



HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- Check Credentials. Dr. Brian Waggoner is board-certified by the American Board of Pediatrics and the Iowa Board of Medicine.
 Julie Waggoner is board-certified by the Pediatric Nursing Certification Board and the Iowa Board of Nursing.
- 2. Check Ease of Communication. At Waggoner Pediatrics, we prioritize this. We have a dedicated phone nurse each day to answer your urgent needs and questions, a patient portal where you can message us, request documents or appointments, etc., and Dr. Waggoner is only a call away outside of business hours.
- 3. Interview & Research. Waggoner Pediatrics offers new patient consultation appointments with Dr. Waggoner or Julie Waggoner if you would like to meet them before the arrival of your little one. We accept most private insurance carriers and all state insurance carriers. We also offer Urgent Care hours on Saturday mornings!

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

Call 515-987-0051. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpediatrics.org

WELCOME

BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

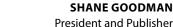
You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share some of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■



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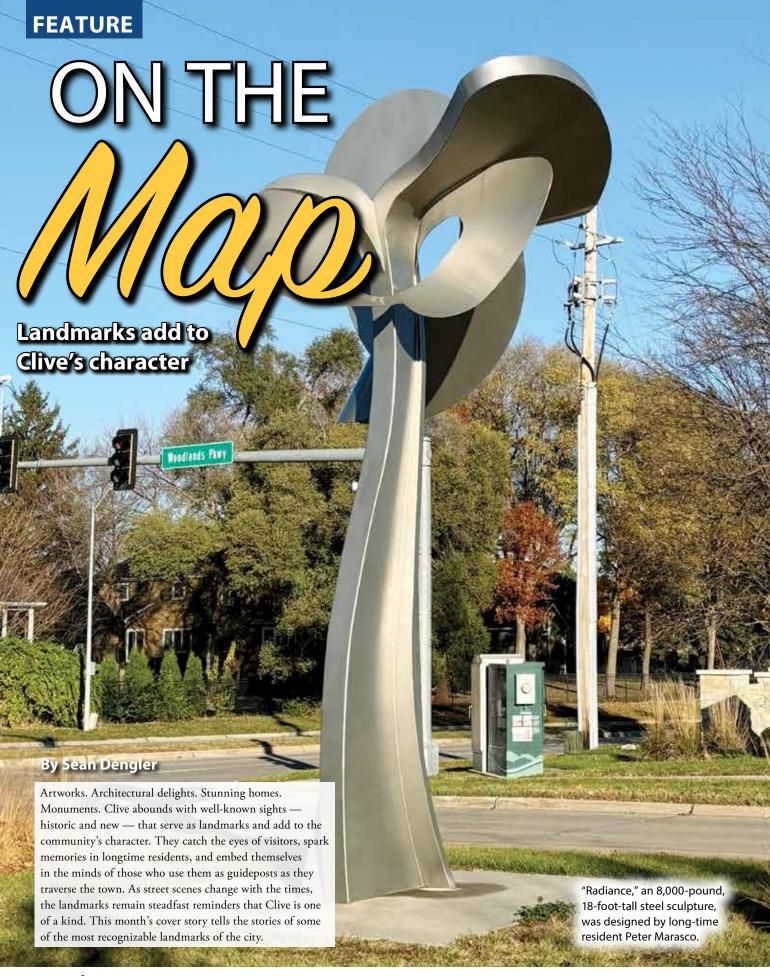


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Greenbelt Park is the heart of the Greenbelt Trail.



The Clive Greenbelt Trail extends across nearly all of Clive, is 11.3 miles in length, and is a defining feature of the community.

Clive Greenbelt Park and Trail

The Clive Greenbelt Trail extends across nearly all of Clive, is 11.3 miles in length, and is a defining feature of Clive. Pete De Kock, assistant city manager for the city of Clive, knows the importance of the Clive Greenbelt Trail.

"The quintessential landmark in Clive is the Clive Greenbelt Park and Greenbelt Trail," he says. "This is the ribbon of natural space

that connects all of Clive's neighborhoods and connects Clive's Greenbelt with so many other regional trails and parks. Thousands of people are moving through the Greenbelt every month, enjoying the beautiful space, connecting with nature, connecting with their friends, and getting to different spots all through the metro, whether it's for work or for fun."

The way the Greenbelt connects every part of Clive is special to De Kock.

"The Greenbelt really does bring together what I think of as a string of pearls, where you've got fun places to go, whether it's a park or a place like the aquatic center or the Clive library and any number of wonderful private institutions as well, private businesses, breweries, restaurants, entertainment venues," he says. "It really does connect so many things that we all enjoy as residents of the city."

For Richard Brown, leisure services director



FEATURE

for the city of Clive, the Greenbelt is Clive's Main Street.

"Clive doesn't really have a Main Street like a lot of the older suburbs do like Valley Junction for West Des Moines or the Town Triangle in Waukee or anything like that, but we have the Greenbelt," he says.

The city of Clive understands the importance of the Greenbelt, De Kock says.

"The councils have consistently understood that this is really what distinguishes Clive as a community. The tagline of the city, 'Distinct by Nature,' is a reference to the Greenbelt. All of this natural space that we have in the middle of the city. When you look at the logo of the city, it is a representation of Walnut Creek and the Greenbelt," he says, adding that residents place value in the Greenbelt.

"Every two years, the city surveys residents on things that are important to them, facets of livability that they think are really important for the city to do well," De Kock says. "Consistently, we hear preservation of natural spaces as being one of the most important things that the city can do. So, the way we continue to invest in that space is important."

Greenbelt Goats

One way to invest in natural spaces is to help protect them from invasive species like honeysuckle by calling in the heavy hitters to keep them under control. That would be the goats. Not the Greatest of All Time, but another of Clive's landmarks, the living and breathing Greenbelt Goats.

