

CLIVE

JANUARY 2024

# Living

MAGAZINE

# Class

# ACT

Opportunities abound  
for adults to expand their  
horizons through learning

**Meet Brittany Wilson**

EDUCATION

**BLT wraps with avocado spread**

RECIPE

**Salvation Army serves community  
and surrounding area**

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# 8 winter skin care rules for young children



- 1. Turn home temperature down and moisture up.** Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air. If using a vaporizer, clean often to prevent growth of bacteria or mold.
- 2. Moisture is not good everywhere.** Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.
- 3. Seal the skin following a bath.** Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.
- 4. Hydrate and eat right.** Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.
- 5. Teach good habits early.** Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.
- 6. Keep baths short.** Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.
- 7. Get smart about soap.** Children don't need fragrant soaps. Formulations that are fragrance free are best, or try a soap-free cleanser. Body washes should not need to be scrubbed. Wash gently and pat dry.
- 8. Sunscreen is still needed in winter.** The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



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WELCOME

## WE NEVER stop learning

My father was one of the smartest people I have ever known. He seemed to know a little bit about everything, and if he didn't know about it, he wanted to learn. All of this came from a man who only had a formal education through eighth grade.

As a teenager, Dad started working full time to help care for his family, and then he was off to serve his country in Korea. When out of the military, he married and started his own family. Life moved along quickly, but he never stopped learning.

Meanwhile, Dad continually encouraged me to focus on my education. He supported me to go to college, and he inspired me to continue to learn throughout my life. "Once you have an education," he told me, "nobody can take that away from you." How true.

Most all of us recognize that life's lessons are taught both inside and outside of classrooms, but there is something satisfying about taking a formal class, earning a certificate or completing a degree. It's about having an end goal, finishing something you started, accomplishing a dream. And it doesn't always have to be about getting some initials behind your name.

Mary wanted to learn how to play the guitar, so she signed up for classes at the local community college.

Bob sold his newspaper while in his 50s and decided to go to law school. He continues to be a practicing attorney today.

Lyle retired as the president of a successful company and signed up for culinary classes.

Denny decided to pursue his dream of teaching and took night classes to earn his education degree while continuing in his current job.

And Gladys, well into her retirement years, continued to attend industry conferences and earned her formal sales training certification.

All of these friends of mine saw the value in continuing their education. In this month's cover story, you will discover how others have sought to continue their learning opportunities. I hope their stories will inspire you to expand your knowledge as well.

Have a great month, and thanks for reading. ■

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# Class ACT

**Opportunities  
abound for adults to  
expand their horizons  
through learning**

**By Jackie Wilson**

You learn something new every day. Sometimes it's by accident, but sometimes it's intentional. Some people continue their education out of necessity — to maintain a license, for example — while others enroll to further their career or launch a new one. Still others simply want to learn a new hobby or expand their horizons. Whatever the case, the thirst for knowledge knows no age limit or bounds. And plenty of opportunities — in person and online — are out there to quench it.

Clive Parks & Recreation offers a variety of opportunities for adults to gather, explore new hobbies and learn new skills. Many participated in the Healthiest State Initiative walk. Photo courtesy City of Clive



## Many types of learning at the library

The Clive Public Library offers various educational programs. One of their more popular classes is English language lessons and a conversational English program called Community English. It's held at the Harbach Center at 8500 Harbach Blvd. in Clive.

Patty Napier, public services librarian, says participation numbers vary each week. "Community English has a loyal following," she says. "We decided to offer the classes when we realized how great the English language learner need was in the area."

The Clive Library coordinates with other community groups and schools in West Des Moines and Clive to offer the classes. The English language lessons meet on Mondays and Wednesdays from 12-1:30 p.m.; Community English meets on Wednesdays from 3-4:30 p.m. Both are drop-in programs, no registration required, and are open to Clive and any Des Moines-area interested folks.

"We are very fortunate to have amazing volunteers leading both programs," says Napier.

Teri Nelson, Clive adult services librarian, regularly searches for new educational offerings for adults.

"We come up with ideas from anything that could potentially be a program. My program radar is always on," she says.

One class the library offers for adults is called Crafted in Clive. This craft may involve an in-person class or kits that can be picked up to make at home. February's project is a take and make craft, which includes a book folding heart. Kits can be picked up at either branch, starting Feb.



The Clive Public Library is about more than books. It is a community center where people can enjoy a variety of programs offered for free.

1, or until supplies last.

Another adult program for February includes an author feature, a visit from House of Colour to talk about choosing wardrobe colors and a grown-up board game night. Book clubs are popular as well.

"We see all ages with programs, and our seniors are definitely a loyal bunch," Nelson says. "People from multiple communities, not just Clive,

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attend the events.”

She says it’s important to offer the community various opportunities. “We strive to create connections for people in the community through resources, learning and social opportunities.”

## Son, mother attend classes together

Tom Davis of Clive is a big fan of libraries — not just for checking out books or movies, but he takes advantage of the many adult classes and events offered each month.

Tom began attending library events years ago as a way to get out of the house and meet folks. As he worked on his MBA during the pandemic, it was all online, and he craved live, in-person events.

“When you interact with people live, people talk and bring up good points. It’s different than sitting, watching a screen,” he says.

