

# Living

MAGAZINE

# Up in the AIR

Residents share their experiences as pilots

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WELCOME

# WE'RE back!

As many of you know, we suspended the publishing of Clive Living magazine since March of 2020 while we addressed the aftermath of the COVID-19 pandemic. Some of you asked me why we chose to do this. With the bulk of our customers closed at the time, and without the need (or the money) to place advertising, we were left with two choices: 1) close our business for good, or 2) suspend our publications, buckle down and wait this out. We chose the latter, and I am glad we did. While we waited patiently for the business climate to improve, it gave us time to reevaluate how we operated — and why. Here are a few things I learned:



**1. We have a loyal, hard-working and talented group of people employed here,** many of whom I have worked with for a few decades. I appreciate these wonderful folks a great deal. They have responded in positive ways to the challenges, which is exactly what I expected from this team-focused and dedicated group.

**2. Our publications are appreciated and have been missed.** I heard this repeatedly from readers and advertisers. We all appreciate feeling needed, and we are fortunate to have the opportunity to serve so many of you with our magazines. We have now relaunched 14 Iowa Living magazines and CITYVIEW, as well as our events and digital offerings. We plan to bring a few more back in time, too.

**3. There is a time and place for both digital and print offerings.** Readers want breaking news — preferably on their phones — but they will go to great lengths to avoid advertising in digital formats. Meanwhile, they seek out relevant print publications for feature stories on local people, places and events. And readers not only appreciate advertising in print publications, they want it.

**4. Buying locally has never been more important.** Support the businesses in this community, especially those that advertise their goods or services in this magazine. Amazon will be just fine without your purchases, and so will the other corporate giants that are collecting and selling your personal data. It may take extra effort on your part, but please do your best to buy locally — and that goes for advertising, too.

For more than a decade, I have signed off on my columns with the simple phrase, “thanks for reading.” As we continue to face inevitable challenges head on, I want you to know how much I truly appreciate your readership and your support, now more than ever.

And with that, I thank you for reading. ■

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# Up in the AIR

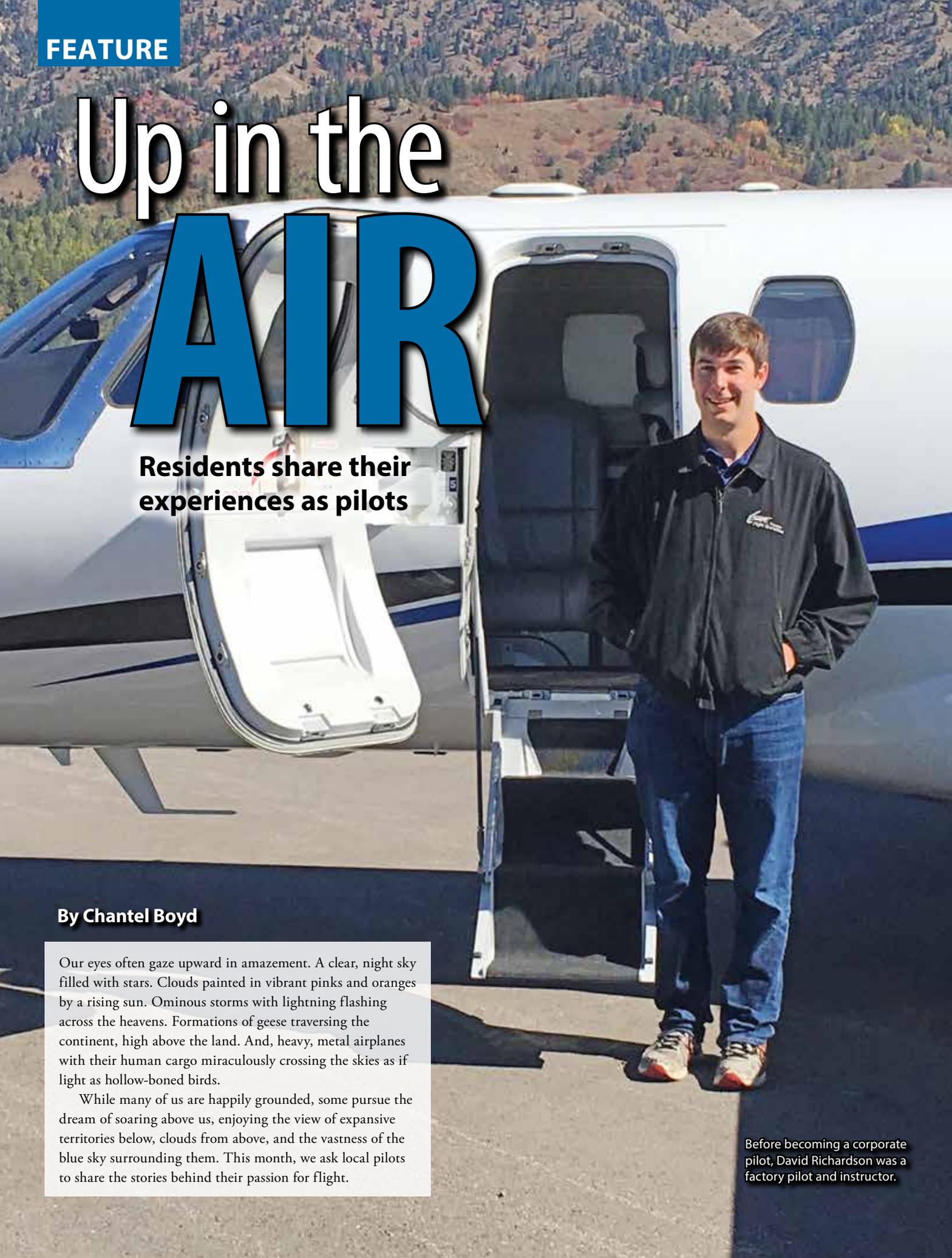
Residents share their experiences as pilots

By Chantel Boyd

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

Before becoming a corporate pilot, David Richardson was a factory pilot and instructor.