"They are definitely becoming that," De Kock says, adding they have high approval ratings.

"We say that they're probably the most popular city employees by far. They may be the most popular employees in the entire state," he jokes. "And they also have become great ambassadors for a lot of things we care about in Clive, like taking care of these natural spaces, making sure we're doing good water resources work, making sure that we're teaching, telling people the story, and sharing that knowledge about why it's important that we take care of these natural spaces."

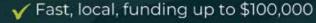
Find out more about the Greenbelt Goats on the city of Clive's website and on Instagram, @clivegoats.



The now famous Greenbelt Goats have become a landmark in their own right.

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The historic Swanson House is located at 8641 Swanson Blvd.

Swanson House

8641 Swanson Blvd.

According to the Clive Historical Society, the Swanson House was built in 1911 for Mrs. Scennia Swanson and her five small children after she became a widow. It served multiple purposes over the years.

"It dates back to the 1910s and was a general store then the private long-term residence of the Swanson family. It used to be a post office," Michael Alowitz, president of the Clive Historical Society, says.

For those reminiscing about what the area looked like in 1930, a railroad diorama depicting the area during this time can be found in the house.

"The Swanson House was right in the center of the activity," Alowitz says.



The historic depot was moved a short distance from its original 1882 location after the Clive Historical Society gained possession from the Norfolk Southern Railroad.

Clive Depot

8641 Swanson Blvd.

"Another landmark would be the old depot that is one of the historical ties from before Clive was even a city. It denoted the Clive community back in the early 1800s," Brown says.

The depot was moved a short distance from its original 1882 location after the Clive Historical Society gained possession from the Norfolk Southern Railroad.

"It was moved across the street," Brown says. "It originally sat a little bit to the south along the railroad tracks. I think, at some point, the railroad line was going to get rid of it. I don't know if they were going to demolish or not, but I think a group of Clive residents got together, got it moved to that site and restored it to how it looked back in the day."



Saturday, Dec. 14 9 - 11 am

Luana Savings Bank (Clive) 16390 Holcomb Court, Clive, IA 50325

Santa is visiting Luana Savings Bank! All children are welcome to meet Santa in the bank lobby and tell him what they would like for Christmas this year. There will be refreshments, treats, and gift bags for kids (as supplies last). We hope to see you!

This is a free event and open to the public.



Additional Santa Visits:

POLK CITY BRANCH

NORWALK BRANCH

Dec. 7 | 9-11 am

Dec. 21 | 9-11 am



Find the events on our Facebook page fb.com/luanasavingsbank



Linnan Park is the oldest in Clive and soon will see major improvements.

Linnan Park

8500 Alice Ave.

Linnan Park is the oldest in Clive and used to host a popular event known as Clive After Five, according to Brown.

"Clive after Five used to be a big event. It was hosted by the Clive Jaycees. They had music and drinks, and it was just kind of a big social event," he says.

While the event is a thing of the past, the park is expecting a big facelift.

"We're getting ready to make another really big investment in it millions of dollars in new play features and fields," De Kock says.

Construction will begin in early 2025 and include a new restroom and shelter building, playground and sprayground.

Campbell Recreation Area

12385 Woodlands Parkway

Located west of the interstate, Campbell Recreation Area has an excellent location and great amenities.

"A lot of people play softball and sand volleyball there. It's where we host our popular Food Truck Fridays in May and June each year," De Kock says. "People know it as a place they can come to recreate and have a good time, and it's connected to the Greenbelt as well. It's part of that ribbon that connects the entire community together."

Food Truck Fridays also took place in September this year.

Radiance

Intersection of N.W. 128th Street and Woodlands Parkway

"Radiance," an 8,000-pound, 18-foot-tall steel sculpture, was designed by long-time resident Peter Marasco, who died in 2022. His inspiration for this sculpture came from this area where he lived. This area was known as Campbell before becoming a part of Clive.



Located west of the interstate, Campbell Recreation Area has an excellent location and great amenities.



Located near Shuler Elementary in the Angel Park neighborhood, "Black Diamond," a 13-foot-tall sculpture, honors the area's coal mining history.

Black Diamond

16548-16238 Douglas Parkway

Like many cities in central Iowa, coal mining played a bit role in the history of Clive. Located near Shuler Elementary in the Angel Park neighborhood, "Black Diamond," a 13-foot-tall sculpture, honors the area's coal mining history. Shuler Elementary is named after the former mine in this area.

"It's a representation of a piece of coal and its transformation into any number of things that were used to power life back in the day," De Kock says.

Rebecca Ekstrand and Thomas Rosborough designed the piece using the language of layered geometric shapes and proportion reminiscent of the Shuler Mine community landscape, according to information from the city of Clive.

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'That Librarian: The Fight Against Book Banning in America'

Book banning is an appalling stain on our society, and this book is a light, showing just how much damage it can do — and how to fight it. A one-time librarian of the year, working in the same school system she once attended, is viciously attacked by the same community that raised her in this short but powerful memoir.

A record of intense bullying and a campaign of abuse wasn't enough to bring down Amanda Jones. She refused to let any of her students be disenfranchised by the fear and lies that flew through her town when censorship took over her library. This important book details her battles, her journey of self-discovery, and the lengths she was willing to go to in order to protect the right to read for those who couldn't speak for themselves.



