

Clive Training

magazine

february 2012

50325

iFamily 2.0

HOW TECHNOLOGY IS
SHAPING THE LIVES OF
AREA FAMILIES

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Envy of the neighborhood

It was Dec. 25, 1977, a significant day in my family's household. That was when we stepped into a new generation, a time of technological advances my family had never seen before. Yes, that was when my mother purchased the Telstar Alpha model 6030 with four versions of Pong. Yes, four. We were the envy of the neighborhood that year with the gray screen, the single-line paddles and the bouncing pixel that was the ball. My brother and I spent countless hours with friends in our basement with that black plastic box and our 13-inch, black and white TV.



We thought we were in heaven.

Times were clearly different in 1977. Yes, my family had a color TV set, but it didn't have a remote control. We didn't need one, as we only had four channels to choose from anyway. We didn't have a dishwasher, a microwave oven or even an electric garage door opener. We could have never envisioned the technological advances that we have today. Things such as cell phones, iPads and BluRay players would have sounded like a foreign language at the time.

Even with all the new technology, I find myself hesitating to let go of the old stuff. No, I don't still have the Pong player, but I do struggle to unload my collection of cassette tapes from the 1980s, even though I no longer have a cassette player to listen to them with. I did finally pull the plug on the VHS player after realizing that no one in our family had played a VHS tape in two years. Now what do we do with all the VHS movies?

On any given night, I can be found on my laptop or iPad, oddly trading emails with my wife while she finishes up some work in her office downstairs. All the while, our kids are texting friends and downloading songs from iTunes under the guise of doing homework. We do still have dinner together each evening, and we require that electronics be put away so we can actually talk to each other. Unfortunately, that communication is becoming scarcer.

These technological advances can be concerning, to say the least, but Mom likely had the same worries about Pong.

Thanks for reading. ■

Shane Goodman
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iFamily 2.0

HOW TECHNOLOGY IS SHAPING THE LIVES OF AREA FAMILIES

By Kenzie Stroud

Many of us can remember a time when mornings began with breakfast and the daily newspaper, or perhaps a shower and hot coffee.

Today, however, it seems breakfast and all else has been put on hold, and the first stop of the day is online to see what was missed overnight. Long gone are family chats about the day's activities around bowls of cereal. Talk is replaced with tapping fingers texting or checking Facebook and Twitter accounts.

What used to be unacceptable is now becoming the norm. Phones at the table, even laptops, are a common site in many Clive homes. Technology, it seems, has changed many of our daily routines.

We live in an age of information and a time when most of us have an pseudo umbilical cord to the Internet. Many people sleep next to their cell phones and laptops. Parents no longer call their kids in from the front door — they text them when it is suppertime. Has technology made our lives better, or have we lost something along the way?

Staying connected

Missy and Brent Collins of Clive have a 2-year-old and a baby on the way. They agree that, while technology has made life better in many aspects, there are some changes they could do without.

“While Facebook, email and text messaging have made it easier for us to stay in touch with people, it definitely has made communica-



Photo by Kenzie Stroud

Two-year-old Avery Collins navigates an iPad with ease.

tion very different than it used to be, with less personal contact between people,” says Missy. “People seem to have lost the understanding of having personal boundaries, especially teenagers, who post way too much on Facebook about every little thing they are thinking or feeling for people to read and scrutinize.”

Parents used to worry that TV would rot a kid’s brain, and before that, music — specifically rock and roll — was thought to turn good kids bad. It’s not new for people to fear the unknown or the changing times, but none of these former things ever truly changed how people communicated.

Technology is also changing our need to get up and get out of the house. Not so many years ago, friends would get together to chat, and kids would go outside to see their friends. Today, Facebook and a cell phone can fill that need for companionship without having to leave home.

“The cell phone clearly has changed our world the most,” says Missy. “We use it as our home phone, for email and as our major source of communication. We could not live without our cell phones.

“I remember my first mobile phone was a bag phone for my car that I got as a freshman in college that was to be used only for emergencies, as my parents paid by the minute. Well, there were just too many times that I felt it was an emergency, and those bills were not pretty.”

The couple believes that people are far more connected than they were in decades past, however.

“I definitely think we stay in touch with past friends more so than our parents did,” Missy says. “If you’ve lost track of someone from childhood, you can find them on Facebook and see what they are up to. Email has also helped people to stay in touch, since it’s so much easier than writing a letter or picking up the phone.”