## A career of stories

David Richardson has enjoyed flying for as long as he can remember and wanted to become a pilot. His interest in flying began in high school, and he completed his commercial license and instructor certificates in college.

He has been flying for 16 years and has piloted many different types of flights with different durations, final destinations and routes. Currently, he is a corporate pilot, with clients who have him flying worldwide. Corporate pilots are commercial-rated pilots who fly business aircraft.

Previously, he worked as a factory pilot. A factory demo pilot travels the world, showcasing airplanes to prospective customers and their representatives. David worked as a factory pilot for smaller planes.

“There were many more memorable experiences — going around military airports in the jungles of Central America is a pretty unique experience.”

David did his primary flight training at a small airport in western Washington State.

“I was lucky enough to have fantastic flight instructors and a local pilots’ association that

gave me some scholarships toward training costs.”

When David decided to pursue an aviation career, he went to school at the University of North Dakota, where he majored in Flight Education.

The most intriguing things to David about flying are the new daily challenges.

“I cannot say that I have ever had two similar trips. I definitely do not get bored at work.”

David is used to telling stories about being a pilot. As his career has progressed, so have his stories. He does not recall any scary situations and attributes his excellent training to that fact.

“While I’ve certainly had situations out of the ordinary, I can’t say I have any scary stories. Training and preflight preparation have prepared me for the issues I’ve encountered.”

Being a flight instructor can be considered a stepping stone to bigger and better things in the flying community. David discovered he enjoyed being a flight instructor after getting his initial flight instructor certification and changed majors to flight education.

“Being a factory instructor and demo pilot

at Textron was a unique job that gave me more ‘stories per hour’ than pretty much any other flying job.

“Let’s just say, being a pilot was not a boring job, to put it mildly.”

His favorite memory about flying happened recently. David had the opportunity to take his family flying last year and couldn’t pass up the chance.

“It is pretty cool to have your family in the back of the airplane and show them what you do at work.”

## Pushing his limits

Ever since James McLaughlin was a child, he was interested in becoming a pilot. He was inspired as a child in the 1980s to pursue this career after being placed, through foster care, with a farm family. James had fond memories of the family, planes, and living in the Iowa countryside.

“I’ve always been fascinated with space, wishing to become an astronaut. Flying is a very close second love in my life.”

James earned his pilot’s license in 1998 and has been flying ever since. He completed

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# FEATURE

his formal flight training at Iowa Lakes Community College from 1996 to 1998. His informal training began on the farm as a child in a Piper J3 Cub.

James has flown gliders, hot air balloons, twin-engine aircraft and jets.

His favorite thing about flying is, well, just about everything.

“I have an absolute love of flying — the ability to do something that not everyone else gets to do. The ability to share the skies is remarkable.”

James acknowledges that flying can be challenging and anxiety-producing because it means “pushing your own limits and putting yourself into the uncomfortable positions that it takes to be a pilot.”

James says learning how to stall the airplane is part of the training, but it’s not natural to make the aircraft purposefully fall from the sky.

“However, we train as pilots to recognize the stall and correct it before it gets really bad.”

Experiencing some anxiety in the cockpit is part of the gig.

“Every pilot has been in a situation of being scared and nervous. We wouldn’t be pilots if we

weren’t. It’s all about the training.”

To alleviate that anxiety, James says he keeps reviewing the scenarios that make him uncomfortable and training on them to increase confidence.

Major James McLaughlin is a commander with the Des Moines Composite Squadron and an emergency services training officer with the Iowa Wing in the Civil Air Patrol, U.S. Air Force Auxiliary.

The Civil Air Patrol is a federally chartered non-profit corporation that is also the Air Force Auxiliary. CAP’s mission is supporting America’s communities with emergency response, diverse aviation and ground services, youth development, and promotion of air, space and cyber power through aerospace education.

James says his service is gratifying and has helped him fulfill his dream of flying.

“Flying through Civil Air Patrol has allowed me to fly frequently while providing a service for America.”

Looking back on his years of flying, James has fond memories of flying a cloth-covered airplane called a J3 Cub. The engine is not much bigger than a lawnmower’s, has a hand-



James McLaughlin has flown a myriad of aircraft, including single-engine airplanes, gliders, hot air balloons, twin-engine aircraft and jets.

started engine, and flies at just 30 miles per hour. This plane has no computer radar screens and has all analog gauges.

“You can open the door and just look out. This was the purest flying I have ever done.”

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## Weather expertise

John Brent McLaughlin was the chief meteorologist for KCCI for more than 30 years before retiring in 2016. He had a long professional career helping Iowans stay safe in severe weather and training television broadcasters on radar systems. He has also been familiar with radar systems and weather in his long aviation career.

He has logged thousands of hours of flight time in dozens of different aircraft over the years. John visited many meteorological organizations, community groups, and more than 5,000 children at schools — and sometimes he flew a helicopter to his destination.

John is a commercial pilot, flight instructor and Federal Aviation Administration (FAA) examiner of helicopters and airplanes. He has specialized in using Doppler radar systems for detecting severe storms and in instrument training for pilots because he enjoys the precision and skill required for instrument flight.

John learned to fly airplanes in Carroll while in high school. Both of his parents



John McLaughlin, former chief meteorologist for KCCI, also has a lengthy career in aviation.

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were pilots. In 1980, he had his first solo flight after only 10 hours of instruction in a Piper PA-38 Tomahawk. He went on to earn many certifications: private pilot certificate, instrument rating, commercial pilot certificate, certified flight instructor, instrument flight instructor, multi-engine ratings, and helicopter flight instructor.

He has owned several airplanes, including a Piper Cherokee Six, Piper Lance, Piper Turbo Seneca, Piper Tomahawk, Rotorway Exec 162F, Robinson R-22 Beta II, and Robinson R44 Raven. He has also built and flown a Van's Aircraft RV6A and helped rebuild a four-seat RV-10, which he currently flies. He also flies a twin-engine turboprop for his brother Mike's manufacturing company.

