

URBANDALE

SEPTEMBER 2024

INSIDE: HOW-TO GUIDE

Learn from local industry experts

Living

MAGAZINE

New AGAIN

**Residents share their home
renovation experiences**

Meet Cassie Mayrose

EDUCATION

Blackened spatchcock chicken

RECIPE

Memory kits, pickleball sets and puzzles available

LIBRARY

PSRST STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131



Are you one of the **93% of people** who want to remain in your home as you age?

Over the years, you've put immeasurable thought and care into your home, and understandably, you've grown rather attached to it. But have you thought about a plan to keep you there as long as you wish?

Introducing WellAhead — a unique membership program designed for people who planfully intend to live at home as they age, enhancing independence and well-being while ensuring any necessary future long-term care costs are 100% covered from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about how WellAhead could be the only thing you need to stay right where you want to be, call **(515) 642-1726**.



**Independence
at Home**



**Asset
Protection**



**Enhanced Health
and Well-Being**



**Care Coordination
and Priority Access**

(515) 642-1726 | wesleylife.org/wellahead

This institution is an equal opportunity provider and employer.



WELCOME

ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■

SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Gina Chandler
Advertising Account Executive
515-953-4822 x323
gina@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

SCORE

◀ WITH THIS ▶

GREAT RATE!

4.50%

APY*

24-MONTH CD



Ciara Bemiss
AVP Market Manager
Waukee



Logan Crannell
Loan Officer
Johnston/Grimes



Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

www.CharterBanker.com

Member
FDIC

*Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD),
penalty for early withdrawal. Rate as of 09/11/2024 and subject to change.



New AGAIN

Residents share their home renovation experiences

By Joe Baumgarten

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Mike and Linda Schroeder transformed their home from its 1970s look to modern and chic.

FEATURE

BEFORE



Much-needed updates

It was 2021, but Mike and Linda Schroeder felt like they were living in a home that could have been the set for “That 70s Show.” The two bathrooms needed refreshing, and the kitchen was outdated.

“It had honey-oak cabinets, laminate flooring, formica countertops and a big box light with two large fluorescent tube lights,” Mike described.

In addition to looking outdated, everything was showing the wear and tear that a family of five can inflict over the course of many years.

“We gutted the whole kitchen from floor to

AFTER



Mike and Linda Schroeder gutted their kitchen to remove the honey-oak cabinets, laminate flooring, formica countertops and fluorescent box light to create a modern and colorful kitchen which included the cabinets with glass doors and backlighting Linda wanted.

ceiling, keeping the windows with honey-oak trim,” Mike says.

“We kept the same footprint,” Linda adds. “We could have knocked out the wall between the kitchen/family room and the front living room, but we liked the separation it gave us. The pocket door is handy because it lets us close the two rooms off from each other.”

To help Mike and Linda visualize the

project, the designers created a detailed drawing of the final look. There was only one problem: It was black and white.

“I have to visualize it,” Linda says, “so I took out my colored pencils and filled it in myself.”

Besides a significant change in color, new cabinets also gave them another much-needed upgrade: pull out shelves for easier access to items in the back and more drawers for pantry



(515) 850-7192

REVIVAL
CONCRETE COATINGS

RESURFACE YOUR GARAGE FLOOR

Extend the life of your garage floor and add more livable space to your home.

Winter weather, salt and sand are hard on your garage floor. Protect it now! Book now and receive **10% Off** your next project. Offer good through 10/31/24.

RevivalConcreteCoatings.com



Garage • Patio • Pool Deck • Basement

BEFORE



AFTER



New countertops, sinks, flooring, paint and lighting modernized the Schroeders' master bath.

storage. Linda was also able to install a cabinet with glass doors and built-in back lighting.

"I always wanted that," she says.

The Schroeders replaced the kitchen lighting with a series of well-placed can lights built into the ceiling.

"Now I don't hit my head on the light that used to hang over the kitchen table," Mike laughs.

For the countertops, they chose a white manufactured quartz. Linda complemented the

countertops with a navy blue tile backsplash. Highlighting the backsplash and countertops are dimmable LED rope lights installed under the cabinets. The couple likes the softness of this lighting, especially in the evenings after all of the kitchen work is done for the day, Linda says.

The Schroeders didn't stop with the kitchen. They also made significant updates to the main floor bathroom and the master bathroom. They chose the same cabinets as the kitchen,

removed wallpaper, repainted, and installed new countertops and backsplashes.

Mike says the time and expense of the remodel was worth it.

"We really love this neighborhood, and we're not planning on moving any time soon, so let's do the work now and enjoy it for ourselves," he says.

"I'm not leaving this house until I can't crawl up the steps," Linda jokes. "Now it's all updated and looks much more modern."



**SNOW REMOVAL • HOLIDAY LIGHTS
LAWN MOWING • IRRIGATION
CHEMICAL APPLICATIONS • LEAF CLEAN UPS
AND MORE!**

515-468-5034 office@cdslawncare.com

FSBOHOMES.COM
The way selling a home should be.

**Fewer Hassles.
A Smoother Process.
More Money in
Your Pocket.**

We've designed a simple, modern process to sell your home quicker and save you thousands of dollars.

**Schedule an appointment today!
(515) 393-4688 / FSBOHOMES.COM**



Kelsi Salmon
Advertising Manager



Sami Davis
Advertising Manager



Danielle Guisinger
Attorney Services

FSBOHOMES Des Moines / 110 N Ankeny Blvd, Suite 600 / Ankeny, IA 50023

FEATURE

Modifications meet new needs

Like the Schroeders, Phil and Juleen McGrath would like to enjoy their family home for a few more years. The McGraths, however, are now in their 80s. When Juleen started having a difficult time navigating the stairs, they thought a move to a retirement center was inevitable.

"We must have looked at a dozen places," Phil says. "But when you start looking at the cost of living in one of those facilities, we began thinking, what would it take to stay here in this house for another five years?"

"At first we considered one of those chairs that rides up and down the stairs," Juleen says, "but we have a beautiful stairway in the house, and I didn't want to ruin that."

"Plus, it's a curved stairway," Phil adds.

The solution? A Stiltz Home Lift elevator.

"We got the big one that can easily fit a wheelchair, should we ever need to do that," Phil says.

Another advantage of the elevator is that it allows them to carry items from one floor to another with ease. With the laundry room in the basement, this had become a necessity. Phil,



Finding a place to add an elevator in an older home can be difficult, but a corner of the McGraths' bedroom provided the needed space.

MAKING HOMES BEAUTIFUL AGAIN SINCE 2007

*"Customer Care
Beyond Compare"*

AFTER!



BEFORE

**SIDING & STONE • ROOFING & GUTTERS • DECKS •
WINDOWS • SOFFIT • FASCIA • GUTTER TOPPERS • STORM DAMAGE**

**SUPERIOR
EXTERIORS**

**A James Hardie Elite
Preferred Contractor!**



VISIT OUR ADEL SHOWROOM!

