

CLIVE

JUNE 2023

Living

MAGAZINE

Celebrate Clive Festival

Family fun, "Thunder Over Clive Fireworks" and more!

Peterson reads with kids
NEIGHBOR SPOTLIGHT

Leibold has garage of Jaguars
GARAGE

Chicken Shawarma Sliders
RECIPE

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Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

HERE ARE SOME THINGS TO KNOW:

- 1. Wear Sunscreen:** Apply SPF 30+ sunscreen before going outside and reapply regularly.
- 2. Seek Shade:** Limit sun exposure, especially between 10 am and 4 pm.
- 3. Cover Up:** Wear protective clothing, hats, and sunglasses to shield your skin.
- 4. Skip Tanning Beds:** Avoid artificial UV radiation, which increases skin cancer risk.
- 5. Check Your Skin:** Monitor for any new or changing moles or spots, and report concerns to a healthcare provider.

PROTECTION IS EASY

Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.



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waggonerpediatrics.org

WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parade, carnival, live music and even fireworks. I have attended every community celebration in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having chain stores, cookie-cutter houses and traditional family make-ups. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build here, and families decide to move in. As a whole, suburban communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you drive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Clive.

If you have not actively participated in Clive Festival, you are in luck. This year's event is just around the corner, and there will most certainly be a number of events and activities you will enjoy.

We share the details of this hometown event in the pages of this magazine. It is a wonderful part of this vibrant community and yet another reason why so many choose to call Clive home.

Thanks for reading. ■

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SUMMER FUN @ THE JOHNSTON TOWN CENTER 2023

FARMERS MARKET

Come and enjoy the Farmers Market on Tuesdays this summer. This year, the market will take place on the north side of the Yard. Shop for fresh produce and homemade products while being entertained by live music. Learn more about the market at www.johnstontowncenter.com/events.



TUESDAYS | 5 - 8 PM | JUNE - SEPTEMBER

music & movies after the market



Join us on Tuesday evenings after select Farmers Markets for extended live music or outdoor movies. The music begins at 7:30 p.m., and the movies start at dusk. Please bring chairs or blankets to enjoy the entertainment in the Yard.

Music:

- **July 11**, Orphan Annie Freds
- **August 1**, The Savage Sons of Gladys Kravitz
- **September 12**, Sons of Gladys Kravitz

Movies:

- **June 27**, Encanto
- **July 25**, Top Gun Maverick
- **August 15**, The Mario Bros.
- **September 26**, American Underdog

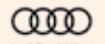
TUESDAYS | 7:30 PM | TUESDAYS | AT DUSK

THE CORK 50131 PRESENTS:

THE YARD SUMMER CONCERT SERIES

The Cork 50131 is bringing musical acts from across the United States, including Nashville and Los Angeles, to the Yard. All three concerts will begin at 7 p.m.

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Celebrate Clive Festival

Family fun, “Thunder Over
Clive Fireworks” and more!

By Chantel Boyd

Mark your calendars!

The 2023 Clive Festival promises to be the best yet and has a new presenting sponsor, Lincoln Savings Bank. The year’s community celebration will take place July 21-22 at the Greenbelt Landing. Clive Parks & Recreation maintains 15 parks, the Greenbelt Park & Trail and the Clive Aquatic Center, and the City’s Parks and Recreation Department organizes the Clive Festival.



Soon, Greenbelt Landing will be transformed for Clive Festival with tents, booths, picnic tables, and lots of things for the family to enjoy.

Clive Festival activities include the annual Thunder Over Clive Fireworks both evenings at 9:30 p.m., live music, the popular Clive Fire Department Slip-N-Slide, Clive Running Festival, and plenty more family fun.

The event requires many volunteers to make for a successful couple of nights in late July.

The organizers wish to thank all the volunteers for helping put on Clive's largest annual community gathering. Volunteers are still needed, and those interested are encouraged to sign up at <https://signup.com/go/jivaarY>.



Visit the Clive Community Foundation booth and other vendors at Clive Festival.

The organizers also thank the sponsors and vendors that help make Clive Festival possible.

“The Festival values your generous support, and your commitment to our community is greatly appreciated. Thank you for helping

make Clive Festival a celebration for the entire community,” says Jeff Lucas, recreation manager, City of Clive Parks and Recreation, who organizes the Clive Festival.

New for 2023, organizers asked tent

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Amanda and Joe Jerkins, Owner

FEATURE

and booth vendors to add value to the event by incorporating a free children's activity. So, bring the whole family out, enjoy activities with the kids, and get to know area businesses.

Clive Festival will again welcome local favorite music acts.

"We are proud to bring local favorites to the Main Stage," says Lucas.

Thunder Over Clive Fireworks shows will take place each evening at dusk or 9:30 p.m. To strive to be more family friendly, the organizers have moved the nightly fireworks displays 30 minutes earlier.

The Clive Running Festival will again coincide with Clive Festival. This is a three-part running festival.

"Thank you to our City of Clive Fire and Rescue, Police Department and Parks & Recreation Department for their help in this event," says Tom Trygstad, race director.