As a local celebrity, John has been afforded opportunities to fly many different types of aircraft like the F-16 fighter jet with the USAF Thunderbirds, the EAA's B-17 WWII vintage bomber, and the Commemorative Air Force's B-25, B-29, C-47, AT-6 and T-28 aircraft.

He has also had the opportunity to fly with many memorable people in many noteworthy aircraft, from rock bands like REO

Speedwagon to politicians.

John says he followed his pilot father's footsteps.

"My father and I both learned to fly choppers in the RW162F. I would never recommend it, but it was a fun toy that tried to kill my dad when the secondary shaft broke. But he got it on the ground semi-gracefully. So, we wisely sold it with 160 hours and bought a near-new R22."

John owned Iowa Helicopter until selling it in 2015.

John recalls a haunting memory from flying in central Africa.

"While flying in Kigali, Rwanda, I was doing autorotations (turning the rotor blades of a helicopter descending without engine power) with instructor candidates from the Rwandan Air Force. We rolled the power off and did a 70-knot auto glide to a suitable landing area. It was common to see crocodiles scurrying for the river as we got low. Amazingly beautiful and



John McLaughlin has had the opportunity to fly a myriad of aircraft including military planes and helicopters.

unforgettably sad. Many of the officers I tested had lost dozens of family members in the 1994 genocide."

Occasionally, John has been able to make other people's flight dreams come true.

After receiving a letter from a veteran in her 80s, whose birthday was on Veterans Day, he made her lifelong dream to ride in a helicopter come true.

John says of the emotional flight, "I'll do anything to support our veterans." ■



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# KINDNESS rocks

Painting and hiding rocks to bring smiles to others



Raylan King holds a painted rock he found at a cafe in Ames. The photo was put on the Facebook page by Kristal King



This rock with a tulip painted on it was "hidden" near a tulip.



Gigi Halliday Mireault, her husband, Bill, and their adult children, Margaux, Elizabeth and Camille, paint rocks to brighten others' days.

Gigi Halliday Mireault founded a community initiative with a mission to unite the greater Des Moines area — one rock at a time. Gigi founded Des Moines Rocks! (Kindness Rocks Of Greater Des Moines Area).

"We are sharing joy and kindness by painting and hiding rocks to bring smiles to others in our community since 2016," she says.

The group has been growing steadily since its launch and now has more than 2,700 Facebook group members.

"It is such a cheery and positive thing, and if you have rocks and paint, it is also free and fun."

The painters of the rocks sometimes let the shape of the stone determine its decoration or focus on inspirational messages. Yet, no matter what decorations the rocks are adorned with, they are hidden throughout the community for others to stumble upon.

Once someone finds a rock, they are directed to the Facebook page (<https://www.facebook.com/groups/110568272283914/>) to share a photo of themselves with the stone. Often, the finder joins the Facebook group and pays it forward by hiding the rock again. This reciprocity is enjoyed by all. The original painter of the rock gets to see the smiling face, and the recipient gets to join in the fun and do the same for the next person.

Sometimes the group sees the rock is traveling to new locations, even, at times, around the world.

"It is fun to hear where they end up."

Gigi's family — her husband, Bill, and their adult children, Margaux, Elizabeth and Camille — have painted bugs onto rocks and taken them to the Des Moines Arts Festival.

"The delight on their faces is worth it all!"

Gigi used to provide labels instructing others to re-hide them, and then a man said the rock meant so much to him he asked permission to keep it.

"This really touched my heart, and that is when the labels were changed to say re-hide or keep."

The group has hosted painting parties at craft stores, libraries, schools, parks, nursing homes, senior living centers and among cancer survivors. The photos are posted on the group's Facebook page.

"It is always moving to hear when people gather to help others. I change the cover photo often to honor the rock artwork of our group members. I love that the kids love to do it, especially families with young children."

Not an artist but want to paint a rock? It's OK. Many group members are great artists, but most just do their best and have fun doing so.

Gigi recommends finding a smooth rock, washing it and letting it dry for a few days. Then paint your design with acrylic paints, label the back for whoever finds it to visit the Facebook page, let the paint dry for a few days to cure, and, finally, seal it to prevent it from being damaged.



Gil Maris shared a photo of a painted rock that made it to Sunny California.

When the rock is ready to hide, Gigi recommends visiting parks, walking paths, libraries or other public places. She cautions to place the stones where they are out of the way of pedestrians and mowers.

"We just keep painting, knowing it brightens people's day. We all need as much good news and happy thoughts as possible. Who doesn't need a happy thought to brighten their day?" ■

# ENSURING a good senior living fit

Whether you are considering a move for yourself or a loved one, you will want to make sure it is a great fit.

The most important thing you can do is explore all of the possibilities. Asking the right questions will give you more insight into what you'll find in any given senior living community.



### What is the quality of life here?

When you visit a possible new residence, whether independent living, assisted living or memory care, you'll likely find that current residents are your best resource. Don't be afraid to ask them how they like living in their community. Participate in an activity and note how many people attend and whether they are engaged in the activity. Ask for an activity calendar that you and your loved one can review to find matching or new interests.

### Is the community clean and inviting?

If you see or smell anything that concerns you, be sure to ask your guide about it. Take a look at the outdoor and indoor spaces. Research and bring along a list of items that you and your loved one are most interested in — make sure those features are available.

### What kind of care is provided?

Because everyone's needs are different, it's important to let staff know exactly what you are looking for. Make sure you familiarize yourself with the specifics offered. Ask about assistance with the daily tasks of living, including assistance with medications, bathing, dressing and attending meals or events around the building. Pay careful attention to the resident experience in memory care settings. Are residents encouraged to be as independent as they can be? Do the activities offered engage them?

### Is the staff kind and caring?

Ask residents how they feel about staff and ask management about the ratio of staff to residents. If residents feel warmly about staff members, they will likely give you an enthusiastic response. You should also take the time to observe staff and resident interactions throughout your visit.