515-727-1887 416 Greene St., Adel www.picksuperior.com

a wine aficionado, also has his collection in the “cellar” and appreciates the ease the elevator provides in retrieving a bottle.

Installing an elevator in an older home was no small task. The McGraths relied on the expert advice of Perry Bernard of Cedar Valley Mobility, the Waterloo company that sold them the elevator. Perry examined the house and found the best place to minimize the expensive re-routing of existing plumbing and electrical wiring. Still, it required cutting a large hole in the floor, adding more support for the floor, and a new 220-volt electrical service.

“It’s expensive,” Phil notes. “With the construction costs, we were around \$30,000, all in.”

Even so, the McGraths think they will have a rapid return on their investment.

“If we can stay here five more years, God willing, that saves us a lot in nursing home fees,” Phil says.

“We don’t think it will be a detriment to selling the house,” Juleen adds. “Someone could move in here that was caring for their parents, for example.”

Phil’s best advice to anyone considering

adding an elevator to their home is to plan ahead.

“You just can’t wake up and say ‘I want one of these things in by next week.’ It only took them two days to install it, but it took us more than 10 months to order the unit, get it shipped, and wait for the availability of the contractor to do the installation,” he says.

Modern on a budget

(Editor’s note: The following is about the author, Joe Baumgarten, and his wife, Cheryl’s, remodeling experiences.)

Cheryl Baumgarten would describe her design style as “modern, but on a budget.” Since the Baumgartens moved into their Urbandale home in 2021, they have followed that model to make some significant improvements.

“The kitchen was mostly as we wanted: granite countertops, white cabinets, a large island, backsplashing, etc. It was the walls and the floors that desperately needed help,” Joe says.

“The upstairs had solid wood flooring, but it was a very dark brown and had been damaged by the prior resident’s dog,” Cheryl explains.

She chose a lighter tan manufactured wood that now covers every room on the main floor except for the laundry and bathrooms.

“It lightens up the living space, giving it the appearance of being much larger,” Joe adds.

The entire basement was covered with an outdated and worn carpet that was replaced by tan-colored LVP flooring.

“It has a much cleaner look and helps keep our allergies from flaring,” Joe says.

One of their favorite rooms in the house is the three-sided sunroom with a see-through fireplace. In addition to the new paint and floors, blinds and new marble tile around the fireplace were added to the room.

“Every single room in the house was painted the same ‘contractor beige’; it was so dull,” Cheryl says. “I chose a medium gray for most of the rooms. Fortunately, Joe was able to repaint all three bathrooms and three of the bedrooms himself. He did a great job, and that saved us a good amount of money.”

The savings were used to hire professionals to paint the kitchen, living room, master bedroom, stairwell and family room.

“All of those rooms connected and had too



Cheers to a New Look!

Transform your home with **NEW FLOORS!**

Carpet	Tile	Vinyl
Hardwood	Luxury vinyl	Natural stone
Laminate	Waterproof	Glass tile
		Metal tile

Apply now for
**12 MONTH
INTEREST FREE
FINANCING**

Visit our website for details and restrictions.



Come check out our new showroom!

4925 NW JOHNSTON DRIVE, JOHNSTON

515-508-0024 ★ www.theflooringguysdsm.com

Family-owned, local business operating since 1999.

FEATURE

BEFORE



With an eye for design, Cheryl Baumgarten enjoys changing the décor of her home, while keeping an eye on the budget.

much height and too much trim for me to tackle,” Joe says.

Another major enhancement was replacing every light fixture. Darker-colored ceiling fans and ceiling lights were replaced with brighter, more modern versions featuring glass and silver colors.

To keep things fresh, Cheryl likes

to change the home’s decorations to match the seasons. To keep things in her budget, she shops for deals locally.

“Changing Places here in Urbandale is a great consignment store for high-end pieces on a budget,” she says. “I also like the many vintage markets here in the area. Home Goods is also a favorite.” ■

AFTER



ELECT JOHN FORBES POLK COUNTY SUPERVISOR

JOHN'S PRIORITIES

Keep Property Taxes in Check

Worked across the aisle to balance the state budget including a surplus and reserves

Mental Health

As a healthcare professional, John will bring his expertise to expand mental health services in Polk County

Clean Water and Climate

Local governments must lead in reducing reliance on fossil fuels and encouraging use of alternative energy

Infrastructure

John will work to provide residents high quality services, including well maintained county roads and facilities

JOHN'S EXPERIENCE

- State Representative 2013-2024
- Urbandale pharmacy owner for 42 years
- Urbandale City Councilman 2005-2012
- Past President Urbandale Chamber of Commerce
- Urbandale Citizen of the Year
- Central Iowa Honor Flight Coordinator
- National Community Pharmacy Service Award
- Iowa Pharmacy Association President
- Polk County Pharmacists President

www.ForbesforPolkCountySupervisor.com

contact@johnforbesforpolkcounty.com

515-778-7699



Paid For By Forbes For Polk County Supervisor Committee



John with wife Cindy & Family

For more information:



NAVIGATING the complexities of Medicare

Six things you need to know.

Medicare is a critical component of retirement planning, but it can be complex and confusing. Here are six things you need to know:

1. You could pay more if you enroll late.

To avoid these penalties, make sure your employer completes the necessary form confirming that you have had qualified coverage since turning 65. If you're not yet 65 and already retired, your enrollment period begins three months before your 65th birthday, so start the process early to avoid delays in coverage.

2. It's not a one-size-fits-all program.

You have options, including Original Medicare (Parts A and B), Medicare Supplements (Part C), and Prescription Drug Plans (Part D). Each option fills different gaps in coverage, so it's essential to understand how they work and



which one best fits your needs.

3. Medicare isn't free. While Part A of Medicare is typically free, Part B has a monthly premium based on your income. It's crucial to work with a retirement planner to understand how your income, including Roth conversions, can impact your Medicare premiums.

4. You enroll in Medicare through Social Security. Many people are surprised to learn that you enroll in Medicare through Social Security, not directly through Medicare. Keep an eye out for your Medicare card, which will come from the Department of Health and Human Services or the Centers for Medicare and Medicaid Services (CMS), as it may look like junk mail.

5. You don't always have to sign up at 65. If you or your spouse is still working and covered by a qualified employer health plan, you may not need to sign up for Medicare at 65. However, if you're on COBRA or a marketplace plan, you'll need to enroll in Medicare when

you turn 65 to avoid penalties.

