businesses throughout this area and enjoy the amenities and events from their own

and neighboring communities.

As we continue to improve our poll and respond to what readers say is important to them, we have added categories. This year, look for favorites you haven't seen before in the categories of Tree Service, Homebuilding/Remodeling Contractor and Exterior Contractor.

As always, remember that these favorites were chosen by residents. You are likely to agree with some choices and

disagree with others, but the results were determined by your area neighbors.

If you voted in this year's poll, thank you for participating. And, if you didn't, be sure to look for notices in this magazine for next year's poll opening and cast your vote. With some categories having only a few votes between the top vote-getter and the runners up, it's important to note that all those listed are winners, and we congratulate them all.



FEATURE

Johnston, Grimes, Dallas Center, Urbandale and Clive Residents' Choice for Favorite Northwest Metro ...

(Runners up in alphabetical order)

Restaurant

The Urban Grill

Runners up: Destination Grille; Trostel's Greenbriar Restaurant and Bar

Restaurant for Breakfast

Cozy Cafe

Runners up: 100th St. Corner Café; Perkins Restaurant and Bakery

Restaurant for Lunch

Palmer's Deli

Runners up: El Mariachi; The Urban Grill

Restaurant for Dinner

Trostel's Greenbriar Restaurant and Bar

Runners up: Destination Grille; The Urban Grill

Restaurant for Dessert

Al's Dairy Freeze

Runners up: Van Dee's Ice Cream Shoppe; Trostel's Greenbriar Restaurant and Bar

Place for Ice Cream

Van Dee's Ice Cream Shoppe

Runners up: Al's Dairy Freeze; Heavenly Delights

Pizza Establishment

Pagliari's Pizza

Runners up: Casey's; Pepp's Pizzeria

Bar

Stevie C's

Runners up: Blue Shark Ale House; Pour Choices Neighborhood Bar

Coffee Shop

Starbucks

Runners up: Lightbrite Coffee Roasters; Scooter's Coffee

Catering Company

Hy-Vee

Runners up: Cyd's Catering; Destination Grille

Server /Bartender

Heather Loops, Trostel's Greenbriar Restaurant and Bar

Runners up: Britt Richards, 1st Street Tavern; Eduardo Granillo, Destination Grille

Auto Service

Iowa Auto Repair

Runners up: Finishline Auto Works; Shade Tree Auto

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FEATURE

Auto Body Shop

Finishline Auto Works

Runners up: Graham Collision; Iowa Auto Repair

Car Dealership

Toyota of Des Moines

Runners up: Bob Brown; Willis Auto Campus

Auto Parts Store

O'Reilly Auto Parts

Runners up: AutoZone Auto Parts; NAPA Auto Parts

Preschool/Daycare

St. Pius X Catholic School

Runners up: Generation Next Child Development Center and Preschool; Kids Korner

Nonprofit

Urbandale Food Pantry

Runners up: Johnston Partnership; LifeServe Blood Center

School

St. Pius X Catholic School

Runners up: Des Moines Christian School; Urbandale High School

Park

Walker Johnston Park

Runners up: Lions Park; Terra Park

Community Festival or Event

Urbandale 4th of July Celebration

Runners up: Grimes Governors Days; Johnston Green Days

Church

St. Pius X Catholic Church

Runners up: Lutheran Church of Hope; New Hope Assembly of God

Pastor

Daniel Adjei, St. Pius X Catholic Church

Runners up: Jeremy Carr, NorthPoint Church; Mike Housholder, Lutheran Church of Hope

Chamber of Commerce

Urbandale Chamber of Commerce

Runners up: Grimes Chamber and Economic Development; Johnston Chamber of Commerce

Grocery Store

Fareway

Runners up: Aldi; Hy-Vee

Boutique

Purple Poppy Boutique

Runners up: Simply Stella Rose; Styled. by JJ

Retail Store

Target

Runners up: Purple Poppy Boutique; Kohls

Thrift Store

Many Hands Thrift Market

Runners up: Every Step Giving Tree; Goodwill of Central Iowa

Home Improvement Retail Store

The Home Depot

Runners up: Johnston Ace Hardware; Menards



FEATURE

Liquor Store

Hy-Vee Wine and Spirits

Runners up: Spirits Liquor; Urbandale Liquor

Nursery or Garden Center

Earl May Nursery and Garden Center

Runners up: Canoyer Garden Center; Piney Ridge Greenhouse

Place to Purchase a Gift for a Man

Menards

Runners up: Johnston Ace Hardware; The Home Depot

Place to Purchase a Gift for a Woman

Purple Poppy Boutique

Runners up: Studio IV; Target

Dad/Child Date Spot

Backpocket Pin and Pixel

Runners up: Emerge Academy; Jester Park

Mom/Child Date Spot

Backpocket Pin and Pixel

Runners up: Emerge Academy; Sky Zone Trampoline Park



Fareway managers Chris Irlbeck and Josh Johnson at one of Clive's two Fareway stores. Fareway is the Residents' Choice for favorite grocery store.

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FEATURE

Place to Take Your Mom and Dad

Trostel's Greenbriar Restaurant and Bar

Runners up: Destination Grille; The Machine Shed

Place to Take Your Kids or Grandkids

Sky Zone Trampoline Park

Runners up: Emerge Academy; Backpacket Pin and Pixel

Place for Children's Birthday Parties

Sky Zone Trampoline Park

Runners up: Emerge Academy; Get Air Trampoline Park

Golf Course

Jester Park Golf Course

Runners up: Beaver Creek Golf Club; Hyperion Field Club

Hair Salon

Art of Life Salon & Spa

Runners up: Great Clips; Talking Heads Salon

Health Clinic

MercyOne

Runners up: The Iowa Clinic; UnityPoint

Dental Office

Grove and Platt Dental Associates

Runners up: Johnston Dental; The Dental Studio of Iowa

Orthodontist Office

Mann Orthodontics

Runners up: Iowa Orthodontic Solutions; Stork Orthodontics

Mental Health Services

Pink Couch Wellness

Runners up: Compass Clinical Associates; RedCouch Counseling

Chiropractic Office

Thrive Chiropractic

Runners up: Active Wellness; Herrmann Family Chiropractic

Vision Care

Lifetime Vision

Runners up: Urbandale Eye Care; Vision Park Family Eye Care

Health Club or Gym

CrossFit 8035 West

Runners up: Life Time; Planet Fitness

Pharmacy

Hy-Vee Pharmacy

Runners up: Medicap Pharmacy; Walgreens Pharmacy

Cosmetic Services

Central Iowa Dermatology

Runners up: Studio IV; Ulta Beauty

Thanks for voting us **top 3**


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FEATURE



Trinity Tree Care, one of the Residents' Choice favorites in the Tree Service category, provides a variety of services.