Does technology cheapen our communication? Does the world really need to know that your hair is a mess or that the baby had



Photo by Kenzie Stroud

The Kruzan family members show off their favorite tech gadgets. Front: Tyler and Phil Kruzan Jr. Back: Merri and Phil Kruzan Sr.

a really disgusting diaper today? Brent admits there are times he turns back the clock and likes to do things the old-fashioned way.

“I hand-write thank you notes at work, but I wouldn’t say I would sit down and hand-write a letter to someone,” he grins.

Brent is amazed at how kids seem to quickly embrace new techie products. His own daughter, Avery, is often so transfixed by the family’s iPad that it is hard to get it away from her.

“Avery uses the iPad regularly and has since she was about 17 months old. She knows how to slide to unlock, select the video icon, choose a movie or go to television shows; then she even uses the chapter selection,” he smiles.

“My parents were amazed that this little toddler was whizzing through the iPad before she could even talk, and they didn’t have a clue what to do,” grins Missy. “Her babysitter, who is retired, doesn’t know how to work it so she just hands it to Avery who takes it over.”

These parents are grateful to have an easy tool to occupy their daughter during times that would otherwise be considered boring to her.

“Being able to play movies in the car for our toddler on long

trips on the iPad is a Godsend,” says Missy.

Brent remembers playing the original Nintendo as a kid. “I am sure my parents were grateful for that fact it occupied me, but I don’t think they ever really understood it. I definitely got the hang of our computer quicker than they did. I loved playing Oregon Trail at school,” he pauses.

“Technology has changed a lot in a very short time. I remember as a kid we had a camcorder that used a VHS tape. The video cameras with little tapes had been out for quite some time, but my dad was still carrying around the big VHS camcorder like the one Clark Griswold used in ‘European Vacation’.”

Looking back, Missy remembers life even before the Nintendo.

“We had an Intellivision (released by Mattel in 1979) when I was young that I would play a lot. It was the next big thing that came out right after the Atari. Then when the Nintendo came out, we upgraded, but I would still get out the old Intellivision often.”

Changing technology has always been something that Missy embraced.

“I remember getting the Apple IIGS as our first home computer when I was in elementary school.

It was pretty cool back then because it was the newest thing out. I played ‘Where in the World is Carmen San Diego?’ on it all the time. I also started a school gossip column that I printed in full color on the computer paper that was stuck together with the holes on the side that had to be ripped off. I remember chat rooms being popular when I was in high school. I would AOL instant message on the computer all night long.”

With the invention of smartphones and iPads, the couple feels they are more knowledgeable consumers.

“You don’t just go to the yellow pages get a phone number anymore,” says Missy. “I like to look up a restaurant and find a menu, reviews, etc. A lot of people recommend things like pediatricians or favorite restaurants on Facebook. I’d say people don’t eat out or buy things as blindly as they once did.”

A disadvantage to information and contact being so close at hand is that, for many, disconnecting is a real challenge. For others, it has made it possible to be home with their family.

“Technology has given us the ability to take our work with us anywhere,” Missy says. “I am fortunate enough to work from home, and my boss is located in

Miami, Fla., at our headquarters. Through conference calls, Skype and email, I am able to work from my home without any problems.

Brent agrees that it is nice to have video conferencing abilities and webinars.

"I think these tools have been great additions to our working environment, at least since I first started in my field," he says. "In many ways, technology has given us freedom. We don't have a land line, so we can essentially be home anywhere. Now if only it could help me lose weight," he says with a laugh.

All tech, all the time

Merri and Phil Kruzan are parents to 14-year-old Tyler and 17-year-old Phil Jr. They are well aware that teenagers today live to be connected.

The household is constantly abuzz with the sound of texting taps and incoming messages. Tyler proudly professes he sends about

1,000 texts a month, while his older brother comes in around 10,000.

Phil Sr. is often amazed at what his kids can do with their cell phones.

"Phil (Jr.) can text an entire sentence from his pocket without even looking at the phone," he laughs. "I didn't believe it until I saw it with my own eyes. Our boys hold entire conversations via their phones all day long with their friends without having to actually open their mouths."

"We haven't had to limit the boys' cell phone or computer time, but these items are always the first things they lose when they get grounded," Merri continues.

Merri remembers that she spent a significant amount of her teenage years on the phone talking to friends.

"The boys never actually talk on their phones, they just text and check Twitter or Facebook.

We go on family trips and we see cool stuff, but it's hard to get Phil and Tyler to look up from their phones," sighs Merri.

