

Living

A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

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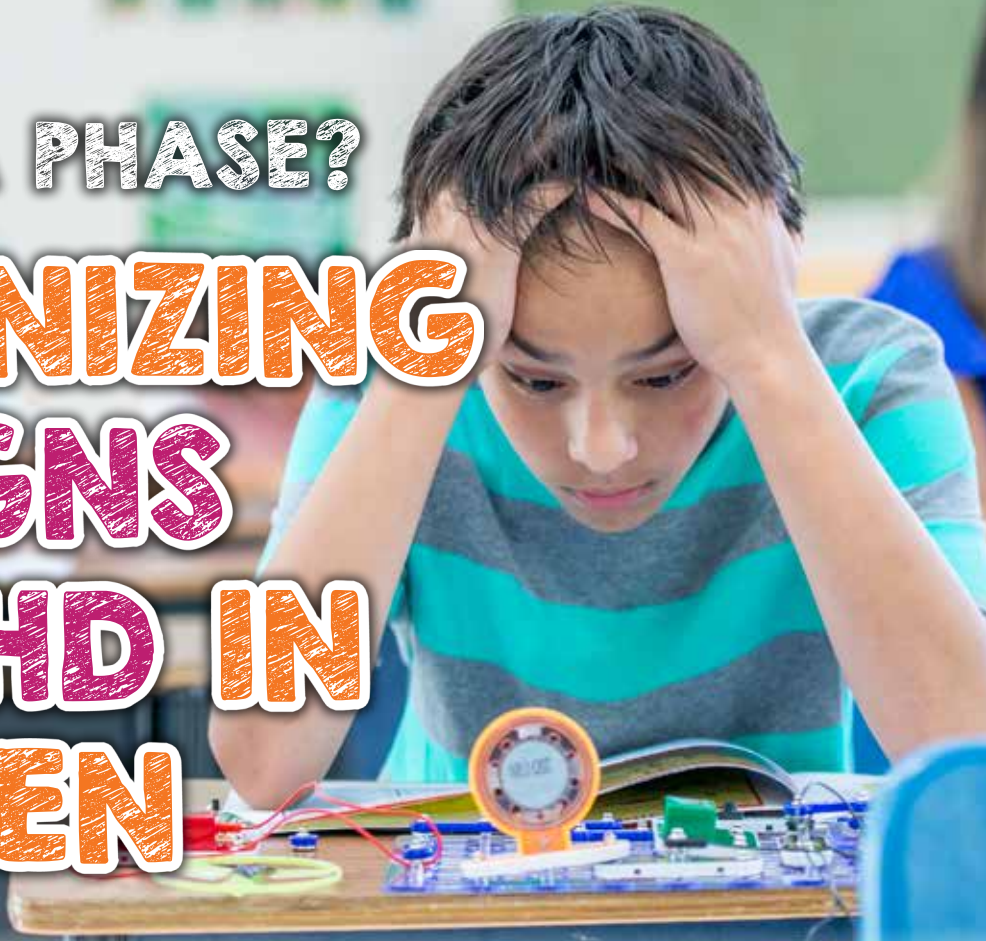
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RECOGNIZING THE SIGNS OF ADHD IN CHILDREN



Does your child struggle to focus, act impulsively, or seem to have boundless energy that's hard to manage? While every child is active and distracted at times, persistent challenges with attention, impulse control, and hyperactivity may be signs of Attention-Deficit/Hyperactivity Disorder (ADHD).

At Waggoner Pediatrics, we help parents navigate the complexities of ADHD by recognizing key signs early and offering the right support. Some common indicators include:

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- ✔ Hyperactivity - Constant movement, fidgeting, or inability to sit still
- ✔ Forgetfulness & Disorganization - Frequently losing things, forgetting tasks, or having trouble following instructions

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WELCOME

A GRANDPA and his grandson

Jolene and I are new to this grandparenting thing. We are only weeks in, but, so far, so good. We had heard how wonderful the experience is from others, but, like most things in life, we didn't fully understand until we began to live it.



Our middle daughter, Samantha, got married a few years ago. She and her husband, Brady, then moved to Arizona. We missed them, and, thankfully, they missed us, too. As they began to talk about starting a family together, they came to the conclusion that they wanted to be close to family again and were moving back to the area.