His mom recently moved from the Waterloo/Cedar Falls area to West Des Moines, and the two have explored events to attend close to her senior living home.



Parks and recreation departments in the area offer many classes on topics such as archery. Diane Moorman takes advantage of the opportunity to learn the skill through West Des Moines Parks and Recreation. Clive residents can take advantage of programs through both the Clive and West Des Moines departments.



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## FEATURE

In the past year, they've attended cooking, nutrition and exercise classes, and other educational offerings at the West Des Moines library near her home. Clive residents are welcome to attend.

One of his favorite features is the music series. The WDM Library brings in different genres of musicians, such as Hungrytown, who perform concerts at various libraries throughout the U.S.

"It's a free concert, and they are really good," he recalls. "I purchased their CD."

Another class he's taken is adult craft night, where he's learned quilling, which includes using strips of paper, which are twisted and glued together to create a design.

Tom and Linda also attend other education or informative classes. The Cutting the Cord class offers information about television streaming and cable options. He's learned about different cultures and discovered facts about henna tattoos at the Ancient Art of Mehndi presentation.

"You learn to be inclusive and explore how other people live," he reflects. "Some classes we

just want to expand our knowledge."

He's met new friends at classes and likes that many events are free or low-cost. Tom and Linda scour the library offerings and plan out their month.

"Family has always been important. I'm glad she moved here," says Tom. "There's no shortage of things to do in the Des Moines area."

Tom encourages other adults to attend the library offerings.

"Go to their website or Facebook page and check out the calendar. You might find a skill you know never existed."

### Clive Community Services

For clients needing English classes, Clive Community Services offers them Mondays and Wednesdays from noon to 1:30 p.m. at the Harbach Center, 8505 Harbach Blvd. These classes, for adults only, are small in size to offer individualized help. Additional volunteers are needed to offer more sessions, such as on evenings and weekends.

Organizers hope to add additional classes



Tom Davis, of Clive, enjoys attending local libraries for adult learning. Photo by Jackie Wilson

such as food and nutrition and basic finances. They also are interested in partnering with other organizations that might be interested in offering adult education for their clients. For more information, contact [director@clivecommunityservices.com](mailto:director@clivecommunityservices.com).

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Clive Community Services offers English classes and is looking to provide even more adult education in the future.

## Classes from the school district

West Des Moines Community Schools Community Education offers online and in-person learning opportunities for adults in the community.

Professional development classes and certificates are offered through U Got Class, an online learning resource for adults. These courses and certificates are for those wanting to continue their education in their current career field or for those exploring new career options.

In addition, Community Education's ParentQuest program provides a wide variety of free learning opportunities for parents and other caring adults as they navigate each child's unique path to success in school and life.

And just want to have fun? Learn dancing and exercises through fun classes offered for different skill levels.

For information, visit <https://www.wdmcs.org/Page/307>.

## Parks programs for grown-ups, too

Finding activities for children is generally an easy task, with park and recreation programs and many other youth sports offerings.

As adults, it's not always easy to find activities; however, the parks and recreation departments in both Clive and West Des Moines understand the value of adult learning and education.

Clive Parks and Recreation offer a variety of leagues and fun activities for adults while West Des Moines has additional educational programs which Clive residents are welcome to join.

Jess Lancial, naturalist for the WDMPR is in charge of the nature program, educational offerings and coordinating camps and classes for all ages. In the past, WDMPR has offered adult archery, snowshoeing, disc golf and birding classes at the Raccoon River Park or Nature Lodge in West Des Moines.

They bring in instructors who teach a variety of crafts, such as herbal medicine making, fitness classes and a ballroom dancing series. Day bus trips have included trips to the Mississippi River and to Clear Lake.

Lancial says she searches online to see what is trending. She has surveyed residents, and a frequent request is that folks want to try new things.

"I often look to see what I would want to do. What is or isn't popular?" she says.

The WDMPR also offers LGBTQ+

## Resources for adult education

### Clive Parks & Rec

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

### Clive Public Library

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

### WDM City/Parks & Rec

[www.wdm.iowa.gov/government/parks-recreation](http://www.wdm.iowa.gov/government/parks-recreation)

### WDM Public Library

[www.wdmlibrary.org](http://www.wdmlibrary.org)

### DMACC Adult Education/WDM campus

[www.dmac.edu/ce](http://www.dmac.edu/ce)

### West Des Moines Community Schools Community Education

[www.wdmcs.org/Page/307](http://www.wdmcs.org/Page/307)

meetups.

"We're committed to offering a safe environment to meet the diverse needs of our residents," she explains.

Many classes are low cost and some are free. For example, a photo transfer painting class teaches people how to create a canvas work of art with their own photo. This two-evening class, starting on April 9, costs \$25.

A variety of ages attend the classes.

"We have two women friends who attend nearly every class. They say it's a way for them to try new skills and connect with others to make new friends," she says. "We get people who are looking to meet new people. A lot of folks like the nature aspect and getting out of the house."

The department also offers a variety of sports in a friendly atmosphere — often as a pick-up or one-time game. Sports include adult badminton, volleyball, pickleball, bags, basketball and softball.

Lancial encourages anyone interested to attend.