### What is the dining experience like?

Mealtime is central to the quality of life offered at every community. Are the food choices fresh, healthy and tasty? What is service like in the dining room? Are there choices for variations on the daily dining experience?

While choosing the right community may take some time, asking the right questions can bring you a lot closer to finding what you want. Don't be afraid to return to a community and tour it again before selecting it. Pay attention to your instincts, as well — as many times, you will "know" if a community feels like a good fit for you. ■

Information provided by Connie Bever, Director of Sales, Meadowview of Clive, [Connie.Bever@cassialife.org](mailto:Connie.Bever@cassialife.org), 515-644-8740.

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# CCF PROMOTING philanthropy and community

The Clive Community Foundation (CCF) is working to improve the quality of life for residents, invest in the health and wellness of residents and collaborate with community organizations. The volunteer board members at CCF are excited about growing the future of that impact.

CCF was founded in 2007 by a group of Clive residents passionate about giving back to their community, with an overarching mission to ignite philanthropy and help connect donors to community organizations.

Last year, CCF made investments in 12 organizations, donating \$40,000 back to nonprofits serving Clive residents.

Recipients included Can Play, Clive Community Services, the Des Moines Performing Arts Applause Program, Children & Families of Iowa, Friends of the Clive Lions, Big Brothers/Big Sisters of Central Iowa, Girl Scouts of Greater Iowa, Clive Learning Academy, Clive School of Inquiry, Clive Historical Society, Junior Achievement of Central Iowa and YMCA Girls on the Run.

CCF also strives to raise awareness about some of the great things these organizations are doing in the community. Can Play is doing amazing work by providing no-cost recreational programs for thousands of kids in Clive and the Greater Des Moines area. With the support of CCF, they introduced a new, all-girls camp, HERS (Health, Empowerment, Respect, Soccer).



With the support of CCF, Can Play introduced a new, all-girls camp, HERS (Health, Empowerment, Respect, Soccer).



The Clive Community Foundation Board encourages philanthropy to support community organizations that improve residents' lives.



The Clive Community Foundation presented \$40,000 to nonprofits last year. A \$5,000 donation was made to Can Play.

"It's been through the addition of MAPLE that we have been able to get the kids to talk."



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Respect, Soccer). Twenty-five girls had the opportunity to connect with the Drake Women's Soccer team and other standout female role models as they learned new soccer skills and life-long skills including teamwork, collaboration and communication. With funding from CCF, Can Play will be able to increase the number of youth served this year. The positive impact the organization has on the community is something to be applauded.

CCF board members say they are excited about the future of the community and how CCF can grow its impact. If you're interested in getting connected and making an impact in your community, visit [CliveCommunityFoundation.org](http://CliveCommunityFoundation.org).

The Clive Community Foundation (CCF) is an Affiliate of the Community Foundation of Greater Des Moines. The CCF is a conduit for residents, businesses and other stakeholders to donate funds for the betterment of the Clive community.

For more information, visit [clivecommunityfoundation.org](http://clivecommunityfoundation.org). ■

# ADVANTAGES of revocable trusts

A revocable trust is a flexible estate-planning tool with many benefits. A trust is a legal entity created by a written legal document. It functions similarly to a Last Will and Testament; it names someone to manage your affairs, provides rules for that asset-management, and sets out how to divide money when you die.

But a trust can do much more than that. Because it is established during your lifetime, you have flexibility and control. Trusts are often used as a means to give money or property to others over time or for limiting disbursements to beneficiaries.

Trusts aren't for everybody, but they have many advantages.

### Choose who is in charge

You will likely name yourself as trustee of your trust. You should also name a successor trustee to carry on this role. Upon your death or disability, the successor trustee steps in to fulfill responsibilities as outlined in the trust document. The trust allows you to choose who you want to manage your financial affairs.

### Continuity in asset management

A trust is a good way to ensure that your assets will be managed the way you want them to be, even if you aren't able to participate in the



decisions. If you become incapacitated, the trust provides a blueprint for paying income and assets to you and your family. The assets in a trust, with clear guidelines on their use by the trustee, guarantee that your loved ones will still have those benefits.

### Assets are not subject to probate

A properly-drafted trust will keep the assets in the trust out of probate. That means they are not administered with court oversight. Staying out of probate court can save a lot of money in costs and fees. This is a huge advantage for many people and often one of the main reasons for creating a revocable trust.

### Privacy

If your estate has to be administered through the probate court, your assets will be public record. This can be problematic for people who value their privacy. When your assets are in a trust, then only you, your beneficiaries, and the trustee have access to them.

When you are considering which estate planning tools are right for you, contact an attorney who specializes in estate planning — an attorney you can trust. ■

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

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# SOME IOWANS will lose coverage during Medicaid unwinding

**What is Medicaid?**

Medicaid is a state and federally funded program that provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. Medicaid is administered by the states, according to requirements of the federal government. Medicaid should not be confused with Medicare, which is a federal program for seniors older than 65 or for disabled individuals.

During COVID, Congress enacted the Families First Coronavirus Response Act that had a requirement for states to keep people continuously enrolled in Medicaid. The end date for this provision was March 31, 2023.

**What is Medicaid unwinding?** Medicaid unwinding or redetermination is the process used to confirm people still qualify for Medicaid. Medicaid eligibility is based on financial and other criteria, and redetermination helps ensure people meet the criteria.



There will be phases of the unwinding that will happen over several months. Medicaid has been preparing members with social media, postcards and mailings. Members will get letters saying they may lose their Medicaid benefits. In many of these cases, they will just need to reapply to affirm they still qualify for the program. Other cases will show they no longer qualify.

If you currently have Medicaid, make sure your address and contact information are up to date with the Iowa Medicaid department. Watch your mailbox and carefully read any notices or letters you receive in the mail about your Medicaid coverage. Make sure to quickly respond to any request for information. Someone who is eligible for Medicaid could be dis-enrolled if the redetermination paperwork is not returned or the paperwork is incomplete. You may be able to appeal the decision if you receive a notice saying your coverage has been terminated.

