

CLIVE

NOVEMBER 2025

Living

MAGAZINE

HOMETOWN

holidays

Residents prepare to
enjoy the festivities.

Meet Dylan Martin

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WELCOME

GIVE Santa a hug

There he was. An overweight, old man dressed in red with an unkempt beard and a peculiar hat. He was a complete stranger who wanted me to sit on his lap and share my wishes. Creepy? You're darn right! At least he was to this young boy.

Keep in mind that I didn't even want hugs or kisses from my grandmothers, so there was no way on Earth, or anywhere else, that I was going to get close to the man whose real name is Kris Kringle. I would forgo any and all presents before I would share a single word with the guy who now proclaimed himself as Father Christmas.

Santa was welcome to park his sled on our roof and break into our home to leave presents, but that's where our relationship ended. From what I can see today, and from what I remember with our kids, I am not the only one who was uncomfortable with the Christmas tradition of sitting with Santa.

But, we keep doing it. Standing in line. Cameras in hand. Hoping for that memorable keepsake image but instead apologizing to Mr. and Mrs. Claus for a screaming kid who doesn't understand the process.

You have got to love Christmastime traditions. Despite those unsettling Santa Claus memories, I certainly do enjoy the season. The caroling of festive songs. The sleigh rides. The lighting of the Christmas tree. The hot chocolate and candy canes.

Keeping these holiday traditions going takes work by many people, and I am thankful to them for their efforts. With that in mind, I hope you will join me for the wonderful holiday celebrations in the area.

I might even give Santa a hug. Maybe. ■

SHANE GOODMAN

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Santa and Mrs. Claus visit with children at the annual Tree Lighting holiday event.

HOMETOWN *holidays*

Residents prepare to
enjoy the festivities.

By Sean Dengler

The calendar page has turned to November and thoughts to the holiday season. A chill is in the air, and the aroma of pies, cookies and turkey dinners waft from the kitchen. Halls are being decked, mantles decorated and mistletoe hung. Indeed, the holiday season is upon us, and how better to celebrate than with family gatherings and hometown festivities?

Fun for the children

If you are looking for a fun, family-friendly activity for the kids or grandkids to enjoy in Clive, look no further than the Annual Mayor's Tree Lighting taking place at the Clive Public Library and City Hall complex on Dec. 5, 5:30-7 p.m.

"The event, as a whole, celebrates the entire holiday season," Jeff Lucas, recreation manager for the city of Clive, says. "The date coincides with the kickoff to the holiday shopping season and all the events that come after that."

This event is hosted by Clive Parks and Recreation, Clive Public Library and Clive Chamber of Commerce. Those who are interested in attending should expect a lot of fun.

"We've got a variety of children's activities," Lucas says. "We have four different musical acts. Of course, Santa and Mrs. Claus will be there."

Kids' activities like crafts and cookie decorating will take place in the council chambers while face painting will take place in the Greenbelt Room. A hot chocolate bar and kettle corn will be available at the front entrance of the library. Photos with Santa and Mrs. Claus will be at the library fireplace with Terry Snyder Photography sponsoring. Attendees can also enjoy a delightful selection of local musical talent.

"We try to layer it where there's different modes of music at each space," Lucas says. "The Valley choir will be outside on the front steps, and then the other musical acts will be scattered throughout the facility."

The musical groups are coming from all over the metro with the Valley High School Choir performing from 5:30-6:45 p.m. outside of the library's front entrance, a String Duo performing from 5:30-7 p.m. at the council chambers entrance, the Des Moines Concert Handbells Small Group Ensemble performing 5:30-5:50 p.m. and 6:30-6:50 p.m. in the library kid's room, and the Johnston High School A Capella Group performing at 6 p.m. in the library kid's room.

But, that's not all.

"Always a favorite are the lighted hayrack rides," Lucas says.

This ride provides classic holiday cheer by going from the library, around the Clive Aquatic Center parking lot, and back.

The Clive Police are starting an original activity this year that is within the holiday spirit of helping others.



The Valley choir carols at the Annual Mayor's Tree Lighting at the Clive Public Library.

"They are planning a new activity that is filling a squad car with donations for Clive Community Services," Lucas says.

This local tie-in illustrates what the holiday season is all about, and it fits perfectly into the spirit of this event.