6. You are not stuck with your plan.

You're not locked into the same Medicare plan forever. Each year during the Annual Enrollment Period (Oct. 15 through Dec. 7), you can review your coverage and make changes to ensure you're set up for success in the coming year. This is important because insurance carriers often renegotiate provider contracts, which can change the terms of your supplement plan and impact premiums, copays, deductibles and covered services, including benefits like X-rays, prosthetic devices and physical therapy. Benefits like gym memberships and chiropractic care can also be added or dropped from plans.

Understanding these six aspects of Medicare can help you make more informed decisions and avoid costly mistakes as you navigate your retirement journey. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



Learn about another important Medicare fact in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch this episode now.

Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through
Elite Retirement Planning, LLC. Insurance
Services offered through MRP Insurance, LLC.

TIPS for managing aging parents' assets

Adult children of aging parents can face many challenges. A gradual decline in health, a sudden health emergency, or a new diagnosis can thrust you into becoming a caregiver for your parents. If your aging parents need help to remain safe and healthy, you can take steps to manage the situation.



Know their assets

Keep a list of assets, such as real estate, bank accounts and investments. This includes life insurance policies, long-term care insurance, IRAs, 401(k) plans, annuities and money market accounts. This list also needs to account for income from Social Security retirement benefits and other sources, like pensions or the required minimum distributions from investments.

Know their values

Have a frank and honest conversation with your family. Make sure you understand and acknowledge their wishes. Do your parents want to age in their own home? Are they capable of doing so, both financially and physically? Is it time to downsize? Is there a plan in place for when your parent cannot make decisions? Together, you can make a list of values and goals and then work together to accomplish them.

Execute key documents

Develop a plan for having key legal documents in place. If you parents have never executed these documents (or if they are out of date), it is critical to prepare and revise new ones. Ignoring this issue will only lead to bigger problems.

A Last Will and Testament controls the disposition of assets and nominates an executor to wrap up final affairs. A revocable living trust can supplement a will by naming a trustee who will distribute certain assets. Unlike a will, a trust doesn't go through court-supervised probate. This can save time and money when settling an estate.

A durable power of attorney for health care nominates an agent to make medical decisions. A living will is the document that tells that agent what decisions to make. A financial power of attorney gives an agent the ability to manage assets. These three separate documents are key to allowing you to better handle your parents' affairs.

Caring for your aging parents and providing for your family at the same time can be emotionally overwhelming. Talk with an experienced elder law attorney to help you navigate these dramatic changes. ■

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

YOU HELP THEM.

LET US HELP YOU.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 37 YEARS



EXPERIENCED ATTORNEYS

— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate
Probate & Estate Administration ■ Social Security Disability
Business Formation & Planning ■ Medicaid & Asset Protection

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL BARNETT LAW FIRM

ESTABLISHED IN 1987

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com

LOCALLY-OWNED CABINET DEALER
OFFERING IN-HOME CONSULTATIONS

CUSTOM DESIGNS, SPECIALIZING
IN HOME REMODELING



AVID KITCHEN & BATH

2020 GRAND AVE, STE 1300, WEST DES MOINES, IA
515-410-1968 • WWW.AVID-KB.COM

HOME By Todd Kolbe

WHY consider LVP flooring?

When it comes to flooring options for your home, the choices can seem endless. From classic hardwood to sleek tile, there are pros and cons to each material. One flooring type that has gained significant popularity in recent years is luxury vinyl plank (LVP) flooring. But what exactly is LVP, and how does it stack up against traditional wood floors?



LVP is a multi-layer flooring product designed to mimic the look and feel of real hardwood but with added benefits. The core of an LVP plank is rigid vinyl, topped with a photographic layer that looks like wood. A clear, protective wear layer resists scratches, dents and fading.

It is 100% waterproof, making it an ideal choice for bathrooms, laundry rooms, and kitchens where wood can become damaged by moisture. LVP is also more scratch and dent resistant, and it won't expand or contract with changes in temperature and humidity like wood can. This makes installation and maintenance much easier.

Another key benefit of LVP is its affordability. Quality LVP planks can cost a fraction of the price of real hardwood, without sacrificing the beautiful wood-inspired appearance. LVP is also quicker and simpler to install, often using a click-lock system that doesn't require adhesive or nails.

For homeowners looking to achieve the look of hardwood floors with added durability and cost savings, LVP is an excellent option to consider. ■

Information provided by Todd Kolbe, Avid Kitchen and Bath, 2020 Grand Ave., Suite 1300, West Des Moines, 515-410-1968, www.Avid-KB.com.

PLAN AHEAD By Buffy Peters

GRIEF 101: Writing as a tool

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It's important to find ways to process what you are going through.



One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn't necessarily about "feeling better" or forgetting our person or "moving on," but rather adjusting to life without your person's physical presence and carrying the love you have for them forward with you. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.

Plan Ahead for
**PEACE
OF MIND**

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

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

**Contact Hamilton's to start
your plan.**

**Funerals
Cremation
Advanced Planning
Academy of Grief & Loss
Pet Services
Memorial Gift Shop**



HAMILTON'S
FUNERAL & AFTER LIFE SERVICES

515-243-5221
6 Area Locations



SHADE TREE AUTO

BUY 3 GET 1 FREE

**ON TIRES + STRUTS DURING
THE MONTH OF OCTOBER!**



BUY 3 TIRES GET 1 FREE!

*when you include Road Hazard Coverage
and an Alignment*

BUY 3 STRUTS GET 1 FREE!

Shade Tree Auto will match the Manufacturer's
mail-in rebate of *Buy Three, Get One Free* for
the month of October.



SAVE \$169.95!

**WHEN YOU COMBINE
BOTH OFFERS!**

See store for more details.

GRIMES
1750 SE 11th St.
515.986.5241

URBANDALE
3831 70th St.
515.512.1095

ANKENY
1329 SW Ordinance Rd.
515.964.9492





HOW-TO

GUIDE

HOW TO CHOOSE AN AUTO REPAIR SHOP

A reality of auto ownership is that, at some point, the vehicle will need repairs and upkeep. Some car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That's why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with a knowledgeable mechanic or auto repair shop early on in your vehicle's life can prove invaluable. Talented, honest mechanics can extend the life of your car and help you avoid costly repairs. And if the unexpected occurs — an accident or a major malfunction — that relationship can be the difference between hundreds and thousands of dollars.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a

good auto repair shop, you won't sweat it when these things come up.

If you haven't had a regular mechanic in recent years, now is the time to find one.

HERE ARE A FEW POINTS TO CONSIDER:

- Find a shop that gets rave reviews from family and friends, and you'll be in good hands.
- The Better Business Bureau can inform you about the repair shop's performance and reliability.
- Ask about the shop's range of services. They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner, rental car or shuttle service while your car is being repaired?
- Look for brand names and proper certification. Does the auto repair shop

use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty. Shops may use remade or generic brands which your insurance policy may not cover, so be sure to check.

- Compare the services and fees of each shop in the area to find out the average price ranges.