By Amanda Jones 8/27/24 288 pages \$20.99 Bloomsbury Publishing

Right here in our own state, those in power have already cannibalized reading lists and library books out of the fear of anything different. It's an active, ongoing campaign to wipe out the beautiful diversity that makes us so strong. There was never a more appropriate time to read this story of strength in the face of hatred. \blacksquare — *Review by Julie Goodrich*

'When Among Crows'

Urban fantasy is such a fun subgenre of story. I think we have all been taken, at one time or another, with the idea of a hidden world happening all around us that we just can't see. I love the thrill of hoping a wrong turn down an alley in a faceless city might lead to somewhere completely unexpected.

In this short and powerful story, Chicago is the setting of a world within the world, populated with monsters and myths from the Polish zeitgeist yet hidden from the rest of us. Enter a Dymitr and Ala, a pair of cursed wanderers carrying heavy burdens through a city where creatures feed on human emotion and ancient magics flow through the same streets as the endless traffic. Together, they look to heal themselves of generational trauma while discovering who they really are.



By Veronica Roth 5/14/24 166 pages \$19.99 Tor Books

Love, pain and the endless ways in which history never really lets us go abound in this slim, deep story that I wish I could read again with fresh eyes. I really love Roth's writing. It's simple, yet it hits like a truck. A stunning bit of story with a lasting impact.

— Review by Julie Goodrich



WHAT IS Social Security Disability?

Social Security Disability is a program managed by the federal government. It provides income to people who cannot work because of physical or mental conditions. Proving a disability claim can be a long process,



and it is not unusual for someone to be denied benefits at several different hearing levels. Once a client is found disabled and receives benefits, however, that is not the end. The case can still be reviewed by the government.

The Social Security Administration (SSA) periodically reviews disability cases to determine if the individual is still disabled. This is called a Continuing Disability Review (CDR). Most cases are reviewed every three years, but the length of time between a finding of disability and a CDR depends on such

factors as the type of medical condition and whether improvement is expected. Because the standards for disability are different for children and adults, a review will also be done when a disabled child turns 18.

Social Security sends forms asking the benefit recipient to describe the medical condition and submit a list of medical providers. SSA will request medical records from those physicians, therapists and counselors. If there aren't enough records to make a decision, the individual might be ordered to attend a consultative examination with a doctor chosen by Social Security.

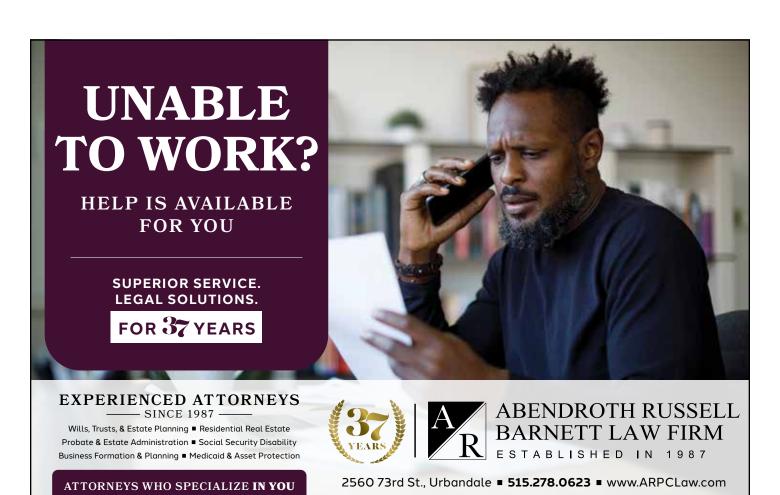
SSA will look at whether there has been medical improvement of the impairments, if the improvement is related to the ability to work, and if the individual can now engage in substantial gainful work activity. Factors that will be considered include work or school activity and a showing of improvement

documented in the medical records. Negative factors include no history of receiving medical treatment, the failure to follow a doctor's recommendations, or substance abuse.

If Social Security determines that a person is no longer disabled, SSA will send a notice that the benefits will end. The individual will also receive notice of the right to appeal within 60 days. For benefits to continue while appealing the decision, the individual must file an appeal within 15 days from the date of the notice terminating benefits.

An attorney experienced in Social Security Disability law can help navigate the issues and problems presented by a Continuing Disability Review. Your benefits don't have to end.

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





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THE SEASON of gift giving

When planning for the future and transferring wealth, understanding gift taxes is essential. The Gift Tax Exemption allows you to give assets to others without incurring taxe; however, there are specific rules and limits to consider. This exemption refers to the amount you can give to others without triggering a gift tax. When you transfer assets without receiving equal value in return, the IRS may impose a gift tax. There are circumstances that allow you to make significant gifts without tax consequences.



• Annual gift tax exclusion: The primary method to gift tax-free is through the annual gift tax exclusion. In 2024, you can give up to \$17,000 per person without paying this tax. The exclusion applies per person, so you can gift \$17,000 to as many individuals as you like. If you're married, you and your spouse can each give \$17,000 to the same recipient, doubling the gift to \$34,000 without triggering gift taxes.

These gifts don't need to be reported to the IRS unless they exceed the annual limit. This is a simple and effective way to transfer wealth without tax consequences, whether for family members, friends or charitable causes.

• Lifetime gift tax exemption: In addition to the annual exclusion, there's a lifetime gift tax exemption. In 2024, this exemption is set at \$12.92 million per person. This means you can gift up to \$12.92 million over your lifetime (in addition to the annual exclusions) without incurring gift taxes. However, any gifts that exceed the annual exclusion must be reported to the IRS and count against this lifetime limit. Once your total lifetime gifts surpass \$12.92 million, you'll be subject to gift taxes on the excess, with rates as high as 40%.

Gifts that aren't subject to gift tax

- Gifts to spouses: Transfers between spouses are generally exempt from gift tax, provided your spouse is a U.S. citizen.
- Tuition and medical bills: Payments made directly to educational or medical institutions on behalf of others don't count toward the annual or lifetime limits.
- Charitable contributions: Gifts made to qualified charitable organizations are also exempt from gift tax and may offer tax deductions.

