

# Livi

# 'I Do'

Residents share their marriage proposal stories.

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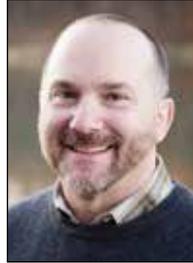
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WELCOME

# A PROPOSAL in letters

It was 32 years ago when I asked Jolene to marry me. We had been dating for a few years, and we both seemed ready to tie the knot. We were not ones to travel the world or take on outlandish activities, so a simple proposal seemed fitting, at least to me. What we did do was play a lot of board games, especially during the cold winter months. That gave me an idea.



One evening, I carefully placed the engagement ring I purchased for her in the bag of letters in a Scrabble game. I asked her if she wanted to play. She didn't react positively, but I eventually talked her into it. I nervously unfolded the board and set up the racks. Then I drew my letters. She did the same.

As the game proceeded, Jolene kept drawing her replacement letters, and I kept looking at her face, awaiting her reaction when she would pull out the ring.

More rounds of play. More letters drawn. We were getting down to the end, and she still had not found the ring. Was it not there? Did I lose it? Or did she know my plan and was messing with me the entire time?

With her last draw, she felt something different in the bag and remarked, "What is in here?" Then she turned the bag upside down and shook it, bouncing the ring off the table and onto the floor. I, of course, quickly picked it up, dropped to one knee, and asked her to marry me. Fortunately, she said yes. And, fortunately, the ring was still intact.

Considering what we do in our jobs today with publishing and printing and journalism and words, maybe using the Scrabble game was a good fit. I would like to tell you I had that connection planned out, but I didn't. We simply liked playing Scrabble. And we like being married.

In this month's cover story, we share the engagement stories of local residents, telling how they gained the courage to ask for their partner's hand in marriage.

Have a great month and thanks for reading. ■

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# 'I Do'

Residents share their marriage proposal stories.

By Sean Dengler

Couples often celebrate the milestones of their relationships: the day they met, their wedding, anniversaries ... And the date of their engagement is often a highlight: an event often given much thought and planning. An occasion of romance, joy and anticipation of the journey ahead.

Keith and Bobbee Lindstrom met while in high school and have been married for 75 years.



Charlene and Kurt Flood were engaged under the dome in the Iowa State Capitol.

### Under the golden dome

For some couples, romance begins in the workplace.

“My wife, Charlene, and I met at Dowling Catholic High School,” Kurt Flood says. “We were both first-year teachers.”

Due to the lack of space, Kurt and Charlene got to know each other in tight quarters.

“As new teachers, we didn’t have a classroom of our own and had to work out of the faculty break room,” Kurt says. “Our desks were placed right next to each other. With this arrangement, we spent a lot of time getting to know each other.”

These close quarters led to a closer relationship.

“After a year of dating, I decided it was time to make it official,” Kurt says.

He hatched a plan involving one of the most beautiful and historic buildings in all of Iowa.

“I secured the OK from her parents and organized a date that would end at the Des Moines Capitol building,” Kurt says.

Charlene had a feeling the proposal might be coming, he says.

“She had a sense it would happen soon based upon the time of our courtship but wasn’t exactly sure when,” he says.

Kurt’s plan involved a little misdirection.

“In the interest of surprise, I pressed an impending field trip into service as my alibi,” he says. “Charlene, ever obliging, accompanied me up the steps to the main entrance, under the pretense that I needed to verify some obscure detail about the building.”

Before completion of the ruse, Kurt and Charlene walked around the Capitol grounds and looked at the sculpture park near the Capitol before it was time for the big moment.

“The truth, of course, was rather more momentous,” Kurt says.

“Beneath the golden dome, I produced a ring and a question.”

With the question came a sense of importance.

“I knew I was entering into a lifelong commitment,” Kurt says. “I wouldn’t say I was nervous but had more of a feeling of the momentous gravity of the situation.”

The proposal was soon followed by the awaited answer.

“She said ‘yes,’ and the rest, as they say, is the sort of history that never quite makes it into the textbooks,” Kurt says.



Keith Lindstrom jokingly asked Bobbee to marry him on their first date, but she didn’t answer him.

The proposal brought emotions.

“We were excited to begin the process of building our family together,” he says.

The Capitol has special meaning for the couple.

“The Capitol may not be the stuff of grand romance, but it had its uses,” Kurt says. “Charlene and I both have roots sunk deep in Des Moines soil and a certain affection for the peculiar charms of central Iowa. In the fullness of time, our children and grandchildren — should they ever care to look up at that dome — will have a tangible reminder of the day we decided to make a go of it.”

