

CLIVE

DECEMBER 2024

Living

MAGAZINE

Holiday recipes

Residents share how to
create the foods that
make their season bright.

Meet Eddy Cisneros
EDUCATION

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RECIPE

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WELCOME

PORK favor

We dedicated our cover story this month to holiday recipes, and why not? The Christmas season wouldn't be complete without the treasured family foods that pop up this time of year. From the elaborate five-course dinners to a simple cookie, most all of us have some connection with a family favorite.

Jolene's family introduced me to a family tradition they served each Christmas Eve. Her mother would make oyster soup and Spamwiches. Yes, Spamwiches — a holiday ritual for the Poraths. I would have preferred a ribeye, but nobody asked my opinion. So, I ate oyster soup and Spamwiches with Dean and Lois for a few years.

What exactly was this Spamwich, you ask? Well, to the best of my knowledge, it was chopped-up Spam, pickle relish and cheese toasted on half of a hamburger bun in the oven. At least that was the Porath version. I have to admit, it was delicious. The oyster soup? Not so much.

I recognize some of you may have never tried Spam, and for good reason. My friends who grew up on farms said, if they wanted meat, they got the real thing. For us city kids, though, canned meat was an alternative.

When Jolene and I started our own family, we continued the Spamwich tradition with our kids, and we still serve them each Christmas Eve. The oyster soup has been replaced with a choice of potato soup or broccoli cheese soup, thank goodness.

I wrote about this Spam tradition more than a decade ago in this column, and my email in-box was full the next day with favorite Spam recipes from readers. One person even shipped a Spam coin bank to me. It was then when I began to understand the Spam-lovers cult. In a conversation with a local Hy-Vee manager about Spam, my eyes were opened even more. Just to put this in perspective, more than 44,000 cans of Spam are produced every hour. Hawaiians alone consume approximately 7 million cans of Spam per year. Barack Obama even admitted he likes it.

Truth be told, I won't be rushing to the grocery store to buy Spam anytime soon, but I will continue to enjoy our Spamwiches on Christmas Eve, and I hope you can enjoy a few of your family favorites, too.

Merry Christmas, and thanks for reading. ■



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Holiday recipes

Residents share how to
create the foods that
make their season bright.

By Sean Dengler

Favorite dishes are often at the heart of holiday gatherings. Their aromas wafting through the house signal time to join family and friends in celebration, reminiscing and gratitude. Their tastes spark memories and conversation. For many, certain recipes are a holiday must. They are inextricably woven into the fabric of the season, and the festivities wouldn't feel complete without them.

When Joan Burns is in her kitchen, she often makes curry dip for special occasions.

GRANDMA HALE'S MEATBALL APPETIZERS

MEATBALLS INGREDIENTS

- 1.5 pounds ground chuck or 80% ground beef (use a little more meat, if you want)
- 3/4 cup grated onion
- 2 beaten eggs
- 3/4 cup plain breadcrumbs
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano

SAUCE INGREDIENTS

- 1 can jellied cranberry sauce
- 12-ounce bottle of chili sauce
- 1/3 cup packed brown sugar
- 1 tablespoon lemon juice

DIRECTIONS

- Mix meatball ingredients by hand in a large mixing bowl
- Form into approximately 1.5-inch balls and set aside
- Combine sauce ingredients in a skillet over medium heat (250-275 degrees or so). A 12 by 15 electric frying pan is best because you can more easily set the temperature.

- Stir until sauce is smooth and gently bubbling
- Add meatballs
- Turn meatballs to coat or use a spoon to baste the tops with sauce
- Simmer, turning meatballs every few minutes. If you think you need to cover the pan, you are probably simmering too heavily. Turn the heat down to get a more gentle simmer.
- **Note:** Be flexible about the cooking time and temp. When you cook them in a 12-inch frying pan on the stove, with the meatballs crowded together, it can take 50 minutes for the sauce to cook down. When you cook them in a 12 by 15 electric frying pan at about 250 degrees, they only take about 25 minutes to cook because the moisture cooks off much faster.
- Keep in mind what you are trying to accomplish. You want the ground meat to get to at least 160 degrees, and you want the sauce to thicken. If the meatballs are at 160 and the sauce is thick, they are done.
- Serve warm, or promptly refrigerate or freeze for later use. Ritz crackers are a traditional cracker to eat with the meatballs.



Generational Love

The Hale family's meatball recipe means more than the sum of its ingredients and the end results. For Jim Hale and his family, it is a cherished reminder of his mother, Kathryn.