We were able to see Samantha through the pregnancy process, and we were at the hospital shortly after their son was born. Holding Callahan in my arms for the first time was amazing, and doing so each time since has been as well. No phone call or video call could ever replace that.

I am greatly looking forward to the years ahead, too. Walking. Talking. Birthday parties. Ball games. And whatever he chooses to be involved in. But what I look forward to the most is the time we can spend together, just the two of us. Playing games at the kitchen table. Working on a project together in the garage. Going on boat rides. And just talking about whatever he wants to talk about.

My grandparents had all died by the time I was 5 years old, but I have a few wonderful memories of my Grandpa Lane. I can still envision him. In bib overalls. Sitting in his recliner. Looking at me and thinking how he could make me laugh. He would ask me if I wanted to see a monkey, and, of course, I always did. So I would jump up on his lap, and he would pull out his pocket watch and turn the shiny side over so I could see my reflection. And we both would giggle. I fell for that one repeatedly.

I was fortunate to be able to spend time with my grandpa, albeit not as much as I would have liked. I loved him dearly, and I want to do all I can to be sure my grandson and my future grandchildren will have those same opportunities with me.

This month, we share the stories of grandparents who live nearby their grandchildren and are able to create these types of cherished memories — and maybe see a few monkeys, too.

Thanks for reading. ■

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A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

By Sean Dengler

These days, kids often grow up, move away and start families and careers far from where they grew up. Siblings are often scattered across the country and even the globe. Dinners with the extended family is now regulated to the holidays, when those who are able make the trip “back home.” But there is something about grandkids that brings about another family shift. Many young families decide their kids would benefit from having family close by, and many grandparents find retirement is the perfect time for making a move closer to family. Some of those grandparents who live close to their grandkids share what it means to them to form the special bonds that come from time spent together.

Julie and Tom Preisser moved to Iowa to be involved in the lives of their grandkids, Anderson, Thomas and Bennett.

The benefit of convenience

Linda and Jay Turner are happy their daughter, Ann Marie, son-in-law, Parker, and grandchildren, Hudson, Cameron and Sutton, moved to Clive to live only blocks away from them.

“They lived in West Des Moines, and they wanted to get into a bigger house,” Linda says. “They had been looking and looking. They found this house and moved in three years ago.”

Being close to the grandchildren has its perks.

“It’s just nice,” Linda says. “I’ll text them and say, ‘Hey, I’m going to take Freya for a walk, and if you guys are out, I’ll stop by and say hi.’”

Her older grandchildren take the initiative to see her, her husband and the dog.

“My granddaughter will call and say, ‘Can we come up and walk Freya?’” Linda says. “They’re old enough now they can walk up. Or, we can walk down.”

Linda and her husband also help provide support.

“A couple of times, maybe, my daughter will have to run to pick up the kids or something, and the little one is at home. so she’s like, ‘Do you mind running over?’” she says. “It’s so convenient. It’s like having them for your next-door neighbors.”

Getting together is easy.

“It’s not like you have to make plans to go visit your family. You can do things at the spur of the moment,” Linda says.

This closeness also results in random meet ups.

“I sometimes might be out walking down 123rd Street, and I’ll be coming home or going somewhere and see them right there on the street,” Linda says. “You get to see them more frequently.”

Ann Marie and Parker can also get a break.

“It’s kind of like the best of both worlds,” Linda says. “We’re close by. If they need a break with three kids, one can come up here for a while.”

Linda treasures this proximity.

“It’s really been a blessing,” she says. “It’s like having your kids for your next-door neighbor. It’s so nice and close.”

Living close and enjoying family

Patty Crouse has been close to her grandchildren since they were born.

“Our first granddaughter, Sara Crouse, lived with us from the time she was born,” Patty says. “She recently moved back to Des Moines from Minnesota. Her two sons, Logan and Lucas Dunaway, lived with us when they were 8 to 15. They, too, live close and come visit often. Logan and Kaylee Loyd have our beautiful and happy great-great-granddaughter, Kaelyn Dunaway. They usually come to visit every Tuesday evening. Kaelyn is such a joy; she loves to dance, run and make me smile.”

Patty also has other grandchildren who live nearby.