The Clive Running Festival will be hosted on July 22.

"As a runner in this race, to later helping out as a volunteer for the event, I have always enjoyed this local community race," says Trygstad.

Families are invited to run on this scenic course along the beautiful Clive Greenbelt Trail. With a 5K, 1-mile run and the Tadpole Trot, there is an event for all members of the family.

Live Music Schedule

Friday, July 21

5:30-8 p.m., Unfortunate Sons

8:30-11 p.m., Sons of Gladys Kravitz

Saturday, July 22

5-8 p.m. Punching Pandas

8:30-11:30 p.m., Standing Hampton



Clive Festival again features a bags tournament.

This popular trail is used year-round by runners, walkers and bicyclists. Proceeds from the race are used for trail improvements, such as the new drinking fountains installed from past races and the annual maintenance of the trail.

"Your participation in the Clive Running Festival directly benefits all who love and enjoy the use of this wonderful asset," says Trygstad.

Additional activities were still being added at the time of printing this article. Finalizing of the event schedule is TBA and is expected to be posted no later than July 1. Visit www.clivefestival.com for updates.

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Bring your lawn chair to enjoy entertainment at Clive Festival.

Friday, July 21, and Saturday, July 22

• **Kids for Art in Clive Expo**, Clive Special Events Building, 1801 N.W. 114th St. The Special Events Building is located just to the east of the Clive Aquatic Center, sharing the parking lot.

• **Inflatables/Bounce Houses** available 5 p.m. to dusk.

• **Corporate Games Bags Tournament**, sponsored by the Iowa Sports Foundation at 5 p.m.

• **Monster Mural**. This interactive public art display will be open from 5 p.m. to dusk.

• **Food trucks:** Hot Off the Presses, Roadside Tacos, Mactopia, Two Ol' Chefs, Street Sweets, Totally Rolled Ice Cream, Karam's Grill, Yellow Wagon, Brick & Ember Pizza Company. Open 5-11 p.m.

• **Beverage Garden** open from 4-11 p.m.

Clive Running Festival events (Saturday)

Clive Special Events Building, 1801 N.W. 114th St. The Special Events Building is located just to the east of the Clive Aquatic Center, sharing the parking lot.

Preregister at www.facebook.com/CliveRunningFest. Last chance to register is



from 6:30-8 a.m. Clive Running Festival 5K is at 8 a.m. The 1-Mile Fun Run is at 9 a.m. The Tadpole Trot is at 9:15 a.m.

Other events to note

• **Lions Club Pancake Breakfast**, 7-11 a.m.

• **Touch-A-Truck**, at the Clive Public Library parking lot from 10 a.m. to noon.

• **Giant Slip-N-Slide**, Clive Fire Department Giant Slip-N-Slide presented by Next Generation Realty from 1-5 p.m.

• **Bingo**, in the Special Events Building from 3-5 p.m.

• **City of Clive Bags Tournament**, 4-6 p.m.



The Thunder Over Clive fireworks are held both nights of the festival.

Preregistration is required, www.clivefestival.com.

• **Greenbelt Goats:** The Clive Greenbelt Goats were introduced to the City in late 2019 and are a special herd helping the city manage invasive plant species.

For more information, updates, and complete schedule, visit the Parks and Recreation website for the Clive Festival, www.clivefestival.com. ■

5 BENEFITS of working with a community bank for your mortgage

The last few years have brought challenges and opportunities to those looking to buy a home. It's now more important than ever to work with a community bank that has the expertise and flexibility to meet your unique lending needs.



Here are five benefits you could experience when working with a community bank on your next home mortgage:

1. Products based on your needs

Loan products should be based on customer needs. Expert loan originators consider the rate environment, your personal financial factors, how long you plan to own the home and more to help you decide which mortgage product is right for you.

2. Local decision making

One of the benefits of working with a community bank is that local decision making allows for quick turn times. Local decision-making also means your loan originator has more opportunity to discuss your case with the underwriter. This often makes a big difference for those facing difficult financing situations that national financial institutions may turn away.

3. Closing with your local lender

Your loan originator should wish you well in your new home in person. Plus, they should distribute checks at closing, which normally allows immediate possession of your home.

4. Easy ability to refinance in the future

Interest rates have been on the rise, and current homebuyers may want to refinance when rates come back down. When interest rates begin dropping, there's often a high demand for refinancing. Community banks tend to handle the demand more efficiently than national banks.

5. Help with other financial needs

If you'll be undertaking a significant home improvement or other major expense, a home equity line of credit may be just what you need. This loan is based on the equity you have in your property, and you are only charged interest for the amount you take out of the account. Much like refinancing, you benefit from having your mortgage with the same bank that can help you with other financial needs in the future.

In addition to these five benefits, many customers appreciate that community banks offer a more personal touch and have closer ties with the community.

To learn more about the benefits of working with a community bank for your home loan needs, reach out to your banker today. ■

Information provided by Cassandra Haller, VP, Mortgage Loan Originator, NMLS #681625, 1111 University Ave., Clive, Desk: 515-222-2001, Cell: 515-707-6461.



