

Living

MAGAZINE

A 'fur-ever' HOME

Residents share stories about the animals they rescued.

Couple helps keep green spaces clean
NEIGHBOR SPOTLIGHT

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EDUCATION

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MONDAY - FRIDAY 8AM - 5PM
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WELCOME

TO THE rescue

Some of you have spent a great deal of money on your cat or dog, and you have a wonderful pet. Some of you spent the same or more, and you have a lousy pet. I am convinced that getting a good pet is often the luck of the draw. Much like with children, genetics and upbringing are important, but they don't help explain how one from the same litter can be so drastically different from the next one.



Jolene and I have had six pets during our time together — two cats and four dogs. We reluctantly inherited the first cat, D.C., from Jolene's parents who went south for the winter. The other cat, Reggie, was adopted from the Animal Rescue League. Both were good cats, as far as cats go.

Our first dog, Roxy, was from a rescue league specific to the breed. It was delivered to us from Missouri, and the dog that showed up didn't look anything like the one on the website. But, that was OK, as we loved that little, chubby, tail-less dog anyway.

We adopted the next dog, Max, from a neighbor's friend who was moving out of the country. It was a purebred that he wrote a big check for. Our third and fourth dogs, Kobie and Layla, came from rescue leagues again.

These were all adult dogs when we got them, and all but one have since died. Jolene called them "short-term investments." Her words, not mine. The lone survivor is not fond of babies, so it was shipped off to Jolene's brother in Washington state for a simpler life once our grandson was born.

We didn't pay more than \$40 for any pet we had, including adoption fees. We may have paid more for the right pet, but we simply didn't see the need to do so, and we were happy to adopt rescue animals that needed a home. They certainly all had their quirks. In my experience, every pet does. For that matter, every human does, too.

Meanwhile, rescue animals have warmed the hearts of many pet-owners, and they continue to do so. We share a few of their stories in this issue in hopes that you may be inspired to open your home to a rescue pet as well.

Have a great month and thanks for reading. ■

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A 'fur-ever' HOME

Residents share stories about the animals they rescued.

By Sean Dengler

Abandoned. Abused. Neglected.

The world is full of animals — big and small — that don't know the comfort of a full belly, a warm place to sleep, and the love of a caring owner. Some people seek out these needy animals when looking to add a pet to their family. Others come across them unexpectedly and are moved to rescue them. Whatever the case, rescued pets often give their humans as much love as they receive.

Nickie Romero and her family adopted Milo to join their family, which already included other dogs.



Janet Eng adopted Buddy as a puppy, and she struggled as a first-time pet owner. But, given time she and Buddy both adjusted.

From new to experienced

For Janet Eng, adopting a rescue animal and having a pet were new experiences.

“I’ve never owned a pet, but I felt like something was missing in my life,” Eng says.

After seeing a litter of five puppies at Rescue Rehab Rehome, she was ready to adopt.

“By the time I contacted Rescue Rehab Rehome, there were only two puppies left,” Eng says. “I requested to meet Buddy and his brother. During the meet-and-greet, I was advised that Buddy’s brother, who I had hoped to adopt, had two other meet-and-greet appointments.”

Buddy, on the other hand, had not received as much interest as the others.

“It broke my heart, especially since Buddy stuck to me like glue during my visit,” Eng says. “He was also the smallest of the litter, weighing only 3 pounds.”

Despite Buddy’s small stature, Eng knew he was the one.

“His brother wanted to play with the other dogs, but Buddy just wanted to be in my arms,” she says. “I knew then it was love and that we were meant to be together. It also made me feel good to adopt a dog that needed a home.”

Two weeks later, they teamed up, and their lives changed forever. Despite the immediate connection, there were a few struggles early on.

“As a first-time dog owner, I had only read stories about how wonderful adopting a puppy is,” Eng says. “But there is another side to the story that is less happy, especially in the beginning. We suffered



Katie Waack and Keith Harris began fostering rescue animals before adopting Graham, who stole their hearts.

growing pains because he was sad and cried a lot after missing his siblings.”

The adjustment took a toll.

“I went through severe sleep deprivation from his crying and constant need to go potty through the night,” Eng says. “During my first vet visit with Buddy, I was in such a zombie state from lack of sleep that I needed the vet to repeat herself three times. I cried a lot and almost wanted to return him to the rescue.”

During her darkest moment, Eng persisted with the help of her boyfriend.