While the proposal is a vital step on the path to marriage, Kurt has a thoughtful perspective.

“The proposal and the wedding shouldn’t be a higher priority than the marriage. Although the feelings you get during the proposal or wedding ceremony are exciting, they are just feelings. Love isn’t something you fall into. Love is a choice that you make every day in good times and in bad,” he says.

### An early proposal

For Keith and Bobbee Lindstrom, it can be difficult to remember all the details about the proposal. Having been married for 76 years, memories can fade. Their story began when Keith moved to Kalo and started attending Otho, where Bobbee was already enrolled.

“He was a rebel,” Bobbee says.

With Keith being a new boy in a school where Bobbee only had eight girls in her class, he was a catch.

“Any one of them would’ve gone with him. Some of the older girls would’ve gone with him,” Bobbee remarks.

Bobbee also caught Keith’s eye.

“I just wasn’t interested in girls, but she was a cheerleader. And I remember watching her,” Keith says with a smile.

Soon after, they went on their first date. What happened during the date is up for debate.



Keith Lindstrom said once he started working for the railroad, it seemed like a good time for him and Bobbee to marry.

“I hitchhiked to town,” Keith remembers. “She went to town with her parents, and we met at the bowling alley. Then we went to the movie together. After the movie, her parents gave me a ride home.”

As they both sat in the back seat of the 1936 Plymouth as her parents sat up front, Keith posed a question.

“When we got pretty close to home, I said something about, ‘Will you marry me?’ ”

After reflecting on what he had said all these years later, Keith adds, “It just came out.”

“That wasn’t serious,” Keith adds.

Bobbee responded by asking Keith if he asked every girl this question.

As they reflect on the past on a recent warm February day at the Walnut Ridge Senior Living Community, Keith replies, “I never went out with any other girl... but I said that to you. You were the only one.”

Bobbee recalls hearing the proposal at the movie theater.

“What I heard was, ‘Marry me?’ I thought, ‘He’s crazy.’ And I didn’t even answer,” she says.

“You never answered me in the car either,” Keith interjects.

Keith later considered he may have asked twice during this night, but one will truly never know. Despite this proposal, their relationship changed in the years to come when Bobbee moved away to become a teacher.

“When I went to college, I said we need to dare other people,” Bobbee says.

Coming from a small town, she wanted to explore her options outside of the rural community of Otho. While Bobbee dated a few others at the Iowa State Teachers College, now the University of Northern Iowa, Keith landed a job with the railroad in Waterloo.

“We really got serious about it when I got the job in the railroad,” Keith says. “In fact, I lived in Cedar Falls. Her mother lined up a place for me to live.”

This eventually led to a bigger step in their relationship.

“When we really got serious is when we decided to be engaged and went to pick out an engagement ring,” Keith says.

They got the rings at the President Jewelry store in Waterloo.

“When we picked out the engagement ring, we bought the wedding ring with it,” Keith

says.

While Bobbee has since given her ring to her granddaughter, she did wear it for 50 years. Keith still wears his original ring.

While both are fuzzy on the details of the first marriage proposal, Keith remembers what it was like to drive up to their wedding in 1949 at the Kalo church. He drove there with his father and brother, who was his best man.

“I remember taking off from the bottom where we lived in Kalo, to the hill to the church, and I was sitting there and I was just thinking, ‘What am I doing?’ You know, I’m taking on responsibility. All I could think about is I got to get my job; I got to buy a house. It changed my life.”

After more than three-quarters of a century of marriage and welcoming three daughters, four grandchildren and six great-grandchildren, it is an understatement to say Keith and Bobbee have lived a good life. This fun, loving and entertaining couple keep their words of wisdom simple.

“Even people here ask me, ‘How did you do it?’ And I don’t have an answer,” Bobbee says. “I just think it takes a lot of give and take.” ■

# CLIVE Public Library Events

Register for events: [cityofclive.activityreg.com/selectActivity](http://cityofclive.activityreg.com/selectActivity)

