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URBANDALE

AUGUST 2024

# Living

MAGAZINE

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experiences as beekeepers

**Businesses commit to sustainability**

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WELCOME

# THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■



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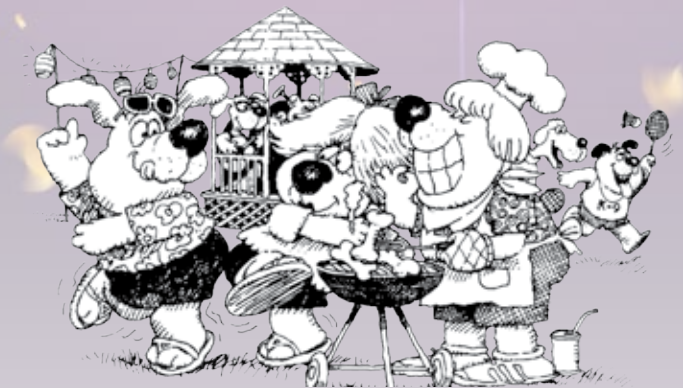


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# WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Joe Baumgarten

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.

Doyle Kincy has an observation hive he shares at the Iowa State Fair.



## From mentee to mentor

Doyle Kincy has been passionate about beekeeping since he was a young boy helping his grandfather. That passion came full-circle when Doyle mentored his grandson, Cody, with his first hive. He has slowed down considerably these days, but at the height of his involvement, he was working more than 30 hives and producing enough honey to supply the local Hy-Vee stores. For the last 10 years, he has also been passionate about mentoring others, sharing his love and knowledge of the fine art of keeping bees.

"At one point, I was the district core director for the Iowa Honey Producers," Kincy says. "One of the things that the Honey Producers do is to provide scholarships for young adults (12-17) who want to get started in beekeeping."

You might have seen Kincy and his observation hive at the Iowa State Fair in the Ag Building on the second floor above the Butter Cow. It's a verticle hive encased in glass, providing a wonderful view of the workings of a hive up close without disturbing the bees — and without them disturbing you.

If you are interested in keeping bees, Kincy

strongly recommends getting educated before you start your first hive.

"You wouldn't go out and buy six horses and then take a class. You would learn all you could first," he says.

To get some good general knowledge, he recommends the classic "Beekeeping for Dummies" book. However, you are also going to need to know how things work here in Iowa.

"Find a local bee club," he recommends.

Kincy was one of the original founders of the Friendly Beekeepers of Iowa ([www.facebook.com/groups/919550424772695/](http://www.facebook.com/groups/919550424772695/)) and has been involved in the Central Iowa Beekeepers Association.

"Find yourself a local beekeeper who will let you shadow with them for a year," Kincy says. "Learn the cost, learn the time it takes, learn the equipment you need."

Once you have the knowledge, you will be ready to start your hive, typically in early April. An initial batch of bees costs around \$140. It includes a mated queen and about 10,000 bees. A starter hive costs around \$400, or you can download the plans on the internet for free and build one yourself. Add in protective

equipment, smoker, and other necessary items, and a beginner is looking at somewhere in the range of \$600 to \$900.

"There are also a lot of people who are getting out of the business, and you can pick up some high-quality used equipment," Kincy says, adding that the Central Iowa Beekeepers Association has a yearly auction in Minden for those looking for new and used equipment.

"They are an amazing creature," Kincy says of bees. "If human beings could work together and operate like one of these colonies, we'd almost be in heaven. There is no individual working for itself. Every one of them does its job for the good of the hive."

## A pollinator garden

"JUSTBEES." That's what John and Val Just's license plate says. For sure, it's a clever play on words, but it isn't really true. While they do run the Just Iowa Honey business, Val is also a passionate planter of pollinator plants. Her backyard is well-stocked with a variety of them, giving both the bees and the butterflies some much-needed food.

Like Kincy, John was exposed early to



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## FEATURE

keeping bees through his extended family. Two of his uncles kept bees, and he was intrigued.

“His mom used to buy buckets and buckets of honey,” Val says. “Around 2013, I took the Master Gardener program through Iowa State University. After that, I converted all of my landscape to native Iowa pollinating plants.”

In 2015, the couple set up two bee hives. Now they have more than 30, and not just at home. They have hives in Runnells, Indianola, and at Blank Park Zoo.

“The Zoo has a pollinator program called ‘Plant, Grow, Fly,’ so we have two colonies there,” Val says.

“I’m still working full-time,” John says. “I consider the beekeeping my free therapy. It’s relaxing and peaceful. I just enjoy it.”

“They are so selfless,” Val adds. “I have a Canva diagram that I made that shows the worker bee and all the roles that they play over their lives of 35- 42 days. On day 1, they know what their initial role is, and they gradually move through eight or nine other roles over the course of their short lives.”

Val presents pollinator programs for second graders and at senior care centers.



John and Val Just have a variety of bee-related products under the name Just Iowa Honey.

“I’m currently developing a program that second grade teachers can incorporate into their curriculum. The kids just love it, and it takes a lot of pressure off the teachers because they don’t have to teach it,” she says.

One of Val’s favorite pollinator plants is agastache.


“The bees just love them,” she says. “I also recommend for people who really want to make a difference for the pollinators is to choose plants that start in the spring and go all the way into the late fall so that the monarchs have

energy for their trip as well.”