"My mother got the recipe from a friend from her bridge club, sometime in the early 1980s. She would often make the meatballs and freeze them," Jim says. "When her grandchildren, Ben, Jess and Kim,

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The Hale family, from left, Jess Hale (now Kohles), Kim Hale (now Dengler), Kathryn Hale, Walter Hale and Ben Hale, enjoys meatballs as part of their holiday traditions.

came to visit, she offered some to them. Jess and Kim seemed to love them.”

While not a part of the original recipe, Ritz crackers became associated with the meatballs.

“She offered Ritz crackers with them. I suspect that is just because that is what she had around the house. But the two became linked in the grandkids’ minds,” Jim says.

As life continued, the recipe became a way of honoring Kathryn.

“After my mom died, I got her recipe file,” Jim says. “When I came across this recipe, I decided to make them for Jess and Kim as a remembrance. They both loved the idea.”

The meatballs continue to be made every Christmas.

A silver-medal worthy dessert

For Kennetha Klein, this award-winning recipe for raspberry almond short bread cookies was an easy find.

“I found this recipe in a free offer of recipe cards given by Land O’Lakes butter many years ago, when people had actual recipe boxes full of cards in the late 1990s,” Kennetha says. “I was drawn to the recipe as it didn’t use eggs (not a fan), but I am a huge fan of black raspberry and almond flavors — two of my absolute favorite flavors ever.”

Finding this recipe led Kennetha, whose husband is city council member Eric Klein, to make these cookies for all sorts of events.

“I had made these cookies for years at Christmas, special occasions and for work events, etc.,” Kennetha says. “They were always very well received.”

These wonderful accolades led to a new challenge. Kennetha entered this recipe in The Des Moines Register’s Holiday Cookie Contest at the final Winter Farmers Market in 2013 at the last minute.

“I added a tinge of cinnamon to the recipe to make it my own even though the rules didn’t

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RASPBERRY ALMOND SHORT BREAD COOKIES

INGREDIENTS

- 2/3 cup sugar
- 1 cup (2 sticks) softened butter
- Dash of cinnamon
- 1 teaspoon almond extract
- 2 cups all-purpose flour
- 1/2 cup seedless black (or red) raspberry jam

GLAZE

- 1 cup powdered sugar
- 1 1/2 teaspoons almond extract
- teaspoons milk

DIRECTIONS

- In large mixing bowl, combine sugar, butter, cinnamon and almond extract. Beat at medium speed until creamy. Reduce speed and add flour. Beat until all mixed. Cover and chill dough at least an hour. Be careful not to let it chill too long to avoid drying it out.
- Heat oven to 350 degrees. Shape dough into 1-inch balls. Place 2 inches apart on cookie sheets. Using the cap of the almond flavoring or any small, circular item, make an indentation into the center of the cookie. The edges may crack slightly.
- Fill each indentation with raspberry jam. (To ensure an easy delivery, I put the jam into a plastic bag and lightly knead it to ensure it will be smooth. Then I snip off a corner to inject jam into the center of the cookie.)
- Bake for 14 to 18 minutes or until edges are slightly brown. Let stand at least one minute prior to transferring to cooling rack.
- As cookies are cooling, mix up glaze to preferred consistency. Using mixing utensil, glaze cookies by creating vertical and horizontal lines back and forth over the cookies in a crisscross pattern. Allow glaze to set prior to storing cookies.



One holiday treat Eric and Kennetha Klein are sure to enjoy are raspberry almond short bread cookies.

specify it had to be original,” Kennetha says. “I ended up losing the contest by only 18/100 of a point, but even in second place, I won free milk (52 gallons for a year) for being in the top five contestants.”

Over time, the recipe has changed.

“The recipe originally was made with black raspberry jelly; however, that it is hard to find in stores anymore due to the rarity of the plants and difficulty growing them,” Kennetha says. “Thus, I have switched to red raspberry instead. I also make sure it is seedless.”

While the recipe has slightly changed, these award-winning cookies are still tasty.

Delicious dip

Sometimes, a dip is all you need according to Joan Burns.

“I have made this dip for a lot of parties and gatherings, and is a big hit” she says.

This successful recipe came from a generous former neighbor.