## YOUTH PROGRAMS

- **Movers & Shakers:** Fridays, 9:15 a.m. and 10 a.m.
  - **Play in the Bay:** Mondays, March 2 and 9, 9 a.m.
  - **Little Learners:** Mondays (except March 16) 10:45 a.m.
  - **Baby Play Group:** Mondays, 6 p.m.
  - **Truckin' Tuesday:** Tuesdays, March 3 and 10, 9 a.m.
  - **Little Builders:** Tuesdays (except March 17) 9 a.m.
  - **Postpartum Play Group:** Tuesdays, March 24, April 28, 9 a.m.
  - **Storytime:** Wednesdays and Thursdays, 9:30 a.m. and 10:30 a.m.
  - **Saturday Stories:** Saturdays, March 21, 9:30 a.m. and March 28, 10:30 a.m.
  - **Minute To Win It! Family Style:** Thursday, March 5, 6:15 p.m. Join us for a fast-paced, laughter filled evening of fun as families compete in a series of wacky and exciting challenges. This program features simple games using everyday household items, perfect for all ages and skill levels. Registration required.
  - **BeTWEEN The Pages:** Monday, March 9, 5 p.m. Tweens, join us for a fun discussion of different middle-grade titles. Book Club group members will select upcoming titles. Every month, we will have a new title to discuss over a snack and an activity related to the book. The group is limited to 10 members, and slots will be given to the first 10 members to check out the book. Call the library to reserve the title. For more information or to register, contact staff at [staff@cityofclive.com](mailto:staff@cityofclive.com).
  - **Family Escape Rooms:** Thursday, March 12, 4 p.m., and Tuesday, March 17, 10 a.m. Spring is on its way, but something's not quite right. Help solve the puzzles, decode the messages and uncover clues before it's too late. The escape room puzzles are geared towards upper elementary school children, but, with adult assistance, they could be completed by kindergarteners. For more information, contact Dee at [dshalondeur@cityofclive.com](mailto:dshalondeur@cityofclive.com). Registration required.
  - **Sight Word BINGO:** Saturday, March 14, 2:30 p.m. Join us for a sight word-themed BINGO at the library. Participants can practice their sight words while playing a fun game of BINGO. We will have various prizes available. For more information, contact Emily at

[ellamas@cityofclive.com](mailto:ellamas@cityofclive.com).

- **Pirates in the Library:** Monday, March 16, 10 a.m. Argh, Mateys! Grab your parrots and your pirate hats and join us at the Clive Public Library to party like the pirates do. We will have themed activities and crafts for all to enjoy. For more information, contact Emily at [ellamas@cityofclive.com](mailto:ellamas@cityofclive.com).

- **Learn to Play Dungeons & Dragons:** Thursday, March 19, 1 p.m. Step into a world of imagination, teamwork and storytelling. This beginner-friendly program introduces kids and teens to the basics of Dungeons & Dragons. Participants will learn how to create a character, explore fantasy worlds, solve puzzles and work together to overcome challenges, all while being guided by an experienced game master. For more information, contact [dshalondeur@cityofclive.com](mailto:dshalondeur@cityofclive.com). Registration required.

- **Family Sing Along with Denise:** Thursday, March 19, 6:15 p.m. Explore music together in a relaxed playful setting. This is a 45-minute educationally based program taught by local instructor and guitarist Denise Forney. Classes include exposure to a variety of early music concepts, singing, fingerplays, dancing, fun props, instrument play and tips to take home. For more information, contact Dee at [dshalondeur@cityofclive.com](mailto:dshalondeur@cityofclive.com).

- **Stuffed Animal Sleepover at the Library:** Friday, March 20, 5:30-6:30 p.m., Pick-up Saturday, March 21, 9-11 a.m. Bring your favorite stuffed animal friend to the library for a special sleepover adventure. Kids can drop off their plushy pals on Friday night and enjoy a short storytime and craft before tucking them in for the night. While the kids head home, the stuffed animals stay behind for a night of fun and mischief in the library. The next day, pick up your stuffed animal and receive photos of their overnight adventures — reading books, playing games, and some mischief. For more information, contact Dee at [dshalondeur@cityofclive.com](mailto:dshalondeur@cityofclive.com).

- **Graphic Novel Book Club:** Monday, March 23, 5 p.m. Join us for a fun discussion of different graphic novels throughout the year. Books chosen are primarily at a reading level for ages 7-10. Every month, we will have a new title to discuss over a snack and an activity related to the book. The group is limited to 10 members, and slots will be given to the first 10 members to check out the book. Call the library to reserve the title. For more information, contact Emily at [ellamas@cityofclive.com](mailto:ellamas@cityofclive.com).

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a.m. to 5 p.m., Sunday: 1-5 p.m.

[cityofclive.com](http://cityofclive.com).