Another new activity at this year's celebration is the addition of the sensory-friendly coloring activity taking place in the Walnut Room. This room will allow children to take a break from the music and the large gathering of people. Kids and families can come and go at their leisure from this room.

This event would not be complete if it did not abide by its title. The annual tree lighting ceremony takes place in the library parking lot at 5:45 p.m.

"We'll have remarks from Clive Mayor John Edwards and then the president of the Chamber of Commerce," Lucas says.

What began at Aasheim Plaza years ago has now evolved into a wonderful community event with 300 to 400 people attending.

"The Chamber used to light a tree there (Aasheim Plaza), and then it was, like, 'Hey, our attendance is struggling. Let's team up,'" Lucas says. "It's turned into a nice partnership between the city of Clive and the Clive Chamber of Commerce. It's meant to be a Clive community event that celebrates not only our Clive community but our Clive businesses as well."

A lot of careful planning has gone into the event to draw people.

"If you give people enough reason to come, they'll come," Lucas says. "It's a lot of layered activities for a 90-minute event."

It would not be a Clive activity without Clive's most famous residents also taking part



Families have colorful holiday backdrops for photos at the Annual Mayor's Tree Lighting.

in the festivities.

"We have the goats that are kind of adjacent to the space," Lucas says. "Kids are always looking for a way to interact with goats, so we light that space up as well."

With these different activities and animals, this event holds a special place in the Clive community.

"It's a kickoff to the holiday season," Lucas says. "Anytime you have Santa, Mrs. Claus, the Greenbelt goats, and some music for the holiday



Lighted hayrack rides are enjoyed at the Annual Mayor's Tree Lighting festivities.



Musical entertainment at the Annual Mayor's Tree Lighting includes the handbell choir.

season, why not come?"

For more information, check out the city of Clive's website, www.cityofclive.com/parkandrecreation/programs_and_events/mayors_tree_lighting.php or scan the QR code.



Finding the perfect gift

For those looking for gifts for their family and friends this holiday season, look no further than Clive's Annual Holiday Craft, Vendors, Boutiques and More Shopping Extravaganza. This action-packed, fun-filled event takes place at the Horizon Events Center on Saturday, Dec. 6.

"This event has crafters, vendors, bakers, boutiques and so much more," Lisa Canedo with Canedo Events says.

More than 160 spaces will be filled with many unique and many returning favorite vendors. Chances are everyone will be able to

find something to buy for someone special. Admission is \$5 to attend (kids 10 and younger get in free).

Besides a source of great gift items, Canedo says purchasing from the vendors is also a great way to support many small businesses. Connecting customers with these businesses is big focus for this holiday extravaganza.

"We started the shows in 2024 in Clive to connect shoppers to vendors and vendors to shoppers," she says. "To provide small businesses a place to display and sell their products. Also to provide a place for shoppers to come to check out all of the unique small businesses and their items they sell. The best products are the items purchased by small businesses. Plus, no shipping cost, and you get to see things in person."

There will be new additions to this year's festivities with a holiday backdrop for pictures and make-and-take classes. Santa will also be in attendance handing out treats. Other fun activities will also be offered.



Clive's Annual Holiday Craft, Vendors, Boutiques and More Shopping Extravaganza will be at the Horizon Events Center Dec. 6.



Canedo notes there will be door prize tickets, and swag bags will be given out randomly throughout the day. Food will also be available, and a bar will be open. There will also be free parking, coloring sheets and a bounce house.

For more information, visit www.facebook.com/events/1563977940984805 or scan the QR code. ■



PARMESAN garlic focaccia bread is a slice of comfort

This month, I share another recipe from my daughter, Samantha. She loves to make all kinds of bread. Few things make a kitchen feel more welcoming than the aroma of freshly baked bread, and parmesan garlic focaccia delivers that comfort in every bite. Golden and crisp on the outside yet soft and airy inside, this Italian favorite is elevated with the irresistible pairing of roasted garlic and nutty parmesan cheese. It is the kind of bread that feels special but is surprisingly simple to make at home. Serve as a side with soups and pastas, cut into squares for an appetizer board, or enjoy warm right out of the pan. Focaccia is versatile and crowd pleasing. The drizzle of olive oil, a sprinkling of herbs and the cheesy finish give it that bakery-style touch you will love sharing — or keeping all to yourself. Enjoy! ■



Parmesan Garlic Focaccia Bread

Ingredients:

