

# Living

## Pampered Pets

Residents share how they go the extra mile to spoil their critters

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WELCOME

# A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■

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# Pampered Pets

Residents share how they go the extra mile to spoil their critters

By Sean Dengler

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Stella, a 2-year-old goldendoodle, enjoys walks with her owners, Chuck and Sharon Dunlop.





Stephanie Kruse and her husband, Terry, have adopted three former foster cats while continuing to foster other kittens and cats.

## Fostering and loving

While volunteering and fostering for the Animal Rescue League since 2003, Stephanie Kruse and her husband, Terry, have adopted three former foster cats while continuing to foster other kittens and cats.

“Once we get in the late spring, early summer, we tend to go from one group to the next,” Stephanie says. “Sometimes, we return them on the same day that we pick up the next group.”

Their three cats are Punky, 17; and littermates, Scout and Loverboy, 9. These good boys and the foster animals are treated well.

“The foster kitties have their own special room,” Stephanie says. “When we moved to the house we’re in, we built it, specifically, with having one of our rooms planned to be for our foster care.”

These cats also get lots of love and attention.

“They get to sleep with us at night on our bed,” Stephanie says. “They don’t get pushed away.”

These felines also get plenty of toys.

“We have tons of toys all over,” Stephanie says. “Punky has these crinkle, glitter ball-type things. They are kind of soft and squishy, but they also have some foil so they crinkle when they play. He likes to play with those and bat them around.”

The Kruses also have cat towers — six to be exact.

“In all the rooms where they can be around us, they have cat towers to scratch on or play with,” Stephanie says.

If you want to see the cats they have been fostering, check out their Facebook page, Whiskers on Kittens, where the foster animals go on fun adventures. For all cats, pampering is worth it.

“Just the feedback that you get from them when they know that we’re their person,” Terry says. “Like the greeting at the door or reaching out for attention and love. You know you’ve been treating them well so they treat you well back.”

## A cat of many names

Sharie Trachsel, who adopted her tabby kitten, now cat, from the Animal Lifeline of Iowa, has a special name or two for her pet.

“His name is Helios, like the god of the sun,” said Sharie. “But we call him Princess Tamela Jamela.”

The reason for the nickname Tamela Jamela (Tammy for short) is simple.

“Since he’s a boy, and he’s not really a tomcat,” Sharie says. “He’s a princess, and we have a young daughter. To get her used to his disposition, we told her that he’s like ‘The Princess and the Pea.’ He’s really particular and sensitive and stuff like that.”

As for pampering, Tammy lives up to his birthname.

“He still is the god of the sun,” Sharie says. “He requires lots of sunbeam. Every day, he gets a window position, and the curtains get opened just for him to sunbathe. He has his own birdwatching station at the door that we made him.”

Tamela sometimes enjoys a unique, fancy toy.

“He likes to hunt around for little scraps of paper. If somebody leaves a wrapper around, that would be a special treat,” Sharie says, adding that her daughter often supplies such treats.

In fact, Tamela almost loves plastic wrappers too much.

“He’s very obsessive compulsive about it, as in he has stolen wrappers with the treats still in them,” Sharie laughs.

When sitting by a post by the stairs of their two-story home, Tamela Jamela gets special treatment.

“Whoever walks by, they’re like, ‘Oh, Princess Tammy needs an elevator,’ and you just take him up or down because princesses don’t take stairs.”

However, Tammy has not adapted to all parts of princess life.

“My daughter has tried many times to make him a princess outfit,” Sharie says. “None of



Sharie Trachsel adopted her latest cat from the Animal Lifeline of Iowa, and he is now a member of the family.

them have met his standards.”

Sharie says she likes the cat’s look, cuddliness and big personality.

“Animals tend to reward you for your good behavior like you reward them. If you pamper them, they’re going to be exceptionally loyal to you,” she says.

## A couple of great pooches

Sue Garmon has two dogs, Presley and Katie, who are well cared for.

“They go to the groomer every four to six weeks,” Sue says. “They go to the vet for checkups and are always current on vaccines.”

These pooches also get to enjoy the finer parts of life.