Physical Therapy

Elevate Physical Therapy and Sports Medicine

Runners up: Athletico Physical Therapy; Rock Valley Physical Therapy

Dance Studio

Inspiring Dance

Runners up: Dance Vision; Eshanjali Dance Academy

Gymnastics Studio

Emerge Academy

Runners up: Mid Iowa Gymnastics; Sapphire Gymnastics Academy

Tumbling Studio

Emerge Academy

Runners up: Mid Iowa Gymnastics; Tribe Athletics

Financial Planner

Loren Merkle, Merkle Retirement Planning

Runners up: Tim Short, Edward Jones; Sharon Vickery, Edward Jones

Law Firm

Letsch Law Firm

Runners up: Abendroth Russell Barnett Law Firm; Brown, Fagen and Rouse

Accounting Firm

Welgaard CPAs and Advisors

Runners up: Ann M Hartz, CPA and Associates; ThornTree CPA services

Veterinarian

Prairie View Animal Hospital

Runners up: Grimes Plaza Veterinary Clinic; Value Vet

Dog Groomer

Clean and Breezy

Runners up: Bark Shop; Stylin Paws

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Pet Care

Dogwoods Lodge

Runners up: Dog Days and Cat Naps; Prairie View Animal Hospital

Lawn Care Business

Ultimate Lawn Services

Runners up: Colby's Lawn and Landscape; Finer Cuts Lawn Care

Landscaping Company

Miller Nursery

Runners up: CLK Lawn Care; Ever Greene Sodding and Landscaping

Heating and Cooling Business

Schaal Plumbing, Heating and Cooling

Runners up: Golden Rule Plumbing, Heating, Cooling, Electrical; Greens Appliance, Heating and Cooling

Electrical Business

Deaver Electric

Runners up: All Things Electric; ARC Electric

Plumbing Company

Golden Rule Plumbing, Heating, Cooling, Electrical

Runners up: Herr Plumbing; Roto-Rooter

Senior Living Establishment

Kennybrook Village

Runners up: Bishop Drumm Retirement Center; Deerfield Retirement Community

Insurance Company

Andrea Sabus, State Farm

Runners up: Buenzow Insurance Group; City State Bank Insurance

Realtor

Kristin Coffelt Real Estate

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

Bank/Credit Union

Veridian Credit Union

Runners up: Charter Bank; Wells Fargo

Photographer

Carlye Bishop Photography

Runners up: Jenna McEntee Photography; Laura Wills Photography

Place for Guests to Stay

Stoney Creek Hotel and Conference Center

Runners up: Hilton Garden Inn; Hotel Renovo

Home Building/Remodeling Contractor

FIRSTCALL

Runners up: Buresh Home Solutions; Renov8 IA

Exterior Contractor (siding, roofing, windows, doors)

Sonntag Roofing

Runners up: Haggerty Windows and Siding; Midwest Construction

Pest Control

Preferred Pest Control

Runners up: Des Moines Pest Control – Urbandale; Miller Pest and Termite

Tree Service

MJ's Tree Service

Runners up: Trinity Tree Care; West Central Tree Service ■

HONOR OUR VETERANS

Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

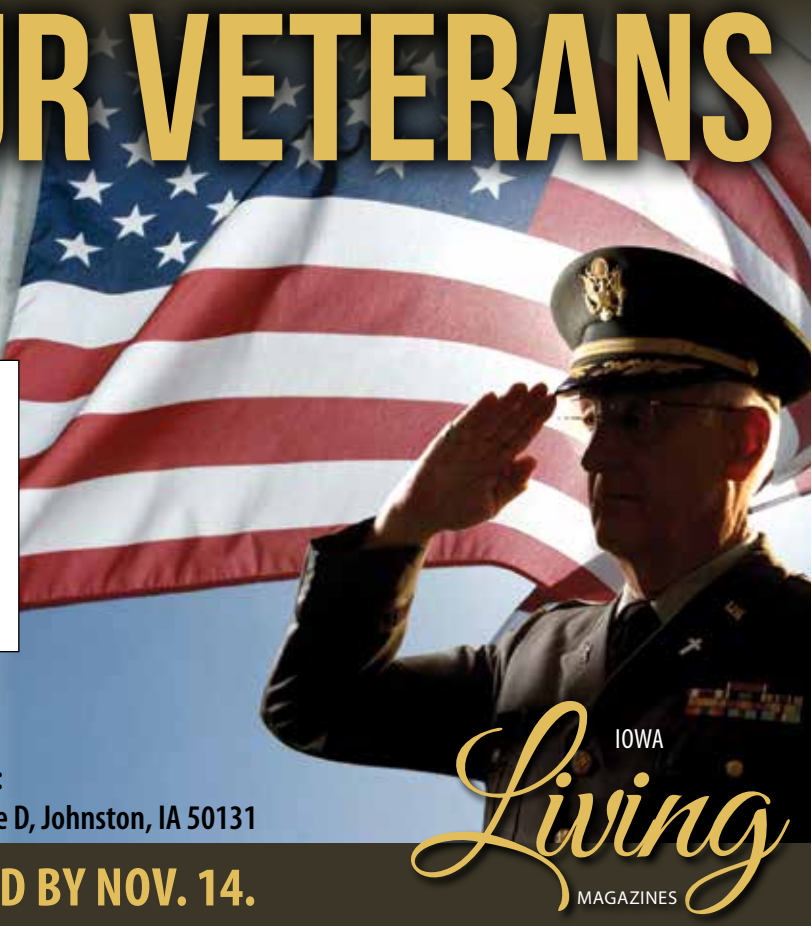
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“How can the public best honor veterans?”

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:

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SUBMISSIONS MUST BE RECEIVED BY NOV. 14.



IOWA
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 MAGAZINES

SPECIAL needs and estate planning

We often assist families of children with special needs with estate planning. One challenge is ensuring that the child has long-term protection. While the child is a minor, the parents have the ability to act in the child's best interest. But when the child turns 18, he or she is a legal adult. The parents can no longer get medical information, arrange for therapy or oversee finances. Luckily, there is a solution.



In 2019, the Iowa Legislature enacted major changes to the Guardian and Conservatorship statute. The new law went into effect on Jan. 1, 2020, and applies to all new cases, as well as to existing guardianships and conservatorships.

A new provision permits the filing of a standby guardianship or conservatorship for a minor who is at least 17 ½ years old, which will take effect when the minor turns 18. The standby proceeding for a minor approaching the age of majority starts in probate court rather than juvenile court.