These exclusions can help reduce your estate while supporting loved ones or causes you care about.

Using the gift tax exemption strategically

- Annual gifting: By taking advantage of the annual exclusion each year, you can gradually transfer wealth to family members and reduce the size of your taxable estate.
- Gifting appreciated assets: If you own assets that have appreciated in value, gifting those assets can allow the recipient to benefit from the increase in value without triggering capital gains taxes.

The gift tax exemption may be a powerful tool for transferring wealth and reducing estate taxes. By understanding the annual and lifetime exclusions, as well as which gifts are exempt, you can make taxefficient decisions that benefit your heirs. To maximize these strategies, it's important to work with your financial advisor to develop a gifting plan that aligns with your financial goals. With careful planning, you can transfer wealth to loved ones while minimizing tax liabilities.

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

BRING the taste of takeout home

(Family Features) Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy and provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at SuccessRice.com.

Crab and shrimp sushi burrito

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

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- · 2 tablespoons granulated sugar
- · 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- · 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

DIRECTIONS

- Rinse rice bag under cold water to remove starch.
 Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet.
 Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.



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EVENTS IN THE AREA

Be sure to check for cancelations.

Upcoming in Clive Living magazine:



Holiday recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@ iowalivingmagazines.com by Dec. 1 to have it included in our December

First cars: Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We we want to hear your stories. Email tammy@iowalivingmagazines.com by Jan. 1 to be included in the January issue.

Clive Lions Club Holiday Basket Program

The Clive Lions will deliver baskets of food, clothing, personal items and children's gifts to more than 85 Clive families on Saturday, Dec.14. This program has been a success for more than 30 years because of the generous support of area businesses, churches, the city of Clive, the Clive Community Foundation and Clive residents.

You can support the Holiday Basket Program by sending a cash donation to: Friends of the Clive Lions Club c/o Clive City Hall, 1900 N.W. 114th St., Clive, IA 50325. You can also contribute through Venmo: @Friends-OfThe-Clive-Lions-Club.

Leisure Services programs

1900 N.W. 114th St., Clive, 515-223-5246

Play in the Bay: Looking for a warm place for the kids to play? We've got the perfect solution. The Harbach Center will host "Play in the Bay" every Monday at 9 a.m. Children ages 0-6 can play with engaging toys and fun activities. This free program is a fantastic way to help them burn off that extra energy when it's cold outside. Registration is not required, but a signed waiver is required at checkin (available at cityofclive.com/library). Contact the library at staff@ cityofclive.com for more information.

Leagues Second Season: Team registrations for youth basketball (second season) and adult co-ed volleyball (second season) leagues are open through Dec. 4 or when full. Visit clivesports.com for program costs and rules. Contact Jon at jgibbs@cityofclive.com for more information.

Little Builders: Does your little one love to build and create? Then join us at the Harbach Public Library, 8505 Harbach Blvd., every Tuesday at 9 a.m. We will have various building toys and open playtime in the Community Room. The program is for ages 0-6. Contact staff@cityofclive.com for more information.

EVENTS IN THE AREA

Be sure to check for cancelations.



Mayor's Tree Lighting Friday, Dec. 6, 5:30-7 p.m. Clive City Hall/Clive Public Library complex

Kick off the holiday season at the Mayor's Tree Lighting. Bring the family for fun activities, caroling, refreshments and a special visit from Santa. This program is free, and registration is not required. Contact Jeff at jlucas@cityofclive.com for more information.



Santa Parade

Saturday, Dec. 14, 9 a.m. **Throughout Clive**

The Clive Firefighter's Association Santa Parade is back for 2024. Join them as they escort Santa through the City of Clive. The Santa Parade is one of the longestrunning traditions in Clive, celebrating 62 years since it started in 1962. Members of the Clive Fire Department will drive a fire engine through the parade route so people can wave to Santa from the sidewalk. Parade route information will be posted at a later date on cityofclive.com and the Clive Fire Department Facebook page.

Clive Community Services calls for donations

Donations are needed of winter gear, coats, hats, mittens, gloves, boots and snow pants; healthy cereal and white rice. To continue supporting the community during this unprecedented demand, CCC urgently needs donations of food and personal items. Every contribution, big or small, makes a difference. Your support helps provide essential resources to those in need. Visit clivecommunityservices.com to learn more about how you can help.

Tai Chi

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

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

Saturday Specials at the Harbach Center

Saturdays, 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. ■





KINSHIP care leads to adoption

Local family grows by one thanks to local foster program.

Nov. 22 will be a day that little Willow Flood will likely mark for the rest

For a year now, Willow has been the foster daughter of Kurt and Charlene Flood, with a last name different from theirs. But no more. On that day in November, she officially became one of them — Willow Flood.

It's been a wonderful change for both parties, each of whom has grown and benefited beyond the scope of words.

For the Floods, it was especially meaningful. This was their first foray into parenting, bringing with it a strange mix of love and uncertainty.

Balancing their time, coordinating visits with caseworkers, and transporting Willow to visits were just a few of the many things that needed to be done to assure Willow would be in the best hands possible. And she was, every step of the way. Charlene and Kurt made sure to see to that.

"I felt excitement and pride when Willow reached milestones like crawling for the first time, but my heart also broke for her biological mom, who was missing them," Charlene says. "But every little sign of progress, like her first giggle or the first time she reached out for comfort, reassured us that she was starting to feel safe with us."

The Floods had talked about becoming foster parents due to their simple love of children and felt a deep calling to support those in need.

