

CLIVE

FEBRUARY 2024

Living

MAGAZINE

Golden EMPLOYEES

Retirement-age workers share why
they continue to report for duty

Matching bigs with littles in Clive
NEIGHBOR SPOTLIGHT

Dog Lovers Club shares passion for pups
EDUCATION

Mini Greek yogurt pancakes with cinnamon-maple topping
RECIPE

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3. **Forward-Facing Harness Seats:** Transition to a forward-facing harness seat with a five-point harness once your child outgrows the rear-facing seat. Make sure the harness is snug and positioned at or slightly above the child's shoulders.
4. **Booster Seats:** Use a booster seat for older children who have outgrown the forward-facing seat. A booster seat helps position the seat belt correctly over the child's body, providing better protection.
5. **Seat Belt Fit:** When transitioning to a seat belt, ensure that it fits properly. The lap belt should lie snugly across the upper thighs, not the stomach, and the shoulder belt should cross the chest and shoulder, not the neck or face.
6. **Avoid Bulky Clothing:** Remove bulky clothing, such as winter coats, before securing a child in a car seat. Bulky clothing can compress in a crash, creating slack in the harness and reducing its effectiveness.



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WELCOME

WHAT'S next?

Five years ago, retirement wasn't even a thought in my wandering mind. Today, at age 55, it's becoming more of a reality. Not next week, next month, next year or likely even the next decade, but it's coming around the corner, sooner than I may realize.

I enjoy my job, and I like to work. Those are good things. At this point, it is difficult for me to imagine what I would do to fill my day if I wasn't working. I don't particularly enjoy traveling, I am not old enough to golf, and I would likely drive my wife crazy if I was around the house too much. I have a feeling many of you who are reading this can relate, in one way or another.

With the labor force in short supply, many opportunities abound for retired people who still want to work. Part time. Full time. Employee. Contractor. As a retired person in today's world, you can take your pick of jobs. In years past, this age group was highly desired among many employers, as those in it were quite often dependable and experienced. The COVID-19 scare changed this, as many retired folks who had come back to work opted to not do so any longer. This created a massive employment gap for many businesses that continues to exist today. Little by little, some seniors who are willing and able are coming back to the workforce. That's good news for everyone.

We have been fortunate in our business to have many folks who are past the traditional retirement age continue to contribute to our company. Some have written stories. Others have sold advertising. And many deliver publications for us. We are grateful and appreciative of the work those in the past have done and those currently continue to do. If I am blessed with good health and a sound mind in my later years, I hope to be able to do the same. And in a few decades, I might even take up golf. Maybe.

Thanks for reading. ■

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Linda Moravec works at Fareway, where she says she has several post-retirement co-workers.

Golden EMPLOYEES

Retirement-age workers share why they continue to report for duty

By Jackie Wilson

The vision of what life is like “after retirement” is as unique as each individual. For some, that vision focuses on leisure: traveling to warm beaches, afternoons spent reading, extra rounds of golf, more time for hobbies, friends and families. For others, however, employment continues to be an important aspect of their lives. From those who continue full-time careers to those who put in a few hours to keep busy, work can be a key part of life after retirement age.

Smiles at her job

As Linda Moravec was checking out at the Fareway Grocery store in Clive, she began chatting with one of the checkers at the cash register. Linda explained she recently moved to Clive after her mom died and was looking for something to do. The checker suggested she apply for a job.

Linda applied the next week and was hired as a checker. She now works about 18 hours a week during various daytime shifts.

At age 72, it's plenty of work hours, as she's already been employed numerous times throughout her adult life.

Linda previously worked for the state of Iowa and planned on staying until retirement. However, she retired in 2015 at the age of 63. She says she would have stayed until she was 67 but turnover made her job more difficult.

"The work piled up. It wasn't worth the money and stress anymore," she says.

She babysat her grandson for a few years

until he started school. She worked a few different jobs, and after her mom passed away, she moved to Clive, with more free time on her hands.

She chose Fareway, as that's the store where she bought groceries while growing up in small town in Iowa. It takes her about five minutes to get to her job. She likes the fact that it's closed on Sundays, so she can attend church.

Linda is not the oldest one working there, citing an 85-year-old, along with a few other workers in their 60s and another 70-year-old she "clicks" with.

On the flipside, she works with kids as young as 14.

"I'm one of the oldest workers, but I don't feel old. Working there keeps me young. I exercise, bend down to get items off the cart and feel capable doing it," she says.

She spent two days training on the cash registers and caught on quickly. She says one of her greatest skills is patience, as she offers tips

to her younger coworkers.

"I'm calm. I don't get frustrated. I tell them, if you make a mistake, it won't be the first one. Have the courage to keep going," she says. "I still make mistakes — even at this age."

The managers are friendly and accommodating to her schedule. When she has doctor appointments, they work around it.

"The money helps, too. I don't have a large Social Security check, since I stayed home to take care of my kids."

She likes how her job provides a social atmosphere.

"I really like meeting the customers. People often stand in my line just to say hi to check out. I remember faces, and they ask how I'm doing," she says.

By working, Linda says she doesn't focus on her aches and pains, rather at the task on hand.