“My boyfriend told me that ‘heartbeats matter’ and that I should give it a few more weeks,” Eng says. “By the third week, things were much better. Buddy and I have been together for 13 months now, and I cannot imagine my life without him. I’m so glad I didn’t give up.”

One of Eng’s favorite things about Buddy is his love for affection.

“I have too many favorite things about Buddy to pick just one,” she says. “But my favorite part of every day is when he lets out a big sigh when I hold him in my arms to cuddle. It shows me he’s been craving my touch and is satisfied to be showered with affection.”

Buddy is often the tiniest pup wherever he goes, weighing just 4.8 pounds at full size, but he is living his best life. You can follow him on Instagram at BigBadBuddy888.

“He is an absolutely brilliant dog, and he never ceases to amaze me,” Eng says. “I love him so much.”

From foster to adoption

What started as fostering became something more for Katie Waack and Keith Harris.

“We originally started fostering through SNAFU Rescue, which focuses on short-nosed breeds,” Waack says. “After fostering three dogs and helping them find homes, Graham came along and completely stole our hearts. What started as fostering quickly turned into a ‘foster fail.’”



Cherry and Chloe

Waack says Graham has a great personality. “Graham is equal parts comedian and cuddle bug — famous for his zoomies, impressive snoring and keeping his sister, Mila, on her toes,” she says. “He also loves car rides, exploring the Clive Greenbelt Trail and visiting his favorite neighbor, Ruby.”

Adopting Graham reinforced their belief that every rescue animal deserves a chance.

“There are so many incredible animals in rescues that just need someone to give them a chance,” Waack says. “Adoption changes their lives, and it’s incredibly rewarding for the people who bring them home.”

When it comes to adopting a rescue dog, patience and understanding are key, she says.

“Every rescue dog has its own story, but with time, consistency and love, they become amazingly loyal companions.”

From fostering to adopting, helping rescue dogs has been a meaningful experience for Waack and Harris.

“Fostering with SNAFU Rescue has been an amazing experience,” Waack says. “Helping several short-nosed breeds find homes has been incredibly rewarding. Graham just happened to be the one who decided he wasn’t leaving — and we’re so glad he did.”

Bring two into the fold

A few years after two of her four dogs died, Nickie Romero felt the urge to adopt again.

“We were looking for something a little more athletic and energetic, and a little



Rocket

bigger,” Romero says. “I was also trying to find something hypoallergenic, which is kind of difficult when you’re talking about rescues, and you don’t know their history or genetics.”

After exploring different rescue programs, Romero found Milo at Forever Home Dog Rescue.

“We kind of landed on Milo’s story,” Romero says. “Milo’s mom had a pretty heart-wrenching story. She came from Oklahoma and had emergency surgery, including a C-section due to stress. Three out of her six babies died. Milo had someone who was going to adopt him, but something happened and he became available.”

Romero says it was love at first meeting. “We met him, and it was instant love,” she says. “He was smaller than we thought he would be. He’s only about 13 pounds, and we thought he’d be about 25.”

After Milo adjusted, it was time to find another dog.

“I thought, I don’t want the cute dog. I don’t want the fluffy dog,” Romero says. “I want a difficult dog or one that might not be as likely to get adopted.”

That search led her back to Forever Home Dog Rescue, where she found Rocket.

“I don’t know what it is, but he is just amazing,” Romero says. “He’s about 40 pounds, so he’s the perfect size. He felt huge to us — overwhelmingly big compared to what we were used to.”

These adoptions would not have been possible without Madison Winkel.



Milo

“She’s a vet technician, and she also trains dogs,” Romero says. “When we received Rocket, he knew every command. He was extremely well-behaved, and it made it a very easy transition to go from small dogs to a big, intelligent dog.”

Winkel also played a role in Milo’s survival. “She was the vet tech who helped with the emergency C-section surgery and bottle-fed Milo when he was a baby while his mom recovered,” Romero says. “Their establishment makes it possible for me to add these new family members.”

For Romero, adopting a rescue is deeply personal.

“I always feel like there’s a need to place them somewhere they can stay long term and be stable,” she says. “That was important to me because I grew up in the foster care system. I was fortunate enough to have people open their homes to me. This is kind of my way of repaying that and showing gratitude.”

In addition to her dogs, Romero has also adopted a rescue chinchilla, rodents and fish. She encourages others to consider rescue animals as well.

“For each individual, it’s a personal decision,” Romero says. “But because of how much they bring into our lives, it’s amazing to have someone whose sole purpose is to look at you with positive intentions — to bring out the best in you, keep you active and be your companion when you finally get to relax at the end of the day.” ■

PLAN AHEAD

By Sarah Masteller

WITH SPRING and summer approaching...