- **Pajama Storytime:** Thursday, March 26, 6:15 p.m. Put on your coziest pajamas and join us for a relaxing evening of stories, songs and fun. This special storytime is perfect for families with young children who want to wind down together before bedtime. We'll share picture books and sing songs. Feel free to come dressed for bed, bring a favorite stuffed animal or blanket. For more information, contact Dee at [dshalondeur@cityofclive.com](mailto:dshalondeur@cityofclive.com). Adult programming

- **Spark: A Writers' Group:** Saturday, Feb. 28, 2-4 p.m. 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. Our purpose is to meet, share, converse and give feedback in the time allotted. Drop-ins welcome.

- **Take and Make Flowerpot Gnomes:** Sunday, March 1, all day. Come to the library starting March 1 to pick up this month's take and make project. We'll be making flowerpot gnomes. While supplies last and no holds allowed. Available at both Clive and Harbach locations.

- **Let's Play Mah Jongg:** Mondays, 10 a.m., Thursdays, 1:30 p.m. Are you a beginning or intermediate Mah Jongg enthusiast looking for a chance to play? Join us on Monday mornings from 10 a.m. to noon, and/or Thursday afternoons from 1:30-3:30 p.m. at the Clive Public Library. Please note the new time on Thursdays. This is a group for people who know how to play the game. We don't offer instruction at this time. Please bring your copy of the 2025 Official Standard Hands and Rules form from the National Mah Jongg League: [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

- **Bingo for Seniors:** Tuesday, March 10, 1 p.m. Join us for an afternoon of fun. We're hosting a low-key, free monthly Bingo session the second Tuesday of the month at the Harbach branch. Who knows what little prizes and snacks will show up? Bring a friend and join in the excitement. ■

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## INVESTMENT

By Daniel Rundahl

# A FEBRUARY message to our loved ones

February is often associated with love — cards, flowers and gestures meant to remind the people in our lives that they matter. For many of us, love is expressed more in preparation. As a financial advisor, I see every day that one of the ways we care for others is by planning well on their behalf.



As January transitions into February, most households are focused on financial housekeeping. W-2s and 1099s begin to arrive, tax documents are organized and attention turns to what the past year looked like on paper. While this process is necessary, February also presents a valuable opportunity to look forward. It's a time to evaluate how our financial decisions reflect what — and who — we love.

One area to review is giving. Many churches and charitable organizations send annual contribution summaries early in the year. Changes to tax law have reduced the number of people who benefit from charitable deductions, but generosity was never meant to be transactional. February is a good time to reassess the causes you support and consider whether there are new organizations you would like to include in your giving plan.

Next is saving, which often feels overwhelming because it touches so many parts of life. Short-term goals might include upcoming travel, celebrations or home projects. Long-term goals could involve retirement, education funding or future care for loved ones. The key is clarity. When you understand what you are saving for — and when you'll need it — you can build a plan that balances today's needs with tomorrow's priorities. February is an ideal time to review current savings habits and make adjustments before the year gets away from you.

Then comes planning, where structure turns intention into progress. Think through your goals by answering a few simple questions: Who is this for? What does success look like? When does it need to happen? Where does it take place? And, most importantly, why does it matter now? That "why" is the emotional driver. It is what keeps a plan moving when discipline is required or tradeoffs need to be made.

Finally, there is the how — and this is where working with a financial advisor can make a meaningful difference. A good advisor doesn't just manage numbers and boast gains when the stock market is up; they help connect financial strategies to real life. They walk alongside you through decisions, help identify risks and adjust plans as life changes. They advise about potential roadblocks and assist with variables that may deter your long-term course.

As Valentine's Day approaches, I encourage you to ask one question: Are you in love with your financial plan? If not, February is a perfect time to revisit it, refine it and ensure it reflects the people and priorities you care about most. ■

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.

**LOVE YOUR PLAN.**



Your financial plan should support the life you love.

February is a great time to check in, adjust, and be confident your plan still fits your goals.

**Let's make sure your plan loves you back.**



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## FEBRUARY'S Iowa Living Magazines Poll of the Month

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### What do you buy most often for Valentine's Day?

- Chocolates
- Flowers
- Just a card
- Other gifts
- Nothing



# KOTHAVALE and friends teach tech to elders

Hope others will continue the program

Kalya Kothavale is a high school senior. Like most students, he has grown up in the digital age and is comfortable with today's technology, including computers, cell phones, apps and social media.



An experience in Kothavale's family led to a program that now helps many with technology questions.

"In the summer of 2023, I was visiting my grandpa in Oregon, and he was struggling with his cell phone, and I saw how easily I was able to help him with the tech skills I have picked up," Kothavale says.