The Kruzan's morning routine usually involves an immediate jump online by each family member. They all like to check for new messages and to see if any changes have occurred to their schedules. Merri and Phil agree that the day tends to get busier, but their phones help to keep things organized.

"I check my Facebook daily," Tyler admits.

"I used to be on Facebook all the time, but once I got to high school everyone is on Twitter. I tweet a lot. I may check my Facebook once in awhile and post a status but I am on Twitter pretty much all the time," says Phil Jr.

Merri and Phil are also Facebook users and enjoy keeping in touch with old friends.

"I am on Facebook to police these guys for the most part,"

smiles Merri. Though she admits she does enjoy reading some of the random and ultra personal comments friends and family post for the world to see.

Merri says she shops more online these days than in actual stores.

"I love being able to shop in my pajamas and check out Web MD when someone doesn't feel good at the same time," she says. "We have much better time management thanks to our smart-phones.

"I think iPads and iPhones have been a step forward because they allow us to be more in touch when we are not together. I would rather have the kids playing on an iPad than playing on an Xbox or any game system," Phil divulges. "I remember as a kid thinking technology had come so far when my family got a microwave and people could get on a CB radio and talk to others all over. We've come a long way." ■

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Q
A

How can I keep my child safe in the kitchen?

Inviting children into the kitchen to help you out has some wonderful benefits, including building their self confidence and early independence skills, teaching them math concepts (such as measuring and counting), and creating a special family bonding time; but, kids in the kitchen require a safe environment and some specific, firm cooking rules so injury from burns or cuts are avoided. Kids-in-the-kitchen guidelines and safety tips:

- Children should learn to always start in the kitchen with washing their hands
- Teach children to be prepared by having all ingredients neatly lined up and all needed cooking utensils gathered.
- Teach children to always ask before using any electrical items, appliances or sharp items.
- Give frequent reminders about what is okay to touch and which items can hurt them.
- Talk about and establish kitchen rules around which kitchen tasks are for grown-ups and which are for kids. This, of course, changes as your child gets older and more skillful in the kitchen.
- Have all knives and other sharp objects out of reach.
- If your child is older, teach them to point the knife away from them before cutting food while you are there to supervise. Or, depending on their age, have them use a plastic knife (with adult supervision).
- Teach kids to use potholders rather than dish rags or dish towels if they are old enough to work with the stove and oven. Also remind them to always keep pot handles toward the back of the stove to avoid accidental spills and burns.

Remember, kids are probably going to be messy in the kitchen and it's okay; cleanup teaches them responsibility! Try to keep the mood light and fun and always remember to thank your kitchen assistant and compliment them on how they helped.

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recipe

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French silk pie

Luscious dessert is easy to make

By Beth McDonald

One of my favorite pies is French silk pie, a creamy, chocolate creation.

It is perfect when it is served really cold, topped with real whipped cream. This simple and delicious pie is a great way to satisfy my chocolate cravings. It has that chocolate mousse texture, and when you add that to the crunch of a crust and the smoothness of the whipped cream, it is the perfect combination.



Once you look at this recipe, you will see that there is no need to go order this pie from your local pie shop. With that said, this recipe does come with a warning; it contains raw eggs. It is recommended that pregnant women, young children and elderly should not consume raw eggs. You can use pasteurized eggs such as Egg Beaters, and they are quite easy to find in the store. If you are concerned about the raw eggs, you can find variations to this recipe that don't have eggs. However, I just don't think the pie is the same.

You can also make variations with this pie by adding some instant coffee to get the mocha flavor, or you could also try adding peanut butter. However, this is one pie that I stick to the traditional version, so I don't typically make any variations. ■

French silk pie

Ingredients

- 1 cup sugar
- ¾ cup of butter (has to be real butter)
- 3 squares (3 oz.) of unsweetened chocolate, melted and cooled
- 1 ½ teaspoons of vanilla
- 3 eggs
- 1 9-inch pie crust
- (Bake the pie crust first and let it cool)
- Whipped cream

Directions

1. In a small bowl, cream sugar and butter until fluffy. (About 4 minutes). Stir in cooled chocolate and vanilla.
2. Add the eggs one at a time and beat until mixture is stiff. After each addition scrape the sides of the bowl and continue to mix. Turn into the pie crust and let set for several hours or overnight.
3. Top with whipped cream.

Beth McDonald is a wife, mother and works full time in Des Moines.

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Tax benefits for children

By Steve Forrest, MBA, CPA/PFS, CFP® and Pete Deacon, MBA, CPA, CFP®

For 2011 and 2012 taxes, the Internal Revenue Code has a number of benefits for families with children. Note that a credit directly reduces your tax; a deduction reduces your income so a credit is usually more advantageous than a deduction.