“Granddaughter Nichole Lloyd has two sons, James and Jerome Davis,” Patty continues. “Granddaughter Susan Lloyd has four children: Alex Bautista, Austin Lloyd, Jasmine and Jessa Curfman. They all live in



Linda and Jay (not pictured) Turner are happy their grandchildren, Hudson, Cameron and Sutton, moved to Clive to live only blocks away from them.



Des Moines.”

The grandchildren and great-grandchildren list grows longer.

“Granddaughter Stephanie and her husband, Kyle Evans, have three children, Archer, Elliott and Isabella Evans. Isabella was born Dec. 2, so I haven’t seen her yet, but a trip is planned soon.

“I have lots of memories of the family growing up, attending school

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FEATURE



Patty Crouse, pictured with Kaelyn Dunaway, Logan Dunaway and Kaylee Loyd, says she is blessed with an abundance of grandkids and now great-grandkids.

functions and sports. I loved hosting family get togethers to include extended family," she says.

Patty and her husband made the move from their Urbandale home to Woodlands Creek Assisted Living in Clive, and she says she is glad they did so.

"We feel this move was the best thing we ever did," she says. "Family is very important, and we have much to be thankful for. My husband (Marvin) passed away in November of 2023, and I feel very comfortable living here alone."

Moving to be closer

Iowa was not always home to Julie and Tom Preisser. When their son, Jonathan; daughter-in-law, Rachel; and grandchildren, Anderson, Thomas and Bennett; moved here, they decided to move west in the fall of 2021.

"We had lived and raised our two sons in Dayton, Ohio, and we had lived there for about 40 years," Julie says. "If our children had been closer, we would not have moved."

Age was also a factor.

"I'm 81, and my husband's 85," she says. "We're both in good health, but, at this point, you can't count on that lasting forever."

Julie and Tom have older grandchildren living in Rhode Island, so they saw the advantage in coming to Iowa.

"If we wanted to have more time with grandchildren, we needed to come where the grandchildren were younger."

Julie and Tom certainly do not regret this decision.

"We're crazy about all of our grandchildren," Julie says. "It's just wonderful to be able to really be a part of their lives."

With her son working full time and her daughter-in-law co-owning a business, there are even more opportunities for Julie to spend time with their grandchildren.

"My son and daughter-in-law work full time," she says. "We pick them up from school every day, and, when the kids are off school for a day, we take care of them. We just do an awful lot with them. We have dinner with them at least once or twice a week. We all go to the same church, so we get to watch the boys sing in the children's choirs. It's just absolutely

FEATURE



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delightful to be a part of their lives.”

Seeing their grandchildren grow up has been fantastic.

“My husband takes Thomas to his baseball lessons,” Julie says. “We take them to soccer. Anderson is a really big and very good soccer player, so we go to soccer games.”

It has been worthwhile watching them develop.

“Being able to see them grow up and watch their intellectual development, that’s fascinating,” Julie says. “Thomas is reading like a champ, and Bennett is not far behind. That’s exciting. It’s like when we remember watching our two sons grow up and all the little things they went through.”

The grandchildren keep Julie and Tom active.

“It helps to keep us young. On the days

when we have them, we don’t have to worry about getting the 10,000 steps in,” Julie says.

“They teach us things. We were always asking, ‘How do you do this on your iPhone?’”

They have also helped with other electronic devices.

“We had this new TV, and we couldn’t figure that out,” Julie says. “Anderson came to the rescue and showed us how to find the channels that we wanted.”

The love goes both ways.

“They provide at least, if not more, enjoyment to us than we provide to them,” Julie says. “They do enjoy coming and being with us. They like being over here in our apartment, and I teach him how to make cookies. Anderson can make a cherry pie all by himself. My husband plays games with them. He’s taught them to play Monopoly and chess.

“They provide at least, if not more, enjoyment to us than we provide to them.”

— Julie Preisser

“I would think they would get the same kind of joy out of it that we do,” she continues. “I’ve heard people say, ‘Oh, I don’t want to babysit’ and things like that, but that’s the joy for us. We love being a part of their lives, so it’s just a different mindset. It’s a great joy and a great blessing to be a part of their lives.” ■

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SELECTING an executor for your will

One of the more important decisions you make when writing your will is the selection of an executor. The executor is responsible for administering your will and ensuring that your assets are distributed



according to your wishes. An executor should combine the tact of a diplomat with the administrative skills of an executive.