Are you planning for that special trip? Will you be traveling to spend time with family? Perhaps you will be traveling outside of the country.

Have you ever thought about what would happen if something unfortunate happened during the time 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.

You might be surprised how affordable these plans are, and they can provide a great deal of peace of mind for those traveling.

Visit with your funeral home of choice and ask 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 Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



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HEALTH

By Annette Smith

PELVIC floor physical therapy

What's actually causing the symptoms? (part 2)

Last month, we talked about common pelvic floor symptoms and how treatable they can be. This month, let's look at why they happen, because understanding the "why" is often the first step to real change.

Many symptoms are less about a "weak pelvic floor" and more about pressure management and coordination. For example, leaking with coughing or jumping can occur when the body can't respond quickly to a sudden rise in pressure — often tied to breath-holding, poor timing of the abdominal wall, or hips and trunk that aren't sharing the load. Urgency and frequency can be driven by a bladder that becomes over-alert, sometimes after repeated "just-in-case" bathroom trips, stress or irritation. Constipation can be a true coordination issue, where the pelvic floor doesn't relax when it needs to, even when you're trying hard.

In pelvic floor physical therapy, we connect the dots between breathing, core control, posture, mobility and daily habits. Treatment often includes strategies for timing (when muscles turn on/off), relaxation for an overactive pelvic floor, bladder retraining, toileting mechanics, and strength that supports your real-life activities.

Small changes in how your body coordinates can make a big difference in symptoms — and quality of life. ■

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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TAKE THE POLL

WHICH OF THESE FIRST SIGNS OF SPRING IS YOUR FAVORITE?

1. Birds singing
2. Thunderstorms
3. Jacket weather
4. Green grass
5. Flowers blooming




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INVESTMENT

By Daniel Rundahl

THE MADNESS in March for 310,000 Americans



Each day, more than 10,000 Americans become eligible for Medicare — totaling more than 310,000 new beneficiaries every month. This milestone marks an important transition into retirement and a new phase of financial and healthcare decision-making. While this season of life can be exciting, it often arrives with complexity: unfamiliar coverage options, shifting income strategies, and an influx of marketing calls and mail. The choices can feel overwhelming, but, with preparation, they are manageable.

For many, retirement follows four decades of work, family responsibilities and diligent saving. It represents both freedom and uncertainty. Two of the most common concerns are the fear of running out of money and the uncertainty surrounding taxes in retirement. These are legitimate concerns, but they can be overcome.

1. Pause and prepare: Retirement is a life transition, not a financial emergency. Take time to assess your income sources, projected expenses, healthcare coverage and tax exposure. Medicare alone presents multiple pathways: original Medicare, Advantage plans, supplemental coverage and prescription drug plans — each with long-term implications. Thoughtful evaluation with balance to your emotional and logical brain can prevent costly adjustments later.

2. Seek qualified guidance: Professional insight matters. Just as you rely on a dentist for oral health or an attorney for legal counsel, retirement planning benefits from experienced specialists. Financial advisors, tax professionals and Medicare experts work within these systems daily. Their continuing education and field experience can help clarify options, identify risks and align strategies with your goals.

3. Build flexible income strategies: Many retirees aim to replicate a “salary-like” income from their savings. However, markets fluctuate. Those drawing income directly from volatile accounts faced added pressure with market losses. A diversified distribution plan — combining guaranteed income sources, conservative reserves and growth investments — can help reduce vulnerability during any downturn. In retirement, having a Plan A, B and C is not excessive; it is prudent. Like my father used to say, “Sometimes it is not on the right; it’s on your other right.”

4. Learn, adapt and adjust: Financial habits formed when working do not always translate seamlessly into retirement. Flexibility is essential. The familiar illustration of Charlie Brown repeatedly attempting to kick the football out of Lucy’s hands reminds us that routines without reflection can lead to further disappointment. Retirement planning requires adaptability, continuous learning, and the willingness to refine strategies when circumstances change.

I continue to value the “aha” moment: the moment when clarity replaces confusion and clients feel empowered about their future. Retirement is not a single decision; it is a coordinated strategy involving healthcare, income, taxation and legacy planning.

Education is the first step toward confidence. The questions to focus on are the Why and How questions — as much as the What and When. March’s madness for retirees should feel purposeful — not perplexing. ■

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.