The benefits include:

- **The Child Tax Credit is \$1,000.** It applies to children younger than 17. The credit is phased out if your adjusted gross income exceeds \$110,000.

- **The Dependent Deduction** of \$3,700 is available for all parents to claim each child younger than 19 as a dependent on their tax return. The exemption also applies if your child is a full-time student younger than 24. The deduction may also be available under certain

other situation like disability.

- **Dependent Care Credit** is available for children younger than 13 for parents who work. The credit can be up to 35 percent of your qualifying expenses, depending upon your adjusted gross income. For 2010, you may use up to \$3,000 of expenses paid in a year for one qualifying individual or \$6,000 for two or more qualifying individuals to figure the credit. The qualifying expenses must be reduced by the amount of any dependent care benefits provided by your employer that you deduct or exclude from your income.

For lower income parents, the Earned Income Tax Credit is available. The EITC was originally approved to offset the burden of Social Security taxes and to provide

an incentive to work. This credit is refundable which means an individual could get back more tax than they paid in. According to the IRS this credit has been fraudulently received by some. This year the IRS has increased the burden on tax preparer's and taxpayers by requesting additional information. If you wish to use this credit your tax preparer may ask you additional questions and request additional information.

If you adopt a child you may be able to take a tax credit for qualified expenses. Generally, you may qualify for the adoption credit if you adopted a child and paid qualified expenses relating to the adoption. The amount of the tax credit is as much as \$13,360 for 2011.

If you're self-employed, you may be able to take premiums paid

for any child who is younger than 27 even if that child was not your dependent.

Under the current code, many of these credits expire or sunset after 2012.

State-sponsored 529 plans have built-in tax incentives, such as tax-deferred growth and state deductibility of contributions. Grandparents, aunts and uncles who would like to save on your child's behalf can open accounts and make state tax-deductible contributions, too. ■

Information provided by Steve Forrest, MBA, CPA/PFS, CFP® and Pete Deacon MBA, CPA, CFP®, Forrest Financial Services, L.L.C., Windsor Heights, www.forrestfinancialservices.com, 277-3495.



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Friday, Feb. 10

- First Notes at Faith, child and parent music class for ages 6 mo. - 5 years, Faith Lutheran Church, 10395 University Ave., free, email acneuman@yahoo.com to enroll, 9:30 - 10 a.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Toddler Time, Clive Public Library, 10, 10:30 a.m., 1 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- VHS 9/10/V boys BB at Mason City, 4:45 p.m.
- VHS 9/JV/V girls BB at Mason City, 4:45 p.m.
- DHS 10/V boys BB at Johnston, 4:45 p.m.
- DHS JV/V girls BB at Johnston, 4:45 p.m.
- WHS 10/V boys BB at Marshalltown, 4:45 p.m.
- WHS JV/V girls BB at Marshalltown, 4:45 p.m.

Saturday, Feb. 11

- Lego Contest, Clive Public Library, 2 - 3 p.m.
- Musical: Table for Five... Thousand! Faith Lutheran Church, 10395 University Ave., free, 4 and 5 p.m.
- Book Fair & Puppet Show, Barnes & Noble, 4550 University Ave., 9 - 10 a.m.

- HeartFest: A Fine Art Show, Valley West Mall, 10 a.m. - 9 p.m.
- Vanilla Ice performs, 7 Flags Event Center, 8 p.m.
- SCIBA District Band Contest at Norwalk
- VHS Vocal Music at Choralation to Benton Touch of Class Show Choir Competition, Van Horne, IA
- VHS varsity WR at Dowling Catholic, noon
- VHS varsity SW at Marshalltown, 12:30 p.m.

Sunday, Feb. 12

- Musical: Table for Five... Thousand! Faith Lutheran Church, 10395 University Ave., free, 10 and 11 a.m.
- HeartFest: A Fine Art Show, Valley West Mall, 11 a.m. - 6 p.m.
- Daddy-Daughter Sweetheart Dance, Val Air Ballroom, 4 - 7 p.m.
- Alcoholics Anonymous/Al-Anon/Al-Ateen/Al-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

Monday, Feb. 13

- Friends of Clive Public Library, Mid-Winter Book Sale, 9 a.m. - 9 p.m.
- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m. and 1 p.m.
- Clive Lions business meeting and Valentine party
- VHS Track practice begins
- VHS 8 boys BB at Ankeny, 4:30 p.m.