“I have this dip recipe a former neighbor

CURRY DIP

INGREDIENTS

- 2 cups mayonnaise
- 2 teaspoons garlic salt
- 2 teaspoons dried onions
- 2 teaspoons curry powder
- 4 teaspoons tarragon vinegar
- 4 teaspoons creamy horseradish

DIRECTIONS

- Mix well and refrigerate for 3 or 4 hours
- Serve with vegetables and great with pretzels.

gave me many, many years ago. She was a great hostess and gladly shared her recipes,” Joan says. “She knows her family and friends love this recipe, and she recommends anyone to use it.

“Great dip for parties and very tasty.”

Cheerful cookies

Rosalie Pfeifer loves her mother’s sugar cookies recipe.

“I like this recipe because it is my late mother’s recipe,” Rosalie says. “For years, I have tried to get them to the right crispness to melt in the mouth, the way she could.”

This year she is confident she got the right crispness.

“I think I finally got it right this year by beating the batter five to seven minutes. This is a long time for most bakers. But, it really is the secret.”

These cookies are favorites to those close to Rosalie.

“I share with family and friends. Made my first batch couple weeks ago, and they are gone.”

It does not matter the season when making these wonderful cookies.

“The cookies can be sprinkled with any color sugar for different seasons. For instance, red and green for Christmas. Plain white sugar for anytime. Pastels for spring. Orange for Halloween. Green, St. Patrick’s Day, etc.”

Arawanna’s sugar cookies are worth trying in any season. Turn the page for this recipe. ■



Rosalie Pfeifer enjoys the cheerfulness her mother's sugar cookie recipe brings others.

ARAWANNA'S SUGAR COOKIES

INGREDIENTS

- 1 cup powdered sugar
- 1 cup white sugar
- 1 cup vegetable oil
- 1 cup butter
- 2 eggs, 1 teaspoon almond extract
- 1 tablespoon vanilla

DIRECTIONS

- Cream the above ingredients until fluffy, 5-7 minutes.
- **Add the following ingredients.**
- 4 cups flour and 4T heaping
- 1 teaspoon cream of tartar
- 1 teaspoon salt
- 1 teaspoon soda
- Shape into small balls.
- Flatten with glass dipped in sugar. Flattened cookies should be no more than 2 inches in diameter.
- Bake at 350 degrees for 10 minutes.

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PLAN for the future

2024 is coming to a close. The end of the year is a good time to take stock of your personal situation and proactively plan for the future.



assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each professional listed.

Review the title to your home

You should review how you hold title to your

home. When you purchased your house, the seller executed a deed. The deed contained important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet very effective steps that can save time and expense in the future. Contact an experienced attorney to help you get 2025 off to a good start. ■

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

Update your estate plan

Putting your legal affairs in order is important. It reduces the burden on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a last will and testament, a durable financial power of attorney, and a living will / health care power of attorney.

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INVESTMENT

By Daniel Rundahl

RESOLUTION time

As a new year approaches, we often set a plan for resolution. Have you resolved to get prepared for retirement this year? By focusing on key areas, you can create a strong foundation to support your future needs. Here's a concise guide to help you prepare:



1. Assess your current situation: Start by evaluating your net worth, which includes all assets (savings, investments, property) and liabilities (debts, mortgages). Understanding where you stand financially helps guide your planning decisions. Evaluate your debt situation. Additionally, does your emergency fund cover what you consider to be unexpected?

2. Set clear retirement goals: Determine when you want to retire and the lifestyle you envision. Consider factors like your desired living situation, travel plans and hobbies. Based on this, estimate how much income you'll need to sustain this lifestyle. Start with those income needs today; inflation should also be considered.

3. Maximize retirement account contributions: For retirement accounts, like a 401(k) or 403(b), try to contribute as much as possible. In 2025, the 401(k)-contribution limit for individuals under 50 is \$23,500, and \$31,000 for those 50-59 (including catch-up contributions). Note, due to a change with the SECURE ACT 2.0 in 2022, if you are 60-63, your limit is \$11,250 more than the 50-year-olds. If your employer offers a match, be sure to take full advantage of it to maximize your savings. Keep the "long haul" of retirement in mind when considering investment choices.

4. Social Security planning: Determine the best time to start taking Social Security benefits. While you can begin as early as age 62, waiting until your full retirement age (typically 66 or 67) or even age 70 can increase your monthly benefits significantly. Social Security benefits could be taxable depending on your income, so plan accordingly.

5. Create a withdrawal strategy: Many theories of funding retirement needs have been used: the 4% rule, Annuities, Dollar Cost Drawdown, the 60/40 Rule, etc. Consider many options when making sure that your income needs in retirement are covered with your life savings.