If you die without a will (intestate), the court will appoint an administrator to perform the executor's duties. When no relative or beneficiary is able to take the job, the appointee could be a civil servant or even a creditor.

Any person you trust can be your executor. For most, the best choice is a spouse or a child. Large estates may require two executors — a

personal representative to interpret your wishes and a professional representative or institution, such as a bank, to make business or financial management decisions, pay taxes, and keep records. The person should also be close enough to you and your family to do as you would wish, yet be able to act without being swayed by emotions if conflict arises between family members.

An executor's job is to "wrap up" your financial affairs. The executor must identify and determine the value of the assets in your estate. It may be necessary to liquidate assets or sell real estate to carry out your wishes. During this time, the executor may have to pay ongoing bills (such as mortgage payments) in order to preserve the assets. An executor is also responsible for paying all remaining debts, filing your final personal tax returns, and distributing whatever remains to your

heirs. Most probate courts will demand a full and detailed accounting of all money received, spent, or held by your estate. Throughout the process, the executor must keep the heirs and family members informed of the status of the estate and keep careful records.

When choosing an executor, objectivity is essential in order to make the proper decision. Be sure whomever you select will accept the responsibility. It is also wise to choose an alternate executor to serve in the event your initial executor is unable to do so. Consider choosing an executor now, if you have not yet done so, to eliminate potential complications in the event of untimely death. ■

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

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HOW ABOUT a Roth IRA?

As a financial advisor for over 20 years, there are many questions that we get from our clients about retirement, about saving, and about insurance. One of the most common questions that I receive pertains to whether a Roth IRA is a good choice as an investment and how can it be used to improve a retirement income platform. Here are five reasons we share with our clients.



- **Access.** A Roth IRA gives you the ability to access your contributions without incurring any type of penalty or income tax. You have already paid tax on those contributions, so pulling them back out, without accessing your gains, will allow you to utilize the benefit of its value immediately, regardless of your age.

- **Tax-free growth.** The Roth IRA is one of few investments that allows you the opportunity to grow your money without having to pay tax on gains. That means you don't pay any taxes along the way and will not have to pay additional tax in the future when you seek to take a withdrawal. As long as you follow the rules, like waiting five years from when you established the account and being over the age of 59 ½ before you pull money out, you will have access to 100% of the value without owing any additional money to "Uncle Sam."

- **Use for college.** The Roth IRA gives you money that can be used for college and for retirement. We tell people all the time, you can borrow money to go to college, but you cannot borrow money to retire. So, using a Roth IRA gives you some flexibility to be able to pull money out to send "Junior" to college without the burden of a long-term financial aid obligation. Your contributions are accessible without penalty. Your growth or interest will avoid a 10% penalty, but you will have to pay tax on that gain.

- **No Required Minimum Distributions (RMDs).** As of December 2022, under the SECURE Act 2.0, RMD age was increased to age 73 and 75 for withdrawals on any IRA or 401K. The Roth IRA has no requirements to draw money out at any particular age. So, you can allow this to grow all the way through your date of death. This will open up many opportunities for your legacy planning and for your golden years' income planning.

- **No tax consequences at your passing.** With taxes and inheritance being a big concern for many, securing a tax advantaged investment to pass on to the kids and grandkids is always important. The Roth IRA transfers, by beneficiary, to the next generation without income taxes needing to be paid. Your beneficiary will be subject to a 10-year RMD schedule if it is reinvested in an inherited-Roth IRA, but it will still never be subject to a 10% penalty or income taxation.

There are many savings vehicles available to everyone. A Roth IRA may be a great fit for you. ■

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

TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

(Family Features) Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit freshexpress.com to discover more than 380 fresh recipes and find a store near you. ■

Italian crusted salmon with creamy truffle Caesar salad

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

DIRECTIONS

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and



- olive oil.
- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

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LUANA Savings Bank pays it forward

Local branches support good causes in their communities.

Luana Savings Bank has multiple branch office in the metro area and elsewhere in the state. One of the goals of the bank is to be an active member of the community. That is certainly true of the Clive branch, as Clive Branch Manager Angie Sprenger and Marketing Manager Matt Forland explain.