The couple began caring for the then-7-month-old Willow as kinship caregivers in August 2023. After completing the certification classes, they became fully licensed foster parents in December 2023. In July 2024, the Floods learned that Willow's birth parents weren't in a position to provide the care she needed. The mother had made the selfless decision to relinquish parental rights, opening the door for Willow to be adopted.

While most families go through the licensing process before welcoming a foster child into their home, the Flood's situation was a bit unique. Since Willow was a kinship placement, the couple began caring for her immediately and completed the licensing process while she was in their care. Kinship care allows relatives or close family friends to provide a safe and familiar environment for children who cannot stay with their birth parents, helping to minimize the trauma of removal by keeping the child connected to their loved ones.

"While kinship caregivers are not required to become licensed foster parents, having Willow in our home opened us up even more to the idea of fostering other children," Charlene says. "So we filled out an inquiry form through Four Oaks Foster and Adoptive Family Connections and attended an informational session."

After the informational session, the couple decided to continue with the 10-week training course, which focuses on understanding trauma, behavior management and partnership with the birth family. In addition to the licensing courses, the couple had to have a home study completed, which involved gathering paperwork, having visits to evaluate the safety of their home and giving interviews about their family and values.

The power of unconditional love and patience, Charlene says.

"When we first took her in, everything felt uncertain — we didn't know how long she would be with us or if we were the right fit for her



Charlene and Kurt Flood and the newest member of their family, Willow.

needs," she says. "But over time, we realized that showing up for her every day, being consistent, and simply loving her made all the difference."

There was a learning curve, Charlene says, as the couple now had to learn to live life as a family without worrying about what might happen in the future. And then there's the team. It truly does take a village.

"We have also learned that fostering is a team effort," she says. "We work with social workers, her biological family and other professionals. This collaboration can be hard to organize and navigate for people who are self-sufficient, but it's all about doing what's best for the child. We had to be humble enough to let go of control and lean into the support system around us."

And while their story is unique, that's not uncommon. There is no typical experience of foster care or adoption, Charlene says.

"Every story is completely unique, so while we can share our story and experience, we certainly can't speak to the breadth of experience of other foster families," she says. "Since we are adopting our first placement, we also haven't had one of the most pivotal experiences of foster families: navigating the reunification of their foster children with their biological family. While we can't speak to that experience firsthand, we deeply respect and honor the families who navigate it."

Those wishing to receive additional information on the child fostering program at Four Oaks Foster and Adoptive Family Connections can visit www.iowafosterandadoption.org.

HONORING OUR LOCAL VETERANS

VETERANS DAY WAS MONDAY, NOV. 11, 2024

STEVEN SVENDSEN

Clive

Military branch: U.S. Marine Corps

Rank: Major

Service: U.S. Marine Corps Reserve, 1984-1989; U.S. Marine Corps active duty 1989-2009

How can Americans best honor veterans?

"Remember those deployed." — Steven Svendsen





LAWRENCE J. FETTIG

Clive

Military branch: Navy / Air Force

Rank: Major

Service: 1959-1984

How can Americans best honor veterans?

"Respect the flag." — Lawrence J. Fettig

GEORGE BURNSIDE

Clive

Military branch: U.S. Air Force Rank: A2C • Service: 1962-1966

How can Americans best honor veterans? "Warfare and social attitudes have changed since I served. In light of these changes, I believe the way to honor the vets who served after my time is to 1. Properly identify and heal their wounds and 2. Meet their needs as they

adjust to civilian life." — George Burnside



Polk County Commission of Veteran Affairs

www.polkcountyiowa.gov/veteran-affairs/

Mental Health Support is available 24/7. Veterans Crisis Line 800-273-8255 and press 1.

Polk County Commission of Veteran Affairs provides assistance to veterans, their families and dependents residing in Polk County.

lowa Veterans may be eligible for a broad range of veterans benefits from various sources including federal, state of lowa, county and local benefits.

Every veteran's first stop for benefits should be their local county Veterans Affairs Office for help with applying for compensation; serviceconnected disability/compensation; pension; non-service-connected disability pension; Dependency and Indemnity Compensation (DIC); death pension for surviving spouse and dependent children; Aid & Attendance/ housebound benefits; applying to the Iowa Veterans Home; getting certificates of eligibility for home loans; obtaining military records and medals/ ribbons; arranging for grave markers/ headstones.

Polk County Commission of Veteran Affairs

Polk County River Place 2309 Euclid Ave., Des Moines, IA 50310 515-286-3670

Veterans.Affairs@polkcountyiowa.gov Monday - Friday: 8 a.m. to 4:30 p.m.







CLIVE kicks off Greenbelt Landing project

Project will improve water quality and support recreational programming.



City officials break ground for the Greenbelt Landing Park.

The city of Clive held a groundbreaking ceremony Oct. 16 to mark the start of construction on Greenbelt Landing Park. City officials, project partners and community members commemorated the start of enhancements to the 14.89 acres located on the east side of N.W. 114th Street in Clive.

The project will expand recreational opportunities, manage stormwater runoff, and help maintain wildlife habitat in a park next to the larger Clive Greenbelt. Funding for the project totals \$10.6 million. More than \$3.5 million has been raised through grants and fundraising from dozens of generous donors. The remaining project costs are being supported by city capital funds. Project construction is expected to be completed in fall 2025.

"Greenbelt Landing will be a beautiful asset to Clive and the broader Des Moines region," said Clive Mayor John Edwards. "Support from our project partners and community members has made this project a reality. We look forward to seeing our shared vision come together."