HOLLEBRANDS and Grandanette pay it forward

Daily walks include cleaning up litter.

As shown on the website of the city of Clive, the city's slogan is "Distinct by Nature." One of the most obvious examples of nature in Clive is the Greenbelt, which includes miles of trails. Estimates



suggest more than 75,000 visitors come to the Greenbelt each year. With that many visitors, some trash inevitably gets left behind — something local residents Curt Hollebrands and his wife, Carol Grandanette, have chosen to address.

Clive Recreation Manager Jeff Lucas shared his appreciation for the couple's efforts.

"Curt Hollebrands and his wife are absolute rock-star volunteers for us, not only at the annual Clive Trash Bash, but year-round with our Adopt-a-Trail & Park program," Lucas says.

This year's Clive Trash Bash is set for April 22 (Earth Day) from 1-3 p.m. More information is available on the city of Clive website.

"I've been participating for several years," Hollebrands says. "I remember cleaning up an area near Campbell Park. More recently, there was an extension of the Greenbelt area from 100th Street down to Lincoln Avenue. The city had a big project there to clean the area out. The Trash Bashes are valuable because there are some areas that have a more intensive need. It's good to have people out there to help tackle those projects."

But even more significant is the ongoing effort the couple makes on a regular basis.

"We do a lot of trash cleanup just on a daily basis as we go on walks on the trail," Hollebrands says "We're kind of spoiled having the Greenbelt in our extended backyard. We love feeding the birds and watching nature, and we appreciate having a clean environment. If we can help out while we're walking anyway to get some exercise, it's pretty minimal effort to pitch in a little bit."

Clive allows individuals or groups to "adopt" a portion of the trail and take responsibility for general upkeep. The city website lists sections available for adoption. Hollebrands and Grandanette have adopted a portion of the trail near their home. On their daily walks, they pick up trash, but Hollebrands isn't shy about taking things a step further when needed.

"A couple of weeks ago, I dug a spare tire out of a creek bed," he says. "There are areas that are typically trashier than others, and that includes under bridges."

Hollebrands says he enjoys the recognition that comes with the two-year commitment of adopting a section of trail, but the real reward is the results.

"One nice and surprising benefit was that they actually erected a sign at one end of the area we adopted," Hollebrands says. "It has our names listed, so it's a nice recognition, and I think it encourages people to be serious about what they do. I feel a real sense of accomplishment, especially when I pass an area that I know used to be really trashy, and now it's cleaned up. It's not too hard to do what we're doing, and it can actually be fun. Sometimes it's kind of like an adult Easter egg hunt."

Hollebrands also enjoys the wide variety of wildlife that lives in or visits the area. He has seen bald eagles, coyotes, foxes and many types of birds.

"We're seeing wildlife all the time. I've lived in this area a long time — more than 40 years — and I've seen things get better," he says. "We'd like to encourage everyone to join in the effort. It takes a village." ■



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Curt Hollebrands (pictured) and his wife, Carol Grandanette.

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STOP the sniffles with Sick Day Soup

(Feature Impact) Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Sick Day Chicken Noodle Soup. Loaded with rotisserie chicken, celery and carrots, it's sure to warm you from the inside-out as a warm, comforting meal. Plus, with eight servings, this dish can help solve dinnertime dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Warm up your winter meals with more comforting ideas available at Culinary.net. ■

Sick Day Chicken Noodle Soup



Photo courtesy of Shutterstock

Recipe adapted from Tastes Better from Scratch
 Prep time: 20 minutes
 Cook time: 20 minutes
 Servings: 8

INGREDIENTS

- 1/2 tablespoon butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1/8 teaspoon crushed red pepper flakes
- salt, to taste
- pepper, to taste
- chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken

DIRECTIONS

- In large stockpot over medium-high heat, saute butter, celery and carrots 3 minutes. Add garlic and cook 30 seconds.
- Add chicken stock or broth and season with rosemary, thyme and crushed red pepper. Add salt and pepper, to taste. Taste and add chicken bouillon cubes, if desired, for flavor.
- Bring to boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

MEET Stephanie Larson

Striving to provide an enriching education



Stephanie Larson, an enrichment teacher, helps challenge high-ability learners and supports classroom teachers in meeting the needs of those students.

Students from all over the world come to school with a diverse range of skills, learning abilities, gifts and talents. Their teachers strive to give each of them the tools they need to learn and grow each day. Stephanie Larson is one of those teachers.