6. Estate planning: Create or update essential estate planning documents, including a will or trust, a power of attorney, and a healthcare directive. These ensure that your wishes are honored and that someone can make financial or medical decisions on your behalf if needed. Also, make sure you evaluate your beneficiaries with your investments, bank accounts, and insurance. Don't forget to have at least one contingent beneficiary also. This is one of the most overlooked mistakes in ending up with certain investments placed into probate that simply could have passed easily to loved ones.

7. Consult a financial advisor: A financial advisor can help refine your retirement plan, offer personalized investment strategies, and ensure your plan is tax efficient. They can also assist in navigating the complexities of retirement planning as 2025 approaches.

By starting early, staying disciplined, and adjusting your plan as needed, you can create a solid retirement strategy that will provide financial stability and peace of mind when the time comes. Be safe and have a Happy New Year. ■

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

QUICK, comforting ways to warm up winter in minutes

(Family Features) After a day battling the cold and fighting the wind, a comforting meal made at home is often just what you crave. Turn those blustery winter conditions into warm, cozy evenings with favorite recipes that offer not only convenience but provide a little kick of spice.

For a quick and delightful meal that's equal parts comforting and unique, try this hot honey chicken and waffle that's sure to please with a crispy rice waffle loaded with sweet and spicy flavor, topped with chicken and drizzled with honey. It's a treat that truly satisfies from the inside out in just seven minutes.

The crispness of the gluten-free rice waffle is made possible by Minute Rice's Hot Honey Chicken Seasoned Rice Cup that entices taste buds with a sweet and mildly spicy contrast and playful presentation. Ready in as little as 60 seconds, the rice cup ensures convenience and distinct seasoning, making each waffle perfectly flavored and offering a satisfying crunch with every bite.

Whether you're shaking up your breakfast routine or enjoying a fun and easy dinner, it can be taken to new heights with the combination of honey and a sprinkle of powdered sugar for delicious decadence.

Visit MinuteRice.com to find more family-friendly ways to warm up mealtimes all winter long. ■

Hot honey chicken and waffle

Prep time: 2 minutes


Cook time: 5 minutes

Servings: 1

- 1 Minute Hot Honey Chicken Seasoned Rice Cup
- 1 egg
- nonstick cooking spray
- 2 chicken tenders, cooked
- 2 tablespoons honey, for garnish
- 1 tablespoon powdered sugar, for garnish

DIRECTIONS


- Preheat mini waffle maker. Heat rice according to package directions.
- In medium mixing bowl, combine rice and egg. Mix well.
- Spoon rice mixture into waffle maker. Cook until light goes off.
- Place waffle on plate with cooked chicken tenders on top.
- Drizzle with honey, sprinkle powdered sugar on top and serve.




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EVENTS IN THE AREA

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Upcoming in Clive Living magazine:

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



Grandparents who enjoy living near their grandchildren: Share why you enjoy living near your grandchildren and how you spend time together. Email tammy@iowalivingmagazines.com by Feb. 1 to be included in the February issue.



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 check-in (available at cityofclive.com/library). Contact the library at staff@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.

Clive Community Services call for donations

Donations are needed of winter gear, coats, hats, mittens, gloves, boots and snow pants; healthy cereal and white rice. To continue supporting our community during this unprecedented demand, we urgently need donations of food and personal items. Every contribution, big or small, makes a difference.

Your support helps us provide essential resources to those in need. Visit clivecommunityservices.com to learn more about how you can help.



Saturday Specials at the Harbach Center

Saturdays, 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.

Be sure to check for cancellations.

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 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 you 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.cityofclive.com/parkandrecreation/facilities/harbach_center.php.

Playhouse classes offered

Various dates

The Des Moines Playhouse,
831 42nd St., Des Moines

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for winter, winter break, spring break and spring classes with summer camps posting in mid-January. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit dmplayhouse.com/education/classes-and-camps.

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with "Waitress" choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Winter break features a play in four days for students in grades 2-7 while younger students will bring folk tales from around the world to life. Teens can work alongside Playhouse professionals to learn basic stage carpentry, painting, sewing, lighting design and sound design. Winter break sessions are Dec. 23, 27, 30 and 31.

Winter classes start Jan. 4 with creative drama, creative characters, and more for pre-K through grade 9. Spring classes, starting March 29 are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning "Seussical Kids," a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational offerings, contact Robin Spahr, Playhouse education director, at rspahr@dmplayhouse.com, 515-974-5365.

CITYVIEW's Fire and Ice

Saturday, Jan. 18, 1-4 p.m.