- Don't pick a shop based on cost; poor repair work will mean higher costs in the long run. You'll also want to ask about the shop's warranty policy. Imagine spending hundreds on a repair only to learn the work isn't guaranteed.

Once you have found a shop you trust, establish a good working relationship and try to use the shop for all of your automotive needs. Your mechanic will come to know you as a dependable customer and will provide you with the highest level of service. ■



FALL in love with Westside Auto Pros!

Now is the time for your battery, tires and antifreeze to be checked. Let Westside Auto Pros keep your family and pumpkins safe.

Westside AUTO PROS

Family Owned and Operated,
Full-Service Auto Repair

1901 NW 92nd, Clive
515-225-9090
westsideautopros.com
Hours: M-F: 7:30 a.m. - 5:30 p.m.

Amanda and Joe Jerkins, Owner

HOW TO CHOOSE AN EYE DOCTOR

One of our greatest gifts is vision. If your vision is not as sharp as it once was, or if things look just a bit fuzzy sometimes, that's a signal that it's time to see an eye doctor.

Many tend to ignore eye care until it's absolutely necessary. So, even if you don't have noticeable trouble with your eyesight, it is still important to have a routine examination.

Getting your eyes checked often makes it possible to discover vision issues early. It can also help you identify systemic problems you may not have even known you had. Catching and treating those problems early will likely lead to better outcomes.

Choosing the right optometrist or ophthalmologist can be a challenge. Consider these aspects when doing your research.

TYPES OF DOCTORS

While optometrists do not have medical degrees, they do have specialized training in diagnosing and treating vision and eye

health-related problems. These professionals receive bachelors degrees before their four-year training programs. Optometrists can identify and diagnose a variety of eye disorders, including cataracts, glaucoma and retinal disease. They also have the ability to write prescriptions to treat these conditions.

Ophthalmologists are medical doctors who treat eye diseases. They have medical degrees along with their specialized training for eye treatment. Their extensive background typically includes four years of pre-med school, four years of medical school, at least one year of an internship and three years of residency before receiving their ophthalmology license. Along with treating vision problems, they provide medical and surgical care and even plastic surgery.

TRAINING

Eye doctors often specialize in certain diseases or treatments. If you have been diagnosed with glaucoma, for instance,

you can find a doctor who has experience specifically treating that disease. Be sure to ask eye doctors about their experiences treating specific diseases and conditions.

REFERENCES

Your family doctor or general practitioner may know the good eye doctors in your area. Doctors often refer patients to an eye care specialist that has the most experience treating specific needs.

SELECTION

Many people find it hard to select eyewear from the vast styles, sizes and colors. Choose an optical dispensary that has an optician on staff who can help you choose the right style and fit for your face. Make sure the optical dispensary has tools that help you "see" what you look like in the eyewear. Lenses and frames can vary in terms of comfort, appearance, price and quality. A professional optician can help you find the best options. ■



DO YOU SUFFER FROM

Dry, Itchy, Red or Burning Eyes?

LUMENIS OPTIMA IPL CAN HELP!

- ✓ Treats the root cause of the problem
- ✓ Provides immediate relief
- ✓ Safe and comfortable
- ✓ A fast "lunch-time" treatment
- ✓ Improves skin appearance





ADVANCED
EYE CARE
CENTER, PC

WHAT IS IT?

IPL is Intense Pulsed Light, a technology used for various skin treatments. Lumenis Optima IPL revolutionary treatment gently and effectively treats your skin and eyelid inflammation with maximal safety, comfort and full customization to your skin type and condition.

WE OFFER  **CareCredit**

4660 86th St, Urbandale **515-727-6340** www.advancedeyecarepc.com

HOW TO CHOOSE A TATTOO STUDIO

Tattoos and tattoo studios have gone mainstream, and it's safer and easier than ever to wear your passions on your sleeve. In fact, more than 30% of Americans have at least one tattoo. If you've been considering a new tattoo, read these important steps to ensure a safe, professional and satisfying experience.

1. RESEARCH AND RECOMMENDATIONS

Word of mouth: Ask friends, family and colleagues with tattoos for recommendations. Personal experiences can give you valuable insights.

Online reviews: Check platforms like Google Reviews, Facebook, and social media for customer feedback. Pay attention to comments about cleanliness, professionalism and overall satisfaction.

Portfolios: Look at the tattoo studio's website and social media pages to view their artists' work. Ensure the style matches what you're looking for.

2. HEALTH AND SAFETY STANDARDS

Licensing: Ensure the studio and its artists are licensed according to local regulations. A store license and an artist license should be visibly posted.

Cleanliness: Visit the studio in person. It should be clean, well-organized and hygienic. Look for proper sterilization equipment like autoclaves and single-use needles.

Safety protocols: The studio should follow strict protocols for sterilizing equipment and using new, disposable gloves and needles for each client.

3. ARTISTIC STYLE AND SPECIALIZATION

Match your style: Each tattoo artist has a unique style. Choose an artist whose work resonates with the design you have in mind, whether it's traditional, realism, watercolor or something else.

4. PRICING

Understand costs: Tattoo pricing varies

based on size, complexity and artist experience. Ask for an estimate during your consultation or prior to the tattoo.

Value over cost: Don't choose a studio based solely on the lowest price. Quality and safety should be your top priorities.

Deposits and policies: Inquire about deposit requirements and the studio's cancellation and rescheduling policies.

5. COMFORT AND ATMOSPHERE

Studio vibe: The studio should feel comfortable and welcoming. You should feel at ease with the artist and the environment, and the artist should make you feel confident about their skills and approach.

6. GUT FEELING

Trust your instincts: If something doesn't feel right, trust your instincts and keep looking. The right studio should give you confidence in their professionalism and artistry. ■



STOP IN TODAY TO BOOK YOUR APPOINTMENT!

515 • 257 • 7940

TATTOOS
from 23 Knowledgeable Artists

PIERCINGS AND JEWELRY
from 5 Full Time Piercers

LASER REMOVAL
with our Full Time Laser Removal Specialist

PARAMEDICAL TATTOOS

From Ideas To Ink



2024 WINNER

BEST PLACE TO GET A TATTOO

BE BE BE BE BE BE BE BE BEST

LOCATIONS



ANKENY
1550 N ANKENY BLVD



CLIVE
1800 NW 88TH ST



DES MOINES
3104 SW 9TH ST



WAUKEE
505 E HICKMAN RD

www.luckygaltattoo.com

HOW TO CHOOSE A ROOFER

Notice a leak when it rains? Or perhaps you've seen a stray shingle on the ground near your home. Stepping back to inspect your roof, you might notice even more damage or erosion. If even just one of these issues is true — or maybe you just want to update and improve the look of your home — it's time to hire a professional roofer for your home's first line of defense against the elements. Putting a new roof on your home can significantly increase its value. So, it is essential that you pick the right contractor to do this job.