“We have a fenced-in yard so they can run and play. They love chasing a ball and can play for hours,” Sue says. “They love going on car rides. If they are being wild and crazy in the house, we go for a car ride.”

Treating these dogs well comes easy.

“They have vet-recommended food and

treats,” Sue says. “They have a bucket overflowing with toys. We have a fenced yard for them to play in and a deck to nap on.”

Sue makes sure they feel loved at all times of the year.

“Even in winter, when it’s too cold or there’s too much snow, I try to make sure they have activities in the house,” she says.

For all the love Sue gives these pooches, they reciprocate.

“They are both cuddle bugs,” she says. “If I am sitting reading, watching TV, or chatting on the phone, they are right beside me. If they are playing in one room and I am in another, they come check on me often. They give me so much joy. I can’t imagine life without them.”

It is a two-way street, she says.

“Pets are such great companions, fun and loving,” Sue says. “If you give them love, they give you back so much more.”

Having these dogs has made for a wonderful experience for Sue.

“My girls are happy and healthy. They know they are very loved. And they make my life better.”



Sue Garmon’s dogs, Presley and Katie, go to the groomer every four to six weeks.

## Pampering through training

Chuck and Sharon Dunlop take loving care of their 2-year-old goldendoodle named Stella.

“We feed a frozen food that’s lamb,” Chuck says. “It’s more expensive than, say the Purina or the other kinds of kibble that people feed their dog, but I think it’s a lot healthier for them. It gives them a longer life than some of

the packaged kibble.”

The couple often frequents local businesses that cater to their pet.

“We use Stylin’ Paws for grooming, boarding, occasional day care and their indoor dog park when we can’t get outside,” Chuck says. “All Breed Dog Obedience Training with Holly Leas for training, Bone-A-Patreat for dog



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# FEATURE

food and supplies and Jordan Creek Animal Hospital for veterinarian care.”

Stella is also a certified therapy dog. She earned certification through Therapy Dog International and AKC Certified Good Companion programs.

“She deserves the best because she gives us her best,” Chuck says. “That unconditional love. We, in her eyes, are her best companions as well. Kind of like what you would do for your kids, you do what you can to help them be the best that they can be. That’s kind of how we look at her.”

Chuck believes strongly in training your pets to give them a fantastic opportunity.

“Training is really important,” he says. “Maybe outside of the food and health care, training is probably right up there. If you don’t get your dog trained, then it can be a difficult situation. When they’re trained, you can take them wherever you want go, and you can be out with them. They just make better companions.”

For the Dunlops, a few quotes resonate with them.



Chuck and Sharon Dunlop enjoy pampering their dog, Stella.



Stella has won ribbons in dog shows.

Roger Caras: “Dogs are not our whole life, but they make our lives whole.”

Josh Billings: “A dog is the only thing on earth that loves you more than he loves himself.”

Unknown: “Our pets may not be our whole life, but, to them, we’re their whole world.” ■

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# LEGAL concerns when a child with a disability becomes an adult

A child transitioning from a minor to a legal adult can be challenging for any parent. However, parents of children with a disability run into additional difficulties. A parent's ability to make decisions about services and medical care end when the child turns 18. There are three major things to consider:



## Is my child able to make their own decisions about health care, finances and independent living?

In January 2020, significant changes were made to the Iowa Code regarding guardianships. To establish a guardianship, there must be a finding of incapacity. This places restrictions on the rights of the individual under the guardianship. Under the new law, prior to establishing a guardianship, the court must

consider less restrictive alternatives. Children with minor impairments may be able to sign medical authorizations to release information to allow parents to continue to talk to providers. With more severe mental and cognitive disabilities, the adult child may be able to execute a power of attorney. If a guardianship is required, the law allows a petition to be filed when an individual is 17.5 years old, instead of waiting until after the child turns 18. This prevents a potential gap in services.

## How will my child support themselves?

A child receiving benefits does not automatically qualify for disability as an adult. The standards for disability differ from children to adults. If a child receives Supplemental Security Income, the Social Security Administration will do a review to determine if that child's disability continues. A minor who is not eligible for child benefits may still meet the criteria for adult disability. After

18, a claim for Social Security disability should be filed.