"We have a hard working staff who helps to adapt and put on a wide selection of programs," she says. "We welcome any adults to our classes." ■



# ONLINE shopping security tips

With almost all brands selling their products and services online, offering great deals and even free returns, online shopping continues to grow in popularity. However, with increases in online transactions come increases in online fraud. As you scour the web to find the best deals, keep these six online shopping security tips top of mind.



## 1. Shop from reputable brands and websites

Shopping only from reputable brands and e-commerce markets ensures the business and its inventory is legitimate. Large e-commerce sites typically come with more sophisticated security systems to protect your information.

One easy way to check the security of a website is to look for a small lock icon in the URL field. This icon means the webpage has privacy protection installed. Additionally, the URL will have an “s” at the end of the “http”

(https) to stand for “hypertext transfer protocol secure,” a system in place to secure and mask the personal data you share.

## 2. Avoid public Wi-Fi

Avoid logging into websites and making online purchases while using public Wi-Fi because network access can be intercepted, and a fraudster can steal your browsing history and personal information. Instead, use your secure home Wi-Fi or personal VPN.

## 3. Beware of email scams

Fraudsters take advantage of the uptick in email offers around the holidays by sending fabricated emails that contain viruses and malware. Do not click on emails and links from unknown or suspicious brands. Look for red flags like misspellings, unfamiliar sending addresses and links that look suspicious.

## 4. Use a strong password

If a fraudster accesses your account with an online store, they can change your shipping address. They can then steal your credit card

information to make unauthorized purchases. Avoid this by creating strong, unique passwords for each online account.

## 5. Avoid paying with a debit card

Debit cards typically don't come with liability protection, nor the sophisticated security system that comes with mobile payments. Additionally, you often only have a few days to report debit card fraud before you personally become liable. When possible, use credit cards and mobile payments instead.

## 6. Review bank statements and keep track of receipts

Review your monthly bank statements for any unauthorized transactions and compare the amounts shown on your purchase receipts to the amounts that appear on your statements.

With these security tips in mind, you're set to have a happy and safe online shopping spree. ■

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

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## SET the menu for a successful year

*(Family Features)* If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year's rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success.

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients.

Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT wraps with avocado spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment's notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle.

For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side. ■

### BLT wraps with avocado spread

*Servings: 4*

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices
- Spanish rice (optional)
- banana peppers (optional)

#### Directions

- In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.
- In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.
- Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.
- Serve with Spanish rice and banana peppers, if desired.



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# HOW social activities impact older adults

Does a senior you care about seem different or withdrawn every time you talk to them? Do you feel they are isolating themselves and not taking part in usual activity? These may be signs of depression or a change in their cognitive health. It is wise to connect with a doctor to address the issue.



Numerous studies show how activities can reduce the incidence of depression — and even symptoms of Alzheimer's disease. A 2017 Mayo Clinic study shows how social activities, including crafts and games, can affect the risk of mild cognitive impairment in the early stages. (*Janovsky-Mason, Julie. 2017. "Mayo Clinic Researchers Find Mental Activities May Protect Against Mild Cognitive Impairment." Mayo Clinic News Network. January 30, 2017*)

Encouraging greater activity isn't always easy, and you may be met with resistance. Check with the local senior center or adult

day center and ask what they offer. You may need to join in that first adventure, removing the obstacle of transportation and the fear of attending alone.

Activities may include exercise classes, art, music, social gatherings and intergenerational programs. Transportation may be available.

## Other ideas to combat isolation include the following:

- Promote healthy nutrition and hydration by encouraging loved ones to eat plenty of fruits, vegetables and proteins, and drink several glasses of water daily. Make these options visible and easy to access.
- Hire extra help. Weekly visits from a home health aide can bring companionship as well as assistance and support.
- Explore massage, meditation or aromatherapy. Alternative therapies can be enjoyable and healing.
- Exercise classes tailored to older adults can help them gain strength and balancing skills. Strengthening the body will not only

help prevent falls, it's been proven to help with mood and outlook, too.

- Explore technology. Video chats can help people stay connected. Virtual assistants like Alexa can provide gentle reminders.

- Classes stimulate the mind and spark new possibilities. Independent living and assisted living communities, as well as senior centers, create opportunities for people to discover new activities or skills.

While loss, transitions and changing health conditions can lead to isolation and depression, the right combination of activities, healthy nutrition, friendships and support can brighten an attitude. ■

Note: This is not medical advice. Please consult a healthcare professional for personal medical guidance. Decisions about moving or caring for a loved one can be difficult to navigate. At Meadowview of Clive and Cassia, we are here to help. To learn more, please visit [www.meadowviewclive.com](http://www.meadowviewclive.com) or contact us directly at [Chris.Ruzicka@CassiaLife.org](mailto:Chris.Ruzicka@CassiaLife.org) or 515-644-8740.



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# ESTATE planning for a child with a disability

Social benefit programs designed to help people with disabilities typically have restrictions on how much money the beneficiary can have.

Caps on monthly income and total assets

owned are a major restriction on parents trying to complete an estate plan.

Leaving money directly to a child with disabilities will jeopardize the ability to receive any help from means-tested government programs like Social Security's Supplemental Security Income (SSI) and Medicaid (Title XIX). A special needs trust can be the answer for parents.