Previously, the law required the minor to turn 18 before any proceeding could commence. There was often a delay between the 18th birthday and the hearing establishing a guardianship or conservatorship.

That can be detrimental to an individual who needs assistance. The new law is very helpful because it allows for action before the individual turns 18.

A guardianship is often necessary and beneficial because a child with special needs will continue to need guidance even after becoming a legal adult. The guardianship will allow the guardian to continue to act as a parent — helping with housing decisions, making medical appointments and setting up services.

The law also allows for the establishment of a conservatorship, which gives someone else (the conservator) control over the protected person's finances. A conservator can also apply for Social Security disability or Medicaid benefits for the child with special needs.

The conservatorship can stay in place if the individual will need long-term assistance in handling finances. Or, the conservatorship can terminate once a Social Security representative payee is set up.

Make sure that you have all of the information you need before your child turns 18. Work with an attorney who specializes in disability law and who is on the cutting edge of the new guardianship and conservatorship law. ■

Information provided by Gail Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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INVESTMENT

By Daniel Rundahl

ELECTIONS: your investing future

Another presidential election is upon us and “Oh no! My investments are all over the place!” Investment decisions during a presidential election year can be complex and influenced by a variety of factors. Investors often find themselves navigating uncertainty as they try to predict how election outcomes will affect their life savings. Let’s explore the key considerations investors should keep in mind during such pivotal times.



- **Economic indicators.** One area to assess is the current state of the economy. Indicators such as GDP growth, unemployment, inflation and consumer confidence can provide insight into the economic environment leading up to an election. A strong economy may lead to a sense of security among investors, whereas economic downturns may cause anxiety. For instance, if the unemployment rate is rising or inflation is soaring, we, as investors, might be more conservative, opting for safer assets like bonds or gold.

- **Political landscape.** The political landscape can shape investment decisions. Political parties often disagree on taxation, regulation and public spending, which can impact various sectors differently. For example, if a party known for pro-business policies is leading in the polls, investors may gravitate toward equities in sectors such as technology or energy, anticipating favorable policies that could drive growth. Conversely, if a party advocating for stricter regulations is gaining traction, industries like oil and gas or pharmaceuticals may see stock prices decline due to fears of increased compliance costs.

- **Historical patterns.** Historically, the stock market has shown differing responses during election years. Some studies indicate that markets tend to perform better in the year following an election, especially if the incumbent party retains power. Investors may feel a sense of continuity and stability, leading to increased confidence. However, uncertainty can be overwhelming in the months leading up to the election, prompting cautious actions.

- **Volatility and market sentiment.** Election years often bring increased volatility to the markets. Debates, campaign rallies and polling updates can trigger rapid price movements as investors react to new information. Market sentiment can shift dramatically based on the perceived likelihood of different candidates winning. For example, significant shifts in polling data can lead to rapid buying or selling, reflecting market change. Investors must be prepared for this volatility, using strategies like diversification and hedging to mitigate risk.

- **Sector rotation.** Sector rotation also affects investor patterns. Investors may shift their allocations based on anticipated policy changes. For example, if a candidate known for prioritizing green energy wins, investors may allocate more funds to clean energy stocks. On the other hand, if a candidate focused on traditional energy sources gains momentum, investments may shift back toward fossil fuel companies. Understanding these dynamics may help you make informed decisions.

What do we do with this four-year repeat of the changing of the guard? Remaining diversified in your investments, not taking more risk than necessary, and educating to the trends and continual change may help keep the blood pressure lower during this volatile time. Now may be a good time to check in with your financial advisor to make sure your plan is in place. Most importantly, don’t forget to vote. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.



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RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association

Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

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Upcoming in Clive Living magazine

Veterans Salute: Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.

Landmarks: What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



Recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

Saturday Specials at the Harbach Center

Saturdays, Nov. 23, Dec. 7, Jan. 18, Feb. 15, 10:30 a.m. to 1:30 p.m.
Harbach Community Center, 8505 Harbach Blvd., Clive

Join in at the Harbach Center to blow off some steam during the colder winter months. There will be bounce houses set up in the Recreation Bay and arts and crafts with the Clive Public Library in the Community Room. Fee is one non-perishable food or personal care item per person attending to support Clive Community Services. For more information, call 515-223-5246 or email parksandrec@cityofclive.com.

Tween Taste Challenge

Monday, Oct. 28 at 5 p.m.
Clive Community Room,
1900 N.W. 114th St.

Which food reigns supreme? Join us for a taste test challenge. Each taste test session will feature a different food for kids to sample and rank. For ages 8-12. No registration required. Food allergy notice: Food prepared may contain milk, eggs, wheat, soybeans, peanuts and tree nuts.



Flight Exploration

Tuesday, Nov. 5 and Thursday,
Nov. 7, 6-7 p.m.
Harbach Community Center,
8505 Harbach Blvd., Clive

Participants will explore the basic principles of flight through hands-on activities guided by an aviation expert. From designing and testing paper airplanes to constructing mini gliders, aspiring aviators will gain a practical understanding of the forces that help an airplane fly. Fee for the two classes is \$55. Register at https://cityofclive.activityreg.com/selectactivity_t2.wcs.



Beggars Night

Oct. 30, 6-8 p.m.
Clive

Trick-or-treating in Clive is held on Beggars Night, Oct. 30.

Spooktacular STEAM

Tuesday, Oct. 29 and Thursday,
Oct. 31, 6-7 p.m.
Harbach Community Center,
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Join the Jurassic Paleontology Quest, where young adventurers will dig deep into the ancient past alongside an expert paleontologist, uncovering fossils and unlocking the secrets of the dinosaurs. Dive into hands-on excavation, fossil identification and immersive learning as we transport budding paleontologists back to the Jurassic era. Fee for the two classes is \$55. Register at https://cityofclive.activityreg.com/selectactivity_t2.wcs.



Tai Chi

Saturdays, Oct. 12 - April 12,
8:45-9:45 a.m.
Sundays, Oct. 20 - April 13, 8-9 a.m.
Harbach Community Center,
8505 Harbach Blvd., Clive

Back by popular demand. Weekend Tai Chi at the Harbach Center. Program instructors are Sherry Levine and Canh Hua. Cost is \$20 per day option for entire season. Register at https://cityofclive.activityreg.com/selectactivity_t2.wcs?leaguesid=2454.