When she was young, her own teachers recognized her potential to become an educator. She enjoyed working with children, and, as she considered career options, she felt teaching would be a wonderful opportunity to make a difference in the lives of others.

Larson has been a teacher for 27 years, and, for 14 of those years, she has worked in enrichment education. She previously worked in Des Moines Public Schools as a gifted and talented teacher before moving to St. Francis of Assisi School, taking a bit of “mom time” in between.

As an enrichment teacher, Larson says her primary role is to identify high-ability learners and provide them with small-group learning sessions. She also supports classroom teachers and helps meet the needs of students in the classroom.

“The students tend to be fast finishers, and the teachers do an amazing job, so I don't hear from them often,” she says. “But I like to help where I can.”

Larson also seeks opportunities for her students to nurture their talents and skills in competitive settings. Her enrichment students participate in activities such as mock trial, a program called MathCounts, essay contests, speech and debate, spelling bees and FIRST LEGO League.

Her goal is to find a variety of opportunities for students outside the classroom that enrich their learning and allow them to apply what they learn in real-world settings.

At St. Francis of Assisi School, Larson works with students from kindergarten through eighth grade. In kindergarten through fifth grade, she primarily works in classrooms assisting teachers. In middle school, she serves more in the enrichment role.

“I am fond of enrichment because some people think students with high ability will do well anyway,” Larson says. “But they need programming that meets them where they are and helps them grow.”

“We've learned so much about students and the diversity of their abilities, as well as the ways they learn and come to school prepared,” she says. “The challenge I face in my role is trying to meet the needs of diverse learners. It is also often challenging to convince adults that even highly talented and gifted students need the chance to discover their untapped potential.

“This is what drives me,” she adds. “These kids are our future leaders, innovators, teachers and poets. I try to help them flourish and grow.”

Larson says she is discouraged by the negative press teaching sometimes receives because the profession can be difficult.

“I'd never steer someone away from it,” she says. “Is it difficult? Yes. But it is also strongly rewarding and thought-provoking, and it challenges you to keep growing yourself.

“It is a wonderful calling,” she says. “If someone feels led to it, I say follow that calling. Kids need people to give them opportunities to grow. It's important, and we need to treat it that way.” ■

WHAT IS a high-yield debit account?

A high-yield debit account lets you earn a higher interest rate on the money you use every day. This can be a great option if you're looking for a flexible account that works for you, not just holds your money. Instead of the balance sitting idle, it earns interest while still staying fully accessible.



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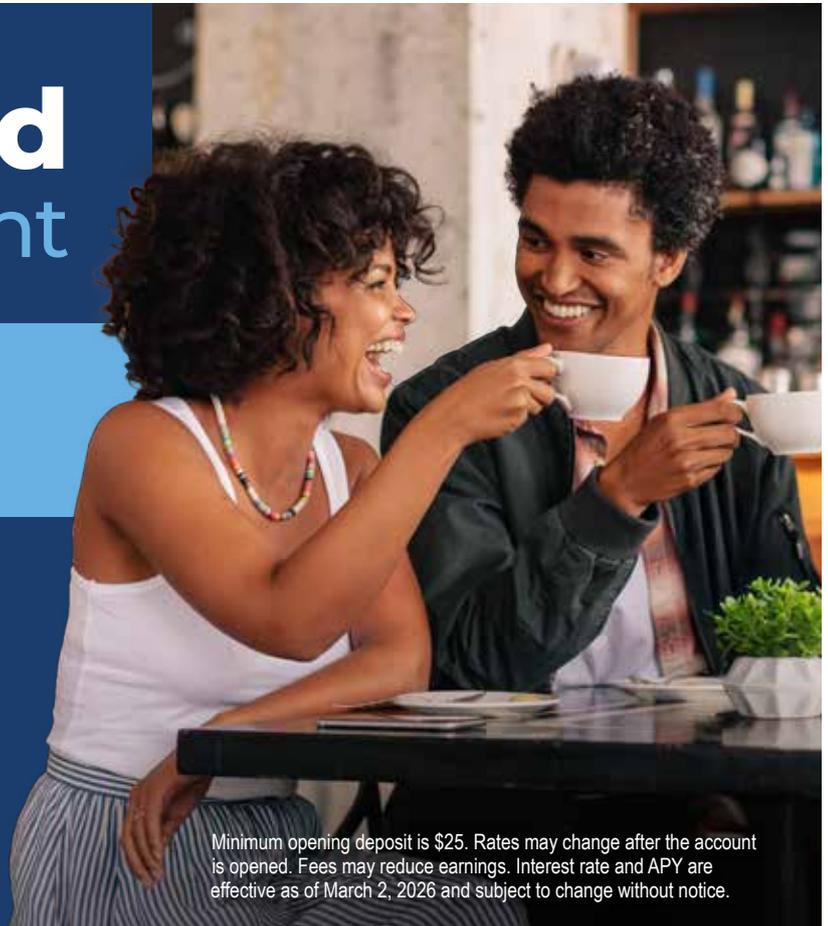
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Information provided by Chris Beener, VP, Clive branch manager, CBeener@BankersTrust.com, 515-222-5888, 11111 University Ave., Clive.