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EQUAL HOUSING LENDER

A GARAGE full of speedy Jaguars

Leibold enjoys classic British sports car.

Chuck Leibold of Clive keeps Jaguars in his garage, and he enjoys letting them out to run free. But there have not been any calls to animal control, because these Jaguars are classic British sports cars, not wild animals.

Leibold says he got his love for the cars naturally, as an uncle and both of his parents also owned Jaguars.

“I grew up around British sports cars,” he says. “My dad had one of the first MG-TDs in Des Moines in 1952... so I kind of got the disease from him.”

Leibold now has four Jaguars.

“As I told my wife, you need to have that many to make sure there’s always one running.”

Jaguars can be tricky to maintain.

“There’s just something about the Jaguar engine that’s unique. And once you’ve been in one, there’s nothing quite like it.”

His four Jaguars are a 1961 Mark 2, a 1969 E Type Series 2, a 1991 XJS Convertible and a 2000 XK8.

Leibold said simply fine-tuning a carburetor on one of the cars can be a day-long activity, but he says it’s worth the time and trouble because he enjoys preserving a bit of automotive history. He tries to get each car out on the road a few times per month, weather permitting. Though his cars are not in mint condition, he describes them as “20 footers,” meaning, from 20 feet away, they look just fine.

Recalling his purchase of the 1961 Mark 2, Leibold says, “The guy that had it before me had painted it with latex house paint, and it was starting to peel.” But since Leibold was planning to have the car restored anyway, he bought it despite the unusual paint job.

Leibold shares a memory of the car’s initial odd look, recalling that, when he went to pick up his daughter Krista from school in the Mark 2, she asked that he park further away because she didn’t want to be seen in it. But, eventually, her opinion changed.

“Then 20-odd years later, I drove her to her wedding in it after it had been fully restored,” he says.

Leibold has no plans to add another Jaguar — for now, anyway.

“I have enough... until I see one I really want, and then I’d have to figure out which one to get rid of.” ■



Chuck Leibold’s restored (and repainted) 1961 Mark 2.



Chuck Leibold’s 1969 XKE Jaguar.



Chuck Leibold opens his Jaguar “cage.”

COLE honored for career in broadcasting

Inducted into the Broadcasting + Cable Hall of Fame

Ray Cole, president and COO of Citadel Communications, was recently inducted into the Broadcasting + Cable Hall of Fame in New York City. Only one other Iowa-born broadcaster — Johnny Carson — is on the honor roll of previous inductees. A native of northwest Iowa where he started his broadcasting career in 1976, Cole has lived in Clive since November 1994.

Cole's executive career spans five decades. As president and chief operating officer of Citadel Communications LLC, he has held leadership roles on the boards of the ABC-TV Affiliates Association, National Association of Broadcasters, Television Bureau of Advertising and Broadcasters Foundation of America. He has received national and local recognition for his leadership in the broadcast industry and his contributions to the community at large, including being presented the Robert D. Ray Pillar of Character Award in July, 2019. He was named an inductee to the Iowa Broadcasters Hall of Fame in 2015.

Audiences enjoy hearing about Cole's experiences with successful figures from the worlds of television, sports, entertainment and politics. He shares his insights into the "winning" traits, qualities and attributes identified by the many "winners" profiled in and/or interviewed for his book "Hangin' with Winners," that was published in October, 2021. He is an engaging storyteller who uses personal anecdotes to punctuate his themes of character, integrity, leadership and teamwork. He strives to do so in a manner that leaves his audience entertained, informed and inspired.

The annual Broadcasting + Cable Hall of Fame is the premier industry event of the year, paying tribute to the pioneers, innovators and stars of broadcast, cable and broadband television. Receiving the coveted Hall of Fame honor is more than the acknowledgement of a successful career — it is entry into an exclusive community of honorees who have changed the paradigm of the industry.

Previous honorees have included greats like Oprah Winfrey, Dr. Phil McGraw, Michael Powell, the cast of *The View*, Robert A. Iger, Dr. John Malone and more. ■



Ray and Susan Cole on the red carpet at the Broadcasting + Cable Hall of Fame induction ceremony.



Ray Cole, president and COO of Citadel Communications, was recently inducted into the Broadcasting + Cable Hall of Fame in New York City.

IS IT TIME to downsize?

The challenges that we have faced over the past year due to the pandemic may have brought to light some needed changes in our lives. For some of us, the pandemic may have shown us that we are in need of a lifestyle change. For many people 55 and better, it has given the opportunity to reflect upon current needs and responsibilities of continued home ownership.

After a year of isolation, we are finding people are ready to move to a more social environment where they can connect to others in a community and know that there is support nearby.

The market is booming, and it's a great time to sell, but the thought of downsizing can almost be too overwhelming. Now that donation sources have reopened, in-person tours are available, and families are able to travel again, it's a great time to start your next chapter. Even with support from friends and family, many questions can still arise, and there are resources available to help.

