

CLIVE

MARCH 2024

Living Trips OF A lifetime

MAGAZINE

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WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may be differ, I am happy to be along for the ride.

Thanks for reading. ■

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Trips OF A *lifetime*

Residents share stories of their dreams-come-true vacations

By Jackie Wilson and April Melody Tan

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

Nichole Coe made two trips to Scotland. The first was upended by COVID-19. The second was all she had dreamed of.

Summiting Mt. Kilimanjaro

As Cindy Torvik of Clive battled cancer in 2006, she was in survival mode. After her treatments, she made a full recovery.

In 2011, a friend suggested climbing Mt. Everest as a way to celebrate beating cancer.

Cindy said, "No way." Then her friend suggested a smaller peak, Mt. Kilimanjaro in Africa. She paused, then agreed.

The hike was organized by Above + Beyond Cancer, a nonprofit dedicated to elevating the lives of those touched by cancer. It was also a fundraiser for the American Cancer Society. She applied and was accepted, along with her husband, Jim, who went as her caregiver. A group of 42 summited the 18,600-foot climb in Tanzania, Africa.

Cindy says the climb, for the most part, was not difficult, except for acclimating to the altitude.

"There were people just out of chemo doing it, although three people dropped out," she says.

Training was offered to help prepare for the excursion.

"We met a few times before to do

some training," says Jim. "I'd say it was more mentally challenging than physically challenging."

Still, the group was climbing a mountain, and parts of the trek were challenging. The toughest section was the Barranco Wall.

"One guy said, 'I'm done,' " says Cindy. "The leader said, 'We can bury you here. Either get walking or let the vultures eat you.' The whole day at the Wall, I said, 'I'm going to die.' It was terrifying. We had to jump a 3-foot space to get to the other side."

"It was a challenge," adds Jim. "There was lots of angst among the group. Many were anxious with trepidation of not going up the wall. Dr. Deming talked people off the ledge, literally. I thought the wall was lots of fun. There were people scrambling up the mountains who were afraid of heights."

Cindy says she began to have some doubts about the venture on the fifth day when they reached base camp.

"This is where we were to lose phone service and internet," says Cindy. "I thought, 'What have I done?' I left three kids at home."



Jim and Cindy Torvik at camp on their trek up Mt. Kilimanjaro

The couple was able make a final call home before continuing.

"The camp had a satellite phone that they'd used for a PBS interview," says Jim. "We got to call our kids before we went up."

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To accommodate varying abilities of the hikers, they were divided into group.

"I was in the slow group," says Cindy. "I was tired, and Jim offered to carry my backpack. I forgot I had all my water in the backpack, and he'd already taken off with it. I was so dehydrated. Jim had to come back to rescue me."

Jim was in the fast group and was able to lend a hand to those who needed it.

"I helped others pull a friend to the top, and I carried their backpacks, too. Cindy was so glad to see me with her water," he says.

Reaching the summit was unforgettable.

"I thought my head was going to explode," says Cindy. "The altitude and the dehydration was a lot. I'm surprised I did it. Jim was at the top, singing."

"It was a great sense of relief and accomplishment," says Jim. "I was never in doubt I couldn't make it. The leadership of the group really knew how to motivate with tough love."

For the group of people touched by cancer, reaching the summit of Mt. Kilimanjaro was an inspiration.

"When we got to the bottom, every person said they'd do it again, but they would want to do it with this group of people," says Cindy. "Suffering brings people close. I couldn't have done it without Jim. I learned to do hard things. It opened up the idea to do different things and put more adventure in my life. It took the word 'can't' out of my vocabulary."

Jim echoes Cindy's thoughts.

"I learned you can do a lot more than you get credit for," he says. "By taking a mental approach, you can do more than you believe. It helped me get out of my comfort zone. It was easy to be inspired by a group. Together, as a team, we can accomplish great things. Teamwork makes dreamwork."

For Jim, who has already summited six large mountains, the trip left him yearning for a bigger adventure.

"This upped my passion, and I'm going to climb the Mt. Everest base camp," he says.

And for Cindy? She has already gone on new adventures.

"I went scuba diving — something I'd never done," she says. "I'd like to hike Machu Picchu. I'm not doing Everest. Nope. No way."



Cindy Torvik of Clive summited Mt. Kilimanjaro with Above + Beyond Cancer, a group of cancer survivors.

Dream trip derailed and rescheduled

After saving up for a year, Nichole Coe was finally about to embark on her dream vacation. Being of Scottish heritage, she was excited to learn more about the country's history. On a more personal level, she wanted to visit St. Andrew's, her and her dad's favorite golf course. As soon as she landed, to her bewilderment,

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she found herself scrolling through a flurry of concerned text messages.

"We're praying for you!" they read, but no one said why. The seven-hour time difference added an extra layer of disorientation to the situation. She called her dad.

"Dad," she asked, "what's going on? Why are people praying for me?"

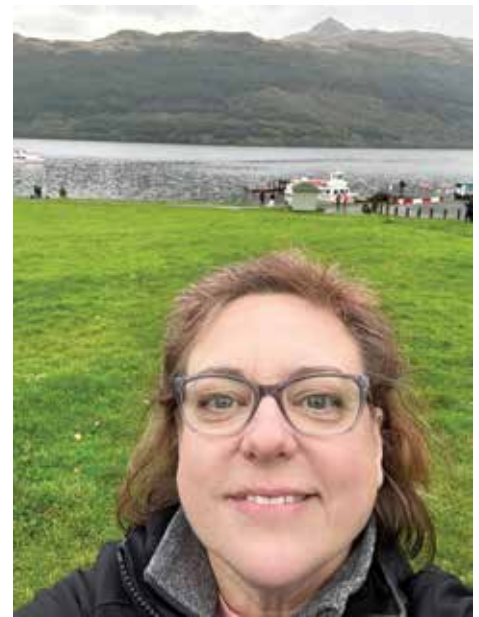
Standing on European soil on March 12, 2020, Nichole learned that the United States had announced a travel ban to Europe because of the COVID-19 pandemic. She immediately contacted the U.S. Embassy in London.