## Who will provide for my child when I die?

Parents of children with disabilities should review their own estate planning documents to ensure that, when they die, money can be set aside for the children without making them ineligible for government benefits. This can be done with a Supplemental Needs Trust, also known as a Third Party Trust. This is a specifically worded Medicaid-compliant trust that conforms to the regulations of the Iowa Department of Health and Human Services and the Social Security Administration.

It is important to talk to an attorney who specializes in disability and is familiar with government benefits for your child and for yourself. ■

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

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## CELEBRATING mom with purpose and preparedness

Mother's Day is a time to honor the incredible women who nurture, support and guide us through life. While there are traditional gifts of appreciation, this special day also offers an ideal moment to reflect on a more lasting gift: financial security and empowerment for moms and families alike.

Whether you're a new mom, a seasoned parent, or an adult child looking to support your mother's well-being, incorporating financial planning into the Mother's Day conversation can have long-term benefits.

Financial planning is about ensuring peace of mind, freedom and the ability to make empowered choices. For moms, especially those managing households, raising children or caring for aging parents, having a clear financial plan is crucial. Life can bring certain assumptions with it. We assume the sun will rise and set as programmed each day; we know that kids will always be curious to a dangerous level; and we assume that mom has her "financial house" in order. Maybe this is a good time to inquire.

### Here are a few financial considerations particularly relevant on Mother's Day:

- **Budgeting and saving:** Whether managing the family budget or planning for personal goals, creating a detailed monthly budget can help moms stay on track and feel more in control. Tools like budgeting apps or spreadsheets can make it easier to monitor expenses and allocate funds for savings or emergencies.
- **Life insurance and estate planning:** While it's not the most glamorous topic, making sure there is a life insurance policy and a will in place is one of the most loving things you can do for your family.
- **Retirement planning:** Mothers, particularly those who take time out of the workforce to raise children, often fall behind in retirement savings. Mother's Day is a perfect reminder to review IRAs, 401Ks or other retirement investments.
- **Education savings:** For moms saving for their children's future, 529 college savings plans are a popular and tax-efficient way to invest in education. Having a dedicated savings plan reduces the pressure when college bills start to arrive.
- **Teaching financial literacy:** Moms are often the first financial role models in a child's life. Encouraging smart money habits from a young age: saving allowances, budgeting for a toy or opening a youth savings account can plant the seeds for lifelong financial health.

If you're in the position to give back to your mother this Mother's Day, consider a financial health check-in. It doesn't have to be intrusive, just a supportive conversation to make sure she's prepared for the future. Helping her organize paperwork, review insurance policies, or connect with a financial advisor can be a meaningful and lasting gesture of love.

Mother's Day is about showing appreciation, and one of the most powerful ways is by ensuring long-term financial well-being. Whether you're making sure your mom is financially secure or planning your own family's future, taking steps toward a solid financial foundation is a gift that lasts far beyond May.

This year, celebrate with heart...and a little strategy. It's the kind of love that pays dividends. ■

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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# ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



## Asian ground turkey bowl

### Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced


### Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.


- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.




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## GILMORE'S enthusiasm for volunteering grows

Learns about the community as she gives her time

Joanna Gilmore of Clive serves on the board for the Clive Public Library. She explains how that has led to more experiences, more volunteerism and more fun.



"Starting in January 2024, I became a volunteer member of the board for the Clive Public Library," Gilmore says. "It's been a really great experience for me."

Her time on the board has given her a better understanding of how the entire community interrelates, she says. It has also led her to additional volunteerism. In 2024, the library hosted some activities as part of the annual Clive Festival, and Gilmore stepped in to help.

"This is my second year volunteering for the festival," Gilmore says. "Last year, I started doing it because I also serve as a volunteer board member for the Clive Public Library, and I thought it would be important as a board member to volunteer for other community events."

Gilmore found her role to be both fun and easy.

"Last year, I volunteered in the beverage tent and also with the free community art project at the library," Gilmore says. "This year, I've signed up again to help with that community art project, located in the library during the festival."

For anyone unfamiliar with the Clive Festival, Gilmore encourages all to participate.