We spoke with Tisa Johnson from Senior Transitioning Services, and she said she has been receiving a record number of calls this year. Senior Transitioning Services is just one of many options available to help you sort, right-size, and coordinate your next step. Tisa shared, "People are ready to simplify their responsibilities and feel more connected again." Whether you have things to throw out, items to donate, antiques to sell, a mover to coordinate, these types of services will help you with all of it. They can even visit your new community to measure your new home and create a floor plan, so you know exactly what you can fit and what you need to part ways with. They even offer decorating services, so you can just sit back and relax and watch your new home come together beautifully.

When thinking of a downsize, take a step back and really look at the space in your home that you actually utilize. You may have a multi-level home, but what rooms are you using the most? For many, it's a living room, kitchen, bedroom, maybe an office, and the bathroom. Think about how many square feet that is, and it should help you have an idea of exactly what styles of apartments/cottages/townhomes to look at. Homes are selling at record speeds, so having a plan in place is important before you list your home. Now is the perfect time to start downsizing, touring, and picking your community and floor plan. ■

Information provided by Connie Bever, Director of Sales, Meadowview of Clive, Connie.Bever@cassialife.org, 515-644-8740.



FIRE CHIEF Roe retires

Assistant Chief Clay Garcia promoted to chief.

The City of Clive and Clive Fire Department (CFD) honored Fire Chief Rick Roe with a reception and program celebrating his contributions to Clive May 24 for his retirement. He served for 34 years.

Chief Roe, a native of Humeston, began his firefighting journey in 1989, joining the ranks of the CFD as a part-time firefighter. He was promoted to Fire Chief in 1998.

“Throughout his tenure, Chief Roe displayed a deep sense of compassion and an unwavering commitment to the safety and wellbeing of the residents and businesses of Clive. His remarkable leadership during some of the City’s most challenging moments, including the floods of 2015 and 2018 and numerous other emergencies, solidified his reputation as a steadfast leader in times of trouble,” city officials said in a press release.

Chief Roe was recognized for his contributions to Clive on important projects, including Clive’s closest unit response program with the City of Urbandale, station collaborations with Urbandale and West Des Moines, and the construction of the Clive Public Safety Center. He was also commended for his “tireless efforts in improving training programs, enhancing firefighter safety protocols, and implementing innovative technologies that have reshaped how the CFD operates, ensuring that Clive is a safe, caring, and prosperous community.

“Beyond his professional accomplishments, Chief Roe has been an exceptional mentor and a source of inspiration to countless firefighters under his command. His unwavering commitment to fostering a culture of unity, respect, and excellence has motivated and empowered generations of CFD personnel to uphold the highest standards of service to the community,” city officials commented.

Clive’s new fire chief, Clay Garcia, served as a hospital corpsman in the U.S. Navy and started his career with the CFD in 2009 as a firefighter/paramedic. “Over the years, his unwavering dedication, unparalleled work ethic, and exceptional skills propelled him through the ranks, earning him roles as Clive Fire Marshal and Assistant Chief of Operations,” stated city officials. ■

7 BREW Coffee opens drive-thru

7 Brew, with its drive-thru coffee concept, announced the brand’s expansion to Clive. The future coffee stand was dropped on-site at 15600 Hickman Road, preparing for an opening at the end of July.

More than your standard coffee stand, 7 Brew offers more than 20,000 unique drink combinations, including coffee, energy drinks, smoothies, shakes and teas. The brand boasts more than 70 stands across the country.

The 7 Brew stand will add 50 jobs to the Clive area. ■

THE IOWA CLINIC opens free clinic in Clive

Stand-alone clinic to provide care to area patients.

The Iowa Clinic Healthcare Foundation, in partnership with Free Clinics of Iowa and Clive Community Services, announced the opening of its first stand-alone free clinic at 2190 N.W. 82nd St. in Clive.

Through this partnership, the free clinic space at the Clive Community Services location is expanding to serve more community members. Staffed by a volunteer medical team, the clinic serves people who otherwise lack access to affordable medical care. The Iowa Clinic and Ryan Companies volunteers assisted with the build out of the space in addition to providing donations of clothing and food pantry items.

“We’re excited to support this initiative and can’t wait to see the finished product,” said Brandy Waters, chief operations officer, The Iowa Clinic. “Being able to give back to our community in such a meaningful way is important to the work we do each day in our clinics.”

The Iowa Clinic Healthcare Foundation has been involved with Free Clinics of Iowa since 2004 and has helped the organization open and renovate eight free clinics (including this project) across the Des Moines metro. The Iowa Clinic Healthcare Foundation has donated \$87,000 to this project, with construction services provided by Ryan Co. The renovation included expanding the exam and waiting room areas, as well as the food pantry and free clothing closet. ■

HEALTH

By Dr. Dennis Winter, DDS

PROFESSIONAL teeth whitening

Professional teeth whitening is often an efficient, safe and effective choice for brightening your smile.