A special needs trust (SNT) can hold money given to or inherited by a disabled individual. Because the SNT owns the assets, the assets are excluded from asset limit tests for



SSI or Medicaid. The trust can fund quality-of-life improvements for the beneficiary not covered by Medicaid. The SNT is also a way to ensure that other family members — like the siblings of the individual with a disability — aren't left with the responsibility and cost of lifelong care.

The SNT must be drafted so that a beneficiary cannot direct distributions from the trust; the distributions must be purely discretionary. There are restrictions on how the money in the trust can be used. There are also reporting requirements to the State. The existence of a trust of any kind must be disclosed for eligibility purposes, but a properly drafted SNT will keep assets excluded from resource calculations.

Most importantly, the SNT must be drafted so that it avoids any Medicaid payback through Estate Recovery when the beneficiary dies. Standard language that is found in other trusts (like a typical minor child trust or a

revocable living trust) risks making the entire balance of the SNT subject to repayment for Medicaid costs.

Choosing a trustee who can not only manage funds but also predict the needs and challenges of the beneficiary can be tricky. The trustee needs to understand the specific guidelines under which the SNT can operate.

Because every state has its own system for administering disability benefits, the SNT must be tailored to match those state-specific rules. The SNT is a highly specialized legal document that requires knowledge of local Medicaid rules and Federal Social Security law. If you have questions, contact an attorney who specializes in estate planning and planning for clients with special needs. ■

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

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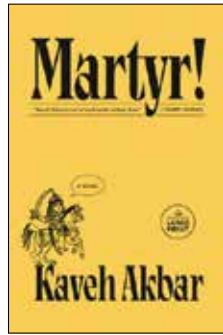


## 'Martyr!'

There's something special about reading a debut novel. When that author is a beloved poet, however, I get a little worried. Poetry in long form doesn't always translate well, and sometimes substance gets lost in a whirl of words. I shouldn't have worried. Akbar has a true gift in whatever form he chooses to display his craft.

Cyrus is an Iranian immigrant to the U.S. who is struggling with that age-old question, how can I make my life matter? Different voices weave through the narrative, some real, some ghostly, some entirely fictional. Themes of the power of being present, of hope, and, of course, love, surround the disparate chapters and tie them together. Often very funny and more profound than it should be, especially when Cyrus is talking to Lisa Simpson.

At first disjointed and seemingly unconnected, this is a rich and sad and powerful story that ties so many threads together with a bow of magical realism and vibrant longing. The poetry Akbar is known for bleeds into the pages. The writing is stellar, but there's a story here that transcends itself, coalescing around the near universal feeling of being both stuck and untethered at the same. I haven't been this excited about a new author in a long time. ■ — *Review by Julie Goodrich*



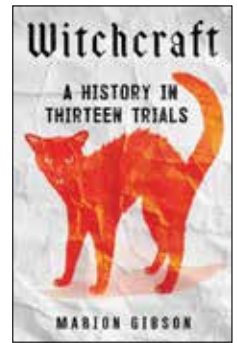
By Kaveh Akbar  
1/23/24  
352 pages  
\$28  
Knopf

## 'Witchcraft: A History in Thirteen Trials'

I was a little surprised when I picked up this book. I expected a scholarly retelling of the famous witch trials in the U.S. and the U.K. from ages long past. I had no idea there were trials in Norway, specifically to accuse and bully indigenous populations. I had some vague notion of witchcraft in historical African countries, but I had no knowledge of the lengths the colonizing British forces would go to control the populace. I should have known better and am so glad I've read this book.

Viewing the history of witchcraft and its political uses through the lens of the legal systems, scholar and expert Marion Gibson tells 13 very different tales of witches all across the globe and what their prosecution, and persecution, says about the times and places they lived. These are engaging, intriguing and often very sad tales that put a misunderstood feature of human history into sharp relief.

The span of time and the implications of "othering" take us right up to modern times and the new ways in which people are ostracized and shunned. This is an important book for scholarship, but equally applicable to our lives now, and the struggles of women and minorities everywhere. ■ — *Review by Julie Goodrich*



By Marion Gibson  
1/16/24  
320 pages  
\$28  
Scribner

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## IS YOUR New Year's resolution better dental care?

Dental care is an important part of your overall health and wellness routine. A regular dental exam can identify early signs of diseases and chronic health conditions before they become more serious and harder to treat. It's important to take care of your daily dental needs like brushing and flossing as well as seeing your dentist twice a year for exams and cleaning.



a big chunk of money that you may not have allocated in your budget.

If you are retired or your employer does not offer dental benefits, you should consider purchasing an individual plan to get the coverage you need.

### What is individual dental insurance?

The easiest way to think about individual dental insurance is as a contract between you and your benefits carrier or insurance company. Individual dental insurance helps pay for some of the out-of-pocket costs of dental services.

To find the right plan, it's important to research what's available and get a good sense for the type of plan that best fits your needs. Having individual dental insurance, you're a part of the plan's network. Visiting an in-network dentist has added benefits such as lower out-of-pocket costs because the network dentists have agreed to accept reduced fees.