Authorities, however, assured Nichole that the ban would not impact her as the U.K. was not shut down. Tentatively, Nichole decided to make the most of her time in Scotland. She traversed through the cobblestone streets of Edinburgh, explored the rich histories of ancient castles, and soaked in the vibrant atmosphere of Glasgow.

However, the rapidly escalating pandemic brought her travel plans to a halt. Sitting in the clubhouse of St. Andrew's golf course, Nichole received a phone call from the airline informing her that her flights had been canceled and there

was no way to rebook her flight because of the travel ban. At the same time, the prime minister announced, not only was there going to be a nationwide shutdown, but Glasgow, the city where Nichole was staying, was the epicenter of the pandemic in the U.K. Public transportation was suspended, and the British army was dispatched to arrest anyone who was in public for more than 20 minutes. Scrambling, Nichole picked up some food from a nearby grocery store and took a rental car back to her apartment.

The next few days were spent on the phone with airlines trying to find a way home. To add to the urgency, the U.S. Embassy told her, if she didn't get out of Scotland by that Friday morning, she was going to be stuck there until August. She was added to an evacuation list as an American being stuck on foreign soil. In addition to searching for a flight back, she now also had to think about contingency plans if she could not make it home, what would come of her job, and how she would pay for an extended stay overseas. There wasn't even time to think about the dream vacation she had spent a year saving for or the money lost from canceled



Nichole Coe with Loch Lomond, Scotland, in the background.

flights and tours.

Amid the chaos and uncertainty, Nichole found solace in the kindness of the Scottish people and her friends back home. She found a



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One of the Harry Potter-related sites Nichole Coe visited was the Glenfinnan Viaduct.



The Scottish coast was among the places Nichole Coe visited. She photographed Bow Fiddle Rock in Portknockie.

\$2,500 return ticket from London to O'Hare. She just had to figure out how to get from Glasgow to London. Two workers in a coffee shop offered her shelter if needed, and their friend offered to drive her to the airport at the risk of getting arrested. For a meager 100 pounds, they left at 5 a.m. to make the seven-hour drive to London. They made it, and, upon landing in Chicago, Nichole was put on a no-fly list since she was returning from an epicenter. She then had to rent a car to drive to Iowa.

She stayed a night in her parents' garage in 34-degree weather and 40-mph winds because she didn't want to risk passing COVID to her dad, who had Parkinson's. When she arrived in the metro, a friend picked her up, and she rode in the back of his pickup truck home.

Despite her tumultuous experience in Scotland in 2020, Nichole remained undeterred in experiencing it. Armed with some soon-to-be expired vouchers from canceled day tours and invaluable insights gained from her first trip, she returned to Scotland once again in October

of 2022. With the ease of European public transportation in mind, she expanded her itinerary to do even more things she wanted to do, allowing her to delve deeper into Scotland's cultural and historical landscape.

One of the highlights of Nichole's trip was an "Outlander" tour, which immersed her in the landscapes that had inspired the popular series. She visited the rugged beauty of Loch Lomond and Loch Ness, the deepest loch, or lake, in Scotland. Nichole also seized the opportunity to indulge in Edinburgh's Harry Potter connections, tracing the footsteps of J.K. Rowling's iconic characters through the city's historic streets and landmarks. She rode the famous Harry Potter train across the viaduct and visited iconic film sites including the Great Halls of Hogwarts (St. Giles Cathedral), the Quidditch field, and Diagon Alley (Victoria Street).

One of the most rewarding aspects of Nichole's trip was in conquering Scotland's rugged landscapes. Understanding how difficult some of the terrain was from her first trip,

Nichole challenged herself with six months of physical training — and it paid off. This time around, she was able to do multiple challenging hikes through the Scottish highlands that she would not have been able to do in 2020. She did the challenging 3-mile Isle of Skye hike in 45 minutes. Another goal was to hike Arthur's Seat, an arduous trail with dirt paths and steps that lead to an overlook of Edinburgh at the top. Despite the 45-mph winds that threatened to knock her off the mountain, Nichole relished in completing the ascent.

For Nichole, her second trip to Scotland was exactly what she hoped for — and she's not done traveling yet. After Scotland, she took a trip to Croatia and Bosnia. She dreams of visiting Hawaii, the only state she hasn't traveled to. Germany and Ireland are also on her list of places to visit. Even before her dream trip to Scotland, traveling was a high priority for Nichole. Once she realized she didn't have to wait for people to join her, she knew she could make these adventures happen for herself. This practice of solo travel fills her cup. ■

RECIPE

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.

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BEWARE of phone call scams

Have you received a phone call urging you to act immediately because you owe money to the IRS, something is wrong with your bank account or debit/credit card, or there's a warrant out for your arrest? These are common messages scammers may use to scare you into providing your personal information or sending them money. These attempts have become more sophisticated with messaging and technology that makes their call appear to come from a known phone number.



claim you owe money, your family member is in danger, your credit card has been compromised, there's a problem with your bank account or computer, or there's a warrant out for your arrest.

Once the scammer gets you on the phone, they instill a sense of urgency, requesting you act quickly to either obtain your personal information, receive access to your personal computer, or complete a money transfer. If the fraudster gets ahold of the desired information, they go on to commit identity theft, steal additional funds and more. It's important to note that these attacks are random, and victims are not usually targeted.