"It's the annual festival for Clive residents," Gilmore says. "It's geared to all ages. There are kids activities; there's a running race, the community art project. The Aquatic Center is involved. There are bounce houses, a pancake breakfast. There's something for everyone."

Gilmore also encourages everyone to consider helping like she does.

"These kinds of events would not be able to take place without people volunteering their time," she says.

As a 10-year resident of Clive, Gilmore says she and her family are proud to be involved in the community. This year's festival is set for July 18-19, and Gilmore looks forward to again seeing many happy faces. She recalls that being her highlight from the 2024 event.

"Seeing the families come in, and seeing the little ones get excited about the crafts they can do, and seeing people have a different experience at the library," Gilmore says. "That was really special."

Gilmore believes anyone can find a way to be involved, and she tells people it is OK to start small.

"Even just a couple of hours. It's not a big commitment," Gilmore says. "It's a really fun experience, and I think the whole community benefits from it." ■



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**Yards: Enjoying the green spaces around your home:** Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your experiences enjoying the cool feeling of grass beneath your feet.

## Summer Reading Program

**Tuesday, May 27**  
Harbach Public Library,  
8505 Harbach Boulevard, Clive

The Clive and Harbach Public Libraries invite children of all ages to sign up for the 2025 Summer Reading Program. If you plan to read during the summer, why not earn prizes while you do it? Note that, due to ongoing construction, all sign-ups will take place at the Harbach Public Library. Contact the library at [staff@cityofclive.com](mailto:staff@cityofclive.com) for more information.



## Summer Kick-Off Event: Chalk the Walk

**Saturday, May 31, 10 a.m. to noon**  
Harbach Center, 8505 Harbach Boulevard, Clive

Enjoy decorating the sidewalk in front of the Recreation Bay doors. Organizers will provide chalk, ice pops, activities and more. This program is free and open to all ages. Registration is not required. Contact [staff@cityofclive.com](mailto:staff@cityofclive.com) for more information.

## Clothing drive

Clive Community Services,  
2190 N.W. 82nd St., Suite A, Clive

Spring and summer clothing in good condition can now be donated to Clive Community Services. Additionally, new underwear is needed. New, in-the-package underwear for all genders and sizes can be donated. You can also contribute financially toward the project. As always, donations of food and personal care items are gratefully accepted. Your support helps provide essential resources to those in need. Learn more about how you can help by visiting [clivecommunityservices.com](http://clivecommunityservices.com).

**Donations** can be dropped off: Monday, 9:30 a.m. to 7 p.m.; Wednesday, 9:30 a.m. to 2:30 p.m.; Friday, 9 a.m. to noon

**The Food Pantry and Clothes Closet** are open: Monday, 4-7 p.m., and Friday, 9 a.m. to noon.

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**May through June, 5:30-8 p.m.**  
Campbell Park, 12385 Woodlands Parkway, Clive

Satisfy your food cravings with the best of street eats and local live music — a can't-miss community event. Bring the family to Campbell Park in Clive for food, fun and free live music. Campbell Park is now a cashless facility. For details, visit [www.cityofclive.com/parkandrecreation/programs\\_and\\_events/food\\_truck\\_fridays/index.php](http://www.cityofclive.com/parkandrecreation/programs_and_events/food_truck_fridays/index.php)

- Friday, May 23: Velvet Trio (Suede Trio)
- Friday, May 30: Monkey 4
- Friday, June 6: Dick Danger Band
- Friday, June 13: Gladys Lite (Sons of Gladys Kravitz Trio)
- Friday, Sept. 5: Brian Herrin Trio
- Friday, Sept. 12: The Sheet

## Clive Aquatic Center open Memorial Day weekend

**Saturday, May 24.** Closed from Tuesday, May 27 through Friday, May 30.  
**Open for the season Saturday, May 31.**  
1801 N.W. 114th St., Clive

The pool will be open its regular hours, 11:30 a.m. to 6 p.m. for open swim. All hours are weather permitting.

### • Mermaid, Princess, Superhero

**Pool Party,** Sunday, June 29, 6:30-8 p.m.  
Register at <https://cityofclive.activityreg.com/selectActivity?nLeaguesId=2658>.

• **Pancake Paddle,** Saturday, Aug. 2, 8-11 a.m. Register at <https://cityofclive.activityreg.com/selectActivity>.