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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.

Farmers market vendors: Do you enjoy selling your products at local farmers market. Tell us how you benefit from farmers markets and what tips you can share with others wanting to get involved. Email tammy@iowalivingmagazines.com.

Clive Clean-Up: Trash Bash 2026

Wednesday, April 22, 1-3 p.m.

The clean-up will be held throughout Clive and focuses on making Clive parks and trail areas "Distinct By Nature." Each individual should register themselves, even if working in a group, due to the waiver requirement. Go to cityofclive.activityreg.com to sign up. For more information, contact Jeff Lucas at 515-867-5127 or jlucas@cityofclive.com.

Greenbelt Landing Opening Summer 2026

Construction progress continues with an anticipated July opening just in time for Clive Festival. Check out all the updates and learn more about this new civic space at www.cityofclive.com/project_detail_T51_R1137.php.



Swim Lessons

Clive Aquatic Center, 1801 N.W. 114th St.

Clive Aquatic Center levels 1-6 Learn to Swim program dates have been established. Online registration is open for Clive residents and opens to non-residents on Tuesday, March 31, at 9 a.m. Session A is June 8 - 18; Session B: June 22 - July 2; Session C: July 6 - 16; Session D: July 20 - 30. Sessions are Monday-Thursday for two weeks. Private, adaptive, and parent/child swim lessons also available within the above dates. For more information, visit https://www.cityofclive.com/parkandrecreation/aquatic_center/swimming_lessons/index.php.

Drug Drop Box

The Prescription and Over-the-Counter Drug Drop Box is available 24/7 for anyone to use. It is located just inside the main entryway of the Clive Public Safety Center, 8800 Hickman Road. No liquids, needles, inhalers, ointments, lotions, aerosols, bloody or infectious waste allowed. Questions? Contact Clive Police Administration at 515-278-1312.

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 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.

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.

Yard Waste Season Starts March 30

Yard waste in Compost It! bags or store-brand bags, as well as bundled brush, with a green Compost It! sticker attached can be placed at your curb to be picked up during yard waste season on your specified trash day. Bags and stickers can be purchased online through Metro Waste Authority and online or in person at Clive City Hall. They are also sold at certain local grocery, home improvement and convenience stores. Compost It! stickers are \$1.50 each, and Compost It! bags are \$9 for a bundle of 5 bags.

Accepted yard waste: brush, sticks, twigs, flowers, garden vegetation, grass and leaves. Brush not in bags or a cart must be bundled with twine and cannot exceed a length of 4 feet, diameter of 18 inches and weight of 40 pounds. Be sure yard waste is free of dirt, sod, plant pots and rocks. For more information, visit: mwatoday.com/waste-recycling/yard-waste.

Premium Yard Waste Cart Program: This Metro Waste Authority program allows participating residents the opportunity to use a 96-gallon wheeled container for weekly collection on their regular trash day. Consider a premium yard waste cart if you purchase more than 65 bags a year or you garden, bag grass clippings, have a lot of trees, or don't want to hassle with bags. Visit mwatoday.com or contact Metro Waste Authority at 515-244-0021 for more information.

Mayor's Spring Clean-Up

East of the Interstate, Saturday, May 2.
West of the Interstate, Saturday, May 9

This is your chance to place old furniture and other bulk items at your curb for collection. Be sure to have all items to the curb by 6 a.m. on the date of your pickup. Please mark any trash cans you want to save. Appliances will not be accepted. To arrange for a pickup of appliances, call Metro Waste Authority at 515-244-0021. Seven large item stickers per appliance will be required. There will not be a drop-off appliance event this year.

To find out if your items are eligible for pick up, please call Metro Waste Authority at 515-244-0021.