That experience eventually grew into a program in which Kothavale and his friends share their tech know-how with others. They visit several area senior living centers to give presentations and hands-on help. The name of their program is "Tech Time with Friends." The program provides a combination of technical instruction and intergenerational socialization.

"Tech Time with Friends is a group of nine high school seniors at Waukee Northwest High School. We go into retirement communities about once a month. One is Walnut Ridge in Clive," Kothavale says. "We teach the residents about specific topics, such as fraud, internet safety, AI, how to use their camera or other apps on their phones, and then we help with one-on-one issues that the residents have."

Obviously, as fulltime students, the youth have limited availability, so they schedule their visits as able around school and other commitments. The sessions are usually scheduled for an hour, beginning with a presentation of roughly 45 minutes.

"We started at Walnut Ridge in June of 2025, and we've been doing it ever since. In the summer, we were able to do it a little more often, but, now with school and activities, we make it once every month," Kothavale says. "We usually start with a slide show on a certain topic, and paper handouts, then we do individual help. Each class is usually about 15 to 17 residents."

Kothavale recalls one of the easiest but also most needed lessons was teaching the difference between a cell phone that is "sleeping" versus a cell phone that is actually shut off.

"It was a key thing to teach them, that by just pressing the power button once, it sleeps, but if you hold the power button, then the phone will shut down," Kothavale says.

Looking to the near future, graduation is approaching for Kothavale and his friends in the program. With that in mind, efforts are underway to assure the program continues beyond 2026.

"I'm a tech guy. I'm the programmer on my robotics team. I've always been interested in coding," Kothavale says. "But, in the future, I want to do mechanical engineering at college. I will graduate from high school in May, so my goal is to hand this program off to someone at my school, for them to continue as a school club." ■



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Kalya Kothavale.



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# PAIR simplicity and flavor with seafood pasta

(Family Features) Some recipes come from a well-worn family card, and others are born on a busy weeknight when you need dinner to feel special without being complicated. Shrimp spaghetti falls squarely into that second category for me. It's the kind of meal that looks impressive on the plate but comes together quickly — perfect for those evenings when you want something comforting, a little indulgent, and absolutely reliable.



I love shrimp because it cooks fast and pairs beautifully with simple ingredients. Toss it with garlic, olive oil, a hint of heat, and a squeeze of lemon, and suddenly an ordinary box of spaghetti feels elevated. This is the dish I reach for when I want a break from heavy sauces but still crave big flavor. It's light enough for warmer months, yet cozy enough to enjoy year-round.

Simple, satisfying, and full of flavor. This shrimp spaghetti is proof that a good meal doesn't have to be complicated to feel special. Find more quick dinner solutions by visiting [Culinary.net](http://Culinary.net). ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

## Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach
- bread, for serving



- Cook spaghetti noodles according to package instructions. In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
- Add chicken broth, Parmesan cheese, heavy cream, remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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# TAX season FAQs for high-net-worth households

During tax season, it is natural to have questions about your filing requirements. There may be greater complexity and questions if you are part of a high-net-worth household. To read more detailed responses



and additional FAQs prepared by our Private Wealth team, visit: [www.bankerstrust.com/education-center/categories/wealth-retirement/](http://www.bankerstrust.com/education-center/categories/wealth-retirement/).

**1. What federal tax forms will I receive and what do I need to file?** Depending on the titling of your accounts and the types of assets you have, the tax forms you will receive and the forms you'll need to file can differ.

**Estates and Trusts:** Estates and non-grantor trusts are generally required to file a Form 1041 (U.S. Income Tax Return for Estates and Trusts) if the gross income is \$600 or more for the tax year.

If you are a beneficiary of a trust and/or estate filing a Form 1041, you can expect to receive a Schedule K-1 if you received distributions from the trust and/or estate during the previous tax year.

**IRA Owners:** Individual Retirement Account (IRA) owners will receive a Form 1099-R, which details distributions made during the prior year. IRA owners will also receive a Form 5498.

**Investment Agency Clients (Taxable Non-Qualified/Non-Retirement Accounts):** Holders of these accounts will receive a 1099 tax form outlining dividends, interest and capital gains or losses for the prior year.

**2. When is the right time to meet with my tax preparer?** Generally, you want to wait to meet with your tax preparer until you've acquired all the tax documentation you expect to receive for the prior year. This ensures your tax preparer will be working from exact figures and reduces the likelihood you'll need

to file an amended return to make a change or adjustment to a return already filed.