### Factors to consider when looking for individual dental insurance plans

Since there are so many options to choose from when it comes to individual policies, a few major factors to consider are deductibles, waiting periods, network dentists, services covered and cost to you.

If you are practicing good oral habits, like brushing twice a day and flossing once a day, look for a dental plan that covers 100 percent of preventive care.

You probably already have a dentist that you and your family are comfortable with. If you choose a dental plan with a large network of dentists, you may be able to keep your dentist with an individual policy. ■

Information provided by Lee Patton, Patton Insurance Benefits, 1112 Maple St., West Des Moines, 515-270-8178. Reference: Delta Dental of Iowa



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## WONKA. Purple. Ferrari. Ducks.

And a great film directed by George Clooney and an awful one starring Eddie Murphy.

Grab another cup of coffee and take a nice long look at the lake, because we have some movies to talk about. Hang on tight. This is a lot to take in, but it will give you an idea of how my holidays were spent.



**"Saltburn"** (in a limited theatrical release and streaming)

This movie was apparently made to deliberately irritate at least half of its audience every night. It stars Barry Keoghan, who was Oscar-nominated for his performance in "The Banshees of Inisherin" last year, and it was written and directed by Emerald Fennell, who challenged us with "Promising Young Woman" a few years ago. This is a polarizing film that will test many audience members. It is not for the weak of heart. **Grade: B/B+**



**"Candy Cane Lane"** (streaming on Amazon Prime)

Eddie Murphy continues to embarrass himself in comedies that don't possess a single funny idea or line of dialogue. This movie will save you money because it will likely cause you to cancel Amazon Prime Video. The word abysmal comes to mind. This man simply needs to stop making movies. **Grade: D**

**"Eileen"** (coming to streaming soon)

Like the best of the old 1950s "tough guy fiction" noir films, "Eileen" is an interesting look at a young woman living a miserable existence working at the prison in a small town. Mom is dead, and dad is a former cop, now just a drunk who is literally drinking himself to death. Eileen's life changes dramatically when



a new woman is hired at the prison. To tell you more might spoil your fun. I liked the movie, but it is challenging at times. **Grade: A-**



**"Wonka"** (in theaters and doing well)

Timothee Chalamet inherits Roald Dahl's Willy Wonka mantle from Gene Wilder and Johnny Depp, and he does it quite well. Maybe better. It is a different Wonka than the previous over-the-top films, but I liked this one better. Sweet, charming and, of course, twisted, "Wonka" is one of the year's pleasant surprises. **Grade: A**



**"The Boys in the Boat"** (in theaters)

George Clooney directs this adaptation of the successful book about a small rowing team that ends up competing in the Olympics. I'm leaving out a lot of the story so you can experience it like we did. It is a wonderful movie about a piece of history I was unfamiliar with, and the film was exhilarating and very, very well done. **Grade: A**

**"Migration"** (in theaters)

From the animation folks who bring us those hilarious Minions movies, "Migration" is a story about a Mallard duck family trying to migrate to Jamaica. To say that it is a crazy trip would be an understatement. I found



"Migration" both fun and funny, but the kids in the packed theater were absolutely loving it.

**Grade: B+**



**"Anyone But You"** (in theaters)

When a couple who meet in a cute way but end up splitting over a misunderstanding end up at a destination wedding together, funny stuff happens. It's not the best movie I saw this holiday season, but it does have some laugh-out-loud raunchiness with the premise. It is a popcorn movie, for sure. **Grade: B**



**"Ferrari"** (in theaters)

Director Michael Mann delivers another excellent film, this time about legendary auto designer Enzo Ferrari. My two Ford Windstar mini-vans would tell you I'm not a car guy, but this study of a man in crisis (on several levels) is so well done — and the ending so traumatic — I was completely on board. Adam Driver is excellent as Ferrari, and Penelope Cruz is also top-notch as his estranged wife. **Grade: A- ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.



## 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.

### Clive Parks and Recreation programs

Scan the QR code, or visit [https://cityofclive.activityreg.com/ss\\_t2.wcs?leagueid=2149&teamsid=8092](https://cityofclive.activityreg.com/ss_t2.wcs?leagueid=2149&teamsid=8092) for a list of programs and to register. Among the activities offered is the Youth Enrichment League with offers classes including: Beginning Guitar, Coding: Scratch Video Games; Extreme STEM: Clowns & Cranes, Fencing and Robotics.

Also sign up for the Youth Ice Fishing Clinic on Feb. 24, with sessions for ages 6-10 and 11-15.



## MUSIC

### DES MOINES CIVIC CENTER

Des Moines Civic Center, 221 Walnut St., Des Moines  
[dmpa.org](http://dmpa.org)

- Feb. 23-24: Harry Potter and the Order of the Phoenix™ in concert

### DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des Moines  
[dmsymphony.org](http://dmsymphony.org)

- Feb. 3-4: Discover Groundbreaking Innovation

### HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines  
[hoytsherman.org](http://hoytsherman.org)

- Feb. 6: Hélène Grimaud: Lauridsen Great Pianist Series at 7:30 p.m.
- Feb. 9: Nickel Creek at 7:30 p.m.
- Feb. 23: Postmodern Jukebox at 8 p.m.
- Feb. 24: Marty Stuart and his Fabulous Superlatives at 7:30 p.m.
- Feb. 29: Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.