Once completed, Greenbelt Landing will be

the first ICON Water Trail site in Clive. Other project highlights include the following:

- Streambank stabilization and wetland walk - A stormwater wetland with native plant species will be constructed to clean and filter stormwater from N.W. 114th Street and other impervious areas. The Wetland Walk will feature an ADA-accessible boardwalk and educational signage explaining how wetlands improve water quality and help keep the Clive Greenbelt healthy.
- Stage and event lawn The event lawn will be updated to include a new stage and plantings that create a theater-like space for diverse performances.
- Special events building The special events building will be renovated with a covered outdoor patio, floor-to-ceiling windows and improved AV and kitchen facilities for events.
- Public art Supported by a grant from Bravo Greater Des Moines and ICON, the city will be installing a major public art piece recognizing the connection the site has to water and Walnut Creek.
 - Playground Variety the Children's

Charity of Iowa is donating an all-inclusive Ashley Okland Variety Star Playground that will serve children of all abilities and include multiple Clive Greenbelt and Walnut Creekinspired design elements.

Partners on the project include Iowa Department of Natural Resources - Resource Enhancement and Protection Grant, Iowa Department of Agriculture and Land Stewardship - Water Quality Initiative Grant, Iowa Finance Authority - Water Quality Projects Grant, Iowa Department of Cultural Affairs - Iowa Great Places Grant, Clive Community Foundation, NCMIC - Public Art Sponsor, Mid-American Energy - Stage Sponsor. Variety - the Children's Charity of Iowa - Playground Donation, ICON - Regional Water Trails Access Program Grant and ICON and Bravo - Public Art Grant.

Fundraising is ongoing to support the project. Visit cityofclive.com/greenbeltlanding for more information about the project and how to donate.

MEET Denny Schneider

Retires from Play It Again Sports

A longtime Clive business owner recently retired, selling the store to the current store manager.

Denny Schneider, owner of Play It Again Sports, bought the franchise in 1992, when it was first located in Beaverdale. He and his son, Joe, owned other businesses as well.

Both he and his son each had a location — one in Clive and one in Ames. Denny planned on retiring and his son taking over. Yet his son passed away and plans changed, so he stayed with the Clive store.

The business buys and sells used sporting goods equipment. It appealed to Schneider as he always liked going to garage sales.

Things changed at the store when eBay came out, offering used goods.

"Over time, things shifted. Selling used was our bread and butter at the time," Schneider says.

Then, various online marketplaces popped up. That's when the store began offering new items, and the store expanded.

"We carried 35% new and 65% used," he says. "It's hard to stock a store with all used items."

As people came in to sell large items, they believed their goods to be worth a lot.

"The American Pickers — people see that and think their stuff is worth a fortune."

Schneider recalls a man who came in to sell his Riedell figure skates.

"We offered him \$20. He was upset, telling me it was insane — that he paid more than \$100 for it," he recalls. "I said that's insane to pay that much for skates in the first place."

He likes how repeat customers became like family. Soccer players come in, outgrow shoes and return the next year for a new size.

"I had a lady and her 6-year-old come in, and he said, 'This place is better than the library.' I loved it when families came in."



Denny Schneider, a longtime presence in the Clive business community, has retired and sold his business, Play It Again Sports, to Joe Edelstein, 32 years to the day after he bought it.

Since the store purchased used items, Schneider has dealt with stolen items over the years. He became good at spotting it.

"We heard about a hockey store that was broken into and stole merchandise. The next day, someone brought in expensive skates but wasn't sure the cost," he explains. "We contacted the store and, before the guy left, the cops were there."

Schneider says he's had a "great run" and is confident the new owner. Joe Edelstein, will take the business to the same level. Ironically, he sold the business 32 years to the exact date he bought it.

During retirement, he hopes to spend more time with his wife.

"I'm 80 years old. The new owner will bring the business into the 21st century," he reflects. "The customers will see new energy, and it will serve him well." ■

ETERNITY Church helps feed the metro area

Food bank ministry grows with the need.

In 2020, as the world was in the grip of the COVID pandemic, leaders at Eternity Church in Clive saw a need and took steps to do something to help.



"During the pandemic, we

felt there was a need in our community, and we felt the best way for us to help them was with food," Brad Lawson says. "We connected with the Food Bank of Iowa, and they were struggling with getting the food out into the community because of the pandemic. So, the Food Bank would donate food to our church every Tuesday, and then we would line everything up in our lobby."

Recipients would show up to get the free food offered. But church members quickly realized that traveling to the church was an obstacle for some individuals and families in need, so church staff picked spots in the metro area to "meet them where they were."

"As we were doing that, we realized that food is great, but so is milk, especially for kids, so we partnered up with Pickett Farms, and we order roughly 3,000 gallons of milk every year and hand them out with the food," Lawson says.

When the pandemic ended, the program continued because hunger



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Brad Lawson of Eternity Church.

and need were not eradicated simply because COVID numbers fell off.

"We pack roughly 150,000 pounds of food every year, and we package over 10,000 bags of food every year," Lawson says. "And lots of members of our church have helped out. It's just something that a lot of our congregation wants to be a part of."

Lawson points out that he wasn't among those who started the food bank ministry at Eternity Church in 2020, but he's proud to be overseeing it for the past two years. He's also excited for the church's planned move into a larger building.

"We recently purchased the old AMC movie theater in Johnston, and we'll be moving into that at the end of next year," Lawson says. "At our new building, we're essentially having one of the theaters be strictly for our food bank ministry. We'd like to have not just food, but furniture, clothes, and other stuff that people are in need of. It's really exciting that we're dedicating a good amount of space at our new facility specifically for this ministry."

Lawson says this ministry is one of the "silver linings" that came along with the pandemic.

"There was a lot of tragedy that happened during the pandemic, but there was a lot of good that came out of it, too, and this is one of those things," Lawson says. "I truly believe that the pandemic helped to encourage us and energize us to help these people."