Throughout the year, the Clive branch participates in a wide variety of volunteerism and community service programs.

“We hosted a LifeServe mobile blood drive in late December, when LifeServe is lower on donations,” Forland says. “And we’re hosting another in February.”

Forland also tells of another holiday event the branch supports.

“Over the Christmas season, Angie reached out to an organization called Single Parent Provision, and we put out boxes at each of our Des Moines metro branches to collect gifts and donations for those single moms,” Forland says.

“The event was a dinner for the single moms,” Sprenger says. “The kids got taken to a different part of the event and were entertained while the parents got to sit and enjoy a nice meal, and they each got a gift of their own, because a lot of those single parents don’t get gifts otherwise.”

The branch also donates to Clive Community Services and WayPoint Resources (formerly Waukee Christian Services). Both organizations help meet the food, clothing and medical needs of local residents.

Forland shares that the bank’s philosophy is to support the community in a wide variety of ways, rather than giving time and dollars to just a few causes.

“We did have a shred day back in June, which benefitted the Clive Boy Scout troop,” Forland says. “It was a free community event where people drop off documents to be shredded for free, and we had a freewill donation for the Boy Scout troop.”

Forland adds that the bank helps with learning, too.

“Financial literacy is important to us. We partnered with Junior Achievement of Iowa, and they do a great job of providing the connection to the schools and the content to teach kids in schools throughout the metro area,” Forland says.

Sprenger shares some ways she gives in the community with her time.

“I’m on the Clive Chamber’s board of directors and on their financial committee,” Sprenger says.

At the holidays, the bank branch also teams up with the world’s most famous giver, Santa Claus.

“We have Santa come to our branch, and then we welcome the community to stop by for cookies and desserts and to visit with Santa. We have little gift bags that we send home with the kids as well,” Forland says. “Just a fun thing to do around the holidays.”

Yet another way the bank and staff help is through Habitat for Humanity.

“We try to get everybody involved, to do a Luana Savings Bank day with Habitat,” Forland says.

Branch employees are encouraged to volunteer in any ways they find meaningful, and they are asked to track their giving throughout the year.

Sprenger noted that, in 2024, the branch’s 17 staff recorded a total of 436.5 volunteer hours. That averages out to nearly 26 hours per employee.



Daniel Timmons, Edward Jones, far right, presents the Neighbor Spotlight certificate to staff at Luana Savings Bank for their volunteerism. Front row: Deb Reinard, Stephanie Johnson, Lauren Nevitt, Angie Sprenger and Jacob McGinnis; back row: Kristie David, Sarah Fox, Shane Greenleaf, Tyson Seehase, Scott Bishop, Brian Byrnes and Tyler Ehrp.

But the bank also creates a competitive incentive.

“At the end of the year, we give an extra \$200 to the top volunteer at each branch to donate to a charity of their choice,” Forland says.

“We like to get deeply involved in our community,” Sprenger says. ■

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Wednesdays After School

Harbach Community Center, 8505 Harbach Blvd., Clive

• **Afternoon Art**, Wednesdays, March 5 and April 2, 5-5:45 p.m. Afternoon Art is on the first Wednesday of the month; get creative each month with a different craft. No registration required for this program for ages 5-12. For more information, contact Emily at ellamas@cityofclive.com.

• Build with LEGOS,

Wednesdays March 19 and April 16, 5-5:45 p.m. Ages 5-12 are invited to build with LEGOS. For more information, contact Emily at ellamas@cityofclive.com.

Harbach Community Center open six days per week

Harbach Community Center is open six days a week. The center's hours are now different from the the library's. The Recreation Bay and Gaming Lounge are open Monday through Friday, 3-7 p.m. and Saturdays, 10 a.m. to 2 p.m. Memberships are free, but required. Physical membership cards are required for admittance, so please remind children they must have their card. You may sign up for 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 www.cityofclive.com/parkandrecreation/facilities/harbach_center.php.

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1900 N.W. 114th St., Clive, 515-223-5246
Online registration: https://cityofclive.activityreg.com/ClientPage_t2.wcs

Play in the Bay: Looking for a warm place for the kids to play? The Harbach Center will host "Play in the Bay" every Monday at 9 a.m. through March. 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 come to the Harbach Public Library, 8505 Harbach Blvd., every Tuesday at 9 a.m. through the end of April. Various building toys and open playtime will be held in the Community Room. The program is for ages 0-6. Contact staff@cityofclive.com for more information.