The couple’s Just Iowa Honey includes more than one flavor of honey.

“What we do that makes us different from most is that we track the bloom period of the different trees in our area,” she says. “Then we’ll keep that honey separate so people can buy black locust, acacia, or Linden-basswood honey. We also have three different varieties of clover honey that we track and bottle.”

“Iowa is noted for our clover honey. In our yard, we have sweet clover and white Dutch




“Hello, I have 3 kids and I was severely anemic. I am VERY thankful that there are such selfless people on this planet willing to sacrifice a part of their body as well as time out of your day to help others in need. You’ve inspired me to become a donor as well. May you be blessed eternally.”

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John and Val Just have beehives and Val keeps an expansive garden full of pollinator-friendly plants.

clover,” John says.

The final recommendation from Val is to choose native Iowa plants instead of those you can buy at a big box store.

“They provide so much more pollen and nectar. A lot of those plants you get at stores have been hybridized for the color. The pollen and nectar are specifically bred out of the plant.”

John says bees tend to do well in urban areas, mostly due to all the flowers that people plant. He adds that it helps the bees if residents leave part of their lawn to dandelions and clover.

## Milk and honey

It wouldn’t take any convincing at all to get Kurt Heinrich to agree that Urbandale is the Biblical “land flowing with milk and honey.” Heinrich is a teacher at Dowling Catholic High School, a permanent deacon for St. Ambrose Church ... and a beekeeper.

Heinrich got his start in the backyard beekeeping business in 2016 when his daughter, Clare, won a beekeeping scholarship offered by The Iowa Honey Association. The association provided them with beekeeper training, all the equipment necessary, and 3 pounds of live bees.

Their first harvest was a success, netting them more than 24 pounds of honey. However, it also netted the attention of a neighbor who complained to the city. At the time, the city did not permit keeping bees. Ultimately, Kurt and Clare had to move their bees out of town.



Kurt Heinrich lobbied city council candidates to change the law to allow bee hives in Urbandale.

Fast forward to 2022 when councilmembers who had opposed urban beekeeping were leaving.

“I called all six of the candidates that were running for those offices, and all six said they’d support the change. Sure enough, after the election, the code was changed to model what was already present in the surrounding communities,” Heinrich says.

Once established in the hive, the bees live there year-round, Kurt explained, even surviving through the harshest of Iowa winters.

“They form a ball around the queen, and they all start vibrating to generate heat. It can get up to 95 degrees in there,” he says. “As long as they have enough honey to keep them alive, they will make it through the winter.”

“When the temperature outside gets to about 40 or 50 degrees, they’ll start venturing out. The first things they will look for are dandelion and clover flowers. That’s why it’s important to leave some weeds in your yard.”

A big crisis bees face is lack of flowers from which they can extract nectar.

“If people can plant pollinator-friendly gardens, it supports the local bee population,” Heinrich says.

Late July is typically the optimal time to harvest honey.

“What we’ll do is cut off the top piece of wax to expose the honey. Then you put it into a centrifuge, and it spins out the honey,” he says.

Getting honey from local producers has many benefits, Heinrich says. First, you can



Kurt Heinrich tested a theory that bees would not build their honeycombs over the picture of a saint.

trust the quality. Some mass-producers thin their honey out with corn syrup. Second, you are supporting your local urban beekeeper and their bees, which are doing great things for the environment.

“Finally,” Heinrich concluded, “if you have issues with allergies, if you get a local honey from within 30 miles of your home, it will help you with your allergies because some of the local pollen is in that honey.”

If your neighbors don’t notice the bees, they will notice the positive effect the bees have on their flowers and vegetables, Heinrich says. In a beautiful example of natural symbiosis, the plants somehow know that the bees are present and will produce more flowers and vegetables than those without bees.

For more information on starting your own backyard beekeeping project, visit the Iowa Honey Producers Association website: [www.iowahoneyproducers.org](http://www.iowahoneyproducers.org). Or visit them and their bees in the Agricultural Building at the Iowa State Fair. ■

# BUSINESSES commit to sustainability

## Reap financial benefits from alternative energy sources

Following concerns regarding climate change and escalating energy costs, some Urbandale businesses are fundamentally changing how they consume energy, reaping significant financial benefits in the process.

Homemakers Furniture is one company that has made a serious commitment to sustainability. In 2022, Homemakers flipped a switch and brought to life a 250,000-square-foot solar panel array at their retail building in Urbandale, making it one of Iowa's largest private solar arrays.

Clarissa Merschman, project specialist for Homemakers, says solar panels produce 1.8 million kW of energy annually, providing 44% of Homemakers' annual energy needs.

"Not only does this make sense from a business perspective, but we can rest easier knowing we are making an effort to positively impact our footprint," she says.

While Iowa is considered the nation's second-largest producer of wind power, alternative renewable energy solutions may be more practical in suburbs like Urbandale.

State lawmaker John Forbes owned Medicap Pharmacy in Urbandale for more than 40 years. When he built his current building, he saw the advantages of investing in geothermal heating, LED lighting and solar panels. Forbes recouped his investment in eight years through energy savings and the application of government tax credits. Those tax credits, along with the significant energy savings, made the company attractive to buyers.

"The solar panels save over \$6,000 annually," says Forbes. "Geothermal heating and LED lighting save even more."