- VHS Valley Voices meeting, 6 p.m.
- VHS 9 boys BB at Urbandale, 6:30 p.m.
- VHS JV boys BB at Fort Dodge, 7 p.m.
- DHS JV boys BB at Johnston, 7 p.m.
- WHS 9 boys BB at Johnston, 6 p.m.
- WHS JV boys BB vs. East, 7 p.m.

Tuesday, Feb. 14

- Valentine's Day
- Friends of Clive Public Library, Mid-Winter Book Sale, 9 a.m. - 9 p.m.
- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m., 1 and 6 p.m.
- Clive Planning & Zoning Commission meeting, City Hall, 5:30 p.m.
- Al-Anon meeting, St. Marks Lutheran Church, 1115 Grand Ave., Room 104A, 8 p.m.
- VHS Sweetheart Vocal Music Show, 7 p.m.
- VHS 8 boys BB vs. Waukee, 4:30 p.m.
- VHS 10/V boys BB at Urbandale, 6:15 p.m.
- WHS 9/10/V boys BB at Roosevelt, 4:45 p.m.

Wednesday, Feb. 15

- Friends of Clive Public Library, Mid-Winter Book Sale, 9 a.m. - 9 p.m.

- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, Feb. 16

- Friends of Clive Public Library, Mid-Winter Book Sale, 9 a.m. - 9 p.m.
- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Clive City Council meeting, City Hall, 7 p.m.
- Franklin Toastmasters meeting, Northwest Community Center, 5110 Franklin Ave., <http://franklinclub.freetoasthost.com>, 6 p.m.
- St. Pius X no classes
- Varsity state WR tournament at Wells Fargo
- VHS Sweetheart Vocal Music Show, noon and 7:30 p.m.
- VHS 8 boys BB at SEP, 4:30 p.m.

Friday, Feb. 17

- WDM Schools no classes
- Toddler Time, Clive Public Library, 10, 10:30 a.m., 1 p.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Opening reception, "The Figure," Olson-Larsen Galleries, Valley Junction, 5 - 7 p.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- VHS Debate at Harvard and UC Berkeley



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- IHSSA All State Large Group Festival at Ames
- VHS Ignition Show Choir at Indianola
- Varsity WR state tournament at Wells Fargo Arena
- VHS 9/10/V boys BB vs. Hoover, 4:45 p.m.
- DHS 9/10/V boys BB at Ottumwa, 4:45 p.m.
- VHS 9/10/V boys BB vs. Ankeny, 4:45 p.m.

Saturday, Feb. 18

- Tales with Tails, Clive Public Library, 9:30 - 11:30 a.m.
- Teen Anti Valentine's Day Party, Clive Public Library, 2:45 - 3:30 p.m.
- Varsity state WR tournament at Wells Fargo

Sunday, Feb. 19

- Alcoholics Anonymous/Al-Anon/Al-Ateen/Al-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

Monday, Feb. 20

- President's Day

Tuesday, Feb. 21

- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m., 1 and 6 p.m.
- Clive Chamber Mini Mardi Gras, Woodlands Creek Clubhouse, \$35, 5:30 - 8:30 p.m.
- Clive Board of Adjustment meeting, City Hall, 6:30 p.m.
- Al-Anon meeting, St. Marks Lutheran Church, 1115 Grand Ave., Room 104A, 8 p.m.
- VHS Band Booster meeting, 7 p.m.

Wednesday, Feb. 22

- Ash Wednesday

- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, Feb. 23

- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Greater Des Moines Garden Club, Polly Johnston speaks on Alzheimer's Disease, Westminster Presbyterian Church, Beaver & Franklin, DM, 1 p.m.

Friday, Feb. 24

- First Notes at Faith, child and parent music class for ages 6 mo. - 5 years, Faith Lutheran Church, 10395 University Ave., free, email acneuman@yahoo.com to enroll, 9:30 - 10 a.m.
- Toddler Time, Clive Public Library, 10, 10:30 a.m., 1 p.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- St. Pius X Mission Day Collection for Urbandale Food Pantry, fish fry 5 - 7 p.m.

Saturday, Feb. 25

- St. Pius X Parish Mission with Chris Padgett, 6:30 p.m.

Sunday, Feb. 26

- Alcoholics Anonymous/Al-Anon/Al-Ateen/Al-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.
- St. Pius X Parish Mission with Chris Padgett, 6:30 p.m.