### WELLS FARGO ARENA

Wells Fargo Arena, 223 Center St., Des Moines  
[iowaeventscenter.com](http://iowaeventscenter.com)

- Feb. 2: WINTER JAM 2024

## THEATER & DANCE

### ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames  
[actorsinc.org](http://actorsinc.org)

- Jan. 25-27, Feb. 2-4: "Holmes & Watson"

### ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny  
[ankenycitycommunitytheatre.com](http://ankenycitycommunitytheatre.com)

- Feb. 9-18: "The Odd Couple, Female Version"



### CLASS ACT PRODUCTIONS

201 First Ave. S., Altoona  
[captheatre.org](http://captheatre.org)

- Feb. 16-18, 23-25, March 1-3: "The Music Man Jr."

### DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines  
[dmpa.org](http://dmpa.org)

- Jan. 23-28: "Mamma Mia!"
- Jan. 27: Havana Hop
- Feb. 6-11: "Company"
- Feb. 15: Capital City Pride Presents: Brea Baker
- Feb. 17: The Peking Acrobats

### DES MOINES COMMUNITY PLAYHOUSE

831 42nd St., Des Moines  
[dmplayhouse.com](http://dmplayhouse.com)

- Feb. 2-18: "Our Town"

### SIMPSON COLLEGE

513 N D St., Indianola  
[simpson.edu/academics/departments/departments-theatre-arts](http://simpson.edu/academics/departments/departments-theatre-arts)

- Feb. 16-18: "The Telephone & The Medium"

### STEPHENS AUDITORIUM

1900 Center Drive, Ames  
[center.iastate.edu/events](http://center.iastate.edu/events)

- Jan. 30: "Jesus Christ Superstar"
- Feb. 2-3: Barjché
- Feb. 8: Langston Hughes Project
- Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Dinner"

### TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines  
[tallgrasstheatre.org](http://tallgrasstheatre.org)

- Feb. 2-18: "Equus" ■

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# ENJOY the snow!

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Brenton Skating Plaza

## Skating rinks

Lace up the skates! Several communities across the metro offer ice skating experiences for little or no cost.

- Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines
- Metro Ice Sports Facility, 5100 N.W. 72nd St., Urbandale
- West Des Moines RecPlex, 6500 Grand Ave., West Des Moines
- Centennial Park, 605 S.E. Driftwood Lane, Waukee
- Crosshaven Park, 7909 N.W. 95th St., Johnston
- Greenwood Park Pond, 100 45th St., Des Moines
- Johnston Commons Ice Rink, 6700 Merle Hay Road, Johnston
- Johnston Town Center Ice Rink, 6245 Merle Hay Road, Johnston
- MacRae Park Pond, 1021 Davis Ave., Des Moines
- Indianola Ice Skating Rink, 2204 W. 2nd Ave., Indianola Activity Center
- Raccoon River Park Ice Rink, 2500 Grand Ave., West Des Moines
- Sunrise Park, 506 S.E. Peterson Drive, Ankeny



Courtesy of Seven Oaks

## Sledding hills

Car hoods, boogie boards, doors and sleds, too. Just find the hills.

- Altoona: Lions Park, 507 13th Ave., S.W.
- Ankeny: Northcreek Park, 2301 W. First St.
- Clive: Campbell Park, 12385 Woodlands Parkway
- Clive: Country Club Glen Park, 16335 Sheridan Ave.
- Clive: Mercy West Clinic, 1601 N.W. 114th St.
- Des Moines: Blank Golf Course, 808 County Line Road
- Des Moines: Grandview Golf Course, 2401 E. 29th St.
- Des Moines: Capitol Hill, 1111 E. Court Ave.
- Des Moines: Ewing Park, 5300 Indianola Ave.
- Des Moines: Greenwood Park, 4500 Grand Ave.
- Des Moines: MacRae Park, 1021 Davis Ave.
- Des Moines: Union Park, 725 Thompson Ave.
- Des Moines: Waveland Golf Course, 4908 University Ave.
- Urbandale: Winter Park, 5110 N.W. 72nd St.
- Waukee: Warrior Park and Sledding Hill, 1050 Fourth St.
- West Des Moines: Jordan Creek Elementary, 4501 Fuller Road
- West Des Moines: Pearson Park, 1256 19th St.
- West Des Moines: Southwoods Park, 350 S. 35th St. ■

## EVENTS IN THE AREA

### More January events

- **Jan. 27: Demetri Martin: The Joke Machine Tour** at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Jan. 30 through Feb. 1: Iowa Ag Expo** at Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com/wells-fargo-arena
- **Feb. 2: Kathy Griffin: My Life on the PTSD-list.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Feb. 3: The Snow Ball.** Science Center of Iowa, 401 W. Martin Luther King Jr. Parkway; DSM.city/SnowBall
- **Feb. 10: Winter Blues Fest 2024.**