Van Meter, Inc., has taken a different approach. It has worked to make its Urbandale office energy efficient and has been identified as one of several Urbandale companies that occupy LEED (Leadership in Energy and Environmental Design) certified buildings. Van Meter sells traditional electrical services, products, solar panels, and wind turbine monitors to individuals and utility companies across the Midwest.

Mark Craft manages Van Meter's Smart Devices and Power Control department.

"As an employee-owned company, we look at these services first from the financial



United Church of Christ committed to reducing its energy footprint by adding solar panels and more.



Medicap Pharmacy has solar panels as well as a geothermal system to reduce energy consumption.

perspective but also to create a better experience for our customers and employees," he says.

For some organizations, the drive to reduce their carbon footprint is a moral imperative. In 2017, the United Church of Christ in Urbandale voted to uphold the Paris Pledge, committing to a 50% reduction in carbon emissions by 2030.

The church quickly exceeded that goal by installing solar panels and energy-saving products. Gordon Dunn, a former member of the Iowa Utility Board, was instrumental in developing the building's plans. According to Dunn, there was no question that church members would make this decision.

"We have only one planet," Dunn says.



The solar panel array at Homemakers Furniture is one of the largest private arrays in the state.

"God is calling us to take care of our creation today." ■

*Wayne Bruns is an Urbandale resident and member of the Urbandale Climate and Social Justice group. For more information, find them on Facebook.*





# URBANDALE COUNCIL RECAP



US Attorney General Merrick Garland poses for photo with Urbandale Fire Fighters at National Night Out on Tuesday, August 6, 2024.

## August 5, 2024 - Council Meeting

The Mayor and City Council met on Monday, August 5, and the meeting began with a proclamation recognizing National Night Out.

The City Council approved the annual bowhunting program, which allows bows to be used while hunting for antlerless deer on specific public property where deer numbers are high and hunting can be completed safely. Annually, the City continues this program based on recommendations from the IDNR and the Polk County Deer Task Force that show high deer density in various parts of the city. The program began in 1998, and this

year's bowhunting program will run from September 21, 2024, through January 19, 2025.

In April, the City Council approved the purchase of a multidimensional playground structure for Walnut Creek Regional Park. In preparation for the new structure, the City Council approved a \$180,000 bid for the grading and sidewalk portion of the project.

## July 16, 2024 - Council Meeting

The Mayor and City Council met on Tuesday, July 16, and the meeting began with a special presentation from Bravo Greater Des Moines – the City received a \$10,000 Public Art Grant to help fund the painting of a mural in downtown Urbandale.

The City Council approved a \$230,000 bid to build community entrance signs at 128th Street north of Meredith Drive at the city's corporate boundary and near the frontage road at 104th Street and Hickman Road.

Slated for completion by Fall 2025, the community can look forward to the development of a new trail and bridge that will provide better access to the beautiful surroundings of Walnut Creek Regional Park. The City Council approved the Walnut Creek Regional Park Trail and Bridge project, officially adopting the project's plans, specifications, and cost estimates. The \$400,000 undertaking includes the construction of an 8-foot wide trail in the park between Little Walnut Creek and Walnut Creek, as well as a 12-foot wide bridge. This project will provide a key trail link from the west side of the creek to connect to the Bob Layton Trail.

The City Council approved a \$1.5 million bid for purchasing four dump trucks with snow removal equipment for the Public Works Department. Specifications include different configurations for the trucks, equipped for salt operations and snow removal, and delivery is expected by fall 2025.

## Newsletter Sign-Up



You get plenty of e-mail already, that's why the City's official e-newsletter is delivered only once per month. It's your place to get a quick, streamlined, monthly update about all things Urbandale. [www.urbandale.org/news](http://www.urbandale.org/news)



## Council Recap is Online

Looking for a particular meeting recap? We have all the recaps online! [www.urbandale.org/councilrecap](http://www.urbandale.org/councilrecap)

*This is a custom publication from the City of Urbandale. The Council Recap is not the official minutes of the Council meeting, it's an easy-to-read and easy-to-understand digest of the Council Meetings specifically designed for residents. You can watch all the City Council meetings on YouTube and download Council agendas on the City's website.*

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# HOW elections could impact your retirement

As you near retirement, it's important to understand how elections could affect your retirement savings and how you can protect your portfolio from market ups and downs. Presidential elections are significant events that can bring uncertainty and market volatility. There are many questions during an election year. Who will be the next president? Which party will control the House and Senate? What laws will be passed if power is split in Congress? Historically, stock market volatility tends to increase in the months before an election due to the market's aversion to uncertainty. It's not surprising that the stock market performs better in a year when an incumbent president is re-elected compared to a new administration.

As for whether a Democratic or Republican winner is better for the market, experts agree that there is no clear winner. While market returns may vary in election years



compared to non-election years, the data does not conclusively support a direct correlation between election outcomes and market performance. The stock market has gone up — and down — under all presidents, but the overall trajectory is positive.

In recent history, some of the worst years for stock market volatility and returns have coincided with presidential election years. Still, other factors had the most significant impact on the stock market. For example, the tech bubble burst started in 2000, the year George W. Bush ran against Al Gore. The 2008 housing collapse and subsequent Great Financial Crisis began the same year Barack Obama ran against John McCain. The 2020 COVID-19 pandemic happened the first time Joe Biden ran against Donald Trump.