- 1½ cups warm water (about 110°F)
- 1 tablespoon sugar
- 2¼ teaspoons instant yeast (1 packet)
- 4 cups flour
- 1½ teaspoons salt
- 1/3 cup extra virgin olive oil, plus more for greasing
- 3 cloves garlic, minced
- 2/3 cup freshly grated Parmesan cheese
- 1 teaspoon dried Italian herbs or chopped rosemary
- Flaky sea salt

Directions

- Combine warm water, sugar and yeast. Let sit for 5 minutes until foamy. Add flour and salt. Mix until dough forms. (It will be sticky.) With a mixer, kneed for 5-7 minutes or by hand for 8-10 minutes until smooth. Brush dough with olive oil and cover.
- Let rise 1-1.5 hours in a warm spot until dough has doubled.
- Heat 2 tablespoons olive oil with minced garlic until fragrant (about 1 minute) in a

pan. Keep for later.

- Place dough in greased 9-inch by 13-inch pan. Gently press to corners. Let rest 10 minutes, then stretch. Cover and rise 30-45 minutes.
- Preheat oven to 425 F. With your fingers, dimple the dough all over. Brush with garlic oil. Then sprinkle parmesan cheese, herbs and sea salt on top of dough.
- Bake 20-25 minutes until golden brown. Cool 10 minutes in pan, then transfer to wire rack.
- Slice and serve warm. Store bread for two days at room temperature or freeze up to three months.
- **For the best results, follow these additional steps:** Make sure your water is warm (110 F), not hot. For the best texture, let the dough rise completely. Use plenty of oil in your pan, as this will give your bread a crisp crust.




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INVESTMENT

By Daniel Rundahl

DON'T forget draw-down requirements



This time of year can bring plenty of change, whether it is the leaves on the trees, the seasonal sports schedules, or the considerations for who brings the turkey and eggnog. With all the hustle and bustle of the upcoming holiday season, you may not be focusing on the required draw down of some of your life savings.

Individual Retirement Arrangements (IRAs) were created in 1974, and Required Minimum Distributions (RMDs) were required from the very beginning. RMDs are the minimum amounts that U.S. tax law requires one to withdraw annually from traditional IRAs and employer-sponsored retirement plans. The purpose of RMD rules is to ensure that people do not accumulate retirement accounts, defer taxation, and leave these funds as an inheritance. RMDs force the holder to withdraw at least some of the funds as taxable distributions while they are still alive.

The rules apply to all employer-sponsored retirement plans, including profit-sharing plans, 401K, 403(b), and 457(b) plans. The RMD rules also apply to traditional IRAs and IRA-based plans such as SEPs, SARSEPs and SIMPLE IRAs.

The age to start taking RMDs has changed over time. The current age to begin taking RMDs is 73 as of 2023, according to the SECURE 2.0 Act, which was an increase from the previous age of 72. For those of us born after 1960, we need to consider RMDs at age 75. Individuals are generally required to start taking withdrawals from their retirement accounts by April 1 of the year following the year they reach the required age.

There are penalties for failing to take RMDs or not taking a large enough distribution. The penalty is an excise tax of 25% of the amount not distributed as required, or 10% if the RMD is corrected within two years.

To some people, this requirement will not be as great of an issue if you are already drawing retirement needs regularly from your pre-tax savings; to others, it may cause an increase in taxable income that was not expected or needed.

This time of year, look at this future obligation. Maybe your required distribution is two to three years from now and you have room in your current tax bracket to explore other options. Many individuals consider ROTH IRA conversions to reduce the requirements at age 73. Others consider changing their annual tithing and donation expectations to have them come straight from the RMD qualified investments and go to the charities and churches of choice. Some may initiate a gifting effort to send this money in the direction of a loved one.

When it comes to retirement, you have worked hard the last 30-40 years. You have raised your family, given everything you can to save for your golden years, and now it is time for you to be able to live more like every day is a Saturday.

This time of year, let us be thankful. Let us take pause to thank those who have served to provide for the rights that we hold so dear. Let us embrace the spirit of family and friends. Don't forget to reach out to your financial advisor to get some of these end of year "requirements" in order so there are no surprises and you can walk into the New Year with a fresh start. Happy Thanksgiving. ■

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.

PLAN AHEAD

By Dave Cortner

HEADING south for the winter or traveling for the holidays?