Your first step in finding a reliable roofer is to ask your family, friends and neighbors if they have recommendations or referrals from work they have had done. You can also look on the internet for roofing contractors in your area. Some websites offer lists of professionals, along with reviews of their work. Personal recommendations will give you the best information. Be sure to focus

on the quality of work as well as the cleanup process. You don't want scraps of shingles and nails left over after the contractors have gone home. Don't hire professionals who leave debris after they are gone.

Pick someone you connect with and trust. Some contractors travel the country looking for work. If you hire one of them, they may not be able to provide realistic guarantees for their work. After all, they may be on the other side of the country if you begin to experience problems with their work.

Once you have contact information for several roofing contractors, call them. Inquire about the company's background and how long they have been in business. Generally, a good roofer should offer a material and workmanship warranty. Be sure to ask questions about time frames and estimates. You should always get a written estimate before proceeding with any work.

Communicating with the contractor

will let them know that you will be taking a hands-on approach to your project. Find out if the roofer's product recommends what they will do if they find damaged decking and when they might be available to start. You should also ask about the warranty and whether you can have it confirmed in writing.

Every professional who works on your property should be licensed and insured. Insurance is particularly important for roofing contractors. They should be able to cover any damages they might cause to your property. It is also essential that workers are covered under their insurance as well, in the event someone is injured during the job.

Before work commences, you should receive a written contract from the roofer. Read it over carefully. It will state the type of materials to be used, what the work will entail and the final cost. Following these tips will help you find the best roofing contractor in your community. ■



CENTRAL IOWA'S PREMIER ROOFING COMPANY

ROOFING • SIDING • DECKS • ADDITIONS • REMODELS • & MORE



CALL OUR TEAM TODAY!
(515) 689-3700!

Locally Owned & Operated



HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage door is part of the front of your house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're hoping to sell, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside.

If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordable they are.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. If you thought your choices were limited to simple basic styles, think again. You should pay close attention to the materials. Today's garage doors can be made with expensive hardwoods, steel, fiberglass or aluminum, all of which will have a big impact

on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose and the direction your garage door will face. Some will hold their color longer than others (direction has an impact here), and real wood doors will likely require regular staining and sealing to keep them looking spectacular.

INSULATION

Depending on climate and how you use your garage, the insulation of your garage door can be an important factor. If you use your garage as a workspace or entertainment space, insulation is something you should include. An insulated door can also make a positive impact on your energy usage by helping to keep the hot and cold weather away from the interior of your house.

SERVICE

The most common issues with garage doors requiring service are broken springs, thrown cables and photo-eye misalignment. These issues are easily resolved with a service call where the spring(s) or cable can be replaced and photo-eyes adjusted or replaced. It is rare for parts like rollers, brackets, bearings or torsion rods to require replacement. ■

YOUR EXPERT SOURCE FOR

ALL THINGS GARAGE DOOR

REPAIRS • NEW DOORS • OPENERS



VISIT OUR
WEBSITE OR
SHOWROOM TODAY!

AMEGA
GARAGE DOORS
& OPENERS, INC.

GARAGE DOORS WITH CURB APPEAL

CALL US **515-633-2119**

AmegaGarageDoors.com

SALES • SERVICE • PARTS • INSTALLATION

HOW TO CHOOSE KITCHEN AND BATH DESIGN

Trends in home design come and go, but the basic look of modern kitchens and baths tends to remain consistent, with some variations to complement the style of the home. Granite or quartz countertops, stainless steel and hardwood floors retain their popularity.

Any builder or real estate agent will tell you that upgraded, stylish kitchens and bathrooms are the most in-demand areas of a home to remodel for your own comfort and pleasure or to sell your home.

Kitchen and bath remodeling can improve your home's value and increase its charm. This is especially true if your current kitchen and baths are dated and showing their age. And while remodeling can be costly, these are areas where you don't want to cut corners. After all, you use your kitchen and bath every day you are in your home.

If it's time for some updates in your home, here are some things to consider with regard to kitchen and bath remodeling.

FUNCTION

Functionality is paramount. What exactly will you be doing in this room? Do you eat in your kitchen or in a dining room? Some people get dressed in their bathroom, while others put on clothing in their bedrooms.

DÉCOR

Look for inspiration. Leaf through home design magazines to find appealing designs. Make notes on what you like most about each design scheme. Neutral paint may open up opportunities for a variety of decorating options. It could make it easier to change the decor in the future. If you sell your home, it allows potential buyers to visualize their own preferences in that space. Of course, any room you design must be coordinated with the design of other rooms in your home. If your house has a contemporary, modern or traditional design, you will want the kitchen and bath to blend with that decor.

BUDGET

Remodeling can be expensive. Experts recommend you spend up to 20% of your home's value on remodeling the kitchen and less than that on remodeling the bath. Working with a company that specializes in kitchen and bath remodeling can save money in the long run. They will have designers who can assist with design and product selection. Many times, they will also have carpenters who are employees to handle all the tear out and installation. ■

OUR GOAL IS SIMPLE...

To create a space that will enhance your life for years to come.

Woodharbor is your one stop shop for kitchen, bath and home remodeling projects. Our designers are exceptional at guiding you through the entire process from design to product selections. Our expert craftsmen will bring your design to reality.

W|H WOODHARBOR
KITCHEN & BATH

LOCALLY OWNED & OPERATED

VISIT OUR SHOWROOM AT
10627 Aurora Avenue, Urbandale
www.woodhARBORDM.com | 515.278.1531

THE BLESSING of giving

Watching the squirrels gather and bury the walnuts in preparation for winter prompted me to consider how Christ followers should be living now in preparation for a future home in glory.

Paul told Timothy, "Instruct those who are rich in this present world not to fix their hope on the uncertainty of riches" but "to be rich in good works, to be generous and ready to share, storing up for themselves the treasure of a good foundation for the future..." (1 Timothy 6:17-19)

None of us is rich compared to someone like Elon Musk, but everyone reading this is "rich" compared to most people "in this present world."

God's children aren't to "fix our hope" on riches that are fleeting, but on God, who is faithful to richly supply us with all things to enjoy. Paul suggests how followers of Christ are to trust in the Lord.

"Wealthy" Christ followers are to "do good" by using their time and treasures for what is inherently beneficial to others and truly noble. Several folks in our church regularly call, visit and pray for those who are struggling with physical injury or illness. Whether we are holding a door, mopping the floor, or running to the store for another, it's truly a good work if it's God's work through us because of His work in us.

Believers demonstrate the same generous undeserved love towards others which God has directed towards us (2 Corinthians 5:14-15). We loan our tools, help friends move, and watch each other's children. "We love because He first loved us" (1 John 4:19).