How to protect yourself from phone call scams

If you answer a call and notice any of the red flags mentioned above, hang up immediately. Never give out your information to someone you don't know or for a request you didn't expect. Keep in mind, even when a phone number appears to be local and looks like the organization's legitimate number, it could be fake. Scammers have evolved over time and can now even "spoof" phone numbers.

What to do if you're a victim of a phone scam

If you've received a phone call scam and have already given out your information or made a payment, or you believe your identity may be compromised, here are immediate steps to take:

1. Contact the Federal Trade Commission (FTC) to file a complaint online or by calling 877-FTC-HELP (877-382-4357).
2. File an identity theft claim at identitytheft.gov.
3. Notify the financial institution(s) you work with.
4. Notify the three major credit agencies, Equifax, Experian and TransUnion, to place a freeze on your credit.
5. File a police report with your local police department.
6. Change all your internet banking passwords. ■

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EATING well as you grow older

As we get older, it can be difficult to eat well and nutritiously, especially when preparing meals for one or two people. Sometimes it's easier or quicker to eat processed food that's loaded with sugar and salt. Sometimes loneliness takes away our appetites or physical issues prevent us from eating.



If you're having trouble getting started on a healthy eating plan, these tips can help:

- **Talk to your doctor.** Ask your doctor if a medical condition or medication is affecting your appetite and/or weight. Addressing untreated medical conditions and/or adjusting medications, dosages or medication schedules may make a difference.

- **Pack in the nutrients.** What you put into your body matters. Prioritize protein to preserve lean body mass and calcium to prevent bone loss and fractures. Good sources of protein include lean meats like poultry, fish, eggs and beans,

while dairy products, almonds and leafy greens are good sources of calcium.

- **Enhance flavor.** Taste buds change as we age. Spices and other ingredients such as garlic, olive oil, butter, marinades, onions and ginger can enhance taste and enjoyment. If you like a zing, you can add citrus or hot peppers.

- **Chew smartly.** It's important to choose foods that you can chew comfortably and prepare foods in a way that aids chewing. Examples include cooking vegetables, making smoothies and slow-roasting meats and cutting them into small pieces.

- **Snack wisely.** Don't be afraid to snack. In fact, eating a small meal or snack every two to three hours can help improve your appetite. Be sure to choose healthy snacks as much as possible. Examples include fresh fruits and vegetables, hummus, nuts, yogurt, oatmeal and cottage cheese.

- **Find opportunities to socialize.** Local volunteer opportunities or senior centers can offer social occasions that allow you to enjoy meals with others. Assisted or

independent living communities also offer many opportunities to socialize — and the best part is that trained, knowledgeable culinary professionals do the cooking and baking for you.

- **Stay hydrated.** Drink six to eight glasses of liquid a day, preferably water. Water helps your skin, hair, kidneys, brain and spinal cord stay healthy. It's also essential for digestion. Feel free to add citrus to your water or opt for a cup of tea or low-fat soup, but limit your intake of alcohol, coffee and soda.

These tips are just a few ideas to help you not only eat well but also enjoy and look forward to your meals.

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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Taking the steps listed below will help avoid or minimize problems for you and your family:

First, organize and store important documents in a secure, easily-accessible location. That way, they are readily available in an emergency. Give copies to trusted family members or let them know where to find the documents.

Second, make sure you have a valid financial power of attorney. A financial power of attorney gives someone the legal authority to make financial decisions for you if you cannot. The document is "durable" because it remains in effect even if you become incapacitated. You retain



the ability to change it or cancel it as long as you are still able to make decisions.

After signing a durable financial power of attorney, you can still manage your money as long as you have the ability to make decisions. Also, you always have the option to change who you want to act as your appointed representative and the individuals you allow to access your financial information.

Third, keep things up to date. Be sure that, if something changes, you keep your information as current as possible. Your trusted contacts may change over time. Keep your attorney and investment advisor informed of changes regarding who has authority to review your account or whom they should contact in case of an emergency.

Finally, speak up if something goes wrong. If you ever think someone is taking advantage of you, or that you've been the victim of fraud, tell someone. The sooner you let someone know about it, the better chance there is of putting an end to it.

An experienced estate-planning attorney can help you put a power of attorney into place to plan for future incapacity and to safeguard your money. ■

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POSSIBLE changes to breast cancer screening coverage

In today's society, women's preventive health and access to quality healthcare have become increasingly important. With the right combination of preventive measures and adequate health insurance coverage, women can take control of their health and ensure timely detection, treatment and survival.

While preventive health measures play a vital role in breast cancer management, access to adequate health insurance is equally crucial. Without insurance coverage, many women may forego or delay necessary screenings and treatments, putting their health at risk. Fortunately, the Affordable Care Act (ACA) has made significant strides in ensuring that preventive services, including mammograms and other screenings, are fully covered by most health insurance plans.

The American Cancer Society states:

- Women who have dense breast tissue have a higher risk of breast cancer.
- Dense breast tissue also makes it harder for radiologists to see cancer on mammograms. Dense (fibrous and glandular) breast tissue looks white on a mammogram. Breast masses and cancers can also look white, so the dense tissue can make it harder to see them. In contrast,



fatty tissue looks almost black on a mammogram, so it's easier to see a tumor that looks white if most of the breast is fat tissue.

Women with dense breast tissue may be asked to return for a second mammogram or an ultrasound. These additional tests usually have a cost because they are considered diagnostic not preventative.

The Iowa Army of Pink has requested Iowa SF 2358. This bill, if passed, would require coverage for supplemental evaluation and diagnostic examinations to be the same as screening mammograms. This would eliminate any cost share for the patient after a proposed effective date of Jan. 1, 2025. In February 2024, the bill passed the Iowa House with 97-0 votes and is intended to go to the Iowa Senate in early March 2024.