The following items will NOT be accepted during the Mayor's Spring Clean-Up: railroad ties; yard waste; vehicles and/or major auto parts; building materials; concrete chunks of any size; asphalt shingles over 65 pounds in total weight; animal carcasses; and banned substances such as lead, acid, batteries, waste oil, explosive material, medical waste, drugs, poisons, highly combustible material, paint, and any other toxic or hazardous substances.

To help keep our landfills from filling up with usable items, consider donating items that might be of use to others.

EVENTS IN THE AREA

Be sure to check for cancellations.

Clive Public Library events

1900 N.W. 114th St., Clive

Register for events at <https://cityofclive.activityreg.com/selectActivity>.

Library closed Sunday, April 5.

YOUTH

- Movers & Shakers: Fridays, 9:15 a.m. and 10 a.m.
- Saturday Stories: Saturdays, March 28 10:30 a.m., April 18 9:30 a.m., April 25 10:30 a.m.
- Little Learners: Mondays, 10:45 a.m.
- Baby Play Group: Mondays, March 30, April 6, April 13, 6 p.m.
- Little Builders: Tuesdays, 9 a.m.
- Storytime: Wednesdays and Thursdays, except April 29 and 30, 9:30 a.m. and 10:30 a.m.
- Brenton Arboretum Presents: Tree Dwellers: Thursday, April 2, 6:15-7 p.m.
- Bug Out at the Library!: Thursday, April 23, 10-11 a.m. Calling all bugs and bug fans. Join us at the Clive Public Library to celebrate and explore all things creepy and crawly. For more information, contact Emily at ellamas@cityofclive.com.
- The Great Library Scavenger Hunt: Thursday, April 23, 6:15-7 p.m. Get ready to explore the library like never before. Families will work together to solve clues, answer questions, and complete challenges around the library before time runs out. This interactive event encourages teamwork and fun for the whole family. For more information, contact staff@cityofclive.com.
- Postpartum Play Group: Tuesday, April 28, 9-10:30 a.m.
- Sensory Play: Thursday, April 30, 6-7 p.m.

ADULTS

- Romance Book Club: Saturday, March 28, 10 a.m. to noon. Calling all lovers of romance. Join us for all things romance-related from the sweet to the scandalous. We discuss books, movies, apps and anything in the romance genre. For more information and to participate, contact Stephanie Keller at skeller@cityofclive.com or via phone at 515-453-2221.
- Spark: A Writers' Group: Saturdays, March 28 and April 25, 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.
- Let's Play Mah Jongg: Mondays, 10 a.m. to noon, Thursdays, 1:30-3:30 p.m. Are you a beginning or intermediate Mah Jongg enthusiast looking for a chance to play? 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: <https://www.nationalmahjonggleague.org/>.
- Clive Book Club: Tuesdays, March 31 and April 28, 2 p.m. and 6 p.m. The Clive Book Club invites adults to join this interesting and thought provoking reading group. Anyone interested may attend either or both of the monthly gatherings, and there is no cost to participate. The 2 p.m. discussions meet at the Harbach Community Room, and the 6:30 p.m. discussions meet at the Clive Public Library.
- Take and Make Sock Bunny: Wednesday, April 1, all day. Come to the library starting April 1 to pick up this month's take and make project. We'll be making a sock bunny. While supplies last and no holds allowed. Available at both Clive and Harbach locations.
- Tech Think Tank: Wednesday, April 1, 2 p.m. This is a relaxed space to swap tips, ideas, and even rants about keeping up with the ever-changing world of personal technology. Whether you're a gadget geek, app addict, or just trying to keep your phone from exploding with updates, this roundtable is for you. Registration required.

- Yoga Happy Hour: Fridays, April 3 and 17, 4:30 p.m.
- Mah Jongg Classes for beginners: Wednesdays, April 8, April 15, April 22, 9:30 a.m. Have you always wanted to know how to play this fun, challenging, tile-based game? Mah Jongg aficionado Karla Haats will teach the basics of play and give you strategy tips to help you enjoy the game. You must be able to attend the first class to participate, and you will get the most out of the experience if you can come to all three sessions. Classes are free, but participants are asked to pay \$15 for the current rules card from the National Mah Jongg League. Registration required.
- Bingo for Seniors: Tuesday, April 14, 1 p.m.
- Clive Cardsharks: Wednesday, April 15, 1 p.m.
- Bucket List Book Club: Wednesday, April 15, 6:30 p.m. Here's your chance to read and discuss some of the "100 books to read before you die." Meets the second Wednesday of each month at 6:30 p.m. Check the library website to see what we're currently reading. Registration required. Contact staff@cityofclive.com or via phone at 515-453-2221.
- Mystery Book Club: Monday, April 20, 6:30 p.m. Are you dying to find new mystery books? Join us each month as we read books from a variety of mystery authors. Check our website to see what we're currently reading.
- Journaling Circle: Tuesday, April 21, 2 p.m. Looking for a creative outlet and a way to reflect, recharge and connect? Join us monthly for a dedicated space to explore writing prompts, creative techniques and personal reflection. Bring your favorite journal or use supplies provided. Contact Teri at tnelson@cityofclive.com or call 515-453-2221 with questions. Registration required. ■

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WHAT IS a trust?