Even in these challenging economic times, believers in Christ are to "be rich in good works" by abounding in the selfless and sacrificial use of our financial resources for the good needy widows (1 Timothy 5:4), our family (5:8), church leaders (5:17) and others.

When we're tempted to "get all we can, can all we get, and sit on the can" financially, God calls His children "to be generous" in helping our church family (Acts 4:34-35), supporting a Christian ministry, or meeting needs in our community. Generous giving is a tangible way of fixing our hope on God and not money.

By giving, we recognize God owns all we possess, we reflect God's love for us, we rest in having less, and we rely upon the Lord to care for us.

The blessing of giving is in our maturing, alleviating others' suffering, and investing in something that will pay eternal dividends in heaven (1 Timothy 6:19).

Where can we give generously for the greatest good of others, the glory of God, and the gain of His kingdom? ■

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



WE SPECIALIZE IN:

- Installation and service of lawn irrigation
- Landscape lighting
- Drainage
- Free estimates



SPRINKLER SERVICE INC. 1821 SE Miehle Dr., Ste. A, Grimes
View projects on our website
WWW.TANDTSPRINKLER.COM **515-986-1172**

FAITH BUILDING for all ages & stages

Sunday morning WORSHIP,
SERMONS & SUNDAY SCHOOL

Wednesday night AWANA,
TEEN GROUPS & ADULT BIBLE STUDIES



**CREEKSIDE
CHURCH**

2743 82nd Pl • Urbandale • CreeksideDM.com

NEED NEU BLINDS?

**CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES**

**WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!**

**Neu
Blinds**

**CALL OR TEXT TODAY
515-250-5543**

GRABER. DELIGHT IN EVERY DETAIL

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many products to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

CITIZEN of the Year announced



Jim Epstein

The Urbandale Chamber of Commerce announced that Jim Epstein has been awarded 2024 Citizen of the Year for his exceptional dedication and service to the community. Jim's contributions range from his involvement with UCAN, the Lions Club and St. Pius X Church, reflecting his deep commitment to enhancing the lives of Urbandale residents.

Since joining the Urbandale Lions Club in 2006, Jim has demonstrated leadership and service. As a past president, Jim has organized and coordinated numerous events, including the many pancake breakfasts and suppers to support local nonprofits such as UCAN, Special Olympics and the Urbandale Historical Society. His efforts in securing grants for food distribution programs have notably provided more than 1,000 lunch bags for food-insecure children, earning recognition from Lions Club International.

Jim's volunteer work extends to UCAN, where he handles food rescue operations from local grocery stores, assists in sorting and distributing food, and recruits volunteers for critical programs supporting food-insecure children. As a board member, he has been instrumental in organizing the backpack buddy program and weekend food distributions.

Additionally, Jim's involvement with St. Pius X Church, where he serves in various ministries including as a greeter and Eucharistic minister, showcases his commitment to spiritual and community wellbeing.

"Jim's relentless passion and dedication have made a significant impact on Urbandale, making him a deserving recipient of the 2024 Citizen of the Year Award. His selfless service continues to inspire and uplift the community," a Chamber press release stated.

The Urbandale Chamber of Commerce formally honored Jim as Citizen of the Year at the annual Sample Urbandale, A Celebration of Business on Sept. 12. ■

URBANDALE YP of the Year named



Daycen Douglass

GenYP and the Urbandale Chamber of Commerce announce Daycen Douglass as the 2024 Urbandale Young Professional of the Year. This award celebrates exceptional leadership and dedication, and Daycen exemplifies these traits through his outstanding contributions to the organization.

Over the past three years, Daycen has been a key member of genYP, notably revamping the mentorship program, leading to significant improvements in participation and quality. His commitment extends to the Civic Committee, a second committee Daycen sits on, where he has taken on the role of co-chair. Daycen worked to redesign the Civic Committee's March Madness Bracket campaign, making it a more interactive event, boosting attendance and increasing the total amount donated to the Urbandale Food Pantry.

Daycen also brings a passion to get young professionals involved in genYP and keep them engaged. He has implemented an outreach program for leadership members to keep in contact with all 130-plus members of the organization. Additionally, Daycen monitors genYP's budget and acts as an informal treasurer. His willingness to take on new challenges and his ability to enhance every project make him an invaluable asset to genYP.

"Daycen has great insights, gets things done, and leaves everything better than when he found it," said Holly Adams, genYP past chair. "He is an integral part of genYP. We're incredibly grateful for his work so far, and we look forward to his future contributions." ■



URBANDALE COUNCIL RECAP



Mayor Andreweg administers a special Oath of Office to 11-year-old Blake Bonta, officially naming him an honorary Police Officer.

a special Oath of Office to 11-year-old Blake Bonta, officially naming him an honorary Police Officer. Blake, who has bravely battled brain cancer and endured numerous treatments, is now on the path to recovery. Blake wants to work in law enforcement when he grows up.

The City Council was presented with two \$5,000 checks. The first, a contribution from local resident Bob Lemon, is dedicated to supporting the Parks Reforestation Project, an initiative aimed at restoring the parks damaged in the July tornado. The second check, provided by the Polk County Board of Supervisors through a Community Betterment Grant, is earmarked for upgrades and improvements at Lions Park.

The Urbandale Fire Department has achieved Accredited Agency status with the Commission on Fire Accreditation International, joining the ranks of only seven fire departments in the state of Iowa to earn this recognition. The path to accreditation involves a comprehensive evaluation of the department's operations, from emergency response times to community risk reduction programs. The accreditation was formally presented to the Mayor and City Council.

Toward the end of the meeting the City council approved a \$46,000 quote to buy an all-electric cargo van.



Urbandale Fire Department is now an Accredited Agency, formally presenting the award to the Mayor and City Council.

September 3, 2024 - Council Meeting

The Mayor and City Council met on Tuesday, September 3, and the Mayor began with a proclamation recognizing National Hispanic Heritage Month and Library Card Signup Month. The Mayor and Council were also formally introduced to Jazmin Diaz, Urbandale Community Action Network's (UCAN) Executive Director. Toward the end of the meeting, the Mayor and City Council met in closed session regarding pending litigation and real estate.

August 20, 2024 - Council Meeting

During the City Council meeting on Tuesday, August 20, the Mayor had the privilege of starting the session with a heartfelt ceremony. He administered

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



Council Recap is Online

Looking for a particular meeting recap? We have all the recaps online! 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.

Urbandale City Hall | 3600 86th Street, Urbandale, IA 50322 | 515-278-3900 | www.urbandale.org

CRISPY grilled chicken with a kick

(Family Features)

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



Need a Jewelry Repair?