The Iowa Army of Pink worked on the Iowa's Breast Density Inform Law, which was signed by Governor Branstad and put into effect Nov. 15, 2017. Information regarding breast density is now included in the mammogram result letter mailed to the patient. Source: www.iowabreastdensity.com

Other bills introduced in Iowa are Senate File 2363 regarding prevention of ovarian cancer and Senate File 2159 regarding biomarker testing. ■

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INVESTMENT

By Daniel Rundahl

WHAT WILL you give up this year?

This time of year, the question is often asked, “What do you plan to give up?” Many will give up chocolate or change a negative pattern. Others will begin a positive one. You may start a weight loss plan or join a gym. Steak and burgers will become Friday fish, and every major store will send away the chocolate hearts to put marshmallow bunnies on the shelves. To many, the month of March represents a period of Lent, a time where millions focus on “giving up something.” At this time of year, I challenge you to take a moment to find something to start versus to stop.



Last Sunday, after church, my 6-year-old son asked me a question. He asked, “Daddy, what does Lent mean?” Now, this may seem like a strange start to an article written by a financial professional. I, like most fathers, pondered the answer to think of a way to explain the true meaning in a way for him to understand it. “Well, Son, Lent is a time where many people give up something for a while...or start something new.” I proceeded to give many examples to him with the notion that he would understand either the religious message or good boy at home and school message. Ultimately, I was looking for the “father advisor” way to help him understand that this may be a good time of year to do something different.

March also brings the newness of spring. Let me put my financial advisor hat back on. Have you planned time to reflect on what you should avoid or start doing more of? Here are a few topics that we discuss with our clients this time of year:

- Consider starting a ROTH IRA or funding your current ROTH.
- Evaluate life insurance for your family's best interest.
- Get your legal will completed or updated. Tomorrow isn't certain for any of us, but the legacy you leave is still within your control.
- Have the long-term care plan discussion. Do you have a plan for this financial and emotional transition?
- Update your beneficiaries. You won't regret knowing it is right.
- Start a 529 Plan for a grandchild. The gift of a college education will not be forgotten.
- Plan a long overdue family vacation. Build memories that will live on past any of us.

We all share the same human fault: Why do today what we can put off until tomorrow? And that is not wrong. So, what did my son vow to do for the next 40 days? He said that he would do a better job of not picking on his little brother. I told him, “That sounds like a good plan, Buddy.”

Are you planning to retire this year? Have you wanted to understand more about Social Security or Medicare? How about the ever-changing tax code and how it may affect your spending power in the next couple years. Or, maybe, you're concerned about interest rates. Will they ever come back down? Instead of “giving up” on these concerns, set a time to sit down with your financial advisor over these next 40 days. You won't regret it. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinancial.com, 515-727-1701, www.rundahlfinancialconsultants.com.

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FOUNDATION partners with music festival

For the second year in a row, the Clive Community Foundation is the philanthropic partner of the Greenbelt Music Festival. This outdoor music festival features national and local talent along with family-friendly activities, food and beverages, and more. It truly is a celebration of all that the Clive community values: family and friends, the arts, the outdoors and goats, of course.

This year's festival lineup includes Umphrey's McGee, Railroad Earth, Yonder Mountain String Band, Sierra Hull and Daniel Donato's Cosmic Country, among others. There will also be face painting, a silent disco, a kids zone, and a bags tournament as well as the chance to see the goats.

You may be wondering how the Clive Community Foundation benefits from our partnership with the Greenbelt Music Festival. Perhaps the most apparent way is through ticket sales; \$5 of every festival pass sold goes to the Foundation, which in turn invests these funds in the Clive Greenbelt and the efforts to enhance it. The Festival furthers the Foundation's mission of "strengthening our community through philanthropy and partnerships;" we are better when we are working together. It also fulfills the Foundation's vision of "opportunities for connections, support and belonging to a vibrant community." How lucky are we to live where we do?

The festival is scheduled for May 17 and 18, and kids 12 and younger can attend for free. To purchase tickets (and thereby support the Clive Community Foundation) or to learn more about the festival, visit www.greenbeltmusic.com.

Other supported organizations

Throughout the year, the Clive Community Foundation works to ignite philanthropy through education, advocacy and pride in our community. This happens in part by supporting community organizations through grant funding, but it also happens by shedding light on the critical work that these organizations do each and every day.

- The West Des Moines Community School District works daily to ensure its "graduates will possess the essential skills and integrity to communicate, collaborate and solve problems as confident citizens." Reading skills are an important part of this puzzle, but some English Speakers of Other Languages (ESOL) students struggle in this area; half of these students are from Clive. With the Foundation's support, Valley High School's language arts department has provided these students with nearly 100 books, boosting reading comprehension and encouraging a love of the English language. These high-interest books meet the needs of these growing learners and support their future successes.

- A program of Healthy Birth Day, Inc., Count the Kicks works to reduce stillbirth rates. With the Foundation's support, this evidence-based program distributed brochures, posters, and app cards for Clive healthcare providers and community advocate office use as well as for distribution to their patients and clients. Count the Kicks also sent badge reels and buddies to serve as a quick reference on how to use Count the Kicks to help providers and office staff share Count the Kicks' resources with every expectant patient. These resources will help reduce the state's stillbirth rate, which decreased nearly 32% overall in the program's first 10 years.

These inspiring organizations are just two of the Clive Community Foundation's 16 2023 grantees. To learn more about all the Foundation's grantees or to support neighbors, visit www.clivecommunityfoundation.org. ■

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EVENTS IN THE AREA

Be sure to check for cancellations.

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

Trash Bash 2024

Friday, April 26, from 1-3 p.m.