Bricker Price Block Senior Speaker Series

Fridays through mid-November, 10 a.m.
105 S. Chestnut Ave., Earlham

Enjoy these free, educational, historical and/or cultural presentations in the upstairs of the historic Bricker Price Block event venue. Programs are:

- Nov. 1: What is A.I. and How Can I Use It? Cory Houghton
- Nov. 8: Madison County in World War I, Linda Griffith Smith
- Nov. 15: Iowa in WWII, Michael Vogt, Iowa Gold Star Military Museum
- Nov. 22: Our World, Our Stories: International Students Share Their Heritage, Emilijia Rajic of Serbia and Vladilena Vetrova of Moldova.



Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m.

The Learning Post & Toys, 2761 100th St., Urbandale

The public is invited to a free Trick-or-Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize.

Be sure to check for cancelations.

Harbach Community Center open six days per week

Harbach Community Center is open six days a week. The center's hours are now different from the the library's. The Recreation Bay and Gaming Lounge are open Monday through Friday, 3-7 p.m. and Saturdays, 10 a.m. to 2 p.m. Memberships are free, but required. Physical membership cards are required for admittance, so please remind children they must have their card. You may sign up for your and/or your child's membership online. Your membership card will be printed out at your first visit. Contact 515-223-5246 with questions. For more information, visit https://www.cityoflive.com/parkandrecreation/facilities/harbach_center.php.



Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- Sunday, Oct. 27, Halloween Costume Concert, Sheslow Auditorium.
- Sunday, Dec. 8, Celebrate & Sing Handel's Messiah, Grace United Methodist Church.
- Sunday, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.



Family Halloween fun at Living History Farms

Oct. 25-27

Living History Farms,
11121 Hickman Road, Urbandale

Go online for start times. Enjoy a Halloween event designed for families. Trick-or-treat at storefronts in the 1876 town of Walnut Hill; enjoy storytellers, demonstrations and crafts; and join a hayrack ride. Cost is \$9 for ages 2 and older, \$8 for members. For more information, visit lhf.org/event/halloween. ■

Iowa Wind Ensemble, A Sousa Spectacular

Sunday, Oct. 27, 3 p.m.

Franklin Jr. High Events Center, Small Auditorium, Des Moines

Get ready to march to the beat of American history as the Central Iowa Wind Ensemble presents A Sousa Spectacular, an exciting tribute to the timeless legacy of John Philip Sousa, the "March King," and the golden age of American marches. This dynamic concert will transport audiences to a patriotic realm filled with grandeur, pride and musical excellence. For tickets, visit www.ciwe.org/sousa.

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VALLIER family enjoys home with character

Backyard features pond, pergola and outdoor kitchen.

When Ben and Laura Vallier moved from Missouri to Clive for Ben's job, it was their first time living in Iowa. They were in search of a home with character and found the perfect home for them and their three daughters.

Once they viewed the home and peeked outside at the backyard, they quickly fell in love. The previous owners had put in a koi pond with a waterfall and numerous trees. A backyard kitchen pergola includes outdoor seating and a kitchen with a fireplace. A large screen television for movie nights is a favorite spot on warm evenings

"We don't know what to call it. It was like something you might find in a park," Laura says.

The family added more koi fish, goldfish and minnows from Just Add Water to the pond. They keep the pond aerated in the winter and heated to keep the fish healthy.

"We try to fatten them up for the winter," Laura says. "The girls love being outside and feeding the fish."

Shade plants, hydrangeas, junipers and other tree varieties provide shade and color in the summer months.

"The prior owners did a great job with the backyard," she adds.

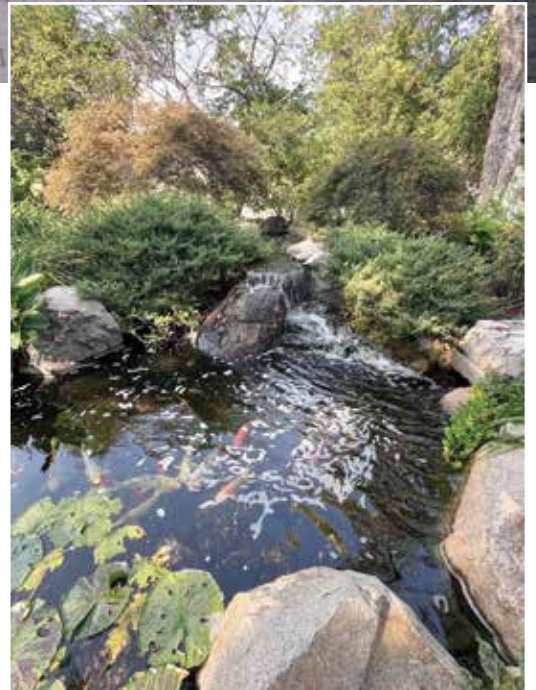
Inside, the couple has painted the home and remodeled the master bathroom. The basement provides an ideal play area for the kids.

Near the home is a view of a lake.

"We kayak, fish and walk around the lake. We really enjoy having a lake so close by," Laura says.

As the Valliers have settled into their Iowa home, they've enjoyed the food scene by trying out new restaurants and going to the downtown farmers market. Laura says the weather is markedly different than Missouri.

"It was super-hot and humid. Summers are lovely compared to where we used to live. It's a big change. Winters are a little harder on us," she



Ben and Laura Vallier and their daughters, Maddie, 12, Elena, 10, and Haley, 8, enjoy their home with its park-like backyard and nearby lake.

admits.

The favorite part about their home is their backyard.

"It's really unique. I love walking out back. It's like you're in a different place. It's peaceful for us, with lots of character. We got lucky to find a spot in here," she says. ■

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HOW-TO

GUIDE

HOW TO CHOOSE A ROOFER

Notice a leak when it rains? Or perhaps you've seen a stray shingle on the ground near your home. Stepping back to inspect your roof, you might notice even more damage or erosion. If even just one of these issues is true — or maybe you just want to update and improve the look of your home — it's time to hire a professional roofer for your home's first line of defense against the elements. Putting a new roof on your home can significantly increase its value. So, it is essential that you pick the right contractor to do this job.

Your first step in finding a reliable roofer is to ask your family, friends and neighbors if they have recommendations or referrals from work they have had done. You can also look on the internet for roofing contractors in your area. Some websites offer lists of professionals, along with reviews of their work. Personal recommendations will give you the best information. Be sure to focus

on the quality of work as well as the cleanup process. You don't want scraps of shingles and nails left over after the contractors have gone home. Don't hire professionals who leave debris after they are gone.

Pick someone you connect with and trust. Some contractors travel the country looking for work. If you hire one of them, they may not be able to provide realistic guarantees for their work. After all, they may be on the other side of the country if you begin to experience problems with their work.