The two main products used for teeth whitening are hydrogen peroxide and carbamide peroxide. Unlike a whitening toothpaste that uses an abrasive ingredient to mechanically remove surface-level stains, the oxygen molecules within these whitening agents remove your tooth stains on a molecular level harmlessly.

Many over-the-counter (OTC) whitening strips, kits and pens also use a form of peroxide. The difference between these and professional teeth whitening is the chemical concentration.

A better opportunity would be to look for a dentist who uses a very high concentration of hydrogen peroxide because it will have the capability to isolate the teeth to avoid harm to the gums.

Check for a dentist who uses hydrogen peroxide combined with a high-intensity LED. The light is applied by a lamp that sits directly outside of your mouth. The light exposure is safe, and the side effects like sensitivity are temporary and transient. After the in-office whitening, the difficult cases may require wearing at-home trays regularly for touch ups and to get optimal results. ■



Information provided by Dr. Dennis Winter, DDS, Iowa Dental Arts, P.C., 4090 Western Parkway, Suite 106, West Des Moines, 515-225-8888, www.iowadentalarts.com. For more information about the system that we use, www.usa.philips.com/c-m-pe/teeth-whitening.

WHAT IS Social Security Disability?

Social Security Disability is a program managed by the Federal government. This program provides income to those who are unable to work due to physical or mental conditions that will last more than a year or result in the individual's death, and the conditions prevent the individual from performing any type of work activity. The two main programs of Social Security Disability are Social Security Disability Insurance and Supplemental Security Income.



Social Security Disability Insurance, which is also referred to as SSDI, is a program that provides benefits based on the individual's work history and the amount that he or she has paid into Social Security. Applicants under this program must be younger than 65 and have enough "work credits" earned.

Supplemental Security Income, which is also referred to as SSI, is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for

Medicaid (Title XIX).

The application and appeal process are similar for the two programs. The first step is the initial application, where the applicant submits an application and all medical evidence to the Social Security Administration. If the initial claim is denied, then the applicant has 60 days to file an appeal, which is referred to as a request for reconsideration.

Next, if the request for reconsideration is denied, then a request for a hearing may be filed. This hearing will allow the applicant to appear before an administrative law judge. After the hearing, the administrative law judge will issue a decision regarding the individual's disability status. If the administrative law judge issues an unfavorable decision, an appeal to the Appeals Council may be submitted. The final appeal step is to request the Federal District Court to review the decision. An applicant may be represented by an attorney at all levels.

In certain cases, an individual may be eligible for both programs. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes. ■

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

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MEN'S HEALTH — a preventable crisis

Dr. David Gremillion of the Men's Health Network says, "There is a silent health crisis in America... it's a fact that, on average, American men live sicker and die younger than American women." Dr.



Gremillion goes on to say, "More than half of premature deaths among men are preventable. But you can't prevent a problem if you don't know it exists."

National Men's Health Awareness Month has been celebrated each June since 1992. Its purpose is to bring awareness of preventable health conditions and to encourage all of us men to seek early detection and treatment.

Today, thanks to the Affordable Care Act (ACA), all individual health insurance plans through HealthCare.gov and employer-provided ACA group health plans must cover many preventive services without charging you a

copayment. This is true even if you have not met your annual deductible. It is important to note that those services are covered when delivered by a doctor or other providers in your plan's coverage network. Always check your insurance coverage for a list of covered preventive services.

An annual physical is the best way for early detection. There is a long list of preventive screenings, which include: blood pressure, cholesterol, hepatitis, and obesity. Immunizations are another preventive service including flu shots, hepatitis A and/or B, shingles, tetanus and whooping cough.

Medicare also covers many of the above-mentioned preventive services. During the first 12 months of being enrolled in Medicare Part B, a one-time "Welcome to Medicare" preventive visit is covered and then a "wellness" visit each year after. Medicare also covers prostate cancer screenings, colorectal cancer screenings, glaucoma tests, depression screenings and cardiovascular disease

screenings. As of Jan. 1, 2023, the shingles vaccination is covered by Medicare Part D drug plans as preventative with no cost when received at a covered pharmacy.

Another preventive service that men should schedule is an eye exam. Dr. Blodi, D.O. at Des Moines Eye Surgeons explains, "As eye doctors, we routinely screen patients for common eye conditions such as cataracts, glaucoma or macular degeneration. Some of these eye conditions can hide and cause vision loss without a patient even knowing, so it's important to get routine checkups. We are also able to occasionally diagnose common systemic issues such as diabetes, hypertension, and strokes with our eye exams. Every so often, we even find rare diseases such as tuberculosis, syphilis, Lyme disease, aneurysms and cancers as well. I recommend that everyone get an eye exam at least every two years, if not yearly." ■

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

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AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.



1. Opticians and eye exams - While original Medicare does

cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

2. Hearing aids - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

3. Dental work - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

4. Overseas care - Medicare usually doesn't cover health care while you're traveling outside

the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

5. Cosmetic surgery - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

6. Chiropractic care - Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

7. Massage therapy - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

8. Nursing home care - Medicare pays for

limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to RetireWithMerkle.com. Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Medicare.gov AARP.org

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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, please contact Patty at pnapiere@cityofclive.com.