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

Mayor's Spring Cleanup

Saturday, May 4, east of the interstate

Saturday, May 11, west of the interstate

This is the chance for Clive residents to place old furniture and other bulk items at your curb for collection. Be sure to have all items to the curb by 6 a.m. on the date of your pickup. Please mark any trash cans you want to save. The following appliances will not be accepted: refrigerators, stoves, washers, dryers, dehumidifiers, microwaves, freezers, water heaters, furnaces, dishwashers and air conditioners. To arrange for a pickup of any of these appliances, call Metro Waste Authority at 515-244-0021. Seven large item stickers per appliance will be required. NOTE: There will not be a drop-off appliance event this year.

The following items will not be accepted during the Mayor's Spring Cleanup: railroad ties, normal yard waste that can be disposed of on your regular trash day, vehicles and/or major auto parts, building parts or materials, concrete, asphalt shingles over 65 pounds in total weight, animal carcasses, or any banned substances such as lead, acid, batteries, waste oil, explosive material, medical waste, drugs, poisons, highly combustible material, paint, and any other toxic or hazardous substances. Call the Regional Collection Center at 515-967-5512 for information regarding hazardous substance disposal. To find out if your items are eligible for pickup, call Metro Waste Authority at 515-244-0021.

To help keep our landfills from filling up with usable items, city officials encourage you to donate those items to a local resale shop or charity group.



Food Truck Fridays

Fridays, starting May 17, 5:30-8 p.m.
Campbell Park, 12385 Woodlands Parkway, Clive

Live entertainment and food are presented by Clive Parks and Recreation and the Clive Chamber of Commerce. Jump on the Greenbelt Trail and make your way to Campbell Park to enjoy music, food and fun. Bring the whole family. The park has three playgrounds and a green space. Bring a blanket or a lawn chair. Dueling Guitars with Brian Congdon and Brad Seidenfeld will be the entertainment. Note: Campbell Park is now a cashless facility. No cash is accepted. Payment methods are Visa, Mastercard, Discover, American Express, Apple Pay and Google Pay.



Scrap Tire Drop-off Event

Saturday, May 18, 8 a.m. to noon,
Clive Public Works Facility, 2123 N.W. 111th St.

Only residential and truck tires are accepted at the Scrap Tire Drop-off Event. Each household is allowed a maximum of five tires (off rims). Note that the event does not accept tires generated by any business; farm or tractor tires; solid tires such as lawnmower, forklift, or golf cart tires; or tires containing hazardous materials.

Central Iowa Wind Ensemble presents 'Lollipops & Posies'

Sunday, May 5, 3 p.m.

Franklin Events Center, 4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

Spring and Summer Programming Registration

It's time to start planning for warmer-weather activities. Visit cityofclive.activityreg.com to register for swim lessons, reading programs, summer camps and more. Registration for Clive residents has begun. It opens for non-residents on Tuesday, April 2, at 9 a.m. Contact staff at parksandrec@cityofclive.com for more information.

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Gary's Ride: Beat Brain Cancer

Saturday, May 18, 10 a.m.

Waukee Raccoon River Valley Trailhead, Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org.

EVENTS IN THE AREA

Be sure to check for cancellations.

53rd Annual Juried Student Exhibition

Through April 14
Anderson Gallery, 1310 25th St., Des Moines
andersongallery.wp.drake.edu

A showcase of the students of the Drake Art & Design program, this competitive juried exhibition highlights student work in a variety of media.



Elks Spring Style Show Fundraiser

Saturday, April 6 from 10 a.m. to 2:30 p.m.
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.

Michael Jefry Stevens and Christian Howes

Sunday, May 5, 2 p.m.
Caspe Terrace, 33158 Ute Ave., Waukee

Over the past 40 years pianist/composer Michael Jefry Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his virtuosity and creativity on numerous recordings since the early 2000s. As evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspe Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged. Caspe Terrace is owned and operated by the Jewish Federation of Greater Des Moines. ■

You Can Grow Orchids

Saturday, April 13, 10 a.m. to 3 p.m.
Canoyer Garden Center, 3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.



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HEALTHY Birth Day strives to prevent stillbirths

Taking statewide success to the rest of the nation

Parents awaiting the birth of a child experience months of excitement and anticipation building up to the event. But when the baby is stillborn, the family suffers a crushing loss and grief that lasts forever.

Iowa families lose an average of 169 babies to stillbirth each year, according to the most recent Iowa Department of Health & Human Services data. A group of five Des Moines mothers who experienced this tragedy decided to take action to decrease the number of families who face that terrible situation. Their determination led to an organization known as Healthy Birth Day, Inc. The 501(c)(3) non-profit organization is headquartered in Clive.

Colleen Dougherty, special events manager at Healthy Birth Day, Inc., explains what the organization is all about.

“We’ve been around for 15 years,” Dougherty says. “We were founded by five Des Moines moms who all lost their daughters to stillbirth or infant death. They found out from a study in Norway that monitoring a baby’s fetal movements in the last trimester of pregnancy is sometimes the only warning sign that you might have that something is going wrong in the pregnancy.”



Daniel Timmons of Edward Jones honors Healthy Birth Day, represented by Colleen Dougherty, as this month’s Neighbor Spotlight.

Dougherty explains that an unborn baby’s movement pattern is likely to change if there is a health change. So, using evidence-based research, the organization created a program called Count The Kicks, which educates expectant parents about this issue. The program contains a cell phone app to help families track fetal movement beginning around the 28th week of the pregnancy.

Because fetal movement can and should be monitored every day during the final trimester, Dougherty said it’s an invaluable and firsthand source of information regarding the baby’s health.

“So, if a mom is paying attention to her fetal movement by using our free app, then she is developing a record,” Dougherty says. “And even if an ultrasound looks fine, she knows something is going wrong, and then she has the records to show to her healthcare provider or emergency room.”