"They say it's the golden years — why not have fun doing it?" she says. "I smile all the time. It's a wonderful place to work." ■

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BONDING with your four-legged friend

(Family Features) Your dog may be one of your best friends, but that bond doesn't happen overnight. Investing in quality one-on-one time can have a big impact on the bond you build with your four-legged companion.

One of the best ways to show dogs love is by keeping them healthy and spending quality time with them. Dedicating time every day to your dog's wellbeing can help establish a connection, give you opportunities to express affection and foster shared bonding moments.

Training

Teaching your dog obedience isn't just about eliminating undesirable behaviors. Training allows you to clearly communicate your expectations to your dog. It also builds your dog's confidence through positive feedback received after mastering a command or new trick. Most dogs thrive on meeting their owners' expectations, so consistent commands

they can recognize and follow help deepen your connection.

Another way to build trust through behavior training is establishing regular routines. Giving your dog a clear set of expectations helps build mutual trust. You can create routines around the key milestones of each day, such as mealtimes, walks and bedtime.

Grooming

Some pets love bathtime; others avoid it at all costs. Either way, you can make the experience more rewarding for you and your pet if you use it as an opportunity to spend some quality time together and shower your pet with extra affection.

Many pets are especially sensitive to grooming near their eyes, but keeping the eyes clean and free of dirt and buildup may help reduce the risk of infection, reduce tear stains and support your dog's eye health. Consider

options like Project Watson eye wash for dogs, which comes in an easy-to-use bottle with a tip that allows for a steady stream of solution to use alone or by soaking a clean washcloth. Made with naturally inspired, high-quality ingredients, the eye wash is designed to match the pH of a dog's eye and help remove dried mucous, foreign materials, pollen and other irritants.

Between grooming sessions, you can also clean your dog's eyes with eyelid wipes. The wipes, which are part of the Project Watson line of dog care products developed by the experts at Bausch + Lomb and evaluated by veterinarians, are formulated with micellar technology that cleanses and hydrates around the eyes while helping remove excess buildup associated with irritated, dry eyes. The gentle formula is paraben free, pH-balanced and fragrance free, made to mimic the ingredients found in natural tears and provide a soothing, gentle cleaning.



I enjoy the small size community here

and look forward to meeting the new residents and hearing their stories. -Janice C.

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PETS

Exercise

Your dog needs daily exercise, just like you. Make your workouts do double duty by taking your dog along for a walk or jog. Just be sure to match your workout level to your pet's abilities; just like humans, dogs need to build up endurance before tackling an extended route. Also be mindful of the terrain and ensure your pet's paws are safe from potential risks like sharp or abrasive surfaces and extreme heat or cold.

Down Time

While dogs need plenty of practical attention and structure, some of the best bonding comes from letting loose and simply enjoying interacting with your pooch. That might mean wrestling with a favorite toy, throwing a ball or just snuggling on the couch with plenty of petting and scratches.

For more suggestions to keep your four-legged friend happy and healthy, speak with your veterinarian or visit tryprojectwatson.com. ■



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CLIVE Public Library news

Clive Public Library Art Gallery

Now on display through April 30 is the exhibit, The Natural Landscape, by Pamela S. Douglas, an Iowa artist and teacher who focuses on pastel as a medium. Her exhibit includes works which explore the color and texture of the natural landscape of the Midwest.

The library presents a broad range of artwork from local professional artists, young patron artists from the Clive Library itself and student artists from metro schools who are chosen to participate in the Kids for Art in Clive exhibit. Revel in the wonderful talents of local artists while looking for new materials to check out, or go to the library's website for the occasions when the gallery is virtual. If you are an artist and would like to have your work considered for the gallery, find the artist application on the city's website.

Storytime at Woodlands Creek Senior Living

Join the library staff for Storytime at

Woodlands Creek Senior Living, 12605 Woodlands Parkway, March 12 and April 9, 9:30 a.m. The library has partnered with Woodlands Creek Senior Living for this multi-generational storytime. Join for stories, songs and rhymes and help brighten the day of some of the residents. Registration is optional.

Spring Break with Clive Libraries

Looking for ways to keep your family busy during spring break? A variety of programs are being offered during this week for ages 5-12.

Programs at the Clive Library Community Room include:

- Saturday, March 9, Crafternoon, 2-4 p.m.
- Tuesday, March 12, Family Bingo, 6:15-7 p.m.
- Saturday, March 16, Blank Park Zoo, 10:30-11:15 a.m.

Programs at the Harbach Center Community Room include:

- Monday, March 11, Spy School, 3:30-5

p.m.

- Wednesday, March 13, Pokémon Club, 4-5 p.m.
- Thursday, March 14, or Friday, March 15, Escape Room — Buried Treasure, time slots vary. The pirates have lost their buried treasure. See if you have what it takes to help them find it before the tide comes in and their treasure is lost forever. See if your family has what it takes to solve the problems and unlock the locks before time runs out. Time slots are available every hour starting at 4 p.m. and the last one beginning at 7 p.m. on Thursday and starting at 12:30 p.m. and the last one beginning at 5:15 p.m. on Friday. The escape room puzzles are geared to second and third graders, but, with adult assistance, they could be completed by kindergarteners. For more information, contact Dee at dshalondeur@cityofclive.com. Registration required. ■

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ET-CTY-AD-CONS (11-23)

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HEALTHY financial habits

Many of the things we do each day are done out of habit, including the ways we choose to spend our money. And just like bad spending habits can get you into financial trouble, healthy financial habits can help you spend more wisely and save enough to reach your financial goals.