Night Fire Family Fest with Jordan Feliz concert

June 24, 3:30-5 p.m. Doors open for concert at 5 p.m.

Horizon Events Center,
2100 N.W. 100th St.

Enjoy pre-concert outdoor fun at the Horizon Events Center parking lot. Bring outdoor games, pack a picnic or enjoy food from one of the four food trucks onsite. The concert features Jordan Feliz, a five-time Dove nominee and the 2016 New Artist of the Year, with special guest Spoken, a Christian rock band. There is no charge for tickets, but tickets are required, available online at nightfireconcerts.org

Trail Cleanup

Thursday, June 29, 4-5 p.m.

515 Brewing Company,
7700 University Ave., Suite C, Clive

The Clive Chamber adopted a portion of the Clive Greenbelt Trail (73rd Street to 86th Street) as part of the City of Clive Trail Clean-up Program. Chamber members and the public are invited to pitch in. Come dressed appropriately for the weather. Closed toed shoes, long pants and gloves are recommended. Trash bags will be provided. Following the cleanup, those interested will head to 515 Brewing for a refreshment. Register online at <https://business.clivechamber.org/events/details/trail-clean-up-791>.



Food Truck Fridays

Friday, Aug. 25, and Friday, Sept. 8, 5:30-8 p.m.

Campbell Park, 12385
Woodlands Parkway, Clive

The Clive Parks and Recreation's popular Food Truck Friday events feature local music, food trucks, and beverages in a family-friendly setting. Campbell Park is now a cashless facility. Entertainment on Aug. 25 is Randy Burk and the Prisoners. On Sept. 8, entertainment is Brian Herrin Trio.



Papa Roach concert

July 24, 6-10 p.m.
Horizon Events Center,
2100 N.W. 100th St.

Papa Roach performs with special guest Until I Wake. This is a standing, general admission event. There is no seating. Doors open at 5 p.m. Visit www.horizoneventscenter.com/event/papa-roach/ for ticket link.

Camp Dodge Summer Concert Series

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 22 is Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.



Music Under the Stars

Various dates and locations

Music Under the Stars, one of the oldest musical traditions in Central Iowa, is in its 76th season. The season includes free concerts on June 25, July 2, July 9 and July 16. All concerts begin at 7 p.m. and conclude by 8:30 p.m. Four of this summer's concerts will take place on the West Capitol Mall. However, for the first time in the concert band's history, Music Under the Stars will relocate to the Lauridsen Amphitheater at Des Moines Water Works Park July 9 and July 16.

June 25, "76 Trombones," Guest Artist: Dr. Tony Baker, trombone. Vocals: Kellie Kramer

July 2, "Stars and Stripes and Sousa," Vocals: Napoleon Douglas

July 9, Lauridsen Amphitheater at Water Works Park, "Musical Madness," Vocals: Max Wellman

July 16, Lauridsen Amphitheater at Water Works Park, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie Sawyer

Program details may be found at the Music Under the Stars website at www.musicunderthestars.org.

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

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EVENTS IN THE AREA

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

Be sure to check for cancelations.

Summer Stir

Friday, July 21, 5-9 p.m.
Historic East Village

Join CITYVIEW's traveling cocktail party. Visit many great establishments in the early evening and sample their signature Summer Stir drinks. For only \$25 (prepaid online, visit summerstirs.dmcityview.com), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. All of the establishments will be within walking distance.



Leprechaun Bags Tournament

July 15, noon
Sully's Irish Pub, 860 First St.,
West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsofiowa.com for more information.



Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.
Historic Valley Junction, 100-300 blocks of
Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythomatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

Des Moines Arts Festival

Pappajohn Sculpture Park, 1330 Grand Ave, Des Moines
June 23-25

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org.

DES MOINES METRO OPERA

Pote Theatre, 513 N. D St., Indianola
www.desmoinesmetroopera.org

June 30, July 2, 7, 11, 13, 15, 23: "Carmen" by Bizet

July 1, 9, 14, 22: "Bluebeard's Castle" by Bartok

July 8, 15, 21: "Driving While Black" by Kander/Gumbel at Des Moines venue, TBD

July 8, 16, 18, 21: "The Love for Three Oranges" by Prokofiev

July 12: "Stars of Tomorrow Concert" at Sheslow Auditorium, Drake University

July 20, 22: "The Falling and the Rising" by Redler/Dye at Freedom Center, Camp Dodge

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June 27 - July 2: "Ain't Too Proud – The Life and Times of The Temptations"

Sept. 15-24: "Persuasion" by Iowa State Theatre Company ■

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WARRIOR LANES



MEET Tracy Petersen

Reads with kids through Everybody Wins! Iowa/Power Read

When Tracy Petersen of Clive was looking for a short-term volunteer gig, she never imagined that, five years later, she would be volunteering regularly for two organizations.