Restore the brilliance
with

CHRISTOPHER'S
FINE JEWELRY

160 Jordan Creek Parkway, Suite 100
West Des Moines, IA 50266
515 - 705 - 7465

Learn More —



URBANDALE Public Library news

New collection items

The library has added more options to the collection, including memory kits, pickleball sets and puzzles for kids. Our memory kits are designed for people with memory loss, dementia or cognitive impairment and are intended to stimulate conversation or reminiscing.

With rising popularity in the sport and our proximity to the courts at Walker Johnston Park, we have added two sets of pickleball accessories for check out. Each set includes four pickleball paddles and pickleballs for indoor and outdoor use. The pickleball sets can be checked out for a 24-hour period.

We have also started a collection of children's puzzles. You can find them in the youth section near our STEAM Kits. You can browse our collection, including these new items, on our online card catalog.

Adventure Pass: Reiman Gardens

Urbandale residents can now access Reiman Gardens in Ames to explore the public botanical garden, seasonal gardens, live

butterfly exhibit and more. This new option was made possible by the Urbandale Public Library Foundation. To learn more about the Adventure Pass and to make a reservation, visit our website: www.urbandalelibrary.org/adventure-pass.

1000 Books Before Kindergarten

With school starting, it seems like a good time to remind parents they can take advantage of this fun and free program to read aloud to their child(ren). 1,000 Books Before Kindergarten is intended for infants through 5 years old, and you can sign up more than one child. Similar to our Summer Reading Challenge, you can track your reading through the Beanstack app or with a paper log (available at the youth desk). You can also stop in to pick up a free book as your first prize just for registering. You can continue to collect prizes as you and your child reach a new milestone. Any book counts, whether you check it out from the library or have a favorite in your personal library. Listening to an audiobook counts, too.

Urbandale Public Library

3520 86th St., Urbandale

515-278-3945

www.urbandalelibrary.org

Monday – Thursday: 9 a.m. to 8:30 p.m.

Friday – Saturday: 9 a.m. to 6 p.m.

Sunday: noon to 6 p.m.

Library closed for staff in-service

The library will be closed Thursday, Oct. 10, to allow staff to attend the Iowa Library Association Conference in Des Moines. Regular library hours will resume on Friday, Oct. 11 from 9 a.m. to 6 p.m.

Early voting location

The library will be an early voting site from Tuesday, Oct. 22 to Saturday, Oct. 26. Voting will be conducted in the meeting rooms located near the front entrance from 10 a.m. to 4 p.m. ■

**2 DAY
SALE!**

FALL SALE

Friday, Sept. 27 & Saturday, Sept. 28

**PUPPY JAKE
ON SITE!**
11:30AM-1PM
Saturday

40% OFF

All Live Goods*

Trees, Shrubs & Perennials

FREE
ESTIMATES!
FREE DELIVERY
in Ankeny with
purchase
over \$350

10% OFF ALL MATERIALS

Rock, Mulch, Soil, Compost, Edging, Wall Stone & Pavers*

10% OFF BBQ

Grills, Smokers, Lump Charcoal, Wood, Accessories,
Sauces and Rubs

HUGE SELECTION TO CHOOSE FROM IN OUR 5 ACRE NURSERY

Puppy Jake On Site And Accepting Donations Saturday

**FREE
BBQ
LUNCH**
Saturday 11:30-1PM
catered by
Smokey D's BBQ

TNT LANDSCAPING

(515) 965-1206 • 1313 SW Ordinance Road, Ankeny

www.tntlandscaping.com

* No warranty. In-stock only.

www.hawgeyesbbq.com

GRILLS • SMOKERS • FIREPITS *Plus accessories, spices, rubs, sauces & more!*

STAY home — planfully — with peace of mind

For Carolyn, senior living communities have always sounded like a wonderful idea — for other people. Although many of her friends have moved to communities and are happy with that decision, Carolyn loves her house and wants to stay there. Her concern, though, is that she has had some health issues, and she is afraid of losing her independence and “having” to move.

“I don’t want to just stay in my home; I want to be independent in it,” Carolyn, 70, says. “But I worry that, as I get older, I’m going to need too much help to stay here by myself.”

Carolyn’s situation is far from unusual. “Aging in place” — at 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 introduced 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.

• **What does the program include?** 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.

• **Does it include personal support, such as wellness coaching?** 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.

• **Does it include care costs and options?**

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 meets your needs, now and in the future — and provides you with peace of mind. 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.



THE NEED FOR BLOOD NEVER STOPS

 EVERY TWO SECONDS: Someone needs blood.	 EVERY HOUR: 60 units of blood are required to help patients undergoing surgery.
 EVERY DAY: Over 5,000 people are diagnosed with cancer.	 EVERY WEEK: More than 10,000 units of blood are needed for emergency surgeries.
 EVERY MONTH: Nearly 25,000 individuals start chemotherapy, requiring frequent blood transfusions.	 EVERY YEAR: Over 4.5 million Americans would die without lifesaving blood transfusions.

lifeservebloodcenter.org | 800.287.4903 | lifeserve.info/centraliowa

PROVIDING 100% OF ALL BLOOD PRODUCTS TO YOUR LOCAL HOSPITALS!

Broadlawn Medical Center MercyOne Des Moines MercyOne West Des Moines	UnityPoint Health - Des Moines Iowa Methodist Methodist West Blank Children's Iowa Lutheran VA Central Iowa Health Care
--	---



FALL REGISTRATION NOW OPEN!

Registration is open for Urbandale's fall classes and programs! Look at our listing of Youth Programs, Adult Programs, Adaptive Programs, and Senior Programs online at **www.Urbandale.org/programs**. Each activity has a link under the description so you can easily register with our online registration system. Classes, events, and programs are available both virtually and in-person.

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

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.



MINI MUSIC MAKERS *Ages 5-7*

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. Children will complete a music-themed craft as well!



PRINCESS IN THE PARK! *Ages 2-10*

Come to the park and have a tea party with your special adult! We will provide lemonade (tea), cookies, and crafts for everyone to do with their favorite princesses! Bring a camera along to take pictures and feel free to dress up like your favorite character as well.



EXPLORE URBANDALE!



VERMILLION'S home is one to talk about

Commercials and movie options filmed at Urbandale home.

Michael Vermillion's Urbandale home is a hidden oasis.

The house was built in 1988 by a couple planning to retire and live there long term. That resulted in extra-wide hallways, an elevator and a seven-car garage with a 25-foot-high attic that was intended to become a nurse's apartment.

Unfortunately, the couple had to move out earlier than expected, but, because they had put so much money into it, they couldn't sell it for what they hoped for. Instead, they willed it to Drake University, which eventually put it up for sale.

That's when Vermillion came into the picture. He was looking for a home to settle down in. His real estate agent told him about the place in Deer Creek but warned him, "It comes with a guy."

The agent explained that a man literally slept in the house in a sleeping bag to make sure the heat came on in the winter and the yard was taken care of.