Visit [cityofclive.com/cac](http://cityofclive.com/cac) or email [parksandrec@cityofclive.com](mailto:parksandrec@cityofclive.com) for more information on pricing, programming and events.



## Cirksena Park Ribbon Cutting

**Thursday, May 29, 4-5 p.m.**  
Cirksena Park, 3575 Westgate Parkway, Clive

Join city staff for the dedication of Cirksena Park, Clive's newest park that is named in honor of former Mayor Scott Cirksena.

## Spring and Summer Program Registration

Visit [www.cityofclive.com/parkandrecreation/](http://www.cityofclive.com/parkandrecreation/) for all the spring and summer program options and to register.

## Fun, Sun and Splash Summer Camps

Includes field trips. Visit [www.cityofclive.com/parkandrecreation/programs\\_and\\_events/fun\\_sun\\_and\\_splash.php](http://www.cityofclive.com/parkandrecreation/programs_and_events/fun_sun_and_splash.php) for information and registration.





## EVENTS IN THE AREA

Be sure to check for cancellations.

### Bankers Trust Clive Customer Appreciation Event

Tuesday, June 10, 11 a.m. to 1 p.m.

1111 University Ave., Clive

Bankers Trust is hosting a customer appreciation event at its Clive branch.

### Clive Aquatic Center Swim Lessons

Registration is open for the Levels 1-6 Learn to Swim program. Sessions are for two weeks, Monday through Thursday. Sessions are: June 9 - 19, June 23 - July 3, July 7 - 18 and July 21 - 31. For more information, visit [www.cityofclive.com/parkandrecreation/aquatic\\_center/index.php](http://www.cityofclive.com/parkandrecreation/aquatic_center/index.php).



### Vacation Bible School

Sunday, June 8, to Wednesday, June 11, 5-8 p.m.

Faith Lutheran Church, 10325 University Ave., Clive

Faith Lutheran Church invites the public for vacation Bible school. Come at 5 p.m. for a hot meal before the evening activities start. Register at [faithlc.org/vbs](http://faithlc.org/vbs).

### Clive Festival

Friday, July 18, to Saturday, July 19

Mark your calendars for Clive's biggest (and best) community event. Enjoy free live music, Thunder Over Clive Fireworks, the Giant Slip-N' Slide, bounce houses, activities for kids, food trucks, Kids Art Expo, the Clive Running Festival, Clive Lions Club Pancake Breakfast, Touch a Truck, Cardboard Boat Regatta at Clive Aquatic Center, and more. Check the Clive Festival Facebook page for details.



### DMPA Free Outdoor Family Events

Various dates and parks

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- **June 14-17:** Bindlestiff Family Circus, parks across the metro
- **July 21-22:** Dupont Brass, parks across the metro
- **June 11, July 9, Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons

- **June 21, July 12, Aug. 23:** Dancing on Cowles Commons

For more information including times and park locations, visit [www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events](http://www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events).

Experience senior living  
*at it's finest*



### Walnut Ridge | Mill Pond

Independent and assisted living apartments are now available at two of Iowa's finest senior living communities — Walnut Ridge in Clive, Iowa and Mill Pond in Ankeny, Iowa. Start your journey toward a supportive lifestyle in a Presbyterian Homes & Services senior living community, today!

#### Walnut Ridge



**Newly renovated apartments | Refreshed common areas | Updated amenities**

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#### Mill Pond



**Beautiful grounds | On-site rehab services  
Private movie theater**

For more details, scan the QR code, visit [mill-pond.seniorliving-phs.com](http://mill-pond.seniorliving-phs.com) or call 515-964-2273.



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## May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

### Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

### Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

### Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

## Help Protect Your Liver From Hepatitis



Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

## EVENTS IN THE AREA

Be sure to check for cancellations.

### 'Light Within Ourselves: Haitian Art in Iowa'

Through Sunday, Sept. 7

Des Moines Art Center, A.H. Blank Gallery,  
4700 Grand Ave., Des Moines

This exhibition explores the vibrant diversity of Haitian artwork, featuring paintings, metalwork, sculpture and drapos (beaded and sequined banners). The exhibition is accompanied by a complimentary 16-page gallery guide, featuring colorful artworks, a history of the WCA's Haitian art collection, and a description of the themes and symbols often depicted in Haitian artwork. The gallery guide has been translated into Haitian Kreyòl, the first language of nearly 11 million people worldwide.