Here are four healthy financial habits you can start implementing to help you spend more wisely, save for unexpected expenses, and invest for your future.

1. Reduce emotional spending

Especially during stressful times, it can be tempting to find joy in buying new things or spending money on fun experiences. Too much of this emotional spending can derail your budget and therefore create a larger



problem.

A few habits you can implement to reduce emotional spending are setting a discretionary spending allowance, shopping with a list, and instituting a “cool-off” spending period when you’ve exceeded your set allowance.

2. Regularly review transactions and eliminate unnecessary expenses

Remember that “free trial” you signed up for months ago and forgot about? Take some time each month to review your account statements and transactions, which will help you identify subscriptions you don’t use or need, as well as other expenses that could have been avoided, such as overdraft or late fees.

3. Sell belongings you no longer need

We’re all guilty of accumulating belongings we no longer use. Like canceling unused subscriptions, selling belongings you no longer need can free up more space in your budget,

and you won’t even miss having them. And with online marketplaces, consumer-to-consumer sales are easier than ever. Or you can always go old school and have a yard sale.

4. Pay yourself first using automated savings

An easy way to save for specific goals is to automate a monthly transfer from your checking account. You can set this transfer to occur right around or after the time you expect your paycheck to settle on your account; that way, before you spend it on anything else, you’ve set aside a portion for savings — effectively paying yourself first.

No matter where you are in your financial journey, there’s almost always room for improvement. Right now, at the beginning of a new year, is the perfect time to start these healthy financial habits. ■

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

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RECIPE

A BETTER-FOR-YOU breakfast favorite

(Family Features) Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already-nutritious menu, families at any stage of a journey toward better health can use newfound favorites to bring fresh flavors to the table.

Start by ramping up your family's breakfast with these slightly sweet mini Greek yogurt pancakes with cinnamon-maple topping for a protein-packed way to start the day with a healthy addition of fresh berries. This dish from Milk Means More provides a delicious breakfast that allows you to bring everyone together for a tasty, nutritious meal no matter the occasion. Dairy foods, like the low-fat or fat-free milk and yogurt found in this recipe, are fundamental to good nutrition.

Constructing a better-for-you menu calls for a balanced diet with a variety of foods to get essential nutrients. This balance is important for maintaining healthy gut and immune function while optimizing overall wellness.

Find additional better-for-you recipe inspiration at MilkMeansMore.org. ■

Mini Greek yogurt pancakes with cinnamon-maple topping

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More
Total time: 25 minutes

Servings: 6

Topping:

- 1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)
- 1/3 cup maple syrup
- 1/2 teaspoon ground cinnamon

Pancakes:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, lightly beaten
- 3/4 cup plain Greek yogurt (fat free, 2% or 5%)
- 1/2 cup milk (skim, 2% or whole)
- 3 tablespoons melted butter
- 1 teaspoon vanilla
- oil
- 1 cup fresh blueberries or chopped fresh strawberries

To make topping:

Stir yogurt, syrup and cinnamon. Cover and refrigerate.

To make pancakes:

In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).

- Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.
- Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.



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WHAT IS respite, and do you need it?

If you are a full- or part-time caregiver to your loved one, the chances are good you may need respite care. Respite care assists with an individual's care needs, so that the primary caregiver can take a break. This break can occur regularly (once a week, for example) or occasionally (such as for a trip, vacation or illness).



through Friday.

• **Residential programs** offer temporary around-the-clock medical and respite care for varying lengths of time at specialized communities.

According to the Family Caregiver Alliance, an estimated 44 million Americans provide assistance and support to a chronically ill, disabled or older family member annually. A substantial body of research shows family members who provide care to individuals with chronic or disabling conditions are themselves at risk from complex caregiving situations and the strains of caring for frail or disabled relatives.

Signs and symptoms of caregiver stress include anxiety, depression, irritability; feeling tired and run down; difficulty sleeping or concentrating; new or worsening health problems; feeling resentful or hopeless; drinking, smoking, or eating more; tendency to become ill; neglecting one's own needs; revolving life around caregiving; trouble relaxing; being increasingly impatient and irritable with the person who needs care.

Potential benefits of respite care

Many organizations offer respite assistance tailored to your loved one's unique needs, so he or she can take advantage of new friendships and activities while enjoying amenities like freshly prepared meals. Potential benefits of respite care include:

- Reduce stress
- Improve health and wellbeing
- Avoid or delay out-of-home placement
- Minimize conditions that could lead to abuse and neglect
- Strengthen family stability

Of course, you will always want to consult your loved one before choosing a respite community. Talk with them about how long you will be away and bring your loved one for lunch or a tour before making any final decisions. ■

Note: This is not medical advice. Please consult a healthcare professional for personal medical guidance. This article was written by Cassia for use by Chris Ruzicka, your local Director of Sales for Meadowview of Clive, Chris.Ruzicka@CassiaLife.org, 515-644-8740.