Are you traveling over the holidays to visit family? Are you a snowbird, and will you be heading south for the winter?

Have you ever thought about what you would do if something unfortunate happened during the time while you were away and you needed the services of a funeral home?

We don't like to think about these things, but, the truth is, they can happen. And when they do, having a plan in place can make a world of difference.

Perhaps a Travel Plan is something for you to consider — a plan that would take care of everything and bring your loved one back home, if such an unfortunate situation occurred.

These plans can be very cost effective and provide a great deal of peace of mind for those traveling or heading to their winter retreat.

Visit with your funeral home of choice and ask them if they offer a Travel Plan.

Better to have a plan in place and not need it than to wish you had done something to prepare. ■

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



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HEALTH

By Annette Smith

THE CONNECTION between stress and chronic pain

Stress isn't just an emotional experience — it can have a profound impact on the body. When stress levels rise, the body releases hormones like cortisol and adrenaline that prepare us for "fight or flight." Over time, this constant state of alertness can lead to muscle tension, shallow breathing and changes in posture. The neck, shoulders and back often bear the brunt of this tension, which may contribute to headaches, jaw pain or chronic discomfort.

Persistent stress can also heighten the body's sensitivity to pain by influencing how the brain processes pain signals. This means that even minor aches can start to feel more intense when stress is ongoing. It's a cycle: Pain increases stress, and stress, in turn, worsens pain.

Breaking this cycle often starts with awareness. Incorporating brief moments of movement throughout the day — like stretching or walking — can help release tension. Slow, deep breathing or mindfulness practices can calm the nervous system and relax muscle tone. Gentle manual therapies, massage and relaxation techniques may also assist the body in returning to a more balanced state. By addressing both the mind and body, it is possible to reduce discomfort and improve overall well-being. ■

Information provided by Annette Smith, Mountain Laurel Physical Therapy, 10888 Hickman Road, Suite 2B, Clive, Iowa, 50325, 515-520-8037, www.mountainlaurelpt.com.



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WHAT ARE the benefits of a trust?

A revocable trust is an estate planning document that holds and controls your assets under your direction. It is a legal document that names a trustee administer assets and provides instructions to the trustee on how to manage and disburse funds. It also names specific beneficiaries and determines how and when they should receive payments. A revocable trust is an important part of your estate planning strategy, and it has a lot of benefits.

Trusts allow you to control your wealth if you become disabled or incapacitated. Having the assets in a trust, with instructions to another person to distribute funds, ensures that you and your loved ones will still have those benefits even if you are not there to provide them mentally or physically.

Trusts also protect your legacy. A properly constructed trust can protect your assets from your heirs' creditors or even from the irresponsible ways of the beneficiaries themselves. If you have children with special needs, a trust can manage assets in a way that guarantees the preservation of benefits like Medicaid and Social Security Disability.

Trusts allow you to choose who will manage your affairs. You will



most likely act as the trustee of your own trust. But you should name a successor trustee to continue the role in the event of your incapacity or death. The successor trustee will follow the instructions in the trust document and continue the management of your assets.

Trusts are often used as a means to transfer inheritance to others over time, or to protect assets for an individual with special needs. But the most common use of a trust is to avoid probate. Probate is the court-supervised settling of an estate after death. Probate can take a year or more to complete and can cost thousands in court-awarded fees.

A well-drafted and correctly funded trust will continue after your death and will avoid probate. Assets in the trust are distributed according to the instructions in your trust, instead of being subject to court control. It can provide privacy and efficiency in the settlement of your estate.

Trusts are not for everybody. But for those who want to protect their assets, avoid probate, and ensure a smooth transition of inheritance, consult with an experienced attorney to see if trust planning is right for you. ■

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

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RUTH ALTMAN has a drive to help others

Provides transportation to and from medical appointments

Ruth Altman likes people, and she especially likes to help people. So, after retiring, she was glad to start providing transportation for people to and from medical appointments in and around the Clive area, through the Heartland of Iowa Regional Transit Agency (HIRTA) program.

"I retired from the Resource Center in Woodward in 2023. I worked in human services most of my life, and I like helping people. I knew there must be a need somewhere to help get people back and forth to doctor appointments," Altman says. "Somehow, I heard about HIRTA, so I reached out and filled out an application to volunteer. I think it was in December 2024 that I did my first transporting. Since then, the tracker shows that I've performed 72 hours of volunteering for medical transportation."