Plenty of opinions and predictions will make headlines regarding the elections, the party that wins, and the impact on the stock market. However, you are most concerned about your retirement savings and how to invest for growth while protecting against swings.

Historical perspective can help you focus on what matters in retirement: controlling what you can control. We help families and individuals prepare for market volatility before it happens by building recession resistant retirement plans. We know that recessions happen, on average, every five to six years. By diversifying investments and incorporating long-term, mid-term, and short-term strategies, you can mitigate the impact of market volatility on your retirement savings.

Proactive planning and strategic investing can help those planning for retirement navigate market volatility. Then, you can stay on track to live out your retirement vision regardless of who gets elected or what other factors may impact the stock market. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: McKenna, Kristin, "Here's How The Stock Market Has Performed Before, During, And After Presidential Elections" (Aug. 18, 2020). Forbes.com. Accessed May 17, 2024.



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# BE NOT ashamed

The opening ceremony of the 2024 Summer Olympics appeared to be a bold, blatant and blasphemous mockery of the person and work of Jesus. What a vivid reminder of the openly hostile sentiment towards Christ and His word in “this adulterous and sinful generation” (Mark 8:38a).

Antagonism towards Jesus and His followers is rapidly on the rise in Western Civilization, creating tension between professing followers of Christ and the powerful forces of a culture that has abandoned its Christian heritage and influence.

This clash of culture with Christ is something Jesus prepared people for by declaring that to truly “come after/follow” Him requires that one embrace self-denial and a willingness to suffer to the point of death for Him (Mark 8:34). Authentic followers of Jesus acknowledge opposition, abandon selfish preoccupation, and adopt absolute surrender to God’s will, way and word.

The picture of such devotion to Christ is depicted in Mark 8:35-38. For those who merely profess faith in Christ, the possibility of suffering for their allegiance to Him results in denying they know Jesus or believe His words. Denial brings deliverance from hostility in a godless culture offended by Him, but at great cost. “Whoever wishes to save his earthly life” from persecution by denying Jesus to do it will “lose it” — suffer the loss of eternal life (Mark 8:35a).

Conversely, “whoever truly possesses faith in Christ and loses his earthly life, figuratively by being “cancelled” or literally, “for My (Jesus)’ sake” (declaring Jesus’ rightful identity and redemptive ministry) “will save it” for eternity. (Mark 8:35b).

Aligning ourselves as followers of Jesus and His words will place us in the crosshairs of the world that deems us deserving of destruction. Our reaction to powerful and pressure-filled opposition from our family members, boss, neighbors, co-workers, or community leaders reveals our true heart condition.

Jesus put it plainly, “For whoever is ashamed of Me and My words... the Son of Man will also be ashamed of him...in the glory of His Father...” (Mark 8:38) Jesus = Son of Man, the judge. The criteria for final acceptance or rejection by God for eternity is our devotion to or denial of Jesus and His words currently.

As the world increasingly denigrates Jesus, pressure mounts for those who profess faith in Him to deny Him in order to avoid being despised or destroyed by the world.

We prove ourselves to be God’s true children when we are not ashamed to profess Jesus as Lord and practice His word in a contrary world (Romans 1:16-17; 10:9-10).

Father, strengthen your true children to stand up and speak up for Jesus. ■

Information provided by Steve Smith, Creekside Church, 2743 82nd Place, Urbandale, 515-279-3919.



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# TAKE CARE when buying a home on contract

If you're ready to be a homeowner but face barriers preventing you from obtaining a traditional mortgage, you may have considered buying a home on contract. Or perhaps you're already renting a home you love, and your landlord wants to sell it to you. As a contract buyer, you take on different risks and gain different benefits than a buyer who borrows money from a bank. Before signing a contract, you should speak to an experienced attorney who can make sure your rights are protected now and in the future.

A real estate installment contract sale is seller-financed. Rather than paying a bank or mortgage company each month, you will pay the seller. As a contract buyer, you share ownership with the seller. You are both listed on title. Only when you pay off the contract in full will the seller deed the property to you.

Because you share ownership, any judgments, lawsuits or tax debts that either of you owe can attach as a lien against the property and must be paid off before selling the home again. Before you agree to purchase a house on contract, you should know about any debts of the seller. If the seller has a mortgage, you want to be sure



you know how it will be paid.

Before buying, you should carefully review the real estate contract to understand your obligations. The contract must clearly state the amount of down payment, the monthly installment payments, how many payments before you can satisfy the contract and own the house outright. Another essential term is what happens if either you or your seller violate any terms, and the contract is forfeited.

Make sure you know what happens if you can't make the contract payments. Unlike renting, moving out isn't enough to terminate the contract. The seller can forfeit the contract or could sue you to make you pay the balance. You may lose your down payment and monthly payments you made while living at the home.

Buying your home on contract can be a great opportunity. But you need a solid written contract in order to protect your interests and the rights to your home. Call an attorney before signing any real estate contract, no matter how great the deal looks. ■

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

## BUYING OR SELLING YOUR HOME?

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## FRAMED or frameless cabinets?

When it comes to kitchen cabinetry, there are two main types to consider: framed and frameless. Both have their own unique advantages and offer a variety of styles and design options.

Framed cabinets are a more traditional option, with a solid wood face frame between the door and cabinet box. This face frame provides added stability and minimizes the alignment issue known as racking. Framed cabinets also offer more size and modification options, making them a versatile choice. However, they do require separate skin panels to be installed on exposed sides and offer less interior space due to the face frame.