**3. What can I do to ensure a smooth tax season process?** If you are feeling overwhelmed by the complexity of your taxes, consider consolidating your accounts so they are held with fewer financial institutions. Consolidating financial institutions can help alleviate some of the stress that can come at this time of year.

Understanding tax preparation timelines and expectations can help to ensure a smooth process. Be sure to consult your CPA or tax preparer for questions or concerns. ■

This article is for informational purposes only and is not intended as legal, tax or investment advice. You should consult with qualified professional advisors regarding your own situation. Information provided by Melissa Zanders, AVP, Private Banking Officer, Clive branch, 515-245-5623, [MZanders@BankersTrust.com](mailto:MZanders@BankersTrust.com), 11111 University Ave, Clive.



*Melissa Zanders*  
AVP, Private Banking Officer

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## Making a Difference for Relationships

My interest in banking started at a young age while visiting my mom at work. Following in her footsteps, I found my passion in developing relationships and serving customers at the bank. Today, my focus remains on building trust with my clients and quickly responding to their needs. As Bankers Trust grows, we know you will continue to experience the Difference.



Private Banking subject to eligibility.

Be sure to check for cancelations.

**Note about calendar events:** This magazine is delivered the fourth Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

## Coming up in the Clive Living magazine:

**Rescue animals:** Do you have a beloved rescue animal in your family? Share your story of how you came to find your pet — or it came to find you! Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Celebrating heritage:** What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



## Wine, Food, and Beer Showcase

Friday, March 6, 6-9 p.m.  
Des Moines Marriott  
Downtown, 700 Grand Ave.,  
Des Moines

Sample the night away. The Wine, Food & Beer Showcase is one of the oldest food and beverage events in the area and has become a yearly favorite for foodies, wine lovers and beer enthusiasts alike. Featuring 30-40 of the finest restaurants, caterers, wineries, breweries and distilleries in the area, the event is the Des Moines Metro Opera's signature fundraiser. All proceeds raised throughout the evening support Des Moines Metro Opera's award-winning education and community engagement programs. Learn more at <https://desmoinesmetroopera.org/showcase/>.

## Clothing drive

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

Seasonal clothing in good condition can be donated to Clive Community Services. Additionally, new, in-the-package underwear for all genders and sizes is needed. You can also contribute financially. 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.

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



## CITYVIEW's Chocolate Walk

Friday, Feb. 27, 5-9 p.m.  
The Breakfast Club, 5525 Mills  
Civic Parkway, Suite 100, West Des  
Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. CITYVIEW and West Glen Town Center again bring the Chocolate Walk to West Glen Town Center. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues and will receive chocolate treat samples. Make it a date night or a night out with friends. Look for more details at [chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com).

## Dine & Dance with CultureALL

**Rhythm and Roots: an Afro-Caribbean Dinner. Hosted by Chef Amara Sama:** Tuesday, March 3, Palms DSM (Ingersoll), 1905 Ingersoll Ave., Des Moines. Experience the harmony of African and Caribbean flavors as you sit down to dinner, then get back up again to join Afro-Caribbean dancing. Each \$60 ticket includes dinner, music, dancing, story sharing, and discovery. Learn more about CultureALL and community partners by visiting [CultureALL.org/events](http://CultureALL.org/events). ■

## Gary's Ride

Saturday, May 16, 10 a.m. to 2 p.m.  
Starting at Waukee Raccoon River Valley  
Trailhead, Waukee

This ride is a fundraiser to increase awareness of glioblastoma, support Richard Deming Cancer Center's terminal brain cancer patients through their Integrative Medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Help us to "pedal" forward in reaching our funding goal of \$65,000 and be the difference for these loved ones and their families afflicted by terminal brain cancer/glioblastoma. The ride starts at the Waukee Raccoon River Valley Trailhead, Waukee, and ends at Dallas Center downtown Main Street. For registration/information, visit [garysrideiowa.org](http://garysrideiowa.org).

## Friendly Sons of St. Patrick Pre-Party and Parade

March 14 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 14, from 2-6 p.m.

at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Fat Tuesday, a live auction, food trucks and cash bar for an at-will donation. The parade is on Tuesday,

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](http://www.friendlysonsiowa.com) for more information.



# MEET Liz Bloomberg

Being an art teacher like the one who inspired her

Liz Bloomberg chose to teach art at a young age.

“I had a phenomenal third grade teacher we lovingly called ‘Mr. B.’ He inspired me and helped me discover a love for learning,” she shares. “I monitored an art class during high school, and that teacher wasn’t very kind. I often thought ‘How dare she’ when she interacted unkindly with her students.”