If you no longer qualify for Medicaid, you will want to review other coverage options. Those may include health coverage through the Affordable Care Act (ACA) Marketplace (Healthcare.gov), a group health plan offered by

your employer or, if you qualify, a Medicare plan.

Losing Medicaid will make you eligible for a special enrollment period (SEP) with any of the coverages mentioned above. Employer-offered plans typically have special enrollment periods limited to 60 days in cases where the applicant has lost Medicaid coverage.

Children under age 19 may qualify for the Healthy and Well Kids in Iowa (Hawki) program. Hawki information can be found at <https://dhs.iowa.gov/Hawki> or by calling 1-800-257-8563.

Iowa Health and Human Services has created a member guide for the Medicaid unwinding that can be found at [https://hhs.iowa.gov/sites/default/files/FINAL\\_Member-Unwind-Guide\\_0.pdf](https://hhs.iowa.gov/sites/default/files/FINAL_Member-Unwind-Guide_0.pdf).

Members can contact Medicaid if they need assistance completing their form by calling 1-800-338-8366 or 515-256-4606 in Des Moines. ■

Information provided by Lee Patton, FHIAS, Patton Insurance Benefits, 1112 Maple St., West Des Moines, 515-270-8178.

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# DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2023. The latest bank failures don't feel like the start of another 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more than likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: [fdic.gov/resources/resolutions/bank-failures/failed-bank-list/](https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/) "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

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# EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations.

## Vacation Bible School

June 11-14

Faith Lutheran Church, 10395 University Ave., Clive

Mission: Possible! That's the theme of this year's Vacation Bible School hosted by Faith Lutheran Church. Children will embark on a mission to discover what's possible by learning some seemingly impossible stories from the Bible and how God helps us do amazing things to love and serve our neighbors. Children will explore these stories through crafts, games, songs and simulations.

Two sessions will be offered. For those in pre-kindergarten and about to enter kindergarten, there will be a session from 9:30-11:30 a.m. with the session beginning on June 12. For those about to enter first grade up to sixth grade, there will be a session from 5:30-8 p.m. The kick-off celebration will take place on the evening of Sunday, June 11 at 5:30 p.m. You can register your child at <https://bit.ly/3W61WZB>.

## Sensory Saturdays

May 27, 10-11 a.m.

Clive Public Library, 1900 N.W. 114th St.

Join us for Sensory Saturday! Sensory play focuses on activities that engage your child's senses, helping them develop language and motor skills. It also helps with cognitive growth, fosters social interactions, and encourages experimentation. Other dates include June 24, 10-11 a.m., and Aug. 19, 10-11 a.m.

## Justin Young exhibit

June 1-July 31

Clive Public Library Art Gallery, 1900 N.W. 114th St.

Come to the Clive Art Gallery to enjoy the delightful works of Iowa artist Justin Young. Justin uses pastels, watercolors, and acrylics in his artwork which includes cityscapes and pet, human and architectural portraits. You'll be able to see a special commissioned work that he created just for the Clive Public Library. For more information, contact Patty at [pnapiere@cityofclive.com](mailto:pnapiere@cityofclive.com).



## Mary Kline-Misol exhibit

Through May 31

Clive Public Library Art Gallery, 1900 N.W. 114th St.

Celebrate Black History Month and Women's History Month with the gorgeous artwork of Clive artist Mary Kline-Misol. Mary's work has been commissioned by numerous Iowa organizations, including the World Food Prize, Iowa State University, the Dubuque Museum of Art and more. Her giclees will be available to enjoy and purchase. For more information, contact Patty at [pnapiere@cityofclive.com](mailto:pnapiere@cityofclive.com).



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## John Wayne Birthday Celebration

May 26-27

The John Wayne Birthday Celebration 2023 theme is “A Salute to the Armed Forces.” John Wayne’s military films and his support of members of the military are the inspiration for the theme. Tickets are on sale for the Friday Night VIP event and the Saturday Night Benefit Dinner & Auction. Seating will be limited for each event. Visit the John Wayne Birthplace & Museum website for tickets and more information: [www.johnwaynebirthplace.com](http://www.johnwaynebirthplace.com).

## Madison County Airing of the Quilts

May 31-June 3

The Iowa Quilt Museum’s community-wide quilt festival will be held June 1-4. It celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county. This unique event is one that you don’t want to miss. The festival now also includes classes, a comprehensive quilt symposium and a retreat, so make sure to check out the activities online at [www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival](http://www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival).



## Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 1 is Jason Brown; June 8, Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night. ■

## Downtown Summer Stir

June 9, 5-9 p.m.

### Downtown Des Moines

Join CITYVIEW’s traveling cocktail party. Visit participating establishments — all within walking distance — and sample their signature Summer Stir drinks. Cost is \$25 (prepaid online), and participants receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. For tickets, visit [summerstirs.dmcityview.com](http://summerstirs.dmcityview.com).

## NEWS BRIEF

# LITTLE Walnut Creek projects

The cities of Clive, Urbandale and Waukee are coming together to spearhead a critical infrastructure project that will benefit residents of all communities. The collaboration will extend sewer infrastructure, connect recreational trails and improve green spaces that people can enjoy for many generations to come.

First up is a new gravity sanitary sewer line for the City of Waukee, which will support residential and commercial growth in the northwest area of Waukee. The Northeast Outfall Sewer will be located along Little Walnut Creek between approximately N. Warrior Lane in Waukee and 144th Street in Urbandale.

Following sewer construction, Clive will implement stream bank restoration, reforestation and trail paving projects along the Clive Greenbelt. Erosion is evident in several places along Little Walnut Creek. The City of Clive will work on stabilizing the stream bank in several places, which will prevent future erosion and reduce sediment flowing downstream. City of Clive staff are working with experts and consultants to design and implement reforestation and replanting efforts that will improve habitat and strengthen the local ecosystem by addressing invasive species and adding diverse species that

are best able to thrive in this area.