The 72 hours volunteered by Altman includes transporting individuals to and from 30 appointments, which averages to nearly one trip per week.

HIRTA serves a seven-county area, including Boone, Dallas, Jasper, Madison, Marion, Story and Warren counties. Anyone interested in rides for appointments, or in volunteering, can call 877-686-0029. Freewill donations are accepted from riders. HIRTA transportation is available for persons of all ages, and HIRTA has ADA-accessible vehicles for those who require that. Other riders can be transported in the volunteer's personal vehicle, which is how Altman operates.

Altman explains how the HIRTA rides began.

"The program was developed after COVID, because people weren't getting to medical appointments as much as they should," she says.

Altman says, for drivers such as herself, mileage reimbursement is offered, and the HIRTA program maintains liability insurance for drivers using their own vehicles.

One of the most important factors for Altman is that she can volunteer as much or as little as she chooses.

"I can pick and choose," she says. "Mildred reaches out and asks me if I'm available for any schedule requests."

Altman feels good knowing she is making a difference for those she transports and for their families.

"It helps the families, too, so they don't have to take time off from work," Altman says. "Every time I do a drive, it's nice, knowing that they got the medical treatment they needed," she says. "The biggest one would probably be the gentleman who is going through cancer treatments. I got to be there when he got cleared. He and his wife had such joy, it brought tears to my eyes."

Altman spreads the word about HIRTA so that those in need can get rides and so potential drivers can find a way to help others.

"People need to be aware that HIRTA is an option that's available," she says. "I always tell people about what I do, in case they might have time and interest in doing something like this, too."

According to Altman, the socialization is as important as the transportation, both for the riders and for herself.



Daniel Timmons of Edward Jones presents a Neighbor Spotlight certificate to Ruth Altman.

"People need people. When I retired, I missed the socialization," she says. "I'd say 90% of the riders have a pet at home that they like to talk about. It's been very rewarding. I've met a lot of interesting people. I've really enjoyed it." ■

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Veterans

Robert "Bob" Niccum

Clive

Rank: SFC-E-7

Military branch:

Medical –
Veterinary Food
Inspection

Served: January
1958 to January
1980

"I felt that, by
serving in the military, this was
the way to ensure our country
pledge to the flag and to our
rights as American citizens."



Brian Schmidt

Clive

Military branch:

U.S. Army

Rank: Lieutenant
Colonel (retired)

Enlistment date:
August 1991

Deployments:

Operation Enduring
Freedom, 2001-2002, 2003-2004

"Serving in the National Guard
changed my life in ways I never
expected. You come out of it so
much better than when you went
in, with more character, discipline
and maturity than you can imagine.
There are so many positives you
don't see at the beginning. You
think you're just signing up to serve,
but you end up gaining lifelong
skills, friendships and perspective.
Even if you only serve a few years,
the benefits stay with you forever.
It really does shape who you are in
the best ways possible."



R. Michael Stanley

Clive

Branch: U.S.

Air Force /
Iowa Air Guard

Rank: Lt. Col.

Served: 1980-
2006

"Serving our
country as
a fighter pilot was not only
life changing, it was also the
greatest honor on the largest
stage maintaining peace
through strength worldwide.
Veterans don't demand
recognition from the public
as they have already gained
the respect from their fellow
military brethren; however,
they are extremely proud
when honored for serving
by the public at large. I
have personally witnessed a
wonderful change in recent
years towards patriotism."



Pete VanDeRiet and Carla Akershoek

Clive

Rank: Pete is a retired First
Sergeant, and Carla is a retired
Specialist

Military branch: Both were in
U.S. Army

Served: Pete, 1983 to 2007;
Carla, 1987-1991

"It can be very challenging in
ways different from the civilian
world being separated during
deployments and assignments.
It is very rewarding."

Howard Robbins

Clive

Military branch: Air Force

Rank: Staff Sargent

Served: October 1949 to September 1953

"Serving in the Air Force was a rewarding experience that
offered great benefits and a strong sense of purpose.
I had the opportunity to work in the air resource
development field and was proud to be part of the team involved in
launching the first guided missile — a groundbreaking moment in military
history. My service also included teaching in schools across Illinois, which
allowed me to give back in a meaningful way. Looking back, I feel good
about the work I did and the contributions I made. It was an experience
that shaped me and one I'm proud to share."