Frameless cabinets, on the other hand, have a sleek, modern look that is popular in Europe. They provide full access to the cabinet interior and larger drawer box capacity. Frameless cabinets also have factory-finished sides and a seamless appearance. However, they offer less size and modification options and may require more fillers to ensure minimum clearance is met for door and drawer openings.

Both framed and frameless cabinets have their own unique benefits and drawbacks, so it's important to consider the specific needs and design goals of your project when making a decision. ■

Information provided by Barb Cole, Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, 515-410-1968, [www.Avid-KB.com](http://www.Avid-KB.com).



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## PLAN AHEAD By Sarah Masteller

### 'IT'S A guarantee'

Did you know that prepaying funeral arrangements allows you the opportunity to have service selections and merchandise selections prepaid and guaranteed?

So, what does that mean? The services provided by the funeral home that are paid in advance will be provided at no additional expense to the family at the time those services are needed in the future. Merchandise selections that are prepaid are also guaranteed to be provided at no additional expense to the family.

You might be wondering, "What if the casket I want is no longer available when I die?" Given that you are guaranteed the casket you select, or one of comparable value, your family would have a replacement option to consider that is guaranteed to not be inferior to the one that was purchased in advance.

Imagine going to the car dealership and purchasing a brand new car — but delaying delivery for several years — all with the guarantee you will be provided a brand new car when you are ready to accept delivery... at no additional cost at that time. That would be a pretty amazing deal.

That is what you can do by prepaying funeral expenses. Plus, you will be making a future event less stressful by giving thought and consideration to these important decisions now.

Ask your preferred funeral provider if they offer a guaranteed plan. ■

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



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## RECIPE

# TASTY recipes to combat the hustle and bustle

*(Family Features)* Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](https://SuccessRice.com). ■

## Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

### DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



- cook time, 10-12 minutes, or until chicken is golden brown and cooked through.
- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.



MEADOWVIEW  
OF CLIVE

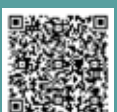
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# UNIQUE new program offers senior living alternative

Stay at home — with peace of mind.

Susan has lived in her Des Moines home since her children were toddlers. She's now 76, and she wonders what the future holds for her health and her living situation.

She has no desire to move into a senior living community, although many of her friends have made that choice and are happy with it. Susan simply wants to stay in her home, but she worries about needing assistance down the road. Her children live out of state, and she has no other family members in the area.

Susan's situation is far from unusual. "Aging in place" — in your home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: "If I don't want to move into a community but I'm



concerned about health issues later on, what can I do?"

The answer: You have more options than ever before. Some organizations that serve older adults have designed Continuing Care at Home (CC@H) membership programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're interested in looking into CC@H programs, the questions below can help you make sure the program's premises, amenities and outcomes will be the best ones for you.

• **Do you understand the program and what it offers?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

• **Is personal support included?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to succeed with encouragement from a trusted

adviser or advocate.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later on. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

If you're considering membership in a CC@H program, make sure it feels tailor-made for you. Your wellbeing and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

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To learn more about WesleyLife at Home, visit [wesleylife.org/at-home-services](https://wesleylife.org/at-home-services) or call (515) 978-2777.



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## LIBRARY

By Staci Stanton,  
Programming & Outreach Manager

# URBANDALE Public Library news

## New website calendar and meeting room software

The library will debut a new library calendar and meeting room software this month. Our previous software through Evanced Solutions is being discontinued, and, after evaluating several options, we are pleased to announce our new calendar and meeting room software will be provided by Library Market.

The process for reserving a room will remain the same, but you will notice a change in appearance as well as new features we'll hope you find make for a smooth process for signing up for programs or reserving a room. You can still access links to the library events calendar and the meeting or study room reservations on our main page or by navigating to the "Programs" or "Spaces" tabs.

## Urbandale Public Library

3520 86th St., Urbandale, IA 50322

515-278-3945

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

Mon.-Thu.: 9 a.m. to 8:30 p.m.

Fri.-Sat.: 9 a.m. to 6 p.m.

Sun.: noon to 6 p.m.

## All Urbandale Reads book discussion and speaker

All Urbandale Reads is a "one book, one community" reading initiative that encourages all Urbandale citizens to read and discuss the same book. The goal of All Urbandale Reads is to unite the community and promote literacy through one inspiring read. All Urbandale Reads programming features book discussions and programs related to themes found in the selected book.

The 2024 All Urbandale Reads (AUR) title, "The Nightingale" by Kristin Hannah, portrays the diverging path of two sisters struggling to survive in German-occupied France during World War II. Join us for a discussion of this compelling tale on Wednesday, Aug. 28 at 1 p.m. Multiple copies are available by the front desk.

Another title we are discussing in our book club this year is "Saved by Schindler" by William B. Friedrichs, selected as a companion title for the AUR. Friedrichs painstaking details the incredible true story of Celina Karp Biniaz, who not only survives the Holocaust, but manages to make a life worth celebrating in the United States. Through interviews with Celina herself, Friedrichs' harrowing account brings the horrors of the Holocaust to life much as Steven Spielberg's film "Schindler's List" did for audiences when it was released in 1993. Perhaps more importantly, Friedrichs shares the success story that is Celina's life after emigrating to the U.S. and finding her purpose as an educator. We will hear more from the author about Celina's life after the Holocaust on Thursday, Sept. 5 at 6 p.m. You can also catch our recent podcast where we sat down with Friedrichs to talk about his work by tuning in to our Soundcloud or Spotify channel, "UPL Recommends." ■



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### TIMING IS EVERYTHING

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## MEET Angela Mills

Teaching about inclusion and acceptance



Angela Mills and her husband, Brian, with student Rylie Proffitt at the Best Buddies friendship walk.