According to Dougherty, usage of the app has led to impressive results.

“This app is now in 20 languages, it’s always been free, and we have been credited with lowering the stillbirth rate in Iowa by 32%,” says Dougherty. “We’ve lowered the stillbirth rate in Iowa among women of color by 39%. And we are laser-focused on reaching the rural communities in Iowa where access to healthcare can be hard to find.”

Besides the free app, Count The Kicks uses posters and brochures in clinics, billboards, virtual webinars, and health fairs to educate the community. Healthy Birth Day, Inc. also advocates for legislative changes, such as the current push in the U.S. House for passage of the Maternal and Child Health Stillbirth Prevention Act and the SHINE for Autumn Act. Dougherty shares that Healthy Birth Day, Inc. now aims to bring Iowa’s success to the rest of the nation.

“We are a leader, and we are trying to mimic what we’ve done in Iowa, across the country,” says Dougherty. “We have over 30 state partners now. The ultimate goal is to save more babies, and to lower the nation’s stillbirth rate by 32% just like we have in Iowa.”

The largest fundraiser of the year for Count The Kicks is the annual Changemakers Luncheon, which will be Monday, April 22, at the Iowa Events Center. Details are available at the website changemakersevent.live.

“It never gets old hearing about those,” Dougherty says. ■

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CAR seat safety: best practice recommendations

Car crashes are the leading cause of death for children 4 years and older. We all want to protect our children when riding in the car, but the recommendations by the AAP for car seats can be confusing.

All children should ride in a rear-facing car seat as long as possible until they reach the height or weight limit allowed by the car seat manufacturer. Most convertible car seats allow rear facing until 40 pounds. This provides optimal head and spine support. Once rear-facing limits are outgrown, children should use a forward-facing car seat with five-point harness as long as possible. Most models allow until 65 pounds. If forward-facing limits are outgrown, booster seats should be used to allow proper fitting of the lap and shoulder portion of the seat belt. Most children over 4 feet 9 inches will fit properly in a seat belt without a booster as long as the lap belt crosses the hips and pelvis and shoulder belt crosses the middle of the chest and shoulder. All children younger than 13 years old should ride in the back seat for optimal protection. Specific questions should always be directed to your pediatrician. ■


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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EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging “I was mad” isn’t likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: “I felt disrespected because I had previously explained why I didn’t want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn’t trust them to respect my feelings going forward.” Lisa Feldman Barrett explains this phenomenon in her book “How Emotions Are Made,” and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



Information provided by Elijah Evans, LMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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POLK COUNTY Conservation events

Visit www.polkcountyia.gov/conservation/events/ for information about upcoming programs offered by Polk County Conservation and for registration links.

Homeschool Program, Friday, April 12, 10 a.m. and 1 p.m. (The Desert, 1.5 hours), at Jester Park Nature Center

This program series will be delivered in a flexible format that is specially designed for homeschool students. These programs will immerse children and parents in the natural world and drive us to learn, discover and appreciate our environment. Registration is due two days before the event. The program is free and recommended for grades K-5.



Women in the Woods with Wine - Light the Night: Tuesday, April 16, 7 p.m., Jester Park Nature Center

Enjoy the sights and sounds of nature with a glass of wine before we light up the night — with fire. Learn tips and tricks so that you can easily master or improve fire building. Show off your new skill as a pro fire starter at your next camp, cookout or bonfire. Dress for the weather as the program will take place outdoors. This program is for women, female-identifying, or non-binary adults ages 21 and older who are interested in getting outside. Become more comfortable and knowledgeable about the natural world as you unwind and have fun. Registration required.

Older, Wiser, Livelier, Seniors - African Wildlife Adventures, Tuesday, April 2, 11 a.m., Jester Park Nature Center

Jim and Cindy Pease have been on and led several trips to Kenya, Tanzania and South Africa. This presentation will share photos and stories of the incredible wildlife and natural history of the grasslands and savannas of eastern Africa. This program is for ages 12 and older, free, and does not require registration.



Mindfulness and Movement, at 6:30 p.m. on Tuesday, April 9, Jester Park Nature Center

Sometimes we forget we are part of nature, sharing water and air with all other beings on the planet. Controlling our breath and moving our bodies in focused ways can bring back a connection with the natural world. This class will offer ways to connect with breath, body and the earth, regardless of experience with yoga. Instructors will vary each month. Bring a yoga mat and wear comfortable clothes. This Rooted in Nature program is in sponsorship with UnityPoint. Registration is due the day before. Cost is \$15 and the program is for ages 12 and older.

Nature Center After Dark: Hawaiian Luau, Friday, April 12, 6 p.m., Jester Park Nature Center

Here's your chance to visit the Jester Park Nature Center after dark. The hour will include storytelling, crafts, open Nature Center exhibits, and a short program on the theme of the night. Feel free to wear your grass skirts and Hawaiian leis. No registration required for this free event for all ages.

Pony Tales, Monday, April 15, 1 p.m., Jester Park Equestrian Center

Enjoy listening to a pony-themed story while the ponies of the Equestrian Center are listening nearby. A pony meet and greet will follow. We will meet at the outdoor picnic shelter or the arena concourse depending on the weather. Bring a blanket or camp chair to spread out on the lawn. This event is free. Registration is not required but is encouraged.

Story Tellebration, Wednesday, April 17 (April Showers), 10 a.m., Jester Park Nature Center

Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event. ■

'An Education in Malice'

Is it weird that I wish I had been sent away to boarding school? I've read so many books about people having strange and fantastic adventures when sent to some gothic revival mansion in the deep woods, I feel like I missed something important at my run-of-the-mill school. At least I have the wildly popular dark academia genre to help me cope with my dull youth.