Once you have contact information for several roofing contractors, call them. Inquire about the company's background and how long they have been in business. Generally, a good roofer should offer a material and workmanship warranty. Be sure to ask questions about time frames and estimates. You should always get a written estimate before proceeding with any work.

Communicating with the contractor

will let them know that you will be taking a hands-on approach to your project. Find out what they will do if they find damaged decking and when they might be available to start. You should also ask about the warranty and whether you can have it confirmed in writing.

Every professional who works on your property should be licensed and insured. Insurance is particularly important for roofing contractors. They should be able to cover any damages they might cause to your property. It is also essential that workers are covered under their insurance as well, in the event someone is injured during the job.

Before work commences, you should receive a written contract from the roofer. Read it over carefully. It will state the type of materials to be used, what the work will entail and the final cost. Following these tips will help you find the best roofing contractor in your community. ■



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HOW TO CHOOSE KITCHEN AND BATH DESIGN

Trends in home design come and go, but the basic look of modern kitchens and baths tends to remain consistent, with some variations to complement the style of the home. Granite or quartz countertops, stainless steel and hardwood floors retain their popularity.

Any builder or real estate agent will tell you that upgraded, stylish kitchens and bathrooms are the most in-demand areas of a home to remodel for your own comfort and pleasure or to sell your home.

Kitchen and bath remodeling can improve your home's value and increase its charm. This is especially true if your current kitchen and baths are dated and showing their age. And while remodeling can be costly, these are areas where you don't want to cut corners. After all, you use your kitchen and bath every day you are in your home.

If it's time for some updates in your home, here are some things to consider with regard to kitchen and bath remodeling.

FUNCTION

Functionality is paramount. What exactly will you be doing in this room? Do you eat in your kitchen or in a dining room? Some people get dressed in their bathroom, while others put on clothing in their bedrooms.

DÉCOR

Look for inspiration. Leaf through home design magazines to find appealing designs. Make notes on what you like most about each design scheme. Neutral paint may open up opportunities for a variety of decorating options. It could make it easier to change the decor in the future. If you sell your home, it allows potential buyers to visualize their own preferences in that space. Of course, any room you design must be coordinated with the design of other rooms in your home. If your house has a contemporary, modern or traditional design, you will want the kitchen and bath to blend with that decor.

BUDGET

Remodeling can be expensive. Experts recommend you spend up to 20% of your home's value on remodeling the kitchen and less than that on remodeling the bath. Working with a company that specializes in kitchen and bath remodeling can save money in the long run. They will have designers who can assist with design and product selection. Many times, they will also have carpenters who are employees to handle all the tear out and installation. ■

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HOW TO CHOOSE AN AUTO REPAIR SHOP

A reality of auto ownership is that, at some point, the vehicle will need repairs and upkeep. Some car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That's why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with a knowledgeable mechanic or auto repair shop early on in your vehicle's life can prove invaluable. Talented, honest mechanics can extend the life of your car and help you avoid costly repairs. And if the unexpected occurs — an accident or a major malfunction — that relationship can be the difference between hundreds and thousands of dollars.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a

good auto repair shop, you won't sweat it when these things come up.

If you haven't had a regular mechanic in recent years, now is the time to find one.

HERE ARE A FEW POINTS TO CONSIDER:

- Find a shop that gets rave reviews from family and friends, and you'll be in good hands.
- The Better Business Bureau can inform you about the repair shop's performance and reliability.
- Ask about the shop's range of services. They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner, rental car or shuttle service while your car is being repaired?
- Look for brand names and proper certification. Does the auto repair shop

use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty. Shops may use remade or generic brands, which your insurance policy may not cover, so be sure to check.

- Compare the services and fees of each shop in the area to find out the average price ranges.
- Don't pick a shop based on cost; poor repair work will mean higher costs in the long run. You'll also want to ask about the shop's warranty policy. Imagine spending hundreds on a repair only to learn the work isn't guaranteed.

Once you have found a shop you trust, establish a good working relationship and try to use the shop for all of your automotive needs. Your mechanic will come to know you as a dependable customer and will provide you with the highest level of service. ■

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HOW TO CHOOSE A TATTOO STUDIO

Tattoos and tattoo studios have gone mainstream, and it's safer and easier than ever to wear your passions on your sleeve. In fact, more than 30% of Americans have at least one tattoo. If you've been considering a new tattoo, read these important steps to ensure a safe, professional and satisfying experience.

1. RESEARCH AND RECOMMENDATIONS

Word of mouth: Ask friends, family and colleagues with tattoos for recommendations. Personal experiences can give you valuable insights.

Online reviews: Check platforms like Google Reviews, Facebook and social media for customer feedback. Pay attention to comments about cleanliness, professionalism and overall satisfaction.

Portfolios: Look at the tattoo studio's website and social media pages to view their artists' work. Ensure the style matches what you're looking for.

2. HEALTH AND SAFETY STANDARDS

Licensing: Ensure the studio and its artists are licensed according to local regulations. A store license and an artist license should be visibly posted.

Cleanliness: Visit the studio in person. It should be clean, well-organized and hygienic. Look for proper sterilization equipment like autoclaves and single-use needles.

Safety protocols: The studio should follow strict protocols for sterilizing equipment and using new, disposable gloves and needles for each client.

3. ARTISTIC STYLE AND SPECIALIZATION

Match your style: Each tattoo artist has a unique style. Choose an artist whose work resonates with the design you have in mind, whether it's traditional, realism, watercolor or something else.

4. PRICING

Understand costs: Tattoo pricing varies

based on size, complexity and artist experience. Ask for an estimate during your consultation or prior to the tattoo.

Value over cost: Don't choose a studio based solely on the lowest price. Quality and safety should be your top priorities.

Deposits and policies: Inquire about deposit requirements and the studio's cancellation and rescheduling policies.

5. COMFORT AND ATMOSPHERE

Studio vibe: The studio should feel comfortable and welcoming. You should feel at ease with the artist and the environment, and the artist should make you feel confident about their skills and approach.

6. GUT FEELING

Trust your instincts: If something doesn't feel right, trust your instincts and keep looking. The right studio should give you confidence in their professionalism and artistry. ■



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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so, when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So, if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO CHOOSE A SENIOR LIVING COMMUNITY

Choosing a senior living community is a significant decision that involves careful consideration of various factors to ensure a comfortable and fulfilling lifestyle for seniors. Here are key steps and considerations to help guide this important choice.

ASSESSING NEEDS AND PREFERENCES

• **Evaluate care requirements:** The first step is to assess the level of care needed. Determine whether the senior requires independent living, assisted living, memory care or skilled nursing care. Independent living is suitable for those who are largely self-sufficient, while assisted living provides help with daily activities. Memory care caters to individuals with dementia or Alzheimer's, and skilled nursing offers comprehensive medical care.