Liz Bloomberg found elementary students were “her people” after student-teaching that age group.

The experience made her want to become an art teacher who showed students kindness and made them feel like they mattered.

Initially, Bloomberg did not want to be an elementary school art teacher, but when she student-taught in an elementary school, she decided that those kids were “her people” and were exactly who she wanted to invest in.

“I get to experience all their love, giggles and hugs,” she says. “It is the best job in the world.”

Bloomberg has taught at five different schools over the past 15 years. The past three years, Bloomberg has been investing in teaching children through art at Walnut Hills Elementary School. From the start, she has also served in various roles on the Art Educators of Iowa board and is now serving her second year as the board’s president.

Bloomberg says she wants her students to be empowered, so the work that comes out of her classroom is created from the students’ ideas and inspiration. She enjoys her job, but it doesn’t come without challenges.

The sheer number of students she serves is also sometimes a challenge.

“At Walnut Hills, I am the only art teacher. However, our team here is awesome, and I can share my ideas with them and get feedback. Walnut Hills does an incredible job of working together. I have teacher friends all over the district, and even one in Thailand, and we work together to strategize and create lessons. I don’t know how to be an art teacher without other art teachers.”

Bloomberg likes seeing her students grow through elementary school. She also appreciates the privilege to encourage them. She says she has many dear memories of former students seeking out her advice, knowing they were internalizing what she said. She gave her best to “get it right” when answering them. Her overall goal is to help students learn to come up with ideas, apply them, occasionally fail, but then learn from their failures. She even decorates her home with artwork former students made especially for her.

She advises those who aspire to be art teachers to be lifelong learners and continue to better themselves since their teaching is their art form. She also says it is the greatest and hardest job, but worth it if you enjoy the students, love them and have fun.

“Take time to notice their joy over the ‘noise’ of the job itself,” she says. ■

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# DO YOU have a loved one with diminished financial capacity?

You may have a parent or other loved one with diminished financial capacity or who you worry may face that issue in the future.



“Diminished financial capacity” is the decline in a person’s ability to manage money. When people of any age lose the capability to manage their finances, they may also become more vulnerable to fraud and other forms of financial abuse.

Taking the steps listed below will help avoid or minimize problems for you and your family:

First, have an open conversation about financial matters sooner rather than later. Ask your relative to consider how they want to maintain control of finances in the

future. Explain that advance planning is a way to make sure that a trusted person makes decisions if the individual no longer can.

Second, make sure your family member has current estate planning documents. Your loved one may have named you as an agent under a power of attorney or a trustee under a revocable living trust. If these documents don’t exist, explore how to get advance planning in place to ensure that you will be a legal substitute decision-maker in the future.

Third, if your family member or friend has named you to manage money, understand your responsibilities. You may need to take a more active role in helping manage assets. You may have to take on immediate tasks, such as helping to pay bills, preparing tax returns, or helping with investment decisions.

Be alert to mistakes that your loved one may make in managing finances and to any

signs of elder financial abuse. It can be hard to tell whether actions are the result of confusion or of financial exploitation. For example, if you find that a loved one has paid the same bill twice by mistake, you should help fix the error. But beware that multiple or unusual payments could also be a sign of financial exploitation.

Finally, keep complete records of everything you do. If there are questions about the use of assets in the future, you want documentation. Be sure that if something changes, you keep your information as current as possible.

An experienced estate-planning attorney can help answer questions about powers of attorney, substitute decision-making, and how to best help your family. ■

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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## PLAN AHEAD

By Sarah Masteller

### WHY would I prepay funeral expenses?

Preplanning one's final arrangements is something everyone should do. While it is not necessarily an easy topic to address, having arrangements in place can provide a great deal of peace of mind, both for the person making the arrangements and for those loved ones who will be left behind.



No one comes through the doors of the funeral home on the day that their loved one has died and regrets that the plans have already been made. In fact, it is quite the opposite. Families experience great relief knowing that plans are in place, decisions have been made and, perhaps, the expenses have already been handled.

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about. There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today. Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.

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Scott Eriksen Dave Cortner Robert Christensen Sarah Masteller

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## HEALTH

By Annette Smith

### PELVIC floor physical therapy

Pelvic floor physical therapy is a specialized area of rehabilitation focused on the muscles, nerves and connective tissues that support the bladder, bowel and reproductive organs. These muscles work with the diaphragm, abdominal wall and hips to support continence, sexual function, core stability and efficient movement.