Women's Club Art Exhibit

Sunday, March 2 - Saturday, March 8
Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

The Des Moines Women's Club is hosting its 117th Annual Art Exhibition. Central Iowa artists will again display their original art for the viewing pleasure of the public. Admittance is free, and some items will be available for purchase. This year's judge is Diane Kunzler. The opening reception and awards presentation is 1-3 p.m. on Sunday, March 2. Art exhibition gallery hours are 10 a.m. to 4 p.m. Monday through Saturday. Gallery Night is 5-7 p.m., Friday, March 7. Open to the public. Refreshments and light appetizers will be served.

The Des Moines Women's Club was established in 1885, and its primary objective was to develop and maintain a free public art gallery in Des Moines. The Hoyt Sherman Place Gallery is home to a large collection of 19th and 20th century paintings and classical sculptures. Twelve paintings from the original DMWC collection can be seen in the Hoyt Sherman Place Art Gallery today.

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, organizers 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.

Bingo for Seniors

Tuesdays, March 11 and April 8, 1-2 p.m.
Harbach Community Center, 8505 Harbach Blvd., Clive

Join an afternoon of fun. This is a low key, free monthly Bingo session. Who knows what little prizes and snacks will show up? Bring a friend and join in the excitement. For more information, contact Teri at tnelson@cityofclive.com or Patty at pnapiet@cityofclive.com.



Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit www.friendlysonsiowa.com for more information.



After School Indoor Laser Tag

March 18, 4-6 p.m.

Harbach Community Center, 8505 Harbach Blvd., Clive

Laser tag sessions are offered for ages 8-12 only. They will dim the Recreation Bay lights, set up 10 battlefield bunkers, and split into teams to have a laser tag tournament. The event is free. Registration is required. Limited to 32 participants per session. Register at https://cityofclive.activityreg.com/selectactivity_t2.wcs?leaguesid=2492 ■

CLIVE Public Library news

Clive Library Art Gallery Diane Tough exhibit

Starting March 1

Clive Public Library

The Clive Public Library Art Gallery presents the artwork of West Des Moines artist Diane Tough. Her exhibit, "The Iowa Landscape," will showcase her talents with pastels and watercolors. Please come enjoy her beautiful landscapes and cityscapes at the Clive branch.

Wind Chimes Take and Make Craft

March 1

Available for pickup at Clive Public Library or Harbach Public Library

Come to the library starting March 1 to pick up this month's take and make project, which is personalized shrink-plastic wind chimes. Available while supplies last, one per household. Available at both Clive and Harbach locations. The kits are free and designed for adults. No registration required.

Spark, A Writers Group

March 8, 2-4 p.m.

Clive Public Library Storytime Room

Writers submit draft pages (fiction, essay, poetry, short story and children's stories) for feedback. Individuals have 10-15 minutes to receive feedback and to talk about their work. The purpose is to meet, share, converse and give feedback in the time allotted. Drop-ins welcome. This is an adult group. No registration is required. For more information, contact Kaleb at kdaft@cityofclive.com or via phone at 515-453-2221.

Harbach Cafe

• March 12, 5-5:45 p.m., Trivia Night

• March 26, 5-5:45 p.m., Crafternoon

Harbach Public Library

This is a time for tweens and teens, ages 9-18, to hang out, munch on some snacks and do stuff. Activities could include crafting, making treats or playing games. For more information, contact Emily at ellamas@cityofclive.com. No registration required.

Grown Up Game Day with Dealt Hand

Sunday, March 30, 1:30-4:30 p.m.

Clive Library Community Room

Would you like to play a game? Adults 19 and older, this afternoon is for you. The Dealt Hand will be here with a selection of games to share, and they will even teach you how to play. Get ready for a fun time gaming at this free event and walk away with new suggestions for your own game collection. We'll provide snacks. The fun starts at 1:30 p.m., but come when you can. If you'd like to take a look at their game list and make requests, go to <https://geekgroup.app/users/thedealthand/collection> and email joe@thedealthand.com. Register online to win a door prize. Visit our website to sign up.