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REASONS to review your estate plan

Do you need to update your will or trust? It is a good idea to review your estate planning documents periodically. Through a strategic analysis of your documents, you can ensure that your loved ones continue to be provided for appropriately. There are certain major life events that require you to do a legal check-up.

Changes to your family: Births, deaths, marriages and other family changes are among the most common reasons for making revisions to wills, trusts, and powers of attorney.

Changes to your financial circumstances: Your will or trust should reflect your current financial situation. Past plans may no longer be appropriate due to changes in the value of your assets or income.

Have the right executor: Your executor or trustee will help settle your affairs. If your plans were made some time ago, the person you named may no longer be able to serve or may no longer be the right person for the job.

Provisions for children: If your children are beneficiaries, you may wish to delay their inheritance, so they receive money when they are older and better able to manage assets. If you have nominated a guardian to



care for minor children, you want to ensure that the agent is still willing and able to assist you.

Loved ones with different needs: Over time, the needs of your heirs may change. Age or illness may require restructuring your estate plan to provide asset protection.

Recently moved to Iowa: Each state has its own laws governing the settlement of estates. Your will or trust may have been drafted under the laws of your former state of residence. You may wish to have them reviewed to be sure they are appropriate under the laws of the state of Iowa.

Real estate in another state: If you own real estate in another state, the laws of that state may apply to its disposition. You also have the potential for probate in two different states, doubling the time and expense of settling your affairs.

With thoughtful and periodic reviews of your will or trust, you can make certain that your estate planning documents reflect your current situation and goals. Make an appointment with an experienced estate planning attorney to help you update your estate plan. ■

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

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HOW CAN voluntary benefits help your business and employees?

Voluntary benefits are optional insurance benefits offered to employees. These plans are often 100% employee paid and payroll deducted or can be partially paid by the employer.



For the employer, voluntary benefits help recruit and retain skilled employees by enriching the benefit package without adding to the employer's bottom line. Benefits help promote employee health and wellness. Under IRS Section 125, some benefits can be paid pre-tax, saving both the employee and employer money.

Employees like the convenience of having quality insurance plans offered to them at work with the ease of payroll deductions. Employees can customize coverage for their specific needs depending on their stage in life. Voluntary benefits can increase access to coverage for

employees with pre-existing conditions with many options guaranteed issue or limited underwriting.

Voluntary benefit options

- **Dental insurance** with an emphasis on preventive benefits. Routine exams and cleanings can be covered at 100%. Routine exams can help catch and treat a cavity early. Delay in treating a simple cavity can turn into something more serious. Dental insurance also helps finance major expenses like root canals, crowns, implants and dentures.

- **Vision insurance** helps pay for routine exams, glasses or contacts and can offer discounts on lasik eye surgery. Vision exams become more important as we strain our eyes using more digital technology and spending more time at work and personal time on our computers, tablets and cell phones. Vision exams are also important for children who don't understand what they should be able to see. I got glasses when I was in third grade and

remember the "wow" moment when I could easily see the chalkboard. (OK, I know I'm aging myself. Yes, I went to school when the teacher actually wrote with chalk on a board.)

- **Short and long term disability coverage** replaces income when not able to work due to an illness, accident or maternity leave. A disability, even for a short period of time, with the loss of income and medical bills on top of it, can really throw finances into a tailspin.

- **Cancer and critical illness coverage** can help pay for medical out-of-pocket costs and other burdens caused by an ongoing illness.

- **Voluntary life insurance** is an easy and convenient way for an employee to increase their life insurance on themselves, their spouse and dependents. ■

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

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RECORD year for CCF

For the Clive Community Foundation, 2023 was a record year. Its board grew to 16 dedicated community champions who oversaw seven funds in support of unique community efforts. The foundation funded 16 community organizations with more than \$50,000 — a record amount and what the board hopes becomes a new baseline for giving.

These numbers, though, only begin to tell the CCF story.

The foundation helps Clive-area students visit the Des Moines Civic Center to see a play. For some, it's their first visit to downtown Des Moines and the spark for a passion for the performing arts. Some have dubbed the day "the best day ever."

CCF is part of kids learning to ride bikes with their peers, helps provide personal care products and household food staples in a critical time of need, supports the environment and hands-on STEAM learning through pollinator gardens, and empowers kids and helps them learn they can do hard things. One grant recipient stated, "We would never be able to provide such a great program to so many girls without your help."

In short, the foundation helps transform the lives of our neighbors and friends and build a true sense of community. "We are anxious to continue growing our work in 2024 and invite you to join us," say Foundation board members. To learn more, visit www.clivecommunityfoundation.org. ■



Clive Community Foundation Board members Keaton Pulver and Becky Rozenboom present Healthy Birth Day Inc. with a grant from the foundation.



Clive Community Foundation Board members Chima Igbokwe and Katie Hall celebrate the Clive Learning Academy grant that will go towards a ADA compliant playground.



Clive Community Foundation Board members Colleen Powell and Brad Brown present Des Moines Performing Arts with a grant from the foundation.



Clive Community Foundation Board members Jane Fogg, Keaton Pulver and Scott Cirksema present CanPlay with a grant that will go towards supporting local programming.



Clive Community Foundation Board members Chima Igbokwe and Bethany Wilcoxon present Girls Scouts of Greater Iowa with a grant.