Urbandale will expand its existing Walnut Creek Regional Park and eventually complete a trail connection between the Little Walnut Creek and Bob Layton trails.

“Each of these projects is a big undertaking on their own. Stacking them enables more efficient use of resources and enables us to access funding that wouldn’t be available if done independently,” said Rudy Koester, Public Works director for the City of Waukee. Waukee is leveraging the State Revolving Fund (SRF) program, which enables qualifying projects to apply loan interest toward water quality improvement projects. This will help Clive complete needed stream bank restoration work for Little Walnut Creek.

During construction, trails will be closed, and pre-selected trees will be removed to make way for construction as well as help remove some invasive species.

“The Clive Greenbelt is a beloved natural feature in our community. We’re working with Waukee to protect as many large, mature, native trees as possible and are excited to plant new trees that will be enjoyed by future generations,” said Peter De Kock, assistant city manager for the City of Clive.

### Future benefit

Erosion is occurring along Little Walnut Creek. Mitigating this can be an expensive undertaking for homeowners backing up to the waterway. Clive’s project will include stream bank restoration that will help reduce future erosion. This not only benefits homeowners at the restoration sites but also residents downstream with improved water quality. Additionally, Clive will plant new, diverse tree species and other native Iowa plantings, which will enhance wildlife habitat and help address invasive species.

In addition, there will be repaving and expansion of existing trails. It will set the stage for future trail connections across N. Warrior Lane in Waukee, which will enable residents and visitors to ride from Waukee through the Clive Greenbelt and easily connect to the broader metro trail system.

“Plain and simple, this is good government at work,” said Derek Zarn, director of Marketing & Communications. “We’re collaborating with our neighboring cities to improve the quality of life for all our residents and to set the stage for future growth and development.” ■

# CITIZEN input helps to plan Cirksena Park

Building consensus among residents



2023

AWARD

## NEIGHBOR SPOTLIGHT

PRESENTED BY WAUKEE LIVING MAGAZINE

The dream of every good mayor is to build up the community that he or she leads and its community spirit. Former mayor of Clive, Scott Cirksena, has seen that come to fruition.

“A mindful 25-year master plan for the future of Clive’s Greenbelt Park area, which is the ‘spine of our city,’ started in 2012 and is continuing with a new leadership team,” says Cirksena. “Clive is known for its Greenbelt and trail system, and this plan is to continue to grow these great attributes and to benefit its engaged, enthusiastic citizens.”

Cirksena was involved in the design of the current logo and tagline of Clive: “Distinct by Nature,” in which the defining element of Walnut Creek is shown. Named “River Town of the Year” in 2017, its “river” is



Daniel Timmons, Edward Jones, congratulates Neighbor Spotlight recipient Chuck Ehlers, one of the citizens instrumental in gathering public input for Cirksena Park.

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a major stream running through the center of much of the community. Focusing on the enhancements of its natural attributes has been the mission of Cirksena and the Clive Parks and Recreation Department. After six years on the City Council, Cirksena served 12 years as mayor of Clive, ending in 2022. His imprint of the importance of the city’s park system and how it operates is evident.

“I always wanted to have the neighborhoods of any park be a large part of the park planning — to make the park their own,” says Cirksena. “It is a testament to the interest of the Clive citizens to come to meetings, to voice their opinions, and to make an impact on the planning.”

The new park was planned between two distinct developments in the “The Wilds”— a quadrant of northwest Clive that Cirksena has referred to as “the last frontier” of undeveloped land in the city of Clive. Located at 3575 Westgate Parkway in Clive, the park is between the Courtyards of Shadow Creek, a 55-plus retirement community on the south, and developments of single-family homes on the north and west. The formal planning for Cirksena Park began in October of 2022, with a gathering of more than 70 neighbors in the clubhouse of the Courtyards from both areas bordering the park. This was arranged by Chuck Ehlers, a resident of the Courtyards.

“We wanted to determine the feeling of the neighborhood regarding the design, usage and amenities of the proposed park,” says Jeff Lucas,

## NEIGHBOR SPOTLIGHT

recreation manager of City of Clive, Parks and Recreation.

“With RDG Planning and Design, we discussed the concept plan, asked for input, and listened to the residents.” The inclusion of the citizens at a grassroots level continued with a neighborhood questionnaire in December of 2022, which received almost 90 responses.

Ehlers took the initiative to be a part of the planning of the park, not only by offering the clubhouse to Lucas, but by being a liaison between the park department and the 91 homeowners of the Courtyards.

“Jeff kept me in the loop, and I passed on information to our community newsletter so that everyone had a good idea of what was happening,” says Ehlers. “Several of us went to the Park and Rec meetings and discussed any concerns with the park staff. It was very transparent, and they took our concerns to heart. We look forward to the time when the city starts construction and development of Cirksena Park.”

The park was originally designed to have three important components: small, natural play features; shaded shelter; and 1/10th-mile walking loop within the park.

“We continued to build consensus among the neighborhoods as we listened to any concerns and worked to modify the plan to accommodate them,” says Jeff Lucas. “Having Chuck Ehlers and Shereen Bender as ‘champions’ of the park planning helped to ensure all the parties were being heard.”

Shereen Bender and her family of two school-age daughters live adjacent to the park and are now looking forward to the project’s completion. “At first, we were nervous about the park; however, as plans were communicated, we are now very excited,” says Bender. “The City has been very communicative and took the feedback we had to heart. Jeff has been exceptional in following up and answering questions from everyone.”

Actual changes to the original plan include mounding and planting boundary trees and shrubs to increase privacy for the homeowners on the south side of the park, moving the walking trail farther north in the park and including a few benches along the trail that connects the two neighborhoods of older and younger citizens.

“With an emphasis of developing the park within its natural landscaping, it is a tranquil setting,” says Lucas. “The play features are for younger children, with the shaded shelter overlooking a pond and wetlands and the walking trail crossing through the park.”