• **Lifestyle and amenities:** Consider what type of lifestyle and amenities are important. Some seniors may prioritize social activities and community engagement, while others might focus on healthcare services and security. Look for communities that offer amenities like fitness centers, dining options, activities and transportation.

RESEARCHING OPTIONS

• **Location:** Proximity to family, friends and familiar surroundings is crucial. Additionally, consider the climate, local healthcare facilities and community resources.

• **Reputation and reviews:** Research the reputation of potential communities. Read reviews and testimonials. Check for any history of violations or complaints with state regulatory agencies.

• **Cost and financial planning:** Understand the cost structures, including monthly fees and any additional costs for extra services. Compare these with the senior's budget and explore assistance options like long-term care insurance, veterans' benefits or Medicaid.

VISITING COMMUNITIES

• **Tours and visits:** During tours, pay attention to the cleanliness, staff behavior and overall atmosphere. Interact with residents and staff to get a sense of the community's culture.

MAKING THE DECISION

• **Health and safety:** Ensure that the community meets safety standards and has

adequate healthcare facilities. Check for emergency response systems, accessibility features and staff qualifications.

• **Contracts and policies:** Review the residency agreement carefully. Understand the terms related to services provided, fee increases and termination policies. Have a legal expert review the contract.

• **Family involvement:** Involve family members in the decision-making process. Their perspectives and support can be invaluable in choosing the right community.

POST-MOVE CONSIDERATIONS

• **Transition support:** Many communities offer transition programs to help new residents adjust. Take advantage of these services.

• **Ongoing communication:** Maintain open communication with community staff and stay engaged in the senior's life to ensure their needs continue to be met.

Choosing a senior living community requires thorough research, evaluation and planning. By taking these steps, families can ensure a supportive and enriching environment for their loved ones. ■



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HOW TO CHOOSE A WAXING STUDIO

Choosing the right waxing studio can significantly impact your experience and results. Here are some essential factors to consider when selecting a waxing studio.

Research and reputation: Start by researching local waxing studios. Look for reviews on platforms like Google, Yelp or social media. A studio with positive feedback and a good reputation indicates they prioritize customer satisfaction and service quality. Recommendations from friends or family can also be invaluable.

Qualifications and experience: Check the qualifications of the estheticians. A reputable waxing studio should have licensed professionals trained in hair removal techniques. Inquire about their experience, particularly in the specific type of waxing you need. Experienced estheticians are more likely to ensure a safe and effective waxing experience.

Services offered: Different studios may specialize in various waxing services. Confirm the studio provides the specific services

you're looking for, whether it's facial waxing, body waxing or specialty areas. Some studios may also offer additional services, such as skincare or post-waxing treatments, which can enhance your overall experience.

Gentle wax formulations: Look for studios that use specially formulated wax that is gentle on the skin. High-quality waxes can minimize discomfort and reduce the risk of irritation, making the experience more pleasant. Studios that prioritize gentle wax options show a commitment to client comfort and skin health.

Products and aftercare training: A good waxing studio should not only use quality wax but also offer products tailored for aftercare. Inquire if the studio provides specific aftercare products and how their estheticians are trained to address clients' post-waxing needs. Proper aftercare is essential for maintaining skin health and ensuring optimal results.

Consultation: A reputable waxing studio should offer a consultation before your appointment. This allows you to discuss

any concerns and ensure the esthetician understands your needs. Don't hesitate to ask questions about the process, aftercare, or any specific requests.

Perks and benefits: Many waxing studios offer membership programs that come with valuable incentives. Look for studios that provide:

- Club program incentives: Memberships that grant access to exclusive services or discounts.
- Percentage off for joining: A discount on your first service or membership fee as a welcome incentive.
- Monthly exclusive offers: Special promotions or discounts on specific services each month for members, encouraging regular visits and loyalty.

By considering these factors, you can select a waxing studio that meets your needs and provides a positive waxing experience. Whether you're a first-timer or a seasoned client, the right studio can make all the difference in your self-care routine. ■



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'Blood Over Bright Haven'

Intent versus impact. Does it matter if the result causes harm? Somehow, both compulsively readable and deeply philosophical, I was completely consumed by this book to the point that I left ice cream melting on the counter while I read.

Sciona is a member of the privileged class but unable to achieve her academic dreams due to being a woman. She fights to master the magic that keeps her city humming and makes a place for herself outside of traditional womanhood. Thomil is a survivor of horror, only to be virtually enslaved for his trouble. This shining beacon of an anachronistic city holds terrible secrets he's all too familiar with, and Sciona will need his help to finally understand where her real power lies. Together, these two will start the kind of revolution that will change the world.

Corruption, lies and the balance of power all come together to make for a very different story than the one I thought I was reading. I absolutely loved the gut-punch twists and the incredible emotion and raw humanity on display throughout the story. My world is a better place having read this, and yours will be, too. ■ — *Review by Julie Goodrich*



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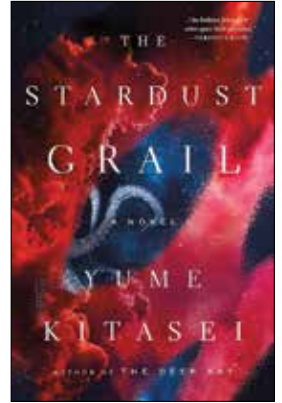
'The Stardust Grail'

I love science fiction, but even I can admit there are times when the humanity is drained even from the most exciting spaceship story. Never fear, though, Yume Kitasei is here to help. Whether far future or near, she seems to make the most out-there settings seem more human than the corner bar.

Maya is a retired thief, alien enthusiast and burnt-out grad student. Trying to rejoin life on the legal side and keep herself from losing her mind, she is not at all sure when an old friend contacts her for one last heist, this time for all the marbles. With a poignant pessimism and exhausted sense of duty, Maya builds herself a found family and takes off back to the stars. It's one last adventure that will change everything, whether she means to or not.

Perfectly paced, sharply written and full of an aching human balance of optimism and angst, I loved every word of this book and can't wait to see what tangled questions Yuma Kitasei asks me to face next. She's become a must-read for me; don't miss this. ■

— *Review by Julie Goodrich*



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POACHED eggs with pesto bulgur

Recipe courtesy of the American Heart Association

Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

DIRECTIONS

- In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.
- In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.