Clive Community Foundation Board members Chima Igbokwe, Katie Hall and Colleen Powell present Girls On the Run with a grant from the foundation.



Clive Community Foundation Board members Chima Igboke and Becky Rozenboom present Clive Community Services with \$15,000 to support their mission to help meet the basic needs of the community.



Clive Community Foundation Board members Chris Mandt and Marie Roberts present Junior Achievement with a grant to support BizTown and teaching kids about managing finances, business and other civic duties.



Clive Community Foundation is proud to support the Clive Lions. CCF Board members pictured are Brad Brown, Marie Roberts and Eric Bohnenkamp.



Clive Community Foundation Board members Brad Brown and Russell Vannorsdel present Crestview School with a grant.

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Be sure to check for cancellations.

State of the City lunch

Thursday, March 21, 11:30 a.m. to 1 p.m.
Christ Life Center, 1900 N.W. 86th St., Clive

The Clive Chamber of Commerce invites the public to its State of the City luncheon. Mayor John Edwards is the speaker. Menu is a Hawaiian chicken buffet. Cost of lunch is \$25. Deadline for lunch reservation is March 18. Lunch is at 11:30 a.m. and the program begins at noon. Find the registration link at <https://business.clivechamber.org/events>.



"The Music Man JR."

Feb. 16 - March 3, Fridays 7 p.m.,
Saturdays and Sundays at 2 p.m.
CAP Theatre, 201 First Ave. S., Altoona

The next MainStage performance by Class Act Productions is "The Music Man JR." Performances at CAP are live theatre for families of all ages, with familiar stories condensed into 90-minute performances that appeal to audiences with shorter attention spans. Tickets are \$10 for students, \$16 for adults and \$13 for seniors. Visit www.captheatre.org for more information.

"The Music Man JR." follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys band that he vows to organize. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, March 10, 8 a.m. to noon
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

The Easter Bunny will be at the Elks breakfast to greet the children and have treats to share. The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran support activities.



Youth Justice Initiative Trivia Night fundraiser

April 16, 5:30-9 p.m.
The Hall, 111 S. 11th St., West Des Moines

This fundraiser is held in partnership with the West Des Moines Leadership Academy class of 2024. Trivia, silent auction, food and drink are featured. Trivia starts promptly at 6 p.m. For tickets and to donate, visit <https://givebutter.com/friendssofyji>.

Clive Parks and Recreation programs

Visit https://cityofclive.activityreg.com/ss_t2.wcs?leaguesid=2149&tea.msaid=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.



CITYVIEW Chocolate Walk

Friday, Feb. 23, 5-9 p.m.
West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. A shuttle bus from Majestic Limousine will be providing transportation to each location, although most are only a short walk away. For a link to purchase tickets, visit chocolatwalk.dmcityview.com.

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



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Dome After Dark

Fridays, 6-10 p.m. through March
Des Moines Botanical Garden,
909 Robert D. Ray Drive,
Des Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com



Hoyt Sherman Place

1501 Woodland Ave., Des Moines
hoytsherman.org

- 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.



Des Moines Performing Arts productions

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines
dmpa.org

- Feb. 27 through March 3: "Les Misérables"
- Feb. 27 through March 17: "Dixie's Never Wear a Tube Top While Riding a Mechanical Bull"

Des Moines Civic Center

Des Moines Civic Center, 221 Walnut St., Des Moines
dmpa.org

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

Stephens Auditorium

1900 Center Drive, Ames
center.iastate.edu/events

- Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Diner"



Iowa Wolves home games

Wells Fargo Arena, 233 Center St., Des Moines
iowa.gleague.nba.com

- Feb. 23 at 7 p.m. vs. Rio Grande Valley Vipers



Judy Niemack jazz concert

Sunday, March 17, 2 p.m.
Caspe Terrace, 33158 Ute Ave., Waukee

Jazz critic Dan Morgenstern said it best — "If you want to know what real jazz singing can be (but rarely is), listen to Judy Niemack." Niemack has perfected her beautiful voice, fearless improvisational skills, impressive musicianship and exceptional versatility for more than 40 years and on many critically-acclaimed recordings. She also enjoys a worldwide reputation as a jazz vocal teacher and author of several "must-have" vocal jazz improvisation books. Niemack will be accompanied by pianist John DiMartino, who appeared at Caspe Terrace several years ago with vocalist Jay Clayton. For more information and tickets, visit <https://jazzatcaspe.weebly.com/tickets.html>.