Tracy teamed up with a student during the summer semester to read for just six weeks for an Everybody Wins! Iowa/Power Read program.

She enjoyed it so much, she found reading buddies at two different schools.

“I fell in love with reading with the students,” she recalls.

Before long, she began volunteering for a special events committee with Everybody Wins; then in 2020, she joined the board of directors. She also writes their newsletter.

Tracy became interested in reading with students because her own daughter is an adult and no other young family members were around.

“I like to hang out with kids,” she says.

During a session, she reads with an elementary child one on one. Students are paired with a reading buddy for a variety of reasons.



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to Tracy Petersen.

“They may need help with reading, they are an ESL (English as a Second Language) student or they just benefit from having a mentorship with an adult,” she explains.

She spends about 30 minutes reading, and the session is a reward for the student.

“Books are a vehicle. We try to enhance their love of reading and

building skills and a relationship with them. Students end up stronger readers with a better sense of self. It’s a positive environment, and they trust you. I made a friend who stole my heart. When she aged out, it was hard to say goodbye,” she says.

Tracy says it’s been a positive experience.

“They are super fun and full of energy and provide a different outlook on life. I feel like I’m glowing when I leave. I always have a smile on my face,” she says.

Tracy also volunteers at Central Iowa Shelter and Services, passing out hygiene products to their clients. She says the staff at CISS is enthusiastic, kind and hard working.

“The clients are interesting. I’ve been lucky in life, and not everyone has that same foundation. I like to support and encourage them.”

She volunteers for several reasons.

“I really like people,” she explains. “I’m a social person, and I need to get out of the house. I get bored easily. Meeting people from all walks of life energizes me.”

She encourages people to try different volunteer options.

“Don’t be afraid if you’re the newcomer. If it’s not the right fit, try again,” she says. “I finally found the right thing for me.”

For more information about the Power Read program, visit <https://everybodywinsiowa.org/>. ■

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GROWING leadership skills

Indian Hills Junior High students gain confidence.



Members of the Leadership Group at Indian Hills Junior High are building skills to take on leadership roles at the school

The Leadership Group, formed six years ago at Indian Hills Junior High, is designed to teach students leadership skills in preparation for becoming leaders in the building. The group is facilitated by Mike Cunningham and is typically made up of between 12 and 15 students.

To become a member of the Leadership Group, students are first nominated by staff. They then participate in leadership seminars and workshops. Cunningham says he likes helping with the leadership group because most of the students don't realize they are leaders, and he enjoys helping them find their voice.

"I was kind of scared about being in the group," says 2022-2023 eighth-grade member Lauren Lewis. "I wasn't comfortable with giving presentations and didn't think of myself as a very good leader. I am so glad that I stuck with it though, because I have been able to grow so much as a leader and presenter this year."

At the beginning of the school year, Cunningham provides a lot of direction and guidance for the students. However, as the year progresses, the students begin to take over as they lead discussions and discuss opportunities for leadership. Together, the students of the Leadership Group have also worked with seventh-grade students at Indian Hills Junior High to help them develop leadership skills and realize that they can be leaders themselves.

"I love that I get to work with people I'm friends with while promoting a good cause and spreading leadership together," says 2022-2023 eighth-grade member Alena Albanese.

This next school year, Cunningham is most looking forward to seeing next year's leaders take ownership of their new group. He is also looking forward to seeing the positive impact the students have on Indian Hills Junior High.

"I have grown so much as a leader through participating and collaborating with the people in the leadership group, and I could not have become the leader I am today without the help of everyone in the leadership group," says 2022-2023 eighth-grade member Sammy Clark. ■

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WHAT IS vertigo?

Dizziness is the second most common complaint heard by primary care physicians. One of the most common issues leading to dizziness is BPPV or Benign Paroxysmal Positional Vertigo. BPPV is a



condition where a piece of debris, called an otolith (or more commonly a “crystal”), comes loose from a crystal bed in the inner ear and drifts into one of the canals that senses circular motion. These parts of the inner ear are also known as your vestibular system, which helps you sense motion and keep your balance. If there is something wrong with your vestibular system, you get a sensation of dizziness. This can be described in many ways, such as lightheadedness, instability or

spinning (vertigo). BPPV usually comes with a spinning sensation that lasts several seconds and is triggered by positional changes. After the spinning has subsided, the person may feel nauseous or off balance. Common triggers for those suffering from BPPV include vertigo when looking up, bending over, laying down, sitting up, or even rolling over in bed.

The good news is that BPPV is benign, meaning there is not a more serious issue going on, and it can easily be treated by a specialized vestibular therapist. There are three canals in both the right and left inner ear that the crystals can drift into causing BPPV symptoms. It is essential to determine which of the six canals is involved in order to most effectively treat the issue. Some people try to treat the vertigo on their own, but they may not be successful in selecting the correct treatment. If this is the case, it can make symptoms

worse. Once the location is determined by a specialized physical therapist, a treatment is selected and provided. Additional assessment and treatments may be needed to fully resolve vertigo symptoms. Vestibular rehabilitation exercises may also be necessary to resolve any residual balance deficits.