Historic Valley Junction Foundation,
137 Fifth St., West Des Moines

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>.



Holiday Hullabaloo

Through Dec. 29

Horizon Events Center,
10320 Hickman Road, Clive

The 2024 Holiday Hullabaloo is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. www.holidayhullabaloo.com



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, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.

Square Dance Lessons

Sunday nights starting Jan. 19, 6:30 p.m.

Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session accepted at the third lesson.

Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.



Iowa Diecast Toy Show

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Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
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POLK COUNTY

HIGHLIGHTS



Polk County
Life Services
Center

Contact Information

BMC Behavioral Health Urgent Care (BHUC) - 515.282.5742
BMC Crisis Observation Center (COC) - 515.282.5742
SvDP Sobering Center - 515.259.6262

The Polk County Board of Supervisors formally inaugurated the Life Services Center with a ceremonial ribbon-cutting event. This new facility represents an innovative approach to addressing the challenges faced by individuals facing addiction and mental health crisis. The establishment of the Life Services Center is a collaborative effort involving Polk County, the City of Des Moines, Broadlawns Medical Center, and St. Vincent de Paul. The Life Services Center will function as a secure environment where individuals in need of treatment can receive necessary care. The Life Services Center, located at 1914 Carpenter Ave. in Des Moines, is housed in a completely renovated building owned by Polk County. The City of Des Moines will split the operational costs of the facility 50/50 with Polk County. St. Vincent De Paul will provide case management personnel, while Broadlawns Medical Center will offer treatment services for individuals with addiction and mental health issues.



Polk County Sponsors On With Life 'Extreme Build'

Polk County was proud to participate in the construction of the On With Life two new family homes in Ankeny! These beautiful residences, part of Hubbell Realty Company 'Extreme Build' Homes of Hope initiative, were partially funded by a Polk County community development grant. These new homes will offer families a safe and peaceful retreat while supporting their loved ones receiving care at the On With Life campus. Together, we're building a brighter future for our community!

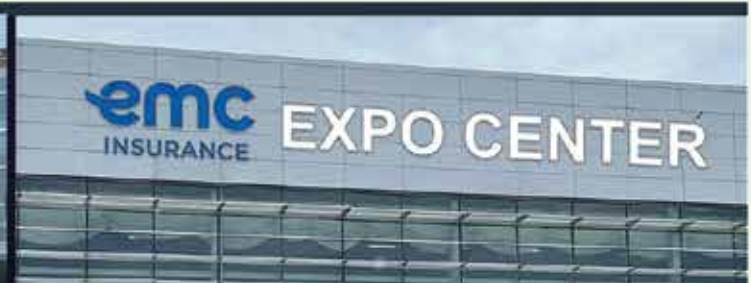


Polk County Helps Fund New Youth Mentoring Center

Polk County helped fund the renovation of a new Youth Mentoring Center for Big Brothers Big Sisters of Central Iowa. Spanning an impressive 10,500 square feet, the building will feature dedicated mentoring and community spaces, as well as serve as the new headquarters for staff. This state-of-the-art facility will empower the organization to meet the growing demand for mentorship, providing both "Bigs" and "Littles" a vibrant environment to cultivate meaningful mentoring relationships. Additionally, this space will enable corporate volunteer groups to witness firsthand the profound impact that Big Brothers Big Sisters has on our community, fostering stronger partnerships and engagement.



Iowa Events Center Naming Rights



Two esteemed local companies are set to elevate a cherished downtown destination. Polk County's Iowa Events Center will soon feature new names for two of its key facilities within the entertainment complex. The Wells Fargo Arena will be rebranded as the Casey's Center, while Hy-Vee Hall will transform into the EMC Expo Center. Both naming rights partnerships will commence in 2025, marking the beginning of a decade-long collaboration between Polk County and Oak View Group, the operators of the Iowa Events Center and these two new corporate partners. Polk County is thrilled that these respected local brands will contribute to the ongoing success and vibrant future of the Iowa Events Center.

'I Heard There Was a Secret Chord: Music as Medicine'

Thinking of music as a balm isn't a new concept. There have been numerous articles and quips and even songs written about the human compunction to use sound to express oneself and tap into something raw. Here, though, we have a voluminous work combining anthropology and musicology with the depth and breadth to prove something I think many of us already know — music is more than just communication; it can heal in profound and uniquely human ways.