June 8, a public hearing will be held at 6 p.m. in the chambers of Clive City Hall, with construction to begin this summer.

During his last City Council meeting in January of 2022, Mayor Cirksena was honored, as it was announced that the upcoming park project would be named after him. Cirksena Park is a legacy to a man who helped shape an outstanding park system, with the foundation of following the input of engaged citizens in helping build their dreams for their neighborhood park, as well as the City of Clive. In the case of Cirksena Park, it is also a legacy of building two distinct neighborhoods into a community of people supporting their new park. ■

**Do you know a neighbor who deserves recognition?**

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## MAY is Melanoma Awareness Month

The American Academy of Dermatology established Melanoma Monday, which falls on the first Monday in May, to raise awareness of the symptoms, causes and prevention of melanoma. As we get closer to the official start of summer, and more time is being spent outdoors, this is a great time to learn how to reduce the risk of melanoma and other skin cancers.

### The facts

In 2023, an estimated 99,780 Americans will be diagnosed with melanoma. Melanoma has more than doubled in the last 30 years. One person dies of melanoma every hour, every day. (*Melanoma Research Alliance*)

Melanoma is a cancer of pigment-producing cells called melanocytes. These cells give each of us our unique skin color. Most melanomas originate on sun-exposed skin, though they can also develop in other parts of the body containing melanocytes, including the eyes and sun-shielded locations like mucous membranes

or palms, soles or under fingernails.

The ability to spread widely to other parts of the body is a unique characteristic of melanoma compared to more common skin cancers like basal cell carcinoma and squamous cell carcinoma, which rarely spread. This characteristic makes melanoma the deadliest of all skin cancers.

### Who is at risk?

Anyone can get melanoma, but it's more common in people with fair skin, blond or red hair and blue or green eyes; a history of bad or blistering sunburns; skin that burns or freckles instead of tans; and a blood relative with a history of skin cancer.

### How to protect yourself

- Use broad-spectrum SPF 30 sunscreen daily.
  - Reapply sunscreen every two hours.
  - Avoid tanning and UV tanning booths.
  - Seek shade during the midday sun.
  - Wear sun-protective clothing

### Early detection saves lives

Examine your skin head-to-toe every month, and see your dermatologist every year for a complete skin exam. There is a 98% survival rate for people with melanoma that is detected and treated prior to spreading to the lymph nodes. (*American Academy of Dermatology*)

### Know the ABC's of melanoma spots

- A (Asymmetry) One half is unlike the other
- B (Border) Irregular or poorly defined borders
- C (Color) Varied from one area to another
- D (Diameter) Larger than a pencil eraser
- E (Evolving) Changing, itching, stinging, bleeding

If you see any of these danger signs or have questions about melanoma, talk to your dermatologist. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180.

MAY IS

# Melanoma & Skin Cancer Awareness Month

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## VESTIBULAR specialists treat dizziness

Dizziness is the second most common complaint heard by physicians. This symptom is often scary, makes people feel ill, and prevents people from living the life that they enjoy. Dizziness also increases risk for falls.



Though patients often go to the ER or their family physician for treatment of dizziness, medications are generally not the cure for these issues. Instead, vestibular rehabilitation is needed through specialized physical therapy to retrain the vestibular system and reduce dizziness.

The vestibular sensory organ is located in the inner ear, which is seated within the temporal bone of the skull. This organ is responsible for telling the brain where the head is at in space. If the brain gets similar information from the two ears, all is well. But, if the information doesn't match, indicating an

issue in one vestibular sensory organ, dizziness can result. Dizziness can be described in many ways, such as disequilibrium (imbalance), spinning (vertigo), lightheadedness, floating, motion sickness and visual movement.

The description of dizziness symptoms, how the dizziness started, length of time the episodes last, and triggering factors can help a dizziness specialist, such as an ENT physician or vestibular PT, determine the underlying cause of the dizziness. Common dizziness diagnoses include benign paroxysmal positional vertigo (BPPV), Ménière's disease, neuritis, labyrinthitis, migraines and generalized imbalance.

A vestibular PT will also test the vestibular system through a series of movement activities. If vestibular deficits are noted, medications may be helpful to calm the system, but, ultimately, vestibular rehabilitation is needed to rebalance the input between the two ears, thus reducing dizziness symptoms. Though the recommended treatment will vary based on

diagnosis and from patient to patient, it would likely include a variety of balance activities combined with a variety of head movements, eye movements, direction changes, speed variations, and other dynamic activities. All of these help to retrain the vestibular system. Mini strokes, anxiety and blood pressure changes can also cause dizziness symptoms. If it is determined that dizziness stems from these issues, medical management may also be required.

Dizziness is a common yet complex symptom that greatly impacts daily life. But, you don't have to, and shouldn't just, live with it. A vestibular specialist can help to determine the underlying diagnosis and get the most appropriate treatment plan set up to get you on that road to recovery. ■

Information provided by Dr. Mallory Hertz, FYZICAL Therapy & Balance Centers of Clive, 12499 University Ave., Suite 250, Clive, www.fyzical.com/clive-ia, frontdesk@fyzicaliowa.com.

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## THE boxer

Like father, like son, Jacob Lauver likes the classics



Jacob Lauver recently purchased a 1984 Chevrolet pickup truck.

It's a Friday morning, and Sean Lauver is already hard at it under a pickup truck in his garage driveway, wrenching away like a pro.

And while it's his day off from work, he doesn't mind being underneath the 1984 Chevy K10 with a rebuilt 350 engine one bit. After all, it's his son Jacob's truck. And you know dads and their sons.

This one is a special truck, too, as it is the first vehicle Jacob purchased on his own after spotting it last Friday in Clear Lake in an ad on Facebook Marketplace.

"He's always been fascinated with the older square-body Chevys," his dad says. "The kids these days seem to all like the fancy, 'Fast And Furious' car, but he kind of takes after me and likes the old classics."

But this one isn't like the trucks that Dad had when he was a teenager.