### RAP Carousel Day

Saturday, May 31, 4-6 p.m.

Union Park, 725 Thompson Ave., Des Moines

This annual Real Advantage Partners event welcomes spring and brings families and neighbors together at beautiful Union Park (home of the famous Rocket Slide) in Des Moines for free rides on the historic carousel. Attendees also enjoy games and refreshments provided by RAP team members.

### Workshops With Master Drummer

#### Bolokada Conde

Saturday, May 31, 10 a.m. and 2 p.m., and Sunday, June 1, 1 p.m. and 3 p.m.

Unity Center, 414 31st St., Des Moines

Bolokada Conde, lead soloist of Les Percussions de Guinée (Guinea's National Ballet) for more than a decade, will be conducting workshops in traditional Malinke rhythms. Cost is \$35 per session or \$120 for all four. Bolokada has taught drumming internationally for decades, including at the University of Illinois Urbana-Champaign, where he was a full-time visiting artist from 2008 to 2011. For more information, contact Linda Foster at 515-669-5820 or Bob Miller at 641-472-2479.

### Earlham concert series

Every Sunday from June 1 to Aug. 10, except July 6, 6 p.m.

Earlham City Park, Earlham

The Levitt Amp Earlham Music Series starts with an opening act around 6 p.m. and a headliner around 7:15 p.m. Lots of kids activities and food trucks will be offered as well. The concerts are free. **June 1** features Lani and The Black Moods; **June 8**, Kerry Koberg and Gallivant; **June 15**, Ultra Violet Fever and Denitia; **June 22**, Weary Ramblers and Hector Anchondo; and **June 29**, Iowa Military Veterans Band and Olivia Fox. ■





## 5 STRATEGIES for saving money

Ready to take control of your savings? The key is making smarter choices to set yourself up for financial success. Here are five ways to start saving today.



### 1. Set up automatic

**savings.** An easy way to start saving money is by setting up automatic savings so you don't have to think about it. For example:

- Set up recurring bank transfers.
- Split your employer's direct deposit into savings and checking accounts.

**2. Start an emergency fund.** An emergency fund is a tool for financial freedom. When you're prepared, you are better able to go about your life without worrying about the "what ifs."

Steps to start one:

- Define your why.
- Start with small goals.
- Prioritize needs without sacrificing joy.

- Choose the right savings account for you.
- Celebrate milestones along the way.

**3. Save for life's major milestones.** You can stay financially stable while achieving your dreams. Start saving early for major life events, such as:

- Education
- Home purchase
- Vacations
- Retirement

**4. Pay down debt.** Reducing debt can open doors to financial freedom and opportunities to diversify your money. Here are a few benefits of doing so:

- Increases your disposable income.
- Improves your credit score.
- Gives financial peace of mind.

**5. Save for every stage.** No matter where you are in life, financial stability should always remain a top priority. Here are key focus areas for each decade:

• 20s: Lay the foundation – Start saving and building an emergency fund.

• 30s: Build financial stability – Increase retirement contributions and automate savings.

• 40s: Maximize earning potential – Utilize catch-up contributions, review and adjust plans.

• 50s: Prepare for retirement – Max out retirement contributions and review existing plans.

• 60s and beyond: Enjoy retirement – Create a withdrawal plan and stay invested.

In April, America Saves ran its #AmericaSavesWeek campaign to promote awareness, education and tips to help you build financial security. Learn more about these topics at [AmericaSaves.com](http://AmericaSaves.com) and speak with a banker to create a savings plan unique to your financial goals. ■

Information provided by Chris Beener, VP, Clive branch manager, [CBeener@BankersTrust.com](mailto:CBeener@BankersTrust.com), 515-222-5888, 11111 University Ave., Clive.