Reviewing cultural influences, scientific studies and the history of music through the lens of neuroscience, this book weaves a multifaceted tale of the power of sound. Not just a soothing lilt for a fussy baby or a salve for a broken heart; music has shown definitive success as a therapy for a wide range of illnesses and conditions. The often surprising and fascinating ways the human body responds to music absolutely blew my mind. I learned so much from this book and made dozens of new playlists. I now feel totally justified playing my favorites over and over again.

Daniel Levitin clearly loves music, and his passion makes this a fantastic book for any audiophile. ■ — *Review by Julie Goodrich*



By Daniel J. Levitin
8/27/24
416 pages
\$32.50
W.W. Norton & Company

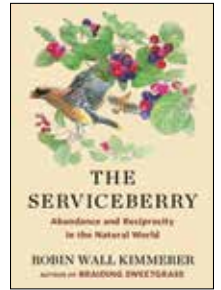
'The Serviceberry: Abundance and Reciprocity in the Natural World'

"Braiding Sweetgrass," Robin Wall Kimmerer's last book, was a literary sensation and, for me, life-changing. My vague, unfocused environmentalism has new purpose and deeper understanding as a direct result of her work. It is with no small amount of joy that I leapt for this new work by such a venerable author.

"The Serviceberry" is a beautiful tale of indigenous knowledge about how nature's bounty serves to enrich each part of the world. This time, the author ties this lesson to a view of what we, as a society, choose to value and, even more importantly, the model with which we approach relationships. She speaks of abundance, generosity and the idea of gift economy as seen in nature. Adeptly teaching natural wisdom and uncovering the truth of competition-based economies, Kimmerer offers a new model for interacting with others to the benefit of all.

For such a slim volume, this book packs a soul-stirring punch. Once again, I think the author has changed my worldview for the better. I can't think of a better gift for this season of giving. ■

— *Review by Julie Goodrich*



By Robin Wall Kimmerer
11/19/24
128 pages
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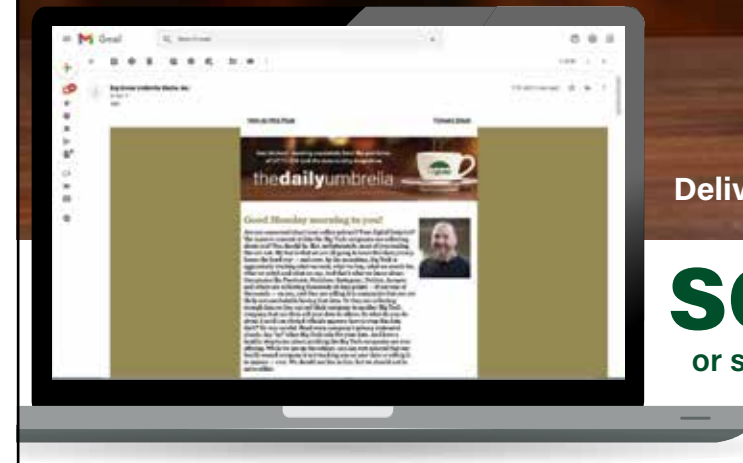


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CLIVE Community Foundation keeps on giving

Helping nonprofits improve the quality of life

The Clive Community Foundation is a public charity that focuses on supporting a community by pooling donations and making grants for local non-profit programs or projects. The donations come from a variety of sources — individuals, families, businesses and government.

“I’ve been with the foundation for two years now, going on my third year,” Chima Igbokwe says, adding that he currently serves as the Fundraising Committee co-chair.

Igbokwe works in the insurance field and says his employer believes in supporting the community as well.

“I work at NCMIC, a super philanthropic company in Clive. I’ve been working there for about eight years,” he says. “During my time there, they’ve really reintroduced my love for giving back.”

That love has found a good channel in the Clive Community Foundation.

“Being on the foundation has taught me a lot, being able to help improve the lives of people who live and work around Clive, and to help



Daniel Timmons, Edward Jones, presents the Neighbor Spotlight certificate to Chima Igbokwe.

other non-profits as well,” Igbokwe says. “Last year, we gave out over \$50,000 in grants to other non-profits, and we’re on pace to give out over \$50,000 again this year.”

Igbokwe likes helping the community learn about the foundation and what it does.

“We’re always looking to be a face in the community. We’re involved in a lot of events, such as the Greenbelt Festival and the Clive Fest,” he says.

Asked about a favorite moment with the foundation, Igbokwe says it’s not one moment, but rather a recurring happening.

“Just being able to see all the non-profits and helping them to live out their philanthropical goals. Not only are we helping out that community, but we’re extending our reach in helping other non-profits reach their network,” he says.