Laura Sheridan leaves her stifling childhood behind to attend a prestigious and secretive writing program at a mysterious east coast college. The normally introverted and awkward Laura soon finds herself drawn to Carmilla, a darkly beautiful and brilliant classmate she despises, at first. Both young women are soon caught under the spell of an enigmatic poetry professor who revels in their rivalry and encourages their adoration. The enemies quickly become something more intense as political and supernatural mysteries twist and turn their youthful naivete into something darker.

Lush, haunting and perfectly paced, this is a beautiful and unsettling story that wasn't nearly long enough. I recommend this to anyone who needs a little passion and intrigue in their life, or if your memories of school are as boring as mine. ■ — *Review by Julie Goodrich*



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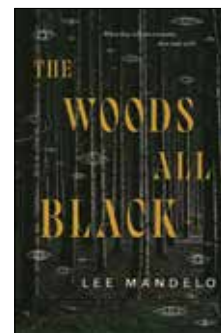
'The Woods All Black'

Appalachian horror is having a moment, and I am loving every second. There are threads of Shirley Jackson, William Faulkner and even Stephen King woven into this tale of a community gone bad. This twisted, dark novella is full of monsters — most, but not all, of them human.

It's the 1920s, and the frontier nursing service sends Leslie, a war-weary nurse, to Spar Creek to provide the backwater with the standard medical care they desperately need. Upon arrival, he finds a town on the verge of horrific violence in the name of religion. Acting quickly and with no regard for the horrors that await him, he tries to save a child with the unfortunate affliction of being different.

This is an unrelenting, high-speed thriller with a cast of complex characters who are still living in my brain. For a story set more than 100 years ago, it feels startlingly modern and serves not just as a cautionary tale but a grisly reminder of both the cost and value of being yourself, social pressure be damned. ■

— *Review by Julie Goodrich*



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IT TRULY starts with a simple conversation

Addressing one's own final arrangements can seem like an overwhelming task. There are many important decisions that need to be considered. It sometimes just seems to be easier to think about it another day. However, by doing this, it remains on your "to-do" list.

What people do not always realize is that the advanced planning process starts with a simple conversation.

An advanced planning counselor will guide you through all of the options available and help you with planning the final arrangements that are right for you.

We find that most of the people we meet with find the process to be surprisingly pleasant and are relieved to have it done.

As one client wrote after meeting with one of our staff members, "It was a joyful experience. I can honestly say that it was fun to think about how I would like to be remembered. I want my loved ones to have a chance to say good-bye and then live on with happy memories of our times together."

It doesn't cost anything to start the conversation, and you may find yourself happy that you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681



I-CARE provides service projects for students

Helping students experience "the joy and satisfaction that comes from serving others."

I-CARE began in the West Des Moines Community School District around 50 years ago and generally involved taking junior high students into the community to participate in service projects. When COVID hit, the junior high began bringing the service projects to the school.

This has enabled them to reach more students and partner with more organizations.

Today, I-CARE is generally offered once a week to students who have study halls during periods three through seven. Students who do not have any homework or other outstanding issues are encouraged to participate in I-CARE, with more than 100 seventh- and eighth-grade students regularly attending the program. The only other requirement students must meet is the willingness to participate in the day's project.

"My job as a service learning coordinator is the perfect job for me," says West Des Moines Community School District Service Learning Coordinator Bridget Montgomery. "I have long had a heart for service, and to have a job that allows me to show young adults the joy and satisfaction that comes from serving others is truly a privilege. Students spend much of their school day engaged in active learning. Service learning allows students an opportunity to unplug and do a hands-on project that benefits someone besides themselves."

Montgomery says the majority of students want to do projects that benefit animals. Because of this, I-CARE incorporates several projects that benefit local animal shelters. During I-CARE, students have made newspaper rolls and puppy pads for AHeinz57, dog toys out of donated T-shirts, and small tie blankets that can be used as bedding or snuggly items for dogs, cats and even bunnies.

In addition to projects supporting animals, I-CARE students have labeled bags for Meals for the Heartland packaging events. They have made tote bags from upcycled T-shirts for food pantries and craft items for Child Life programs.

"Service learning has a long history in the West Des Moines Community School District," Montgomery says. "It has always been seen as an important component of the district's portrait of a graduate, allowing students the opportunity to learn about the needs of their community and solve problems. It also allows students to get a taste of doing community service before they start high school and have the opportunity to complete the service requirements to earn a silver cord to wear at graduation."

Coming up, students at Indian Hills Junior High will be working on a special service project that benefits homeless youth in the Des Moines area. The school has received a grant from the Sodexo Stop Hunger Foundation and is partnering with Homeward's Youth Advisory Council to educate junior students about homelessness in the Des Moines area. Students will also participate in a hands-on opportunity. For this activity, they will create a kindness bag that will be given to local homeless youth and families.

The I-CARE program is looking for new projects and organizations to partner with. Those interested can reach out to Bridget Montgomery at the West Des Moines Community School District. ■



Ryan Connolly, Taylor Ortiz and Kinsey Turner make dog toys.

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TEACHERS' SUBTITLES. Another Frankenstein. More Spider-Verse. And laugh-out-loud moments.

If you have not been to the movies lately, you've missed some good films. Some of these will still be in theaters, but others might be close to streaming. Keep this article handy to remind you to look for them.