There are other reasons why a person may have the symptom of vertigo, too. Dizziness is not only miserable to live with, but it increases your risk for falls and injuries associated with falls. Don't live with it. Get your symptoms assessed by a dizziness expert as soon as possible so the most appropriate treatment can be implemented and you can start loving your life again. ■

Information provided by The article was written by Jill McDonnell, PT, DPT, www.fyzical.com/clive-ia, frontdesk@fyzicaliowa.com.

Dizzy?

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RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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GREENBELT Music Festival raises funds for CCF



The Infamous Stringdusters perform.

The inaugural Greenbelt Music Festival raised \$8,885 for the Greenbelt Landing Project. For every ticket sold, the Horizon Events Center donated \$5 to the Clive Community Foundation (CCF) for the project.

The two-day outdoor extravaganza May 19-20 at the Horizon Events Center included concerts by Here Come the Mummies, Jameson Rodgers and The Infamous Stringdusters. Attendees enjoyed 20 bands over two days on two stages.

The music festival was an opportunity to bring families out for fun in Clive. Nearby

parking and free bicycle valet made it easy to get to this weekend event. Kids 12 and younger attended for free and several events were kid-friendly including Velcro ax throwing, silent disco, laser tag, Clive Greenbelt Goats and basketball contests.

The Clive Community Foundation (CCF) also sent letters to many residents asking for continued support. The group's mission is to partner with residents to ignite philanthropy through education, advocacy and pride in Clive. Look for the CCF table during Food Truck Fridays this summer at Clive's Campbell Park. ■



Finn Despina participates in Velcro ax throwing.

SKIN cancer

Prevention and early detection are key.

Skin cancer is a mutation that occurs in the DNA of skin cells. These mutations cause the cells to grow out of control and form a mass of cancer cells. Skin cancer begins in your skin's top layer — the epidermis. The epidermis is a thin layer that provides a protective cover of skin cells that your body continually sheds. The epidermis contains three main types of cells. Squamous cells lie just below the outer surface and function as the skin's inner lining. Basal cells, which produce new skin cells, sit beneath the squamous cells.

What are the risk factors and causes?

People who have fair skin, especially blondes and red heads, and blue, green or gray eyes are more susceptible to skin cancer. People with skin that burns or freckles instead of tanning and a history of bad and/or blistering sunburns are also at higher risk. The presence of 50 or more moles, or the specific types of moles "atypical nevi" or "dysplastic nevi" are

indicators of skin cancer risk. Lastly, a blood relative with a history of skin cancer can mean you are also susceptible.

How can skin cancer be prevented?

Avoiding the sun's UV light is the best way to prevent skin cancer. This can be done by seeking shade, especially between 10 a.m. and 4 p.m.; not letting your skin burn; avoiding tanning and UV tanning booths; and covering up with clothing, wide-brimmed hats, and UV-blocking sunglasses.

Use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher — reapplying every two hours or immediately after swimming or excessive sweating. Examining your skin head-to-toe every month and seeing your dermatologist every year for a complete skin exam are good ways to ensure skin cancer has not taken hold.

Early detection can save your life.

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 ABCDEs of melanoma.

"A" is for asymmetry: look for moles or spots where one half is unlike the other.

"B" is for border: irregular, scalloped or poorly circumscribed borders.

"C" is for color: if color is varied from one area to another.

"D" is for diameter: larger than 6mm (width of pencil eraser).

"E" is for evolving: any changes, itching, stinging, bleeding, etc.

If you have noticed any of these danger signs, contact your dermatologist. ■

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

Melanoma is treatable. Early detection saves lives.

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RIBBON cutting

Big Green Umbrella Media held a re-launch party for its Clive Living magazine on May 24 at Nick's Bar & Grill.



A Clive Chamber of Commerce ribbon cutting was held at the Big Green Umbrella Media launch party for its Clive Living magazine on May 24 at Nick's Bar & Grill.



Kristin Gredys and Donna Larson



Edye Beckerman, Nikki Nigg and Tony Leo



Gina Chandler and Jolene Goodman



Dan Juffer, Joan Warren and Andrea Hodapp



Martha Munro and Kris McDonald



Zach Bouslog and Jay Paul



Kristy Schimdt, Mayor John Edwards and Pete De Kock



Shane Goodman, Brent Antisdell and Rich Wicks

RIBBON cutting

A ribbon cutting for the Clive Community Services Medical Clinic was held June 13.



A ribbon cutting for the Clive Community Services Medical Clinic was held June 13.



Jack, Gray, Tess, Matt and Cole Trump



Doug Hoyng and Mike Horstman



Kellie Ulrich, Megan Geary and Jerry Bringle



Linda McNeal and Lisa Earles



Mike Venema and Blake Boyle



Amy Varcoe, Kelsey Krois and Kaitlyn Carpenter



Pat Sammler and Madeline Meyer



Linda McNeal and Asha Media



Anna Belle White and Laura Hamilton

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