When asked if there's a particularly special moment he's witnessed through the food bank ministry, Lawson says it's not something that has happened once, but rather something that happens regularly.

"In reality, it's a weekly thing. We have signs that say, 'FREE FOOD' that we'll wave, but it's not always easy to see us," Lawson says. "So, every single week, we get somebody that had no idea that we do this, and they were in desperate need of food. They're incredibly grateful for it because they maybe didn't know if they were going to eat that night."

Lawson also points out that, for the recipients and for the volunteers, the social interaction is also rewarding. He notes that it's heartwarming to offer not only food, but the opportunity to hear what is on the minds of those who show up for food.

"That's exactly why I love being a part of it," Lawson says. "It's equally fulfilling for me every single week."



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Daniel W Timmons Financial Advisor 10888 Hickman Rd Ste 2a Clive, IA 50325

Carley Yoder Branch Office Administrator

MIKT-SHRIKO-A-AT AECSPACE SHIPPIN

PLAN AHEAD

By Buffy Peters

GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn't there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the "perfect" holiday season can leave you feeling as if there is no room for grief during this time of year.



Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don't have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



HEALTH

By Dr. Amy Petersen

OTC cough medicine: harmful or helpful?

Coughs, colds and kids go hand in hand. Most children have up to eight colds per year, lasting two to three weeks with uncomfortable symptoms that can inhibit sleep. It may be tempting to try overthe-counter cough medicine; however, these have not been proven to be more effective than placebo and have potential side effects, including death from overdose. Cough medicine is not recommended for children under age 6.

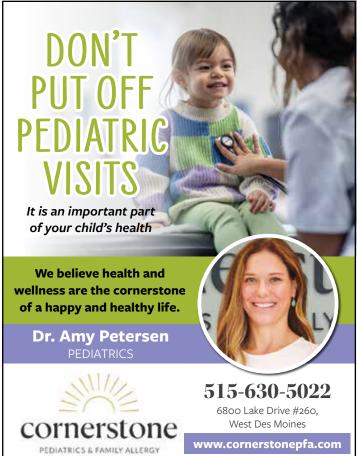


What can you use to help your child?

- Fluids offer plenty of water, soup, broth, tea.
- Cool mist humidifier place near bed to help keep mucus moving (be sure to clean routinely).
- Nasal saline use nasal saline drops for infants (wait a short time and then use bulb suction) and saline nasal spray or irrigation for older children.
- Honey if your child is over age 1, a teaspoon of honey coats/soothes the throat.
- Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) a fever isn't harmful, but it doesn't feel good (follow dosing instructions or ask your pediatrician before giving).

Most colds are viral and must run their course. If you think your child has more than a cold or worsening symptoms, call your pediatrician. ■

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



CYBERSECURITY awareness: Banks never ask that

Every day, thousands of people fall victim to fraudulent emails, texts and calls from scammers pretending to be their bank. To promote awareness and understanding around cybersecurity,



the American Bankers Association #BanksNeverAskThat campaign reminds you what information banks will and won't ask you to provide.

10 things #BanksNeverAskThat you do:

- Log in with a link via email
- Help with an "investigation"
- Move money to other accounts
- Take urgent action by using scare tactics
- Read back text codes on a phone call
- Verify your account password over the phone or by text
- Provide your Social Security number over the phone or by text
 - Provide your PIN number just to "verify

who you are"

- · Click suspicious links or open unexpected
- Provide your account number, PIN or address during a phone call or text

Remember, don't fall for fake. Spot suspicious texts, emails and phone calls by knowing the things your bank would never ask. Visit banksneveraskthat.com for extra #BanksNeverAskThat educational and interactive resources:

- Read about red flags
- Play their Scam City Game
- Take their scam quiz
- Watch scam safety videos
- Practice safe checks

If you think you have been impacted by a phone call, text or email scam, here are a few immediate steps to take:

- 1. If you gave a scammer personal information, like your SSN or bank account number, go to IdentityTheft.gov to see what steps to take, including how to monitor your credit.
 - 2. Change your password if you clicked on a

link and entered any personal information, like your username or password, into a fake site.

- 3. Contact your bank by calling the number on the back of your card.
 - 4. If you lost money, file a police report.
- 5. File a complaint with the Federal Trade Commission at reportfraud.ftc.gov or call 1-877-FTC-HELP (382-4357).

If you have been scammed on a payment app, here are a few immediate steps to take:

- 1. Notify the payment app platform and ask them to reverse the charge.
- 2. If you linked the app to a credit card or debit card, report the fraud to your credit card company or bank. Ask them to reverse the charge.
 - 3. File a police report.
- 4. File a complaint with the Federal Trade Commission at reportfraud.ftc.gov or call 1-877-FTC-HELP (382-4357). ■

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





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- o be eligible for the bonus, you must open a BreakFree Checking Plus or Direct Checking Plus account ("Bonus Account") in person at a branch with a minimum opening deposit of \$25. To qualify for the bonus, the following transactions must post and settle through the Bonus Account within 60 days
- 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 ment, draftling checks, or use of your debit card as a method of payment or hase. A "debit transaction" does not include debits to your Bonus Account that nated from ATM withdrawals or other debits to your Bonus Account, and, direct deposits (ACH credits) or Express Deposits (aka mobile deposits) of at
- 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 nus Account opening. Employees of Bankers Trust and/or its affiliates are not pible for bonus. Offer available for a limited time. Early closing fee of \$250 will 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 subject to change without notice. Fees may reduce earnings

MEET Angela Upp

Positive impact for students, families and staff

As behavior interventionist at Valley High School, Angela Upp plays a pivotal role in supporting the building's multi-tiered support systems (MTSS) with an emphasis on positive behavior intervention and supports (PBIS). Dedicated to creating and implementing effective systems, she strives to make a positive difference for students and staff.