- Downtown Des Moines Marriott, 700 Grand Ave., Des Moines; cibs.org
- **Feb. 10: The Fur Ride.** Put on fake fur and ride around town. Starting at Ricochet and ending at Big Grove Brewery, 400 Locust St., Suite 105, Des Moines; aboveandbeyondcancer.org
- **Feb. 10-18: Iowa Beef Expo.** Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowastatefairgrounds.org
- **Feb. 11: Chinese New Year.** Jester Park Nature Center, 12130 N.W. 128th St., Granger; jesterparknaturecenter.com
- **Feb. 14-17: 2024 IHSA State Wrestling Tournament.** Wells Fargo Arena, 223 Center

- St., Des Moines; iahsaa.org/wrestling
- **Feb. 17: Ari Shaffir: The Wrong Side of History Tour.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Feb. 17: Prepare to be amazed by the The Peking Acrobats.** 11 a.m. at the Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org
- **Feb. 27 through March 3: Les Misérables,** one of the world's most popular musicals. Starting at various times at the Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org ■

# SALVATION Army benefits community

Myriad of programs tackle variety of needs.

For the past two years, there's been an "army" stationed in Clive that many citizens may not have noticed. The metro area office of the Salvation Army is located at 1400 N.W.

100th St. in Clive. The Salvation Army formed in 1865 in England and has been active in the Des Moines area since 1887.

"We have our Command Area Office in Clive, which oversees several counties," says Tamyra Harrison, development coordinator. "We also have a full-service client-choice food pantry. It's really great to see it growing. People come in not only from all over Polk County, but we have a lot of folks that come in from Dallas County."

Acknowledging that the average person probably first thinks of the Salvation Army as "kettles and bells," Harrison points out that the bell ringers during the Christmas season account for more than 50% of the organization's yearly revenues.

"But we also do several other fundraising drives throughout the year, and all of those different programs that we have, including our food pantry, our rent and utility services, our mobile social service unit, our breakfast feeding program with our canteen, as well as our emergency



Daniel Timmons, with Edward Jones, presents the Neighbor Spotlight certificate to Daniel and Jolene Hull, with the Salvation Army.

disaster response services," she adds. "We have youth programs and adult programs at each of our core locations and summer camp. There's a lot going on that people might not be aware of."

The Salvation Army also responds to many local emergencies and natural disasters, such as derecho or tornado events, floods and fires.

"When we had the derecho, we were out in the canteen daily, driving through neighborhoods that were hardest hit, making sure that people had food and cold water," Harrison says.

When asked for some perspective on the scope of services provided, Harrison says, "Just this past Christmas, we helped 861 families with food and toys for the holidays, and that included 2,035 children, who received at least two toys each. In total, we distributed well over 10,000 toys, and \$21,000 in Fareway gift cards for food, and an additional \$5,000 in Wal-Mart and Target gift cards.

"Last year, we helped 414 people with rent, and 91 with utility assistance," she adds.

She also mentioned the Pathway of Hope program, which works with families to break the cycle of poverty by teaching skills to allow individuals and families to become financially stable.

For those interested in donating to the Salvation Army, Harrison says, "The Salvation Army's always been very proud of our low overhead. Generally, 82 cents of every dollar goes directly back into the community, into programs helping people."

For those in need of help, Harrison says, "We're here to help. We don't judge. There's very little criteria that we put you through. If you come here and you need help, we're here to help. And that is without discrimination and without requirement for religious participation. We are here for everybody." ■


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## THE JOYS of novelty

We're hitting that time of year when the temperature drops and we all start to settle in for winter. It's easy this time of year to fall into routines and go on autopilot from day to day. This isn't necessarily a bad thing, but, after a while, we do have to be careful with how routine can affect our mood. After a while, having the same daily routine can dull our mood and leave us more susceptible to the winter blues. If you find yourself feeling this way, it may be time to add a bit of novelty to your life.



When I talk about ways to add novelty into your life, it's important not to overthink it, something many of us are guilty of. Adding novelty to your day-to-day life just means to try something new, something different. Novelty could be something as simple as taking a different way to or from work or going to a new restaurant or coffee shop that you've been wanting to check out. Small changes to our daily pattern can allow us to have new experiences, which our brains tend to crave and help us to stave off those winter blues. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [guerdet@sstherapyandconsulting.com](mailto:guerdet@sstherapyandconsulting.com).

## DOES the cold air take your breath away?

As expected, we have had some very cold days this winter in Iowa. Not everyone enjoys the cold weather, but for some children and adults with asthma, the cold air can be a health hazard. Breathing in cold, dry air can trigger the airways in the lungs to narrow. This leads to an asthma attack with coughing, difficulty breathing and sometimes wheezing. Often, these attacks happen when outside walking, shoveling snow or sledding. If you have asthma, and cold air is one of your triggers, there are steps you can take to help prevent an asthma attack:



- Always wear a scarf or face mask over your mouth when outside in the cold

- Consider exercising inside
- Use your quick relief inhaler before you go outside
- Always carry your quick relief inhaler with you

Asthma attacks can also be triggered by viral illnesses, smoke, strong odors, stress, hormonal changes and allergies. If you think you may have asthma or your asthma is affecting your quality of life, consider seeing an allergist to help you identify your triggers, feel better, and live better. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).