Igbokwe emphasizes that the foundation can only give out what funds the community pitches in.

“The Clive Community Foundation isn’t what it is without the participation of people in the community,” he says. “We have a lot of information on our Clive Community Foundation website, including applications for grants.”

Igbokwe welcomes anyone to get involved by giving or joining the foundation to help continue the great things happening around Clive and to expand the opportunities.

“We want to help with the health and wellness of our community, and to make it as inviting as we can,” he says. “It’s really a great community, and I’m proud to be a part of it.” ■

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PLAN AHEAD

By Scott Eriksen

WHERE has the year gone?

I started the year by encouraging you with, "Don't put it off another year." So, my question to you now is, "Is it still on your to-do list?"

It may be getting that will in place, or cleaning out that closet, or perhaps it is getting your funeral prearrangements in place so that your final arrangements will not be a burden to your family and loved ones at a time that will be very emotional and stressful.

We hear it all the time: "I am so glad to have this taken care of."

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead allows you time to give the thoughtful consideration that these important decisions deserve, and it allows time to visit with other family members to find out what will be important to them.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

End the year by crossing one more item off your "to-do" list. Reach out to your funeral home of choice and schedule a meeting to start the conversation. 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

ALLERGIC to the holidays?

The holiday season is meant to be a joyous time of the year, but, for some, their Christmas tree can cause non-stop sneezing or coughing. Most would believe this is an allergic reaction to the pine tree itself, but, in reality, the reaction is to microscopic mold spores on the tree. Even artificial trees can cause allergy symptoms for some. Artificial trees have more dust and can also have mold spores if stored in a damp basement.

So, what is the solution to keep the holidays cheerful and bright? If you have trouble with allergies around your Christmas tree, here are a few simple things you can do next year. If you have a real tree, make sure to shake the tree outside to remove as much debris as possible or use a leaf blower to blow off debris. It may also help to wipe around the tree trunk with a solution of one-part bleach to 20-parts lukewarm water to remove mold spores. For others an artificial tree may be the way to go, but make sure to store the tree in a sealed plastic bag in a dry spot. Breathe easy and enjoy the holidays. ■

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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Tis the season for the sniffles!

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PEDIATRICS & FAMILY ALLERGY

PLANNING to pass on your legacy

Planning for the future is often something we put off. However, early planning is one of the most important steps you can take to ensure loved ones are taken care of and your wishes are honored in the future. Here are a few things you can start doing now:



they can be a family member, trusted friend or professional. If you designate someone as a POA, you should communicate your wishes with them.

- **List and title accounts** – Clearly list every bank or financial institution where you have money or investments for your loved ones. Provide them with the documentation and instructions each bank or financial institution will require to have access granted to them. Also be sure any bank accounts you may want included in a trust are titled appropriately.

- **Review safe deposit box details** – Check your bank's procedures on how a loved one could recover items within your safe deposit box. This may require extra documentation, which you should explain and provide for any beneficiaries.

- **Designate titles** – To avoid confusion, clearly designate beneficiaries for titles of cars, property, etc.

- **Update trusts** – A successor trustee, or whoever takes over management of your trust, may need to provide third parties with specific

documentation that differs based on the terms of your trust proving their authority to act on behalf of the trust. Your successor trustee will need to provide your named beneficiaries a comprehensive inventory of all the trust's accounts and property.

Ask questions

Start asking your banks and financial institutions questions on what you need to do to be able to provide a smooth transition for your loved ones. You may need to change titles of your accounts, trusts, safe deposit boxes, etc.

Preparing your legacy plan early ensures your assets and wishes are handled with care and leaves a lasting, positive impact on those who matter most to you.

Speak with your banker about how you can start preparing your legacy today. ■

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

Have conversations

If you haven't already, start having conversations with the people you want to involve in legacy planning. It's especially important to talk to the key person or people you designate to oversee your legacy so they can ask any clarifying questions now.

Be prepared

- **Consider a power of attorney (POA)** – A POA allows one or more people to manage money and property on your behalf. The person doesn't have to be an attorney or lawyer —



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MEET Eddy Cisneros

Helping students and families overcome language barriers

Eddy Cisneros has spent his educational career caring for multilingual students. As a multilingual family engagement specialist, he works with students from many walks of life and backgrounds, assisting in translation.



Eddy Cisneros, a multilingual family engagement specialist, acts as a liaison for non-English speaking families and the school district.