"I serve as one of the first responders at Valley, especially for behavior-related needs," Upp explains. "I collaborate with the counseling and administration teams, the Tier 1, Tier 2, and Tier 3 teams, and support teacher PLCs when needed. I partner with teachers to develop solutions that address student needs."



Angela Upp is a behavior interventionist at Valley High School.

Upp's mission is to facilitate preventative and responsive strategies that promote positive behavior, empower students and teachers to engage in collaborative problem solving, and utilize data to ensure that each student receives the appropriate support(s).

At Valley, Upp is part of dedicated teams committed to helping students and their families find success.

"If a student is having a problem, we have teams of amazing staff at Valley that collaborate to figure out a way for that student and family to

A highlight of Upp's role is sponsoring Best Buddies, an international organization that fosters friendships for students with intellectual and developmental disabilities.

"It brings so much joy," she says. "Seeing the program thrive, especially with an amazing student president, has been incredible."

Upp also serves as an instructor for crisis prevention intervention (CPI) in the district, a role she has held since 2011.

"I love teaching CPI to staff," she shares. "The training enhances de-escalation skills, improves communication and builds confidence for handling crisis situations.

"This is my 24th year in education," she shares. "I've been at Valley since 2021. My inspiration for education came from my elementary teachers. I loved them, and I remember that, even as a young kid, I wanted to be a teacher. I wanted to help others like my teachers helped me. I was such an anxious, nervous kid, and my teachers went above and beyond to connect with me and made me feel important. To get my foot in the door, in college I accepted a position in Carter Lake as an associate in a program that supported students with significant mental health and trauma. I fell in love with that job and never looked back."

Upp emphasizes that student behaviors often signal deeper, underlying challenges.

"Behavior is a form of communication," she says. "We closely examine what students are trying to convey — whether it's unresolved issues, barriers or lagging skills. I enjoy working to uncover the 'why' behind the behavior and implementing supportive, constructive interventions that help students succeed.

"There's a behavior interventionist in every school in the West Des Moines district," she notes, underscoring their dedication to fostering supportive environments that enable every student to thrive.

HOME By Kirk McVey

COLOR trends for cabinetry

As we look ahead to 2025, the world of kitchen and bath cabinetry is poised for a colorful transformation. Designers and homeowners alike are moving away from the all-white aesthetic that has dominated the past decade, embracing bolder hues and innovative finishes that reflect personal style and individuality.



One of the standout trends is the rise of deep, rich colors. Shades like navy blue, forest green and charcoal gray are becoming increasingly popular,

offering a sophisticated backdrop that adds depth and drama to spaces. These colors not only create a striking visual impact but also evoke a sense of calm and connection to nature.

In addition to bold colors, we're seeing a resurgence of warm, earthy tones. Terracotta, muted mustard and soft taupe are making their way into cabinetry, providing a cozy, inviting atmosphere. These hues pair beautifully with natural materials like wood and stone, enhancing the organic feel of modern kitchens and baths.

Another exciting trend is the use of two-tone cabinetry, where contrasting colors are combined to create visual interest. This approach allows homeowners to express their creativity, mixing and matching colors to suit their unique tastes.

As we move into 2025, expect kitchen and bath cabinetry to become a canvas for self-expression, with vibrant colors and innovative designs leading the way. The future is bright, and it's time to embrace the palette.

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



OUT & ABOUT

TRUNK or Treat

Clive Chamber of Commerce hosted Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Luanne Warren and Cassandra Haller with Bankers Trust



Becky Downing and Emily Simmons with Schlievert Plumbing



Roger Bill, Christie Houlahan and Mike Dilling, Stew Hansen Buick GMC



Josh Roberts, Stephanie De La Torre and Morgan Horsley, The Dana Company



Anna Pitz and Dan Schmidtz



Mindy Jansen and Palmer Hayes, Advanced Services, Inc.



Chima Igbokwe, Marie Roberts and Jane Fogg, Clive Community Foundation



Ben Cahail and Tiffany Eckert, Jason's Deli



Mati Anonson and Lilly Berg, Escapology in Clive



Olivia and Joni Klemesrud, Mike Reiter and Mallory Wilsey, Horace Mann Insurance



Jolene Flener and Diana Phan, Marriott West Des Moines

OUT & ABOUT



Jacob Heinen, Iowa Digestive Disease Center, at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Melissa Brittan with Grace Breast Imaging and Medical Spa, at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Jennifer Highland, NCMIC Professional Solutions, at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Susan Hemminger and Mary Neiderbach, YMCA of Greater Des Moines, at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Dakota Oxford, Kay Senne, Kaylee Martin and Aedan Patterson at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Sarah and Junior Reyes at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Liz Sweers, Ethan Pottebaum and Dani Cole at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Susan, Lilly, Tom and Will Dunn at Clive Chamber of Commerce Trunk or Treat, sponsored by Stew Hansen Buick GMC, on Oct. 17 at Campbell Park.



Nancy Zwickel and Lu Anne Gafford at the Lunch and Learn on Oct. 30 featuring the topic Empowering People, Empowering Business - The Power of DEI.



Amy Heston, Sierra Ricks, Gered Hassel and Nancy Zwickel at the Lunch and Learn on Oct. 30 featuring the topic Empowering People, Empowering Business - The Power of DEI.



Maryssa McConn, Hope Wood, Shay Willis and Jana Huegerich at the Clive Chamber non-profit showcase lunch Nov. 7.



Annabelle Denk, Stephanie Horak, Melissa Simple, and Jen Beyers at the Clive Chamber non-profit showcase lunch Nov. 7.

CLASSIFIEDS

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