# EARN \$400

when you open a primary checking account by August 30, 2025\*

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(515) 245-2863 | [BankersTrust.com](http://BankersTrust.com)

\*To be eligible for the bonus, you must open a primary checking account which constitutes as 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 from the date of its opening:

- 1) 25 debit transactions. A "debit transaction" for the purpose of this section means a debit to your Bonus Account that originated from an ACH, Bankers Trust bill payment, drafting checks, or use of your debit card as a method of payment or purchase. A "debit transaction" does not include debits to your Bonus Account that originated from ATM withdrawals or other debits to your Bonus Account; and,
- 2) 2 direct deposits (ACH credits) or Express Deposits (aka mobile deposits) of at least \$200 each. A "deposit" for the purposes of this section does not include ATM deposits, deposits made in person, account-to-account transfers, or other deposits to your Bonus Account.

In addition, bonus eligibility will be verified 60 days after the Bonus Account's opening. Bonus will only be credited if the account is currently in an open status with a positive balance. Should you have met all eligibility requirements and are not subject to the limitations and exclusions contained herein, the bonus will be credited to the Bonus Account within 75 days of its opening. Limit one bonus per household. Offer not available to existing Bankers Trust checking customers or those that have had a checking account with Bankers Trust within six months of Bonus Account opening. Employees of Bankers Trust and/or its affiliates are not eligible for bonus. Offer available through August 30, 2025. Early closing fee of \$400 will be charged if your Bonus Account is closed within 12 months of opening. Annual Percentage Yield (APY) on BreakFree Checking Plus is 0.60% for balances less than \$5,000.00 and 0.55% for balances \$5,000.00 and over, effective April 28, 2025, and subject to change without notice. Fees may reduce earnings. Rate may change after the account is opened.



## PLAN AHEAD

By Dave Cortner

# PLAN AHEAD FOR PEACE of MIND

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Scott Eriksen



Dave Cortner



Kathy Dunbar



Robert Christensen



Sarah Masteller

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## WHAT IS a circle of protection?

So many times we deal with families that indicate their loved one had “everything taken care of” only to find out that everything was not taken care of. Maybe the loved one had their cemetery arrangements handled in advance but had never visited with the funeral home. Or, maybe they had talked with a funeral home but never decided on a cemetery.



What we know is that this can leave a family with an unexpected burden and/or unexpected expenses at what can otherwise be a very emotional and stressful time.

Complete arrangements often involve the selection of services and merchandise from two separate entities: the cemetery and the funeral home. A funeral home and cemetery can help you with completing this “circle of protection” so you can protect your family from having to make these decisions when they are grieving.

It truly is the difference between the question, “What would Dad have wanted?” and the confident statement, “This is what Dad wanted.” Do your family a favor and start the conversation today. Reach out to your cemetery and funeral home of choice. You will be glad you did, and it will be a gift for your family. ■

Information provided by Dave Cortner, Hamilton's on Westtown Parkway, 3601 Westtown Parkway, West Des Moines, IA 50266, 515-697-3681

## WELLNESS

By Annette Smith

## BALANCE problems? It might be your inner ear

Have you ever stood up quickly and felt dizzy? Or turned your head and lost your sense of balance? While these sensations may seem harmless when occasional, frequent dizziness or unsteadiness can be a sign of a vestibular issue — often stemming from the inner ear.



Your vestibular system, housed deep in your inner ear, works with your brain, eyes and body to keep you steady and oriented. When it is not functioning properly, you might feel like the world is spinning (vertigo), experience a floating sensation, or notice that your balance feels “off.” Common causes include inner ear infections, head injuries like concussions, or even age-related changes. Some people also experience symptoms after illnesses or due to conditions like benign paroxysmal positional vertigo (BPPV), vestibular neuritis or Meniere's disease.

Fortunately, help is available. Vestibular rehabilitation — led by specially trained physical therapists — uses targeted exercises and hands-on techniques to retrain the brain and body to process balance signals correctly. These treatments are non-invasive and highly effective.

If dizziness or imbalance is interfering with your daily life or making you feel anxious or cautious, don't wait it out. Seek help from a vestibular-trained physical therapist to regain your confidence and stability. You don't have to live with dizziness. ■

Information provided by Annette Smith, Mountain Laurel Physical Therapy, 10888 Hickman Road, Suite 2B, Clive, Iowa, 50325, 515-520-8037, [mountainlaurelpt.com](http://mountainlaurelpt.com).