Creating an estate plan is the way to ensure that your assets pass to your loved ones following your death. There are several different estate planning options, but a common one is to create a trust.



A trust is comprised of three separate parties: a grantor, a trustee, and the beneficiaries. The grantor (or settlor) creates the trust. The trustee manages the assets held within the trust. The beneficiaries are the individuals or groups who receive the benefits provided by the trust.

There are two main types of trusts that a person can create as part of an estate plan: a living trust and a testamentary trust.

A living trust — also called a revocable

trust — is created during the grantor's lifetime and the grantor funds the trust while still alive. The trust contains provisions as to how you choose for your assets to be distributed after you die. You can name a trustee to manage the assets in the trust, or you can act as the initial trustee.

The grantor has the authority to decide when and to whom trust distributions are made. The grantor can also change the trust, appoint a new trustee, or revoke the trust entirely.

Living trusts are good options for planning for potential incapacity. They are a good way to manage assets during your lifetime as well as have an orderly plan for disposition after you die. Further, living trusts allow those settling the estate to avoid probate and get the assets distributed to the beneficiaries more quickly and efficiently.

The second type of trust is a testamentary trust. Testamentary trusts are trusts which are created within a person's will. Because they are not created until the death of the grantor, testamentary trusts do not hold any assets or have any power until the grantor has died. After the grantor's death, assets are transferred into a trust for the benefit of the beneficiaries. Testamentary trusts are most commonly created in a will for the benefit of minor children, a spouse, or a disabled adult child.

When created properly, trusts are a very efficient and effective way to ensure that loved ones receive your assets. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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

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CHAMBER celebration

The Clive Chamber of Commerce held its Annual Celebration at the Hilton Garden Inn on March 4.



Ben Chambers was named Citizen of the Year.



Matt Janssen was honored as Chamber Champion.



Erik Anderson, Megan Farley and Jon Bianchi



Pete De Kock, Breaune Hover and Sadie Gasparotto



Clive Community Services was honored as Business of the Year.



Breanne Neel and Alex Breitsprechererik



Tom Triplett and Kurt Mumm



Terry Snyder and Lisa Kannapel



Marsha Lappin and Mary Anne Kennedy



Amy Heston and Shane Larsen



Drew Emanuel received one of the chamber's scholarships.

RIBBON Cutting

Clive chamber held a ribbon cutting for H&R Block on Feb. 12.



Edye Beckerman and Jared Mease



Gerad Hassel and Jolene Goodman



Drew Kendall, Paula Davis and Sharon Briggs



Matt McQuillen, Mindi Martinez and Nikki Nigg



Kristy Schmidt and Teresa Gehrels



Rob Grove and Eileen Van Kooten-Schmitt



Vicky Cross and Paula Davis



The Clive Chamber celebrated a ribbon cutting for H&R Block's new location at 1255 N.W. 128th St., Suite 200, in Clive on Feb. 12.

RIBBON Cutting

HealthSource Chiropractic of Clive hosted a ribbon cutting on March 3.



HealthSource Chiropractic of Clive hosted a ribbon cutting on March 3.



Aly Davis, Dr. Ethan Pottebaum and Lynn Harder



Michael Bartos and Rhett Oselette



Frank Accurso and Ben Gerdes



Lynn Harder, Krista Lindholm and Chris Crone



Mike Torrez, Derrick Jellis and Zach Vander Ploeg



Lynn Harder and Dr. Shane Hoffman



Courtney Licht and Melissa McCoy



Dr. Ethan Pottebaum and Dani Cole



Mike Torrez and Rob Grove

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MISCELLANEOUS

CEDAR RAPIDS LARGEST Flea Market and Garage Sale held at Lindale Mall, old Younkers store. Saturday, March 28th, 9am to 7pm and Sunday, March 29th, 9am to 5pm. 200 vendors! Space is still available. 515-298-3968 (mcn)

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