Don't Let the Pigeon Have a Party

April 5, 10:30-11:30 a.m.

Harbach Public Library Community Room

The Pigeon is celebrating his birthday, and you're invited. Come have birthday fun with games, crafts and activities featuring the Pigeon and some of his friends. For more information, contact staff@cityofclive.com. This event is for all ages. No registration required. ■



RSV can cause serious illness in infants and older adults.

RSV can cause fever, runny nose, wheezing and more. Vaccines and antibodies can help protect those most at risk.

Who should get the RSV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for

- All adults 75 and older.
- Adults 60-74 with medical conditions like heart or lung disease.
- Children 8-19 months who are at increased risk for severe illness.
- Pregnant women in weeks 32-36 of pregnancy.



Health and
Human Services



Ask your healthcare provider about RSV vaccines for your family.

Source: cdc.gov

HOW TO spot AI spoofs

Protecting yourself and staying ahead of Artificial Intelligence (AI) scammers is more important than ever. As technology advances, AI has become increasingly sophisticated, making it harder to detect and avoid.

What is an AI spoof? Scammers use generative AI to impersonate your family, friends, banks, government entities, etc. via phone and video calls to ask you for money and personal information.

To help you stay safe, we've compiled six tips to better protect yourself from AI spoofing.

- **Use multifactor authentication.** With multifactor, you'll use two identifying factors to get into your account, for example a password and a text to your phone. A scammer would need access to both of these to get access to your account. Do not share the passwords or any security codes sent to your phone with anyone.
- **Research before you invest in anything.** All investments involve risk, so you should not trust anyone who offers a "sure bet." Do not send money to someone you met online or via apps, and don't make investments based on their advice.
- **Use stronger passwords.** Follow and exceed the strength



Cassandra Haller



Olga Dobbins Oliver

requirements with symbols, numbers, etc. Try not to reuse the same password for multiple accounts. Consider setting up a family password among your immediate family members that can be used to verify who you are speaking to.

- **Enable updates.** Make sure you have enabled auto updates on your apps and phone. This will ensure security patches are in place, making it more difficult for scammers to hack your accounts and device. If you are unsure about the validity of an app, do not download it.
- **Verify information.** If you're talking with someone on video chats or phone calls, make sure it's them by verifying the phone number with the one you already have. Remember, even video chats and online trading platforms that appear real can be fake.
- **Slow down.** Don't let scammers catch you off guard with their false sense of urgency. Take a deep breath and slow down. You do not need to act immediately.

Remember, if something feels off, it probably is. AI spoofing tactics are designed to seem convincing, so trust your instincts and stay cautious. ■

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

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*APR = Annual Percentage Rate. Repayment example: A loan amount of \$150,000 with a fixed interest rate of 5.25% and an APR of 5.307% would result in 360 monthly principal and interest payments of \$828.31. Payments will be higher to account for taxes and insurance. All loans subject to credit approval and other underwriting conditions. Limited time offer. Rates and terms subject to change.



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MEET Emily Carstens

Sharing the love of helping students

Emily Carstens has been a part of the Waukee School District since last year. She teaches at Timberline School in the morning and at Prairieview in the afternoon as a math interventionist.

“I started last year in the district at Prairieview,” she says. “When Prairieview became ninth grade only, they split my time between there and Timberline where I work with eighth graders.”

As a math interventionist, Emily works with students in the Learning Lab.

“I have my own program I use, the Numeracy Project,” she says. “I screen students who maybe didn’t do well on ISASP or who need a little more help in math. Then I help them with the skills they need.”

Emily works to support the core math classes which are typically a version of Algebra I, and she co-teaches in a few of those classes. “I may take a group who perhaps didn’t do so well on a test and help them understand those concepts,” she explains.

Emily was in a couple of other districts before coming to Waukee. When she moved in with her now husband, she began looking for a position that was closer to Ankeny where she lived. She had been commuting to Gilbert Schools near Ames.

“I looked at the Waukee School District,” she shares, adding that someone she knew from college worked there and was planning to leave.

“She told me I’d probably be a good fit for the math interventionist position. I looked into it and loved the idea.