Monday, Feb. 27

- Clive Lions Citizen of the Year Banquet

- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m. and 1 p.m.

Tuesday, Feb. 28

- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m., 1 and 6 p.m.
- Clive Planning & Zoning Commission meeting, City Hall, 5:30 p.m.
- Al-Anon meeting, St. Marks Lutheran Church, 1115 Grand Ave., Room 104A, 8 p.m.

Wednesday, Feb. 29

- Leap Day
- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, March 1

- Clive City Council meeting, City Hall, 7 p.m.
- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Franklin Toastmasters meeting, Northwest Community Center, 5110 Franklin Ave., <http://franklinclub.freetoasthost.com>, 6 p.m.

Friday, March 2

- Read Across America Day
- Toddler Time, Clive Public Library, 10, 10:30 a.m., 1 p.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- St. Pius X Fish Fry, 5 - 7 p.m.

Sunday, March 4

- Alcoholics Anonymous/Al-Anon/Al-Ateen/Al-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

Monday, March 5

- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m. and 1 p.m.

Tuesday, March 6

- Toddler Time, Clive Public Library, 9:30, 10, 10:30 a.m., 1 and 6 p.m.
- Al-Anon meeting, St. Marks Lutheran Church, 1115 Grand Ave., Room 104A, 8 p.m.
- VHS and DHS boys varsity track at Waverly, 3 p.m.
- VHS girls varsity track at Iowa City, 5 p.m.
- VHS varsity boys track at Waverly, 3 p.m.
- VHS varsity girls track at U of I, 5 p.m.

Wednesday, March 7

- Toddler Time, Clive Public Library, 10, 10:30 a.m.
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, March 8

- Toddler Time, Clive Public Library, 10, 10:30 a.m.

Friday, March 9

- Toddler Time, Clive Public Library, 10, 10:30 a.m., 1 p.m.
- First Notes at Faith, child and parent music class for ages 6 mo. - 5 years, Faith Lutheran Church, 10395 University Ave., free, email acneuman@yahoo.com to enroll, 9:30 - 10 a.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- DHS girls varsity track at Pekin, 4:30 p.m.

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Meet Erin McMullen

Teacher connects history lessons to modern issues

By Michael Swanger

Whether she is leading them in discussions about the "Roaring Twenties," the Industrial Revolution or World War II, Erin McMullen enjoys connecting history lessons to contemporary issues to further engage students at Dowling Catholic High School in West Des Moines in their studies of U.S. History.

"One of the best parts about teaching is seeing the academic growth of students at this age and watching them embrace what they are learning," says McMullen, 27, now in her fifth year of teaching U.S. History and Advanced Placement (AP) U.S. History to juniors at Dowling.

McMullen, a Spencer native who earned her master's degree in education in 2010 from Drake University, says connecting history to modern day topics not only helps to engage students in their studies, but reinforces what she is teaching. For example, when discussing the "Roaring Twenties," McMullen says that she covers subjects like the emergence of popular sports and consumer credit, both of which are prevalent in today's culture.

"That is something that they



Photo by Michael Swanger

Erin McMullen teaches U.S. History and Advanced Placement U.S. History at Dowling Catholic High School.

can see for themselves. You look for ways that students can relate to topics, especially when it comes to subjects like economics," she says.

Andrew Suiter, one of McMullen's students, says students appreciate the way that she engages them in their history studies.

"It allows you to participate and to add things to the group discussions," he says.

McMullen says she enjoys the opportunity to teach at Dowling, adding that the school is "a wonderful fit" for her.

"My colleagues are wonderful to work with, and I feel like I can work with them and learn from them," she says. "The administration is very supportive and the kids are great." ■

What do you like best about Ms. McMullen's class?



Joshua Vedane: "I like the discussions in class, and how it makes you think independently."



Fielding Montgomery: "I like how you get to interact in class and discuss contemporary issues."



Sonia Valdez: "I like the discussions; it allows you to absorb the information in a different way."



Lilly Zheng: "I like the way she talks to us more like a friend than a teacher."

what's in your garage? ■



Rose Sloven showcases her extensive supply of Discovery Toys.

Smart toys

Rose Sloven's garage is filled with playthings

By Rebecca Boneschans

Amidst the kayaks, tents, bikes and a family van, Rose Sloven also has a place marked off for her home-based business products. When first asked about what her garage stores, Sloven didn't even think to mention the shelves loaded with toys.

Six-foot high, neatly-organized shelves take up a small section within her three-stall garage. The shelves are stacked with full boxes of toys ranging from traveling card games to interactive books to stack-and-build play sets.