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Kurt Flood

Clive

Military branch: Iowa National Guard

Rank: Captain, Company Commander for E CO 334 BSB in Davenport

Enlisted: January 2017

"Throughout my career, I have been ready and willing to assist the residents of the state of Iowa and the United States. I was deployed domestically to aid during the Jan. 6 protests and have had the privilege of meeting some of the finest residents of Iowa and the United States. As Americans, we often talk about our rights, but it's equally important to remember the responsibilities that come with those rights, including giving back to the institutions that have done so much for us. I wholeheartedly encourage every American, especially our younger citizens, to consider volunteering to serve our country. It's an experience that will transform your life for the better and instill a lifelong sense of duty and service."



Stephen Laverne Sheets

Clive

Military branch: U.S Air Force – Army/National Guard

Rank: E8

Served: Oct. 10, 1966 to March 21, 1977

"My decision to join the Air Force was deeply influenced by my brother, who was a pilot, and by the strong sense of patriotism instilled in me by my parents, my father having served in the Army. Motivated by their example and my own desire to serve, I found the experience to be incredibly rewarding and fulfilling. Looking back, I consider it the best decision I have ever made, one that shaped my values and gave me a profound sense of purpose."



Richard Rowe

Clive

Military branch: Navy

Rank: Retired E-9, Command Master Chief

Served:

August 1982 to August 2003; deployed 13 years out of the 21 years served.

"It was an honor to be in service, and a heritage. My grandfather was a retired chief from WWII and Korea and my father served for four years. Guess you could call it a family business. Then my wife, daughter and son all served in the Navy as well. Service before self is the best way to put it. Country before self — the path is not for everyone, but knowing they care means a lot."



EVENTS IN THE AREA

Be sure to check for cancellations.

Coming up in the Clive Living magazine:

Handmade gifts: If you have made or received a cherished handmade gift, we would like to share your story for the December issue. Email tammy@iowalivingmagazines.com.

Super Bowl parties: Do you have a tradition of holding a Super Bowl party? Share your party plans, recipes and other ideas! Email tammy@iowalivingmagazines.com to share your story!

Saturday Specials at the Harbach Center

Saturdays, Dec. 6, Jan. 17, Feb. 14, 10:30 a.m. to 1:30 p.m.
8505 Harbach Blvd., Clive

Bring the family to the Harbach Center for fun activities during the colder winter months. Free bounce houses will be set up in the Recreation Bay and arts and crafts with the Clive Public Library will be in the Community Room. Entry fee is one non-perishable food item or a new personal care item per person attending the event. Contact Jeff at jluccas@cityofclive.com for more information.

Clothing drive

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

Donations of gently used or new, seasonally appropriate clothing, accessories, and shoes can be donated to Clive Community Services. Clothing should be recently laundered. Generally speaking, there is a greater need for men's clothing and children's clothing. Additionally, 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.

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.

The Medical Clinic hours are: Monday, patient registration 5-6:30 p.m.; patients seen 5-7:30 p.m.

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Youth Basketball League Deadlines

The second season of the city's popular Youth Basketball League is quickly approaching. Sign up your team at cityofclive.activityreg.com before the deadline on Wednesday, Dec. 4.

Registration will close before the deadline if all program spots fill up. The cost is \$670 plus tax per team, with each team playing seven games over six weeks. Contact Jon at jgibbs@cityofclive.com for more information.



Puzzle Palooza

Dec. 27-31, during library hours
Clive Public Library, 1900 N.W. 114th St., Clive

Think you've got what it takes to piece it all together? Adults, gather your puzzle-loving friends and form a team of up to four people. Best time in each category over the five days wins a prize. Puzzles must be started at least two hours prior to close, and it's a good idea to call ahead to make sure one is available. For more information, contact staff@cityofclive.com. ■

TIPS to keep your inbox safe this holiday season

During the holidays, your inbox is likely overflowing with promotional emails and “limited time offers.” While these can be exciting, they can also open the door to fraud. Fraudsters often disguise malicious emails as legitimate promotions, hoping to catch you off guard.



Here are six security tips to help you keep your inbox safe this holiday season:

1. Be cautious with promotional emails:

Fraudsters often mimic popular brands to send fake promotional emails that contain harmful links or attachments. Before clicking:

- Check the sender's email address for misspellings or odd domains.
 - Check for promotional deals by accessing the company's website using a trusted URL.
- Avoid downloading attachments from unknown senders.