More events

- **Feb. 28: Coldest Night of the Year Fun Run/Walk.** Held by Central Iowa Shelter and Services at Principal Park, 1 Line Drive, Des Moines; centraliowashelter.org
- **Feb. 29: Greensky Bluegrass.** Val Air Ballroom. 301 Ashworth Road, West Des Moines; firstfleetconcerts.com/events
- **March 1: Iowa Deer Classic.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 4-8: IHSAA Iowa State Boys Basketball Tournament.** Wells Fargo Arena, 223 Center St., Des Moines; iahsaa.org/basketball
- **March 8: Iowa Home Expo.** Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowahomeexpo.com
- **March 15: All Iowa Auto Show.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 15: Mateo Lane: The Al Dente Tour.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **March 16: St. Patrick's Day Parade,** starting at the corner of Grand Ave. and Robert D. Ray Drive, downtown Des Moines; friendlysonsiowa.com/Parade/parade.htm
- **March 16: St. Paddy's Marathon, Half Marathon, 5k.** Iowa State Capitol, E. Locust St. and Pennsylvania Ave., Des Moines; iowaruns.com/desmoinesstpaddys5k
- **March 17: Dude Dad Live!** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **March 22: Jim Jefferies: Give 'Em What They Want Tour.** Des Moines Civic Center, 221 Walnut St., Des Moines; desmoinesperformingarts.org/events ■

MATCHING 'bigs' with 'littles' in Clive

Big Brothers Big Sisters provides mentoring.

One way to describe Big Brothers Big Sisters of Central Iowa would be “a match factory.” But instead of making matches to incinerate things, this

organization creates matches to “ignite” youth. Sara Bishop, marketing and communications manager, explains what the organization does from its office on Swanson Boulevard in Clive.

“We’ve been around since 1968, so, for over 50 years we’ve been in central Iowa,” says Bishop. “Our mission is to create and support one-to-one mentoring relationships that ignite the promise and power of youth.”

This is achieved through a variety of programs.

“We offer a few different mentoring programs to youth in our community free of charge. There’s a community-based program, a school-based program, and a workplace mentoring program,” Bishop says.

Bishop adds that several new programs are being added, including group mentoring, Future Pathways, Sports Buddies, and a program called “I am Enough.”

“Our volunteers in our mentoring program, we call them ‘Bigs,’ and then the youth in the program are called ‘Littles,’ ” says Bishop. “We ask that the match meets a couple of times a month for a total of about four



Daniel Timmons of Edward Jones presents the Neighbor Spotlight certificate to representatives of Big Brothers Big Sisters of Central Iowa, from left: Ben Chiochon, Nathan Brooks, Amina Cannie, Bridget Cravens-Newly, Tony Leo and Sara Bishop.

hours a month, and we ask that the match can commit to being together for at least a year, but many of our matches last longer than that.”

Bishop mentioned a seasonal program that was a huge success recently.

“This past winter, we hosted an adoptive family program where littles in our program, and their families, can fill out wish lists for gifts they’d like for the holidays,” Bishop says. “Then we have companies and individuals who volunteer to be matched with families, and they fulfill items on the wish list. This year, we had over 45 companies and individuals who participated in the program, and because of their generosity, 65 of our families were able to be part of this program. It’s just a feel-good program for the donors and also for the families.”

In general, littles are 5-16 years old, but some of the newer programs include youth up to 22 years old. To register a youth for one of the mentoring programs, a parent or guardian can fill out a form on the organization’s website. There are no income requirements for families to meet.

Anyone interested in becoming a “big” can call or go to the website to fill out an initial form. Interviews and background checks are done on all potential “bigs” before they are matched with a “little.” The entire onboarding process for mentors usually takes three to four weeks.

Bishop shared a few numbers regarding the organization. Currently, there are a total of 615 “bigs” matched up in the various mentoring programs, and 180 youth not yet matched up. The organization has set a goal to have at least 900 youth being served within the next few years.

“We have a waiting list of youths who are waiting to be matched with a mentor,” Bishop says. “A lot of those on the waiting list are boys, so there’s a huge need for male mentors.” ■


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GET LOST — in a daydream

"How will you go about finding that thing the nature of which is totally unknown to you?" —Meno.

This may seem like a philosophical question, but it appears just as important for every individual to answer today as when it was first said in ancient Greece. Wishing others to "get lost" could be well intentioned, because getting lost can cause what was unfamiliar to appear. "Lost" comes from the Old Norse "los," and one translation is "falling out of formation." This implies it's an action rather than a state of being.

Good news is you can access the expansive blue from anywhere thanks to the power of your mind. Daydreaming stimulates creative innovation in the brain's right hemisphere but also activates the hippocampus, which suggests this could help improve learning and memory. Somewhat paradoxically, daydreaming about recent events helps cement them into memory, so the wandering mind is perhaps never lost. If daydreaming sounds lazy, call it "quiet wakefulness," which is a relaxed state of environmental awareness that helps us process things when we are both awake and at rest. Without it, we may never have heard of Einstein. It's up to you to find what "flow state" helps spontaneous connections in your brain. It's clear from MRI scans that your brain is very active during daydreaming, but how active is it at other times? ■

Information provided by Lance Andersen, LMSW, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, andersen@sstherapyandconsulting.com.



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TEENS and mental health

Is your teenager feeling depressed, angry, hopeless, anxious? Everyone can feel emotions like these at times; however, they can often become too intense or happen too frequently. How is your teen coping? It is important to check in and watch for signs of mental health struggles. Signs your teen may be having mental health difficulties include changes in mood (irritability, feelings of hopelessness), changes in behavior, a lack of interest in activities previously enjoyed, troubles sleeping (too much or too little), changes in appetite, troubles concentrating, or thoughts about self-harm or suicide.

Communicating honestly and openly can help your teen through this difficult time. Screen time will inevitably occur, but come together to develop a plan that includes offline time as well. Help your teen find ways to keep their body healthy, such as going for a walk, run or bike ride as a family.