Angela Mills came to Urbandale schools 12 years ago.

"Once my son started kindergarten, I began volunteering in his classroom, and I loved it," she says. "I really enjoyed being around the kids and helping them, so I applied to be a sub associate and got hired on part time, eventually becoming a full-time behavior tech. I worked with such a great team at Karen Acres, and one teacher in particular, Deb Kadoun, talked me into going back and getting my teaching degree."

Mills decided to continue working and attend UNI to get her education degree. Now she works at Webster Elementary as a special education teacher. This next year, Mills will teach reading, writing and math for K-5 adaptive and mild to moderate behavior students.

Being a special education teacher can be difficult some days, she says. One of the biggest challenges is scheduling all the IEP meetings and finding time for all the paperwork that needs to be done and the data that needs to be entered. But there are huge rewards.

"I chose this role because I love helping students reach their academic and behavior goals. I love the students and staff I get to work with every day," Mills says. "They push me to be my best self. The district provides opportunities for me to continue to grow as an educator and to share the things I learn with those who are new to education."

She also enjoys her role as leader of the Webster Best Buddies, an organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships between people with intellectual disabilities and their peers. Urbandale schools has a robust program, with one of the first elementary chapters in central Iowa.

"When I can help students with disabilities feel included and help educate others on inclusion, there is no better feeling. Some of the best memories that I have are taking the buddies and the fifth graders to the Miracle League downtown to play a game of baseball every May and then attending an I-Cubs game."

When she's not with her students, Mills enjoys time with her husband, Brian, and son, Logan.

"We enjoy camping, geocaching, spending lazy days at home and giving each other a hard time — all in fun," she says. ■

## CHAMBER announces leadership class of 2025

The Urbandale Chamber of Commerce announces the members of the re-imagined Leadership Urbandale Class of 2025. This group of emerging leaders has been selected for their leadership qualities, dedication to the community, and commitment to making a positive impact in Urbandale.

The Leadership Urbandale program is a cornerstone of the chamber's mission to cultivate and support future leaders within the community. By providing participants with a comprehensive blend of skills, knowledge and networking opportunities, the program aims to enhance their effectiveness in both professional and civic spheres. Over the course of the year, participants will engage in a series of workshops, seminars and community projects designed to challenge and inspire their growth as leaders.

Members of Leadership Urbandale Class of 2025 are Josh Boyle, Zach Bouslog, Daycen Douglass, Erin Freeman, Amy Gulling, Kevin Lohry, Marla Mayberry, Amanda Mulcahy, Alex Rich, Colton Rupprecht, Brittany Schmidt, Kaleshe Sheldahl, Chad Underwood and Derek Zarn.

Leadership Urbandale will conclude in June 2025 with a formal graduation ceremony.

For more information about the Leadership Urbandale program, visit [www.uniquelyurbandale.com](http://www.uniquelyurbandale.com) or call 515-331-6855.

## KADUCE honored by Alumni Association

R&R Realty Group (R&R) congratulates Adam Kaduce, president of R&R Real Estate Advisors, for receiving the Urbandale Alumni Association's 2024 Urbandale High School Distinguished Young Alumnus Award. This award celebrates his significant contributions to the Urbandale community.

Adam, a 2005 graduate of Urbandale High School, has continued to display his commitment to his local community since his time there. He has been a member of the Urbandale City Council, serves on the ChildServe Ambassador committee, and is a board member of Endow Urbandale and the Iowa Events Center Hotel Corporation. He is also a board member of the Young Presidents Organization (YPO) and the Des Moines AM Rotary Club.

Adam was nominated for this award by Mark Rupprecht and Scott Raecker, as well as others from the Urbandale community. Scott Raecker, executive director of The Ray Center at Drake University, remarked, "I firmly believe that you will find no better candidate to receive this honor than Adam."

"Adam is a recognized leader in our business community," remarked Mark Rupprecht, president of R&R Realty Group. "His community involvement underscores his commitment to making a positive impact beyond the business world. Adam consistently demonstrates his dedication to the betterment of Des Moines."

Through his role at R&R, Adam remains dedicated to community advancement. His leadership has driven economic growth, fostered business development, and expanded opportunities for office and industrial spaces in the Urbandale area. These efforts have not only strengthened R&R's portfolio but have also had a meaningful impact on the local economy and community wellbeing. ■



# FALL REGISTRATION OPENS SOON!

Fall registration opens on Tuesday, September 3, for all classes, events, and programs offered by Urbandale Parks & Recreation! See the online listing of Youth Programs, Adult Programs, and Senior Programs at [www.Urbandale.org/fall](http://www.Urbandale.org/fall)

## **CPR/AED & FIRST AID TRAINING** Ages 16+ \$95

Are you prepared to make a difference in case of an emergency? Our CPR, AED, and First Aid class equips you with the essential skills and knowledge to be a lifesaver when it matters most. Whether you're a concerned parent, teacher, student, caregiver, or simply someone who wants to be better prepared, this class is your gateway to confidence in the face of adversity.