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# ACTINIC KERATOSIS: Know skin cancer warning signs

Spring is almost here with more outdoor activities and increased sun exposure. That means it's a good time to check your skin for any moles or spots that have changed in size, shape or color. Early detection of skin cancer is critical. It's also important to be aware of spots that may become skin cancer in the future, like actinic keratosis (AK).

**Did you know?** Around 58 million Americans have one or more actinic keratoses.<sup>1</sup>

**What is an AK?** AKs are a common skin growth. They form on skin damaged from long-term exposure to ultraviolet (UV) rays from the sun and/or indoor tanning. AKs are considered precancerous, but, if left untreated, a small percentage of them will develop into squamous cell carcinoma — a common and sometimes invasive form of skin cancer.

**What do they look like?** Many appear as small dry, scaly patches of skin. They can be red, pink, tan, silvery or flesh colored. Some are raised bumps that have a sandpaper texture. Sizes can vary from a small spot to an inch in diameter. AKs can also form in groups and cover a large area of skin.

**Where do they appear?** AKs are frequently seen on areas that have the most sun exposure like the face, ears, scalp, shoulders, neck and the back of the hands and forearms.

**Risk factors.** The most common risk factors are people with fair



skin, blonde or red hair, and blue or green eyes. AKs are caused by the accumulation of sun exposure over a long time, so people over 55 years old and especially those who work or exercise outdoors are at a higher risk.

**Treatment options.** Surgical options include cryotherapy (freezing tissue), curettage/desiccation (shave lesion and heat or chemical agent to destroy AK cells) and laser treatment. Topical treatments include chemical peels and 5-fluorouracil for larger areas. Photodynamic therapy for face and scalp is an effective way to destroy lesions without harming healthy tissue.

**Prevention.** Seek the shade, especially between 10 a.m. and 4 p.m. Use a broad spectrum UVA/UVB lotion with an SPF of 30 or higher and reapply every two hours or after swimming or excessive sweating. Wear protective clothing including broad-brimmed hats and UV-blocking sunglasses. Check your skin monthly for changes and see your dermatologist every year for a full body skin exam. Never use tanning beds.

Talk to your dermatologist about sun protection and your annual skin cancer screening today. ■

Information provided by Jessica Sanford, a Certified Nurse Practitioner at Harlan and Steinhoff Dermatology Group. She's accepting patients at their Clive and Ankeny locations. 1. [www.skincancer.org/skin-cancer-information/actinic-keratosis](http://www.skincancer.org/skin-cancer-information/actinic-keratosis)



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## MAKE your funeral prearrangements

Don't put it off another year. Let 2024 be the year you take care of those tasks that continue to remain on your "to-do" list.

It might be getting a will in place or updated. It might be cleaning out that closet. Or maybe it is getting your funeral prearrangements in place so that your final arrangements will not be a burden to your family and loved ones at a time that will be very emotional and stressful.

We hear it all the time... "I am so glad to have this taken care of."

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead allows you time to give the thoughtful consideration these important decisions deserve.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

Start the year by crossing something off your "to-do" list. Reach out to your funeral home of choice and schedule a meeting to get your prearrangements in place. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).



*Plan Ahead for*  
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**Plan & Protect before the need arises.**

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## MEET Brittany Wilson

Teaching third grade at the Clive Learning Academy

Originally from Coral Springs, Florida, Brittany Wilson studied Family and Child Science at Florida State University. She then met her husband in Chicago, and they settled in Naples, Florida, for three years where she taught at a local charter school. Wilson graduated from Grand Canyon University in 2020 with a master's degree in education and relocated that same year to Iowa after her husband received a job opportunity in the Des Moines area. She is now in her third year at the Clive Learning Academy and teaches third grade.



Brittany Wilson and her third-grade counterparts were Arthur and friends for character dress up day. From left are Sydney Aciri, Riley Jamison and Brittany Wilson.

"In my three years at Clive, I have enjoyed fostering relationships with my fellow educators. We have a special bond at Clive. The friendships and camaraderie make each day an enjoyable, entertaining experience. The students I have had the pleasure of teaching and interacting with over the last three years are special in their own right. As busy and hectic as the day gets, those extra hugs from a current or previous student are truly magical, and they immediately put everything in perspective," Wilson says.

She says she enjoys teaching third graders because they have an energy and love for learning that makes every day exciting for teaching. She adds that third grade is a pivotal age where students transition from "learning to read" to "reading to learn."

One of the units Wilson's students participate in a science unit dedicated to the inherent traits of animals and how these traits allow animals to survive and thrive in their environment. Students research an animal of their choice, collaborate with partners in other third grade classes, and create a Google slide presentation they present to younger grades at the school.

Her class has also been fortunate to partner with the National Park Trust and, thanks to a grant, go on field trips that pertain to their research project. During the middle of the project, students take a trip to Jester Park in January where they dissect owl pellets, learn about the ecosystems that are special to Iowa, and take part in snowshoeing on a trail.

"It truly is the highlight of the year," Wilson says. "Their smiles, sweet notes/pictures and the genuine love of coming into my class each day is hands down the best reward."

Her class will also be visiting the Science Center in May.

When not teaching, Wilson and her husband enjoy golfing at courses around the greater Des Moines area. She also enjoys cooking and trying new recipes in the wintertime. ■



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