"The Teachers' Lounge"

I knew nothing about this movie going in and have praised it ever since that day. It is nominated for Best International Film (formerly known as Best Foreign Film). It is in German with subtitles. By the way, contrary to public opinion, no one has ever been injured by a subtitle. The movie is about a teacher in a German school who discovers a co-worker is responsible for thefts in the teachers' lounge. When she confronts her, you know what hits the fan. And, of course, the person denies the accusation, and it becomes a "she said/she said" battle with the accuser being the one who is persecuted. It is a powerful film and a powerful statement on the world we live in. One of the best films I saw last year. **Grade: A**



"Lisa Frankenstein"

I drove across Des Moines from the south-side Fleur Cinema to Waukee and The Palms Theatres to see the second movie of the day, a modern twist on the Frankenstein story. My expectations were low, but the film managed to surprise me. It was entertaining and, at times, charming. A high school girl hanging out with a guy who literally pulled himself from his grave during a lightning storm is a unique story, but Diablo Cody, who wrote the great movie "Juno" back in 2007, shows that she still has the chops to write a funny and clever film. **Grade: C+**



"The Zone of Interest"

"The Teachers' Lounge" was intense and powerful, but this look at the people living in an opulent home next to the notorious Auschwitz prison camp ranks close. It's an oddly made film, giving us scene after scene of their everyday life with little formal storytelling. It is a story that is difficult to believe. The screams and gunshots were completely ignored as if they didn't happen. Tough to sit through, but a fascinating tale. **Grade: A-**



"Madame Web"

Dakota Johnson from the "Shades of Grey" films joins the Marvel Universe as a fringe character in the Spider-Verse in an effort from the Sony company to continue to milk the Spider-Man deal they signed years ago with Marvel Comics. The film has been universally trashed, and Johnson has been excoriated. My grown son and I went to this with low expectations, and we both enjoyed it. Not sure what people were expecting. **Grade: C+**



"Bob Marley: One Love"

My knowledge of Bob Marley is limited. I know a couple of his songs, but the depth of

his political activism and his dogged artistic drive were surprising to me. The movie is well made, but I really could have used subtitles as the accents, though accurate, were difficult to understand. It is a good movie that I will rewatch at home with subtitles and will probably appreciate it even more. **Grade: B+**



"Drive-Away Dolls"

Director/writer Joel Coen (of the Coen brothers) gives us a raunchy and profane story of two women on a road-trip in a car with a unique present in the trunk. The movie and the language never hold back, which produces a mixture of shock and "laugh-out-loud" moments. One of the craziest movies I've seen in a while, and it is sure to offend many. **Grade: C**



"Dune: Part 2"

One of the movies I was most looking forward to this year. Director Denis Villeneuve and a tremendous returning cast deliver a super-long (2:45) sequel that, in my opinion, brings up more questions than answers. I loved the first film, but this sequel was long and confusing. Word to the wise — if you are going to see this film, do yourself a favor and drive to Waukee and see it in the IMAX theatre. Visually stunning! **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.

CHAMBER Dinner

Clive Chamber of Commerce Annual Dinner was held at the West Des Moines Marriott on Feb. 29.



Olivia Schmitt and Nikki Nigg



Lu Anne Gafford



Jacob Forney and Nikki Nigg



Tony Leo and Lu Anne Gafford



Nikki Nigg, Kristy Schmidt and Edey Beckerman



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Kaydee and Kyle Kinning



Susan Dunn and Lu Anne Gafford



Chelsea Fullenkamp, Trey Rice, Dominic Chiovaro and Melissa Schenck



Jolene Goodman and Marci Bertini

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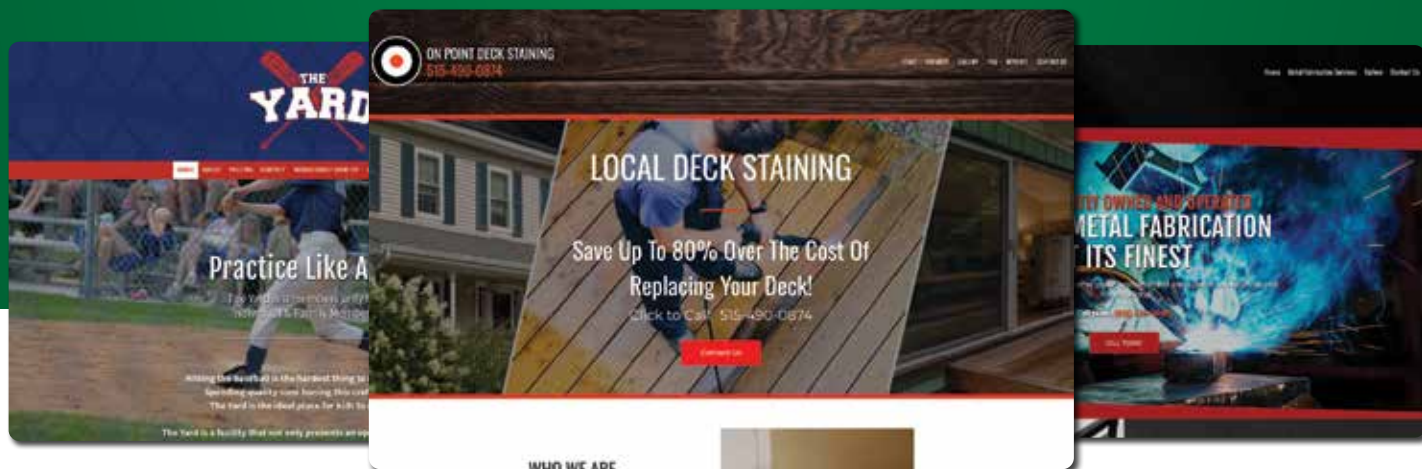
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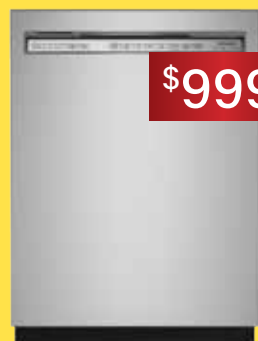
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