## **FAMILY ARCHERY CLASS** Ages 8+ \$26

Archery, Give it a "shot". Have you thought about trying archery, but you don't have any equipment? Come to the archery facility at Raccoon River Park to give it a try. We will provide the bow, arrows, and instruction for you to try this exciting sport.

## **AMAZING REPTILES** Ages 5-14 \$5

Discuss the fears and myths about these scaly critters people love to hate. Find out how reptiles smell, see, and move. Parents/guardians will need to remain at the class for its duration.



## **FOR THE BIRDS** Ages 5-12 \$5

Identify common winter birds and make a pinecone birdfeeder. Parents/guardians will need to remain at the class for its duration.

## **MINI MUSIC MAKERS** Ages 5-7 \$89

A creative introduction to piano to explore your child's love of music! Parents attend class with their child, so you and your student will both enjoy exciting activities including singing, listening, movement, rhythm, sound and beginning activities at the keyboard.

## **ACCESSIBLE YOGA FOR YOUR BODY** Ages 18+ \$36

Are you experiencing physical challenges with the body and think that means you cannot practice yoga? Let me introduce you to Accessible Yoga! This is yoga that welcomes bodies of all ages, sizes, shapes, abilities, and backgrounds.



## **WORLD OF IMPROV!** Ages 18+ \$220

Welcome to the world of Improv! Our beginner improv class is the perfect place to start your improvisation journey. Boost your confidence, enhance your communication skills, or simply have a lot of fun! this class provides you with the tools you need to succeed. Through a series of fun and interactive exercises, you'll learn the fundamentals of improvisation, including how to think on your feet, create spontaneous scenes, and connect with your fellow performers.



# EXPLORE URBANDALE!



# GROUND broken for Cultivation Center



A groundbreaking ceremony was held for the new Cultivation Center at Living History Farms. The center is part of a \$6.2 million project that will help attract visitors year-round. The center will include exhibit space, accessible amenities, admissions, the museum shop and offices. Construction is expected to be completed in 2026. Photo by Paul Houston.

At left is an artist rendition of what the center will look like. ■

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## EVENTS IN THE AREA

Check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Food Drive

Saturday, Aug. 17,  
10 a.m. to 2 p.m.

The American Legion Building,  
6805 Douglas Ave., Urbandale

Food items, personal hygiene products, cash and checks made out to the Urbandale Food Pantry will be collected curbside in a drive held by VFW Post 9668, Urbandale American Legion 663, Boy Scout Troops 43 and 98 and the Urbandale Food Pantry. The greater needs are for cash and personal hygiene products. Food items needed are meals in a can, canned fruit, peanut butter, tuna and canned meats, cereal, canned vegetables and pasta sauce. Hygiene products needed are toilet paper, shampoo, laundry detergent, body wash and soap, toothpaste, deodorant, diapers and wipes.

### Urbandale Senior Recreation Center programs

7305 Aurora Ave., Urbandale  
[seniorcenter@urbandale.org](mailto:seniorcenter@urbandale.org)  
515-278-3907

- ISU Extension: Cooking for One or Two, Thursday, Aug. 29, 2-3 p.m., \$5, registration deadline Aug. 22. Learn to use MyPlate for meal planning and unpack your toolbox of tips for planning, shopping and preparing well-balanced meals.

- New member orientation, Wednesday, Sept. 11, 10:30-11 a.m. If you are new to the USRC or would like more information on what is offered and how to get started, attend one of these sessions. A brief tour and presentation are held. Meet in the lobby. No registration required.

- Lunch and Learn, Dementia Prevention, Friday, Sept. 20, noon to 1 p.m. The education is free and an optional boxed sandwich meal is \$5. Registration required by Sept. 13.

- Gardening with Marcia: Planting for the Future, Monday, Sept. 16, 2:30-3:30 p.m., registration due Sept. 9. Discuss gardening challenges, fall plantings, fertilizing and preparing for winter.

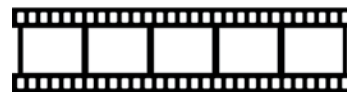
- 5 Buck Bingo, Tuesday, Sept. 24, 1-2:30 p.m. No registration required and free to play.

### Sample Urbandale, a Celebration of Business

Thursday, Sept. 12, 5-8 p.m.

Holiday Inn Hotel & Suites DM Northwest,  
4800 Merle Hay Road, Urbandale

Sample Urbandale, a Celebration of Business is the Chamber's annual event organized to recognize and celebrate Urbandale businesses and community. It is a true celebration with live music, food, beverages, silent auction, and raffle before the evening grand finale awards: Citizen of the Year, Urbandale Business of the Year, Small Business of the Year, Young Professional of the Year, Connector of the Year, and Best in Class awards. Mobile phone bidding will be offered again. Before the event (whether you can attend or not), be sure to download the app HANDBID on your smartphone App Store or Market to bid. To register for Sample Urbandale, visit <https://businesses.uniquelyurbandale.com/events/details/sample-urbandale-a-celebration-of-business-13255?calendarMonth=2024-09-01>.