- In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.
- Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much. ■

SOUTHWESTERN quinoa and egg breakfast bowls

Recipe courtesy of the American Heart Association

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot pepper sauce, to taste (optional)

DIRECTIONS

- Cook quinoa according to package directions. Remove from heat.
- Spoon quinoa into four bowls. Top each with even amounts of tomatoes, corn, avocado, green onions and cilantro, if desired.
- Lightly spray large skillet with nonstick cooking spray and set over medium-high heat. Crack eggs into skillet. Sprinkle with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg, sunny side up, into each bowl. Sprinkle with hot sauce, to taste, if desired. ■



FREE clinic meets needs in Clive and beyond

Dr. O'Shea and other health care professionals donate time.

With the cost of medical care and insurance rising, many Americans struggle with tough decisions in trying to stretch finances to cover medical expenses as well as routine expenses. In Clive, and in many other places, medical professionals are stepping up to help solve that dilemma.



Clive Community Services Free Clinic opened its doors in the summer of 2017 and is a member of the Free Clinics of Iowa Network. The clinic offers basic healthcare through volunteer physicians, nurses and other health professionals at no cost to patients. One of those physicians is Dr. Noreen O'Shea, who joined in the fall of 2017 and has served as the medical director since 2021.

Pat Sammler of Clive personally learned about the volunteerism of Dr. O'Shea and the free clinic.

"Two years ago, my husband died," she says. "I had so much dialysis equipment and solution I didn't know what to do with. If I sent it back to the company, they would just destroy it, because they considered it prescription. I called and talked to Noreen, and she was involved with a group that sent medical supplies to Honduras. I had 39 or 40 cases of

the stuff. She came over and said she'd take it all. It made me feel wonderful. I look at her, and I'm just amazed at what she and her husband do."

The free clinic depends on donations from physicians and patients, but often has more than can be used.

"We end up being on the receiving end of such things as bandages, oxygen tubing and so forth," Dr. O'Shea says.

"However, we can't use all of that. So, my husband and I partnered with a group out of Le Mars called Mission Honduras Le Mars. That group takes medical equipment, as well as physicians and nurses, and we donate our medical supplies or our time, or both."

O'Shea explains that some medications can be given to patients at the free clinic through a program called SafeMed Rx. She shares a favorite success story at the free clinic. A patient needed surgery to address an injury, but his blood pressure was too high. With the help of the free clinic, he was able to receive free medication and to be seen regularly for several months to get his blood pressure under control. He was then able to have the needed surgery.

O'Shea explains the philosophy behind the free clinic.

"We provide free medical care to patients, and we don't discriminate on their reasons for coming," she says. "They may be uninsured, underinsured, undocumented, it doesn't really matter why people come to the free clinic."

In addition to basic care, the clinic hosts occasional events/clinics such as a sports physical event, flu shot clinics, a mobile dental clinic and vision screenings. These events are announced beforehand on the city's website and social media.

O'Shea points out that she's only one of a team of professionals volunteering to make the free clinic a reality.

"We probably have seven or eight physicians and PA's (nurse practitioners) that come in on a regular basis to see patients," O'Shea says. "We also have nurses and EMTs that help us, and the people in the front office."

The Clive Free Clinic operates at 2190 N.W. 82nd St., Suite C, in Clive and is open every Monday night (except for holidays). Registration runs from 5-6 p.m. and patients are seen from 5:30- 7:30 p.m. Patients are seen on a first-come, first-served basis; no appointments are accepted.


O'Shea said she and the other providers enjoy offering this service to patients.

"It's our gift to the community, and we receive back, because we enjoy meeting care needs that would otherwise go unmet," O'Shea says. ■




Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Dr. Noreen O'Shea with the Clive Community Services Free Clinic.

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PLAN AHEAD

By Scott Eriksen

VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.



Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don't shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

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HEALTH

By Dr. Tara Federly

ALLERGIES or asthma flaring up?

As the weather gets colder, we find ourselves spending more time indoors. This can be troublesome for those with indoor allergies or asthma with indoor triggers. Fortunately, there are things you can do to keep your home safe.



Common indoor triggers for nasal symptoms and asthma include dust mites, household pets, mold and secondhand smoke. The first step to staying healthy is tracking your symptoms to identify possible causes of flares.

Once you have identified your triggers it's time to take action.

- Dust mites can be decreased by washing bedding frequently in hot water, removing extra pillows and blankets from your bed (or wash them often), using hypoallergenic covers on your mattress and pillow, and vacuuming regularly.
- Keeping pets out of your bedroom and off the furniture can be helpful to decrease pet dander exposure.
- Always use fans in humid rooms such as bathrooms and kitchens to decrease mold.
- Make your home a smoke-free area. Family members who smoke should smoke outside and change their clothes when they come inside.

If you are having trouble identifying your triggers, the next step is allergy testing. Find a board-certified allergist who is trained to evaluate and treat people of all ages with allergies and asthma. Stay warm and stay safe. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.

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SPOTTING Facebook scams

Social media platforms have become a prime spot for scammers and imposters to use artificial intelligence (AI) technology for their benefit. Whether it be investment scams, ticket sale scams or giveaway



scams, Facebook specifically has been impacted the most* by scammers, imposters and hackers. In this article, we illustrate how an investment scam works, highlight two other prevalent scams to keep in mind and give you steps to take if you think you've been impacted by a scam.

An investment scam is when an individual receives a message from an old friend via Facebook about a "too good to be true" opportunity. For example, you may be offered the opportunity to buy cheap cryptocurrency and receive outstanding returns.

Here's how it works:

Old friend or classmate reaches out.

They tell you about this money-making opportunity.

You agree to send them your money.
Scammer disappears with your money.

What to do:

If you receive a message like this example, do not respond or click on any links they send. Do report the account and raise awareness with your friends and family. Remember, when an opportunity sounds too good to be true, it usually is.

Two other scams to keep in mind

1. Giveaway scams — Scammers will incentivize individuals with free prizes or winnings. Before giving it to the individual, they may make them pay "taxes" or "shipping" and/or provide personal data to "claim" the prize. The individual will give their money and/or information and the scammer will disappear with it.

2. Ticket sales scams — Similar to giveaway scams, ticket scammers will post a

screenshot or QR code offering up a discounted ticket to an event. Excited fans will buy them and be left with no tickets and no way to get their money back.

If you've been impacted by a Facebook scam, here are a few immediate steps to take:

- Report the profile or page* on Facebook.
 - Contact the Federal Trade Commission (FTC) to file a complaint online at <https://reportfraud.ftc.gov/> or by phone at 877-FTC-HELP (877-382-4357).
 - Notify the financial institutions where you have accounts. This includes your bank, credit card companies, investment companies, insurance companies and brokerage firms.
 - File a police report.
 - Change your Facebook and internet banking passwords.