2. Unsubscribe wisely: During the holidays, you may find yourself subscribed to dozens of

retail newsletters. While unsubscribing can help declutter your inbox, be sure to:

- Unsubscribe directly from the website rather than through an email link.
- If an email looks suspicious, avoid clicking “unsubscribe” as it could be a phishing attempt.
- Use your email provider's built-in unsubscribe feature when available.

3. Shop directly from trusted websites:

Instead of clicking through email links, go directly to the retailer's website by typing the URL into your browser. This ensures you're not redirected to a fraudulent site pretending to be the real thing. Look for:

- A lock icon in the browser's address bar.
- URLs that begin with “https” (the “s” stands for secure).

4. Use unique passwords: If you create accounts while shopping online, use unique passwords for each one. This helps prevent hackers from accessing multiple accounts if one is compromised. Consider using a password manager to securely keep track of your information.

5. Shop safely online: Avoid making online

purchases while using public Wi-Fi because network access can be intercepted, and fraudsters can steal your personal information. Instead, use your secure home Wi-Fi or personal VPN. When shopping online, even using secure home Wi-Fi or personal VPN, use a virtual credit card number or services such as Apple Pay or Google Pay whenever possible.

6. Monitor your inbox and bank

statements: Keep an eye on your inbox for order confirmations and shipping updates. If something looks off, like a confirmation for a purchase you didn't make, act quickly. Be sure to:

- Review your bank statements for unauthorized charges.
- Match receipts with transactions.
- Report suspicious activity immediately.

By staying alert and following these tips, you can enjoy the convenience of online shopping without falling victim to scams. ■

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



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MEET Dylan Martin

Carrying on a love of teaching

Dylan Martin grew up in Temecula, California, and his mother was a teacher. After high school, he earned his degree from Graceland University in Iowa. When his mom began wrapping up her career as a teacher in Allen, Texas, Martin was also living in Texas and decided to work as a substitute teacher to determine how he liked it.

"I really enjoyed the students at the school," he recalls. "I got my certification to be able to teach. In Texas, it was different than here. Texas Teachers of Tomorrow is an alternative education route, and I was able to do all my classes through them." Martin taught in Texas from 2020 until 2023 when he moved back to Iowa.

Martin is in his first full year as a full-time physical education teacher at Shuler Elementary School, though he worked there for half a year last year as a substitute. He says that Waukee School District is a wonderful district to work in, and he feels like the students are particularly great.

"When I was exploring options of where to apply, I was drawn to Ryan Marzen, our principal. His personality is great, as well as the rest of the staff. I chose Shuler, and I am lucky enough that Shuler chose me as well."

There is a myriad of options when considering the kind of education career to pursue. Martin chose a field that played to his strengths and talents.

"I have always been big into sports," he explains. "I was a college basketball player. Becoming a P. E. teacher seemed like a good fit for me. Also, I value the lessons one can learn through sport, and I like the fact that I can share those with the students."

Being able to impart the lessons he learned as a student-athlete means a great deal to him, and he hopes that what he teaches can make a big difference to his students as they grow and mature.

As an elementary school P. E. teacher, Martin says he is lucky that most kids like coming to his class. However, the job is not without any challenges.

"When we do something that may not be a student's favorite activity, or if there are several non-sport students in a class, it can be challenging to make the activities fun and connect with them," he says. "We recently did a scooter unit and went on a scooter ride around a trail in the surrounding neighborhood next to Shuler. Other engagement activities I try include allowing them to partner up, because connection with peers results in higher engagement as well."

In his year and a half at Shuler Elementary School, Martin has enjoyed many moments that have become fun memories.

"I loved going through and seeing all the students enjoy their Field Day last year," he recalls. "They do a lot of the activities that we do in P. E. but in a more relaxed setting with their friends."

Martin says that becoming a P. E. teacher is worth the effort because of the great connections the teacher can make and the impact he or she can have on students.

"It's great to see each student grow, not only in physical strength and ability, but in character as a better person," he says. ■



Dylan Martin decided to become a physical education teacher because it played to his strengths.