“I’m basically an interpreter extraordinaire,” he laughingly states. “I help liaison between English-speaking and non-English-speaking families and the school district. This has been my third year in this district, but I’ve been doing this work for about 11-12 years. I was in West Des Moines for the first seven years, and then in Urbandale for a couple of years. Then I came back to West Des Moines.”

His career began with a spur-of-the-moment job.

“One of my siblings used to be part of ESOL (English Speaker of Other Languages) as a secretary, and they needed an interpreter, and they felt like I’d be a good fit,” he shares. “What’s kept me around in this work is definitely the kids.”

Most students Cisneros works directly with are Spanish speakers, and his day-to-day activity at work is full of variety. It can include calls about attendance or student behavior or asking questions about family history to get a grasp on a student’s background and needs. He assists in interpreting IEP meetings, helps with interpreting documents, and helps students communicate when they need a counselor.

Besides working to help translate for students and families, Cisneros co-sponsors a club with Gianna Pogliese, Tara Camacho and Kevin Atterberg called RISE (Refugee and Immigrant Student Embassy).

“It is a student-led group that helps students who usually feel marginalized and voiceless feel like they have a voice. I also help with family engagement specialists to coordinate and meet the needs of students away from school. We do home visits and help with calls from nurses for younger kids and those who have been in the U.S. for less than two years.”

He also helps with enrollments as those tend to last throughout the summers. His co-founder started a summer scholar program that Cisneros participates in that helps kids get accustomed to the school system and the culture in the U.S.

“My favorite part of my job is working with the kids and helping them see that they have a future, and that things are possible for them,” Cisneros says. “I like to help them see that there is hope on the horizon and see that gleam of excitement in their eyes. That makes it all worth it.”

He shares that the most challenging part of his job is probably along the same lines as the best parts — helping students overcome traditional expected cultural roles and breaking cultural norms.

Cisneros says the need for multilingual family engagement specialists is growing, though the need isn’t quite as big as in other metro schools.

“We’ll eventually head in the same direction. My situation is unique because I didn’t get schooling for this. I’ve been interpreting since I was a kid for my family,” he says. “I suggest to those who are interested in pursuing this kind of career to first learn a language, then work on becoming culturally adept at understanding how certain cultures work, especially the one you want to work with.” ■

Suggest a teacher
for an *Iowa Living* education column!

Send an email to tammy@iowalivingmagazines.com

IOWA Living MAGAZINES

TREE Lighting

The Clive Mayor's Annual Tree Lighting took place on Dec. 6.



The Clive Mayor's Annual Tree Lighting took place on Dec. 6.



Freddy, Hattie and Otto Pollock



Greg Glendy, Isaac Piersma, Caden Hudson and Jason Glaza



Stephanie Keller, Karla Hattes, Jen Jackson and Julie Kuhlers



Mike McNulty and Tonya Berkland with Santa and Mrs. Claus



Terry Snyder



Truman and Arthur Bradley with Santa and Mrs. Claus



Breanna Onofre and Nimra Rossi

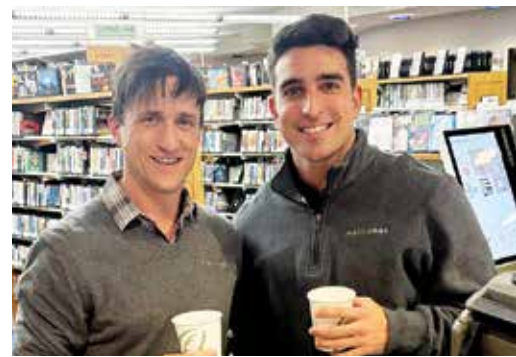
OUT & ABOUT



Leo and George Byers at the Clive Mayor's Tree Lighting on Dec. 6.



Casey and Rita Byers at the Clive Mayor's Tree Lighting on Dec. 6.



Jon Zuber and Chandler Johnson at the Clive Mayor's Tree Lighting on Dec. 6.



Lydia Bakke and Stella Dunlap at the Clive Mayor's Tree Lighting on Dec. 6.



Jack and Lily Phillip at the Clive Mayor's Tree Lighting on Dec. 6.



Kristy Schmidt and Lu Anne Gafford at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Ben Chambers and John Rigler at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Gared Hassel and Lexi Gabrielson at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Mark Rehberg and John Palmer at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Christie Houlahan and Roger Bill at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Ben Sinclair and Eric Klein at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.



Dawne Garvey and Kirsten Weiland at the AM Connections hosted by Stew Hansen Buick GMC on Dec. 12.

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