Call your pediatrician about ways to help your teen with mental health. They know local resources your teen can utilize, including mental health specialists, and can help with treatment options, such as medications. Suicidal thoughts or actions should never be ignored. If your teen is in crisis, call the 988 Suicide and Crisis Lifeline. ■

Information provided by Dr. Amy Petersen, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.



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GIRLS. Bees. Poor Things. And A Missing Apostle.

So, how were your holidays? See any good movies? Me neither! I am somewhat joking on that one, but I was not blown away by much that I saw. We tend to expect high-impact movies during the holiday season. This one came up short.

Meanwhile, we trudge forward into 2024, eagerly awaiting “Dune Part 2” on March 1. If you didn’t see the original, you only have a short time to catch up. Watch it on the biggest television in your house, and you will be blown away.

Alright, let’s catch up.



“MEAN GIRLS” (in theaters)

I loved the original movie and was looking forward to what I thought was an update. I was wrong. It is a film version of the award-winning Broadway play. So you know the story, but every once in a while they stop to break into song and dance. It is still a lot of fun, just not quite as much as I was hoping for. **Grade: B**



“THE BEEKEEPER” (in theaters)

I like Jason Statham, but the man makes some stupid action movies. That being said, he does make a good one every once in a while. Based on the box office draw, I’m not alone in saying that “The Beekeeper” is one of his better, maybe his best? He is retired military and minding his own business in the back of a rented barn. His business is honey and keeping a few beehives. When a scam caller takes all of

the money from the old woman he rents from, Statham is on the trail immediately and, let me tell you, he is unhappy. No one is going to stop him from catching these idiots. From there we get lots of punches, kicks, gunshots and a kitchen sink. It is non-stop action with a flimsy story but enough to keep you entertained. The action is great, the bad guys are really slimy, and you will relish the butt-kicking you get to watch. The box office has been brisk, so this will likely not be the last time we see this beekeeper. **Grade: B-**



“I.S.S.”

The International Space Station is the setting for this movie that tells the story of an American crew that joins the Russians at the Space Station for a joint venture. When huge trouble on Earth strikes, both teams are told to take over the station. An action film in a tight situation in space always proves to be fun. It is not a great film, but it has enough moments for me to mildly recommend it. **Grade: C+**



“POOR THINGS”

This film is by director Yorgos Lanthimos, who gave us “The Lobster” and “The Killing of a Sacred Deer,” two movies I reluctantly suffered through. His new film, “Poor Things,” has received the same type of praise as those earlier films, and I will respectfully disagree. The cast includes Willem Dafoe, Mark Ruffalo and a brilliant (and Oscar-nominated) Emma Stone in a film that defies description — and that’s not

a good thing. It is dark and disturbing but also tries to be funny. Let’s just agree to disagree.

Grade: D-



“SOCIETY OF THE SNOW”

You can find this one on Netflix. It’s a remake of the true and harrowing story of a plane full of rugby players who crash in the Andes mountains. There was a movie titled “Alive” years ago that tackled this same story but not nearly as well. Both movies are good, but this one ramps it up yet tempers itself in certain areas that are controversial. This is well made and enthralling, to say the least. **Grade: A-**



“THE BOOK OF CLARENCE”

My Catholic education failed to clue me in on this missing Apostle who has quite a bit to do and quite a bit to say. It is a thought-provoking and well-produced film that will challenge you and might even start some very interesting conversations. **Grade: B+ ■**

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.

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WHY would I prepay funeral expenses?

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

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

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about.

There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today.

Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

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



DOG Lovers Club shares passion for pups

Students choose club that suits their interests.

Once a month, Indian Hills Junior High runs an early-out schedule, using the last 45 minutes of the school day for clubs to meet. All students are required to join a club, and most of the clubs are proposed by and led by students. A variety of topics allow students to sign up for a club they are interested in. One of these clubs, the Dog Lovers Club, began in January 2023 and currently has 16 students participating this school year. The only requirement for students to participate in the club is that they must love dogs.

"These clubs are a great way for all students to get involved at Indian Hills," says club staff sponsor Tonia Sandersfeld-Miller. "Many students are involved in sports or music, but these clubs give all students a chance to learn about topics that interest them in a self-directed way, while meeting and connecting with other students and staff with similar interests."

The Dog Lovers Club begins each meeting with an educational topic about pets followed by a dog visit where students have the opportunity to play with the dog. Some topics the club has discussed this year include training your dog, how to get involved in dog competitions and dog sports, traveling safely with your dog, and more. Sandersfeld-Miller says she discovered obedience competitions later in life, and she wishes she had gotten more involved in dog sports when she was younger.

"I love sharing my love of dogs with others and teaching young people how to care for dogs," Sandersfeld-Miller says. "I've met some great friends and travel to great places to compete in shows. There are also a lot of great dog-related careers out there that I want students to consider as they get older and start thinking about career paths."

Students in the club have the opportunity to choose their own dog-related project to work on during the school year. During the final few meetings, students share what they've been working on and learning about dogs this year.