Learn more about how to avoid scams on the Facebook Help Center.* ■

Information provided by Chris Beener, VP, Clive branch manager, CBeener@BankersTrust.com, 515-222-5888, 11111 University Ave., Clive.

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1) 25 debit transactions. A "debit transaction" for the purpose of this section means a debit to your Bonus Account that originated from an ACH, Bankers Trust bill payment, drafting checks, or use of your debit card as a method of payment or purchase. A "debit transaction" does not include debits to your Bonus Account that originated from ATM withdrawals or other debits to your Bonus Account; and

2) 2 direct deposits (ACH credits) or Express Deposits (aka mobile deposits) of at least \$200 each. A "deposit" for the purposes of this section does not include ATM deposits, deposits made in person, account-to-account transfers, or other deposits to your Bonus Account.

In addition, bonus eligibility will be verified 60 days after the Bonus Account's opening. Bonus will only be credited if the account is currently in an open status with a positive balance. Should you have met all eligibility requirements and are not subject to the limitations and exclusions contained herein, the bonus will be credited to the Bonus Account within 75 days of its opening. Limit one bonus per household. Offer not available to existing Bankers Trust checking customers or those that have had a checking account with Bankers Trust within six months of Bonus Account opening. Employees of Bankers Trust and/or its affiliates are not eligible for bonus. Offer available for a limited time. Early closing fee of \$250 will be charged if your Bonus Account is closed within 12 months of opening. Annual Percentage Yield (APY) on BreakFree Checking Plus is 0.60% for balances less than \$5,000.00 and 0.55% for balances \$5,000.00 and over, effective July 1, 2024, and subject to change without notice. Fees may reduce earnings.

MEET Cerra Carter

Many hats and warm welcomes

The first place a person typically walks through in a school building is the main office. Whether a first-time visitor or a parent who frequents the school, the atmosphere a person walks into makes a big difference. Cerra Carter has been the face of first impressions at Radiant Elementary School for the past four years.

“I serve as the office secretary, which is the first point of contact for students, parents and visitors,” she says.

Her various daily duties include administrative tasks, coordinating communication, maintaining a welcoming environment in the school office, monitoring visitor security, managing attendance and absence records, completing school purchases, and providing support for staff and students.

Carter takes great joy in her role at the school.

“It’s been a rewarding experience that has allowed me to grow and connect with the school community,” she shares.

As a mother of four kids, she launched into this position excited that her schedule would align with her children’s and allow her to spend more time with them than a typical 9 to 5 job. Over time, however, her reasons for working expanded.

“Once I started, I fell in love with my ability to contribute to a positive environment for students and staff,” Carter explains. “I wanted to be part of a team that makes a difference in children’s lives and connect with my community.”

Her initial goal in college was to earn an elementary education degree to fulfill her childhood dream of becoming a teacher.

“After some experience, I learned that teachers are amazing humans who have a very special way with children,” she remarks. “Teachers are the most patient, smart, passionate and loving people I have ever met. I think my personality and skill set are better suited for work outside of the classroom, but I still love that I get to be surrounded by kids every day while supporting their parents and teachers.”

As part of the support staff at Radiant, Carter knows the value that roles like hers add to a school.

“As a parent, I know how important it is to feel confident that my kids are in a place where they feel safe, supported and cared for at school,” she explains. “My role is essential for maintaining a safe and welcoming environment for both students and families. I am often the first point of contact for new families, and it is my goal to make them feel welcomed and excited to come to school.”

Prior to working at Radiant, Carter held a job that kept her behind a computer screen crunching numbers. She feels this job has allowed her to grow personally — and she enjoys coming to work.

“While my main role remains the same, every day is different,” she says. “Sometimes I’m the tech guru — which is laughable because I’m not tech savvy. Occasionally, I’m the nurse’s assistant, and I’ve even been the baby chick sitter in the past.”

Carter holds many special memories of students she has been privileged to encounter.

“When you connect with a student, it is such a fulfilling and rewarding feeling,” she shares. “To know that seeing each other every day means just as much to the student as it does to me really feels like I’m making a difference in a small way to those kids.” ■



As the office secretary, Cerra Carter often helps set the mood for children’s days.

QUARTZ vs. granite

Choosing the perfect countertop for your home

When it comes to choosing countertops for your kitchen or bathroom, quartz and granite are two of the most popular options, each offering unique benefits and aesthetic appeal.

Granite is a natural stone, formed over millions of years, which gives it a unique and luxurious appearance. Each slab is one of a kind, featuring distinct patterns and colors that can enhance the beauty of any space. Granite is highly durable, resistant to scratches and heat, making it an excellent choice for busy kitchens. However, it does require periodic sealing to prevent stains and maintain its luster.

On the other hand, quartz is an engineered stone, composed of about 90-95% crushed natural quartz crystals mixed with resins and pigments. This manufacturing process allows for a wider variety of colors and patterns, including options that mimic the look of natural stone. Quartz countertops are non-porous, which means they don’t require sealing and are more resistant to stains and bacteria, making them a hygienic choice for food preparation areas.

Ultimately, both materials offer durability and beauty, making them excellent investments for your home. ■



Information provided by Karen Kolbe, Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, 515-410-1968, www.Avid-KB.com.

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LADIES NIGHT Bingo

Ladies Night Bingo was hosted by the Clive Chamber of Commerce on Sept. 26.



Kimberly Isburg and Morgan West



Mary Druvenga and Maggie Wyborny



Kristen McManis and Kim Hicks



Tanya Heitz and Hanna Horsch



Dani Cole and Libby Snow



Morgan Leitner and Anna Silver



Sue Bennett and Kaydee Kinning



Hope Boyd

OUT & ABOUT



Ashley McKenna at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Lu Anne Gafford at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Linda Dunshee at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Janna Hansen at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Emily Adams at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Alanna Kagan, Cassie Inman and Alyson Nelson at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Renee Lupkes, Randi Willard, Tanya Swygman and Stephany Hanes at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Stephanie Hennessy, Whitney Noe and Jen Schmidt at Ladies Night Bingo hosted by the Clive Chamber of Commerce on Sept. 26.



Best Brains Learning Center, 15920 Hickman Road, Unit 300, Clive, hosted a ribbon cutting for the grand opening of its first metro location Oct. 7.



Bambi Fleming and Chris Beener at the Best Brains Learning Center grand opening Oct. 7.



Jennifer Highland and Breanne Neel at the Best Brains Learning Center grand opening Oct. 7.



Kalyan Tottempudi and Prashanthi Koneru at the Best Brains Learning Center grand opening Oct. 7.

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