"Pardon the French, but I drove poop boxes," he laughs. "They were junky hand-me-downs. I did have a 1981 Z-28 for a little bit. My dream car, it's still out there. I'll find it someday."

And while the truck has some years on it, one positive is that it hasn't required much work, just small stuff.

"It has dual tanks, and the first day we brought it back, the switch sprung a leak," Jacob says. "And there's been just a couple of other things. I noticed that the fuel lines had been installed backward. Nothing that a little YouTube search couldn't help fix."

"It's not perfect by any means, but if I can get these little things fixed, I won't have to spend any more Saturdays in the garage. But I'll help and do whatever is needed."

Jacob wants to get rid of the tool box in the back, says Sean. His influence in doing so is old school, too.

"That old TV show, 'The Fall Guy,'" Sean says. "He wants to put a roll bar back there like that."

The plan is to take the truck to different car shows once the work is complete, meet different people of like minds, and maybe do some additional work to jazz things up even further.

For now, this is a good start, though.

Sean is looking forward to the day when they can both jump in the truck and take it to a place they can have some real fun with it.

"We'll get it tuned up and see what happens," Sean says. "I'm hoping what I'm doing right now to fix things will help. That's my goal. After that, we'll see what happens." ■

## MEET Ellie Shane

Helping parents navigate their kids' health issues



As school nurse at Shuler Elementary School, Ellie Shane deals with a wide range of medical needs of students.

While growing up, Ellie Shane's mother was a special education teacher, so the education world holds a special place in her heart. Originally from Clarinda, Shane landed in the Des Moines area after attending Iowa State University. She then attended Mercy College in Des Moines where she received a bachelor's degree in nursing.

Today, Shane is a registered nurse at Shuler Elementary School. Prior to becoming a school nurse, she spent time working at Mercy Hospital on its pediatric and obstetrical units.

"I am biased, but the kids here at Shuler are pretty great. I love getting to take care of all 600-plus of them. I am lucky to work alongside some incredible people and educators, too. It's an incredible feeling to want to come to work," she says.

When it comes to being a school nurse, "typical" isn't a word often used. While Shane is never sure what is going to come through her doors, she can count on her day including dispensing daily medications, ice packs and bandages; assisting with a freshly lost tooth or two; and more.

Shane says she enjoys helping parents navigate the health issues involving her students. Whether it be someone who is newly diagnosed with asthma or working with parents to find just the right medication regime, Shane says that talking through the process and pain points is rewarding.

"Every child is different, and addressing health issues that arise with children is not black and white. I love the challenge of finding just the right treatment plan and the teamwork with parents," Shane says.

When not working, Shane enjoys spending time with her family outdoors. This includes biking, golfing, and exploring the Des Moines parks. This summer, she is looking forward to spending time with her 2-year-old daughter going to splash pads, library story times and the zoo.

"I am so grateful for this time home to rest and spend some quality time with my daughter, but come the first of August, I am itching to get back to Shuler. There is nothing better than back to school time. It is magical," Shane says. ■

# DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit [AvocadosFromMexico.com](http://AvocadosFromMexico.com). ■

## Harvest bowl salad with balsamic vinaigrette

Servings: 8

### Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

### Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

## NEWS BRIEFS

### FAREWAY celebrates new store in Clive

A new Fareway store located at 16035 Hickman Road in Clive hosted a ribbon cutting ceremony and grand opening on Monday and Tuesday, May 15-16. The 24,000-square-foot store is the company's 135th location and opens as it celebrates its 85th anniversary this month.

Besides its grocery selection, with fresh-cut produce, healthy varieties, and locally sourced items, a variety of craft beer, fine wines, and top-shelf spirits will be available. Full-service and online ordering with curbside pickup can be found at [Shop.Fareway.com](http://Shop.Fareway.com).

Speaking at the ceremony were Mayor John Edwards; Emily Bialas, Clive Chamber Board President; Michelle Hurd, Iowa Grocery Industry Association President; and Reynolds W. Cramer, Fareway CEO. ■

### TRADEHOME Shoes donates 1,960 pairs of socks

On Tuesday, April 25, a representative from Tradehome Shoes delivered 1,960 pairs of socks to The Salvation Army of Des Moines at The Capital Area Coordination Office, 1400 N.W. 100th St., Clive.

An employee-owned company, Tradehome Shoes continues to evolve and has become increasingly focused on getting involved in the communities it serves. In addition to the kickstart of the Trade-at-Home-Give-at-Home program, Tradehome Shoes has recently launched Century Apparel Company. This business aims to give back to people and organizations in each of its communities. Tradehome Shoes store managers individually pick a neighborhood organization to provide to. For every pack of Century socks purchased, a pack is donated to that chosen group. ■



# RIBBON cutting

Fareway celebrates 85 years with new, west Clive location on May 15.



A ribbon cutting was held at the new, west Clive Fareway location on May 15.



Jennifer and Tenley Irlbeck



KayDee, Hadley, Jamie and Kinley Kinning



Andrea Chase and Michelle Hurd



Max Ronnau, Ellie Ronnau, Janna Johnson and Gary Johnson



Jace Snyder and Dustin Wermouth



Andrew Cramer, John Cramer, Brad Bolin, Jamie Richards and Zach Miller



Rob Stevenson, Lance Gardner, Rhonda Gardner and Reynolds Cramer



Gary and Rene Worrall



Mark Hanson and Frank

# FOOD TRUCK Friday

Food Truck Friday was held on May 12 at Campbell Park.



Richard and Kristy Brown and Aly



Martha and Rich White



Josh and Breanne Jacobs



JC, Lindsey and Josie Moran



Brenda and Jerry Sullivan



Libby Johnston and Heather Erdman



David Hildahl, Libby Waterbury and Will Waterbury-Hildahl



Amber Jameson and Kelsi Salmon



Chris and Sheila Rich



Braidon Dalton and Deja Wilson



Chris Nelson, Deb Nelson and JoAnn Olson

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