JORGENSEN joins DMU Clinic - Physical Therapy

Sarina (Lily) Jorgensen, P.T., D.P.T., has joined the providers at the Des Moines University Clinic - Physical Therapy. Jorgensen will bring a wealth of experience to the clinic, located at 3200 Grand Ave. at the DMU32 Health and Business Complex in Des Moines.

Jorgensen earned a Doctor of Physical Therapy degree from Des Moines University Medicine and Health Sciences in 2021,

following a Bachelor of Arts degree in exercise science from Hope College in Holland, Michigan, in 2016. She is a certified brain injury specialist specializing in pelvic health and neurological disorders. In 2020, she received her Lee Silverman Voice Treatment BIG certification, an evidence-based, intensive training that better equips physical and occupational therapists to treat individuals with Parkinson's disease and other neurological conditions.

Jorgensen recently worked as a physical therapist at On With Life, a rehabilitation facility in Ankeny. There, she treated patients with a wide range of neurological disorders, many of whom suffered from diverse pelvic floor disorders including urinary/fecal incontinence, urinary urgency/frequency, constipation, pelvic organ prolapse, pelvic pain and dyspareunia. She previously worked at Breathe Physical Therapy & Wellness in Des Moines.

Jorgensen has a holistic approach to patient care and is equally passionate about treating men and women.

"I treat each person as an individual. I'm always trying to work toward the goals that my patients have set and not just doing the same thing based on what I see. I'm focused on their goals and improving their quality of life." ■



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CLIVE unveils new mural at the Harbach Center

Artist Jeremy Jarvis partnered with Clive to create a vibrant mural as part of the Linnan Park revitalization project. A ribbon cutting for the art was held Oct. 10. The mural, made possible in part by a grant from Bravo Greater Des Moines, features local plants, animals and waterways distinct to the Clive area.

“We are excited to share the newest mural by Jeremy Jarvis because it captures the beauty of Clive’s natural spaces,” Leisure Services Director Richard Brown said. “The work is bright and beautiful — a reflection of our community and a welcoming invitation to the Harbach Center and Linnan Park.”

“I think it’s important to have art in public spaces that everyone can see,” artist Jeremy Jarvis said. “I hope this art piece, this mural, helps everyone feel welcome and helps them feel a connection to this community center.”

The public can visit the mural at any time, and it will be easily seen from Linnan Park once the park reconstruction project ends in spring 2026. Visit cityofclive.com/LinnanParkRedesign or scan the QR code for project updates. ■



Artist Jeremy Jarvis paints on a bay door at the Harbach Center on Oct. 3.

BUSINESS

Trick or Treat

Business Trick or Treat was hosted by the Clive Chamber of Commerce businesses at Campbell Park on Oct. 16.



Kennedy and Tyler Granger



Jordan Vikan, River Vikan and Jayce Ring



Gricelda, Camila, Eva and Breanna Ramirez



Sophia Hartzler and Kyra Philipsen



Schroder and Kim Vorhees-Kidwell



Trig, Cal, Max, Shannon and Ted Rogers



Breanna, Bradlee and Brayden Eley



Elle, Jordan and Logan Osborn



Susan Dunn



Avery and Carter Tilton



Zola and Aurelia Basich



Ben Chambers



The Clive Chamber of Commerce celebrated a ribbon cutting for the remodel of Loves Truck Stop at 11820 Hickman Road.



Stephen Osamo, Danielle Shives and Billie Moreno at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



Jim Cossett and Eileen Van Kooten-Schmitt at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



KayDee Kinning and Nikki Nigg at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



Melissa Stimple and Edye Beckerman at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



Anna, Ella, Landry and Nolan Schultz at the Business Trick or Treat hosted by the Clive Chamber of Commerce businesses at Campbell Park on Oct. 16.



Melissa Hemphill and Jamie Brockhohn at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



Eric Klein and Andrea Chambers at the ribbon cutting for the remodel of Loves Truck Stop Oct. 30.



Bryce Risk, Kevin Risk and Brian Congol at the Business Trick or Treat hosted by the Clive Chamber of Commerce businesses at Campbell Park on Oct. 16.



Anna Pietz and Virginia Walker at the Business Trick or Treat hosted by the Clive Chamber of Commerce businesses at Campbell Park on Oct. 16.



Shawna Giron and Mike Weiland at the Business Trick or Treat hosted by the Clive Chamber of Commerce businesses at Campbell Park on Oct. 16.



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