When the pelvic floor is overactive, underactive or not coordinating well, people may notice urine leakage with coughing or exercise, rushing to the bathroom or frequent bathroom trips, constipation, pelvic or tailbone pain, pressure or heaviness, or discomfort with intimacy. Symptoms can occur after pregnancy, with sports and lifting, after surgery, or alongside conditions like endometriosis.

An evaluation with a skilled pelvic floor physical therapist typically begins with a history and a conversation about goals and routines. The therapist may assess breathing, posture, hip and low-back mobility, core control, and movement strategies that can influence pelvic floor function. Treatment is individualized and may include strengthening, relaxation and coordination retraining, biofeedback and a home program.

Pelvic symptoms can feel personal, but they're also treatable — and you don't have to "just live with it." If something feels off, scheduling a pelvic floor evaluation can be a practical first step toward getting back to daily life with more comfort and confidence. ■

Information provided by Annette Smith, Mountain Laurel Physical Therapy, 974 73rd St., Suite 33, West Des Moines, IA 50265, 515-520-8037, www.mountainlaurelpt.com.

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# RIBBON Cutting

The Clive Chamber held a ribbon cutting for HealthSource of Clive, 15920 Hickman Road, Suite 900, on Feb. 3.



Eric Kline, Ahmed Ibrahim and Ethan Pottebaum



Chandler Bakken and Cole Schimelfenig



Randy Pelham and Jon Bianchi



Eileen Van Kooten-Schmitt and Renee Nash



Bre Neel and Edye Beckerman



Ben Chambers, Cinnamon Rost and Lu Anne Gafford



Heidi Koll and Jason Krull



Shane Larsen and Chris Koll



Dani Cole, Florynce Sweers, Liz Sweers and Ben Sweers

# AM Connections

The Clive Chamber of Commerce held its AM Connections at Jason's Deli on Feb. 5.



Steve Krolloff and Jon Bianchi



Ben Chambers and Chris Jones



Lu Anne Gafford and Renee Nash



Anne Boesen and Shelby Chavez Chin



Tom Murphy and Travis Gaul



Brooke Chesmore and Shane Larson



Megan Farley and Edye Beckerman



Jolene Goodman and David Roberts



Jocelyn Severin, Keith Piscitello and Elissa Evans



Lexi Shafer and Cinnamon Rost



Tariq Lundy and Heidi Koll

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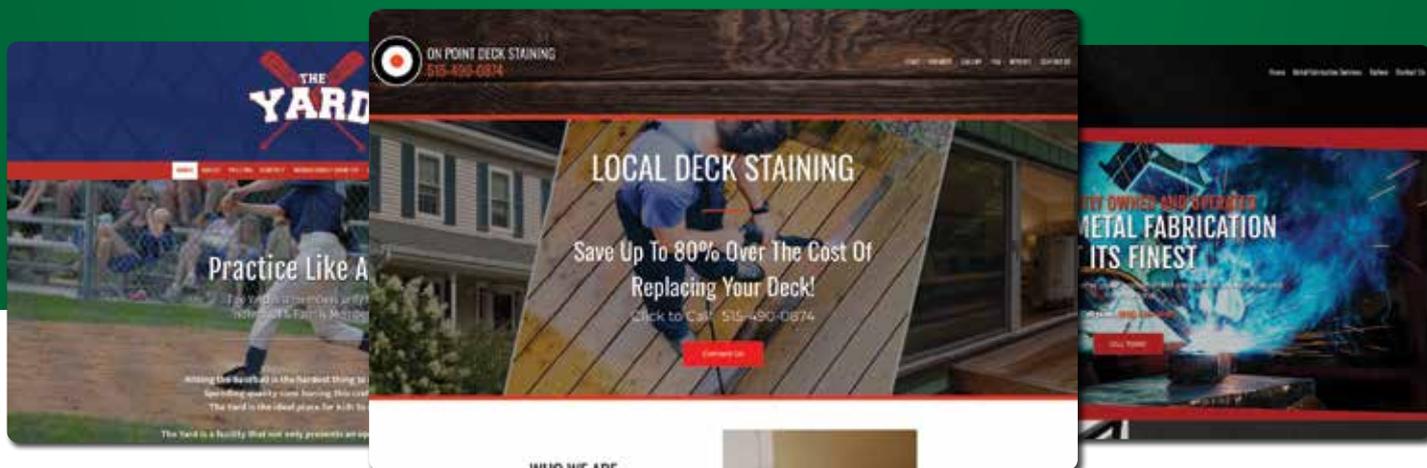
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