Other examples of clubs offered at Indian Hills Junior High include sports or activity clubs, art-related clubs, Lego club, food or cooking-related clubs, chess and board game clubs, book clubs, drama clubs, and more. ■



Seventh grader Ellie Wharff visits with Tonia Sandersfeld-Miller's Australian shepherd, Foster, at a Dog Lovers Club meeting. Foster is an AKC obedience competition dog and is in the process of becoming a therapy dog.

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'The Parliament'

I'm a huge fan of parallel stories — books that flutter back and forth between two worlds, two people's lives, or the past and the future. Here, in this gorgeous, deliciously dark modern fairy tale, the author gives us two stories in one in the best way — a book within a book.

Madeline "Mad" Purdy returns to her hometown to teach a group of teenagers at the local library. This is certainly not her forte, as she much prefers being alone at home. But when the library is surrounded by thousands of killer owls intent on tearing the trapped group to pieces, a new side of Mad blooms in the midst of the terror. Reading to the kids in her care to keep them calm as they look for a way out, the second story nested in the book "The Silent Queen" provides the perfect accompaniment to claustrophobic horror the characters experience.

This is a survivor's tale at its heart, a rich, gorgeously written story full of grief and strangeness but, above all, hope. I loved flipping between "real life" and the fairy tale. It stretched the already taut tension while pulling new threads in the narrative. A perfect balance. — *Review by Julie Goodrich*



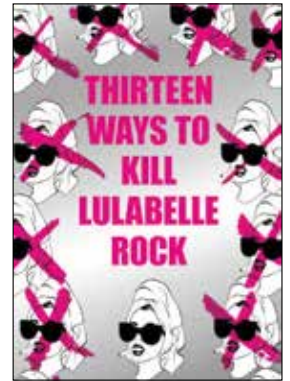
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'Thirteen Ways to Kill Lulabelle Rock'

I don't think I'm the only person who's ever wished for a clone. It would be so nice to send a body double off to shovel the driveway while I stay warm inside with some coffee and a book. But what happens after the driveway is shoveled? Would that clone go off to read a different book? Does she need her own cup of coffee? Is she now a different person with a set of memories I'll never have?

These questions and more abound in this speculative thriller. In the riotous town of Bubble City, the richest and most famous have "Portraits," which are clones to ensure they are seen and involved in the dizzyingly complex social scene. Lulabelle Rock has 12 such beings wandering around, building unique lives and divergent personalities in surprising ways. When she creates a 13th copy with the sole purpose of killing the others, a wild ride ensues, full of questions about personhood and the limits of humanity.

A brilliant premise with a brisk pace and razor sharp writing that never falters, this book is highly recommended for readers who can never get enough of the question, what if? ■ — *Review by Julie Goodrich*



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OUT & ABOUT



Antonio Festini and Shane Sonberg at AM Connections hosted by Flooring America on Feb. 8.



Nancy Zwickel and Pat Hill at AM Connections hosted by Flooring America on Feb. 8.



Vicki Davis and Claudia Howell at the Chamber new membership luncheon hosted by Stoney Creek on Jan. 18.



Eileen Van Kooten-Schmitt at the Chamber new membership luncheon hosted by Stoney Creek on Jan. 18.



Jesse Rittenhouse and Stephanie Horak at the Chamber new membership luncheon hosted by Stoney Creek on Jan. 18.



Jacob Armstrong, Matt Ferriss, Chris Jones, Shelease Rittenhouse, Jesse Rittenhouse and Antonio Festini at the Chamber new membership luncheon hosted by Stoney Creek on Jan. 18.



Laito Zarkpah and Geovany Alderete at Izumi Sushi and Hibachi, which opened in Clive and hosted a ribbon cutting on Jan. 22.



Gina Chandler, Sue Bennett, Ben Chambers, Chris Koll and Gina Graham at the Chamber new membership luncheon hosted by Stoney Creek on Jan. 18.



Tony Chavez and Matt McQuillen at Izumi Sushi and Hibachi, which opened in Clive and hosted a ribbon cutting on Jan. 22.



Zach Spaulding and Barry Wong at Izumi Sushi and Hibachi, which opened in Clive and hosted a ribbon cutting on Jan. 22.



Scott Chen, Chris Beener and Katie Keitel at Izumi Sushi and Hibachi, which opened in Clive and hosted a ribbon cutting on Jan. 22.



John Palmer and Eileen Van Kooten-Schmitt at Izumi Sushi and Hibachi, which opened in Clive and hosted a ribbon cutting on Jan. 22.

OUT & ABOUT

RIBBON Cutting

Izumi Sushi and Hibachi opened in Clive and hosted a ribbon cutting on Jan. 22.



Izumi Sushi and Hibachi opened in Clive and hosted a ribbon cutting on Jan. 22.



Sandy Lin and Kloey Huang



Kaydee Kinning, John Weng and Scott Chen



John Weng and Jennifer Konfrst



Jin Lin, Barry Lin, Steve Lin, Scott Chen, John Weng, Jimmy Jiang and Steven Chen



Hua Lin and Jin Lin



Kaydee Kinning and Ben Chambers



Amy Heston and Tom Hunt



Lindsey Ellis and Matt Jens

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Maytag Range.
5.3 cu. ft. oven.
5 burner. Steam
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In-Store Rebate
\$1,099
TOTAL

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With Evenair™
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MRT711SMFZ

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