The toys are conveniently located next to her van's garage stall where Sloven can quickly pack them up and tote them around the Des Moines area. Sloven brings her vast supply of toys to hosting parties and introduces them to Pre-K schools, children's hospital wings and fundraisers.

With three children of her own, Sloven discovered first-hand the benefits of using Discovery Toys versus store-bought playthings. "You're not sure of the quality and benefits of the toys in big stores," Sloven says.

Even though Sloven's kids are grown, they still find time to sit down and play a few games. She really enjoyed the family time that

brought them together in ways that television, movies or technology couldn't.

"After dinner, once all the baths were taken, we'd sit around and play a board game," says Sloven. "And we still do that now. It really helps with developing a connection that I think young families are losing these days with everything else going on."

Sloven first started working with Discovery Toys as a way to get toys for her own children, but it then escalated to a 20-year stint that allowed her to stay at home with her children while still supporting her family, all from the small confines of her garage.

As a consultant, Sloven supplied her tykes with an endless array of entertaining and mind-molding activities. She still has some of the discontinued toys packed away in her garage. "The toys have a lifetime guarantee," says Sloven of toys that have been long forgotten.

Sloven believes that working with toys as a young child is the key to creativity. "Just playing with toys, children develop a connection," says Sloven. "Today's kids have the latest electronics, but the reality is that they need the pieces to play with to create for themselves." ■

Contact Jared at 953-4822 ext. 306 or jared@dmcityview.com to recommend someone for an upcoming issue of "What's In Your Garage?"

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A ribbon cutting ceremony for HRC Medical in Clive was held on Thursday, Jan. 26.



Brian W. Haley, director of HRC Medical in Clive, at the ribbon cutting ceremony on Thursday, Jan. 26.



Angela VanGinkel and Erin Neal at the joint West Des Moines and Clive Chamber ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.



Rob Myers and Laurie Myers at the joint West Des Moines and Clive Chamber Ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.

Table for 5,000

Children's musical comes to Faith Lutheran Church

By Amber Williams

The musical, titled "Table for Five... Thousand!," written by Tom Long and Allen Pote, is the story of the miracle of the loaves and fishes.

The account of Jesus feeding the 5,000 is the only miracle, apart from the resurrection, that is reported in all four gospels. The story teaches that the most humble people, especially children, can do great things with God's help.

See it for yourself at **Faith Lutheran Church**, 10395 University Ave., as musical producers have been rehearsing all through January, and the fourth-, fifth- and sixth-grade performers have been practicing for weeks to bring the main characters to life in this live performance, slated for 4 and 5 p.m. on Saturday, Feb. 11, and 10 and 11 a.m. on Sunday, Feb. 12.

Contact Lisa Fischer at iafischer@msn.com or 986-9150 to learn more.

Spread the Word

Have an upcoming event or church news you would like to announce? Send information to darren@dmcityview.com.

Anyone interested in having a child attend Little Friends Preschool at **Living Faith Lutheran Church**, 2180 N.W. 142nd St., for the 2012 - 13 school year should act now. Returning students enrolled for next year in January, but that doesn't mean there's not room for more friends to join the class. New families can call 556-5576 or email director Sandy Nelson at sandy.littlefriends@gmail.com about registration or to be put



The musical "Table for Five... Thousand!" will be presented at the Faith Lutheran Church, 10395 University Ave., at 4 and 5 p.m. on Saturday, Feb. 11 and 10, and 11 a.m. on Sunday, Feb. 12.

on a waiting lists for next year.

Nelson and her staff will began calling families from the current waiting list at the beginning of February, going down the list in the order in which requests were received. Those who are not interested or who did not get a call back should call to be put on those lists for next year. There is no cost to be on the waiting list. Learn more online at www.clivechurch.com.

Heartland Presbyterian Church, 14300 Hickman Road, offers several enlightening, inspirational, healing and/or just plain fun small groups, such as the Prime Timers, which meets on the last Wednesday of each month; the Destiny Weavers, which meets quarterly on Tuesday nights at 7 p.m.; and TGIF Morning Coffee, which gathers at Dahl's on Fridays at 8:30 a.m. But if you'd like to start a small group of your own, the Community Enrichment Committee provides communication and logistical support. Contact Martie Larsen at 987-4246 or via email at info@heartlandpresbyterian.org to find out more. ■

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insurance advice

By Ben Buenzow

Who's your beneficiary?