“I love getting to work in different classrooms because I can learn from the teaching styles of other teachers,” Emily says. “Working with core math teachers more frequently and getting to collaborate with them in unique ways lets me learn from others’ techniques.”

When she was a student, Emily spent time in reading intervention, so she knows the frustration of not getting or understanding something. Because she spent time in intervention classes, she can uniquely connect and empathize with her math intervention students. However, her job isn’t without challenges.

“The hardest part is caring so deeply about students’ success when they may not at that time care about it themselves,” she explains. “It’s hard when their motivations don’t match mine as a teacher, and it is challenging to help them get to that motivation... a common frustration among teachers.”

Despite the challenges, Emily’s job is full of wonderful aspects. One memory she really enjoys is when she was at the open house between her first year and this year.

“At my first open house here, no one knew me. At the second one, some parents and students came in, and the students recognized me and pointed me out to their parents. It was such a great feeling seeing how much they missed me and how much I missed them over the summer.”

She enjoys a game time she does with students involving a plush toy that gets tossed around the classroom. The recipient of each toss works on math facts.

“Last year, there were at least three instances where a particular student just couldn’t seem to catch the plush toy,” she laughs. “It was a funny situation that the student laughed at himself about.” ■



As a math interventionist, Emily Carstens works with students in the Learning Lab.

PLANNING a trip?

Do you travel out of state or out of the country, whether to visit family, to go on a vacation or to escape the Iowa winters?

Being a funeral home, we know there are times when a death occurs away from home. It happens more often than people would probably expect.

What people do not always realize is that it can be difficult to get a person transported back home — and there can be unexpected expenses.

While the funeral home does everything it can to make these situations as seamless as possible and to keep extra expenses at a minimum, there can still be some challenges.

Fortunately, there is an affordable solution that can provide a tremendous amount of peace of mind to those who frequently travel.

Travel plans offered through a funeral home can be very affordable (usually a modest one-time payment), and they can help ensure that, if the inevitable happens away from home, everything will be covered to bring the loved one back home to where services will be provided.

If you are a traveler — or plan to become one in your retirement years — then visit with your funeral provider of choice and ask if they offer a travel plan.

As we often like to say, you will be glad you did. ■



Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681

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AM Connections

Clive AM Connections was held at Frontier Coworking, 13137 University Ave., Clive on Feb. 6.



Lu Anne Gafford and Lexi Gabrielson



Ben Sinclair



Amy Lefe and Dean Jones



Debby Hudson, Nikki Nig and Shannon Lewis



Pete Jones and Keith Piscitello



Edye Beckerman and Gared Hassel



Mason Shannon and Jared Harrison



Ethan Pottebaum and Jim Jacobsen



Ben Chambers, Nikki Nig and Eric Klein



Chris Koll and Kirsten Weiland



Emma Kolpek and Lori Oakland

OUT & ABOUT



Cinnamon Rost and Kristy Schmidt at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Ellie Price and Ben Sinclair at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Shannon Lewis and Mike Weiland at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Tyler Kamerman and James Bierly at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Sue Bennett and Ethan Pottebaum at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Debbly Hudson and Aaron Burns at the Clive AM Connections held at Frontier Coworking on Feb. 6.



Store Manager Brianne Klein at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.



Taylor Dieckman and Melinda Clay at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.



Emelia Screeton and Lindee Hall at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.



Adeline Mendez and Lindee Hall at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.



Greg Brannen and Debi Brannen at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.



Jenni King at the Painted Tree Boutiques, 11101 University Ave., Clive, soft opening on Friday, Feb. 7.

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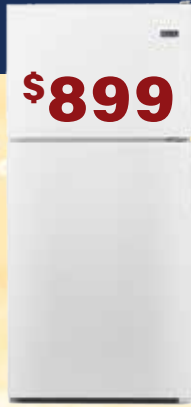
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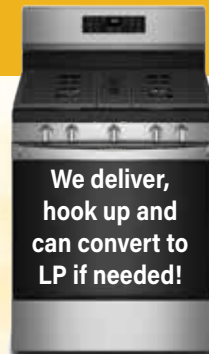


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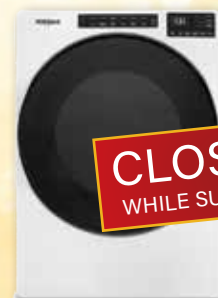
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