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# CHAMBER Luncheon

Clive Chamber Membership Luncheon was held at Vibrant Music Hall on Tuesday, May 6.



Malinda Schultice and Lexi Gabrielson



Dominic Chiovaro and Drew Pauley



Shelby Chavez-Chun and Susan Dunn



Matt Janssen and Ben Chambers



Connor Buchanan and Ken Setzkorn



Becky Britton and Mindy Jansen



Malinda Schultice, Nikki Nigg and Eric Klein



Jessica and Tyler Kamerman



Marsha Lappin and Mary Schultz



Kristin Wadle and Alex Critelli



Tiffany Eckert and Tamyra Harrison





Jason Krull at the Clive Chamber Membership Luncheon held at Vibrant Music Hall on May 6.



Drew Pauley at the Clive Chamber Membership Luncheon held at Vibrant Music Hall on May 6.



Justin and Lilith Whetzel at Green Belt Park, Clive, on May 9.



Elijah, Jacob, Maeve and Reuben Meradith-Byers at Stonegate Park, Clive, on May 9.



Lucas Brandt and Dawn Mabe at the Clive Chamber Membership Luncheon held at Vibrant Music Hall on May 6.



Stephanie, Carver and Avery Lovelace at Greenbelt Park, Clive, on May 9.



Justin Stovlil and Nolan Corbin at Stonegate Park, Clive, on May 9.



Jennifer Wachowiak and Sean Ross at The Other Place, Clive, on May 9.



Jamie Booth and Teresa Ryan at The Other Place, Clive, on May 9.



Amy and Keera Ball at The Other Place, Clive, on May 9.



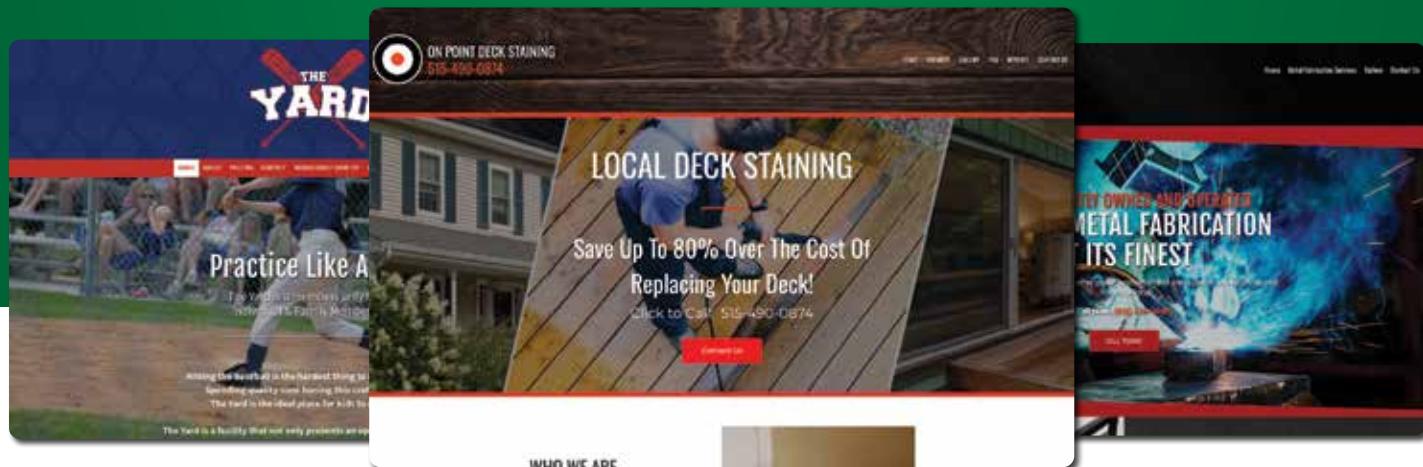
Cara Findlay and Shelley Sessler at The Other Place, Clive, on May 9.



Brenda Carr and Jessica Rodriguez at The Other Place, Clive, on May 9.

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WRX735SDHV

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