### Movie in the Park

Friday, Sept. 27

Walnut Creek Regional Park  
Shelter, 4100 Walnut Creek  
Park Road

Time TBD. Call the Urbandale Parks & Recreation office at the beginning of September at 515-278-3963 for start time of movie.

### Ingersoll Live

Aug. 24, 3-10 p.m.

2300 Ingersoll Ave.

[www.theavenuesdsm.com](http://www.theavenuesdsm.com)

Ingersoll's annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.

### Blue Believers Run/Walk

Saturday, Sept. 21, 7:30 a.m.; run/walk event 8:45 a.m.

Principal Park, 1 Line Drive, Des Moines

Blue Believers, a local nonprofit dedicated to raising awareness and funds for prostate cancer, is holding a run/walk event in collaboration with Team Blue Iowa. Included is a 1-mile walk, 5K walk, timed 5K run and kids fun run. The theme is superheroes, and participants are encouraged to dress as their favorite superhero. Live local music will be featured throughout the day, and a survivor recognition ceremony will be held. A moment of remembrance will also be held. Proceeds will be donated locally to support Iowa men and families affected by prostate cancer. Register at [www.teamblueiowa.com](http://www.teamblueiowa.com).



### World Food and Music Festival

Aug. 23-25

Western Gateway Park,  
1205 Locust St., Des Moines  
[www.dsmpartnership.com/worldfoodandmusicfestival](http://www.dsmpartnership.com/worldfoodandmusicfestival)

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.



### Halfway to St. Pat's Charity Car Show

Sept. 22

Charlie's Filling Station,  
305 Grand Ave., West Des Moines  
[www.friendlysonsiowa.com](http://www.friendlysonsiowa.com)

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. ■

The **ONLY** poll mailed to **EVERY** residential household. **VOTE NOW!**

# VOTE TODAY!

**Who will be voted favorite in the Northwest Metro?**

Includes Grimes, Dallas Center, Johnston, Clive and Urbandale

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.



Make your voice be heard and cast your votes in the 2024 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center, Johnston, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

**HURRY! POLL CLOSES SEPT. 3, 2024.**

See rules and vote at [www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll). One vote per resident, please.

SCAN HERE TO  
VOTE TODAY!



## FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

## AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

## COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

## SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

## ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

## HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy

## HEALTH/BEAUTY

- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

## OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling Contractor
- Exterior Contractor (siding, roofing, windows, doors)
- Pest Control
- Tree Service



## AM Exchange

Urbandale Chamber's AM Exchange was hosted by Ann M. Hartz, CPA & Associates on July 30.



Jonathan Napolitano and Sandee Cook



David Shilling and Jeremy Kane



Luke Van Roekel and Henry Garsayne



Lisa Hollis Keene, Sara Fuller and Mollie Frideres



Hailey Johnson and Melissa Nordell-Earp



Trelawney Carman and Dylan Scace



Mark Courter and Melisha Pahls



Evan and Jill Ellsworth



Aaron Coyler and Ron Knapper



Jay Mathes and Amy Soper



# RIBBON Cutting

The Urbandale Chamber of Commerce participated in a ribbon cutting for LIVE Hydration Spa, 1101 E. First St., Suite 107, Grimes, on July 31.



A ribbon cutting was held for LIVE Hydration Spa, 1101 E. First St., Suite 107, Grimes, on July 31.



Ella, Jessica, Nate, Macklin and Taylin Crannell



Lanita Knoke and Brittany Brooks



Katie Clayberg and Christina Ferrer



Dan Juffer and Cynthia Letsch



Katie and John Clayberg



Aaron Anderson and Courtney Jennings



Abby Zediker and Craig Hunt



Mike Benz and Jen Krier



Kelly Kotten and Zulairan Leon



BICYCLE SAFETY:

# BICYCLE HELMETS

It is essential that your child wears a helmet specially designed for a child bike rider.

Here are some things to know:

- 1 A helmet should be worn squarely on top of the head, parallel to the ground, and covering the forehead. The child should be able to see the brim of the helmet when looking up. It should be snug enough that it does not move.
- 2 A helmet should fit a child for several years. They can be adjusted as the child's head grows and should be checked regularly for proper fit.
- 3 A helmet should be replaced if it has been through a serious fall or crash. Check the manufacturer's recommended time frame for regular replacement. It should be at least 5 years.
- 4 If your child does suffer a serious blow to the head, even while wearing a helmet, watch for these signs of a possible concussion and seek medical help immediately: headache, nausea, dizziness, blurred vision, confusion, sensitivity to light or sound, change in personality or behavior.

We provide family care at a family-owned clinic.  
Your child deserves more than urgent care.

**ONLY TRUST YOUR CHILD WITH THE BEST!**



**Waggoner Pediatrics of Central Iowa**

Brian L. Waggoner, M.D. | Julie A. Waggoner, ARNP, CPNP

**Schedule your child's appointment today!**

**(515) 987-0051**

2555 Berkshire Pkwy, Suite A, Clive  
[waggonerpediatrics.org](http://waggonerpediatrics.org)





# QUALITY AND SERVICE WORTH HANDING DOWN.



If you've handed down a vehicle from Bob Brown Chevy – then we did our job. Because you're not just handing down a car, truck or SUV. You're handing down our commitment to quality and service that makes Bob Brown a part of your family for generations to come. The right vehicle means everything to families, which is why Bob Brown is proud to provide each new generation with the best deals to create miles and miles of memories.



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