Naming the right person is an important task

By Ben Buenzow, State Farm® agent

It's simple: Fill in the blank on the account application and you've named a beneficiary.

But don't write off the task as unimportant. Naming the right person to receive the proceeds of an account is an important decision that could have long-ranging effects on your loved ones. Here's what to know:

Why it's important

Certain accounts ask you to name a beneficiary, such as life insurance policies, pension plans and retirement accounts.

Upon your death, proceeds from these accounts will typically go directly to the beneficiaries and bypass probate, which helps your beneficiaries avoid some red tape.

What to consider

• **Age.** Most insurance companies, pension managers and retirement accounts will not pay benefits to someone younger than 18. A better option? Create a trust for the minor and name a trustee to manage the account until the child reaches the age you specify in the trust.

• **Ability to manage money.** If your beneficiary is not able to manage money, name a trustee to invest and disburse funds on his or her behalf.

• **Contingency.** Name a secondary beneficiary so that if your first beneficiary predeceases you, the account proceeds pass directly to the secondary beneficiary without probate.

• **Options.** Your beneficiary can be a spouse, child or other



individual(s); a trust; a charity or organization. If you don't specify a beneficiary, your assets will go into your estate and be distributed according to your will.

What to know

Regardless of what you've specified in your will, assets that have beneficiary designations will pass as provided in those designations and not how they're set out in your will.

It's rarely recommended to name your estate as a beneficiary, since doing so means those assets will pass via probate.

Review your beneficiary designations every few years — and always after a life event such as a marriage, the birth of a child, adoption, divorce, remarriage or death — to make sure they're current. Otherwise, you risk leaving the proceeds to an ex-spouse or someone who has predeceased you.

Get specific information about beneficiaries from a legal or tax advisor and your State Farm agent. ■

Information provided by Ben Buenzow, State Farm Insurance, 3273 100th St., Urbandale, 270-8870.

Q: Is a cleanse or detox program right for me?

A: Our bodies are stressed from being bombarded by our toxic surroundings every day. Toxins enter the body through the digestive tract, by food artificial additives, contaminated soil, soft drinks, etc. The average American consumes 15 pounds of artificial additives and 200 pounds of sugar yearly. The U.S. allows 10,000+ chemical additives to our food. Toxins can enter through skin by way of everyday grooming products, such as perfume and hairspray.

Toxins also enter through the lungs. Take exhaust, toxic fumes and second-hand smoke, for example. Imagine what our bodies have to deal with each day. The body has three alternatives when dealing with toxins: Bury in fat, build in tissues or eliminate. Organs of detoxification — the liver, blood, skin, kidneys, colon and lungs — work 24/7 to clear the body of toxins. But our bodies were not made to handle the volume of toxic components that modern day life has gifted us. Our bodies can handle so much before infection and sickness occur.

Join us in our office Wednesday, Feb. 22 at 6 p.m. for a free no-obligation, informational program on the 21-day Standard Process Purification Program. I just finished the program and lost 20.2 pounds, increased my energy levels, slept better at night and kicked a caffeine addiction to the curb. This is not a starvation diet. This is a whole food structured method with nothing synthetic or processed. Call us at 278-1218 to reserve your spot. ■

Information provided by Vander Sluis Chiropractic, 8521 Hickman Road, Urbandale, 402-9792.

Q: What are adult day service centers?

A: Adult day service centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Centers offer a club-like setting for older adults who require some assistance, support and/or involvement with others.

To stimulate mind and encourage spirit, staff members offer options to keep participants active and engaged throughout the day. Most centers provide robust programming, for example, community speakers, book club, Red Hat group, exercise, discussion groups, musical entertainment, intergenerational opportunities, cooking, picnics and community excursions. In addition, services such as beauty/barber, therapies, bathing and podiatry may be offered. A registered nurse is a part of the staff for assessments and medication assistance. Centers also afford caregivers an opportunity to revitalize so they may continue their role as care provider. Financial assistance may be available. ■



Answer provided by Denise Gienapp, WesleyLife Adult Day Center, 515-271-6701, www.wesleylife.org.

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Kris Maggard and Edye Beckerman at the joint West Des Moines and Clive Chamber ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.



Lynda Clayton and Chuck Jones at the joint West Des Moines and Clive Chamber ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.



Jim Lee and Greg France at the joint West Des Moines and Clive Chamber ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.



Randy Adams and Kristy Greening at the joint West Des Moines and Clive Chamber ribbon cutting/Business After Hours event at HRC Medical in Clive on Thursday, Jan. 26.

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