What first struck Vermillion about the property was how driving down to it was reminiscent of being in Vermont with its abundance of foliage. The woman who initially owned the home with her husband was a horticulturalist, so the house itself was surrounded by gorgeous landscaping.

After touring the property, Vermillion quickly made an offer. Alas, when he officially purchased the home, the guy with the sleeping bag moved on.

That was in 1998. Since then, Vermillion has done a lot to the home, particularly outdoors. He had the "biggest pool possible" installed, which



Michael Vermillion's home is a treasure trove of stories after his backyard oasis drew the attention of commercial producers and filmmakers.

ended up being a black bottom infinity pool. He also expanded the deck, created an outdoor kitchen with a 15-foot-long fireplace, and put in a cabana with two dressing rooms, a shower and laundry. In addition, Vermillion replaced the roof with a rubber material designed to look like slate. Its roof came with a 50-year guarantee against hail damage.

The home has proven to be beneficial for entertaining. When he owned his own business, Vermillion often hosted parties, one of which saw 100 attendees gathered in his backyard.

The garage is just as spacious. One year, Vermillion hosted a Christmas party complete with a dance floor, stage and serving food area. Sixty people attended, but "it didn't seem crowded at all," he says.

Years ago, the landscaper who helped design and build his backyard landscaping featured Vermillion's space in the company's magazine. After that, he started receiving calls, including from Hewlett Packard, which wanted to film a commercial at his home. He agreed, but after someone scratched his baby grand piano, Vermillion said no more commercials.

He did allow a couple of movie options to be filmed, one with Lance Henriksen of the "Alien" film franchise who drank wine with him between takes, but when a character was "shot" in his walk-in closet and fake blood splattered on his suits and the wall, Vermillion was none too pleased. He did save a little speck of blood on the wall as a memory, though.

Since then, Vermillion tells people he's "retired from show business."

But at least he's got some good stories to share. ■

Together, we care.

- ▶ Accepting patient referrals
- ▶ Hiring nurses and aides
- ▶ We live at your side and on your side!

Optimae
HOME HEALTH SERVICES



For information about receiving services or working at Optimae, scan the QR code to visit our website or give us a call!

optimaehomehealth.com 515-277-0134

Optimae Home Health Services Central Iowa

WE MOW LAWNS!

515Lawn Services



Locally owned, operated and insured

TEXT, CALL OR MESSAGE FOR A FREE QUOTE! 515-587-8171



NOW OPEN



Scott Politte, President
Stivers Ford Lincoln of Iowa

Stivers Means Business. Stivers Ford PRO Elite Commercial Service Center

"ALL MAKES ALL MODELS MAINTENANCE AND REPAIR"

Our state-of-the-art 24-bay facility offers complete service for your light-, medium-, and heavy-duty commercial and fleet vehicles.

Monday-Friday 7am-7pm.

1300 SE Stone Ridge Dr
Waukee IA 50263
On the Stivers Auto Campus
<https://stiversfordia.com/pro-elite-commercial-center>
515-217-6861

Stivers Waukee Auto Campus



Stivers Ford Pro Offers

- Dedicated Commercial and Fleet Services
- Decades of experienced technicians, advisors, and management
- State-of-the-art Complex
- 36,000-Square-Foot, 24-Bay Facility
- Clearance to Service Any Size Vehicle
- Ford Recalls and Warranty Repairs
- Exclusive Light- to Heavy-Duty Service Advisors
- ASE Certified Technicians
- Mobile Service Van (select services available)
- Free Pick Up & Delivery



Iowa's #1 Ford LINCOLN Dealer
STIVERSFORDIA.COM 515 217 6861

*Sales ranking based on car and truck sales report of the Kansas City Region of Ford Motor Company and Lincoln Motor Company for 2023

EVENTS IN THE AREA

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

Check for cancellations

Urbandale Food Pantry groundbreaking

Friday, Sept. 27, 10:30 a.m. to
noon

7901 Douglas Ave., Urbandale

A groundbreaking celebration for the Urbandale Food Pantry is planned with the ceremony at 10:45 a.m. Enjoy food, fun, community, networking and celebrate with the Urbandale Chamber.

Urbandale Historical Society events

Oct. 13 and Nov. 10

Urbandale Public Library, 3520
86th St.

The Urbandale Historical Society will feature history programs at the Urbandale Public Library. Iowa Oddities will be presented by Megan Bannister on Sunday, Oct. 13, from 2-4 p.m. Collecting and Preserving Family History will be presented by Archie Cook of the Iowa Genealogical Society on Sunday, Nov. 10, 2-4 p.m.

Candidate Forum

Wednesday, Oct. 16, 11 a.m.
to 1 p.m.

E.J. Giovannetti Shelter in
Walker Johnston Park,
9000 Douglas Ave., Urbandale

The Urbandale Chamber is hosting a candidate forum. The forum is open to the public at no charge and begins at 11:30 a.m. Lunch can be brought from home or a sack lunch can be ordered in advance for \$20 from IN the Bag. The forum will feature candidates for Senate District 22, Brad Zaun and Matt Blake; House District 44, Larry McBurney (not yet confirmed) and Jake Heard; House District 43, Eddie Andrews and Tiara Mays-Sims; and Polk County Supervisor, Jill Altringer and John Forbes. Questions can be submitted to Tiffany Menke at tmenke@urbandalechamber.com. Registration link is at uniquelyurbandale.com.

Christmas Open House

Sundays, Dec. 1 and Dec. 8, 2-4 p.m.
Olmsted-Urban House, 4010 70th St.

Enjoy a Christmas
Open House at the
Urbandale Historical
Society's Olmsted-
Urban House. A variety
of activities will be held
at the decorated house
both Sundays.



Join the Boosters

The 2024-25 Urbandale Booster Club Fund Drive is now available. Donations directly support and impact current and future Urbandale students in athletics and performing arts. To become a member, visit <https://tinyurl.com/U2024Membership> to view options and mail in form; call Adam Fraher at 515-457-6945 to purchase over-the-phone; or purchase online at <https://www.j-hawkshop.com/product/membership>. Interested in becoming a business partner or sponsor? Contact Adam Fraher at 515-457-6945 or adam.fraher@j-hawks.com.

Our neighborhood is *nearly fall!*



NEIGHBORHOOD19
at brio

Be one of the last to become part of it!
We're making the Brio campus even more inviting with the addition of beautiful single-family homes and townhomes. Construction is nearly complete, and only a few homes remain!

Tour today!
To schedule your visit, call Maria at (515) 252-5380 or email her at mjordan@wesleylife.org.

Sign up today for your tour! We look forward to seeing you.



EVENTS IN THE AREA

Check for cancellations

Vintage & Made Fair

Saturday, Sept. 21, 9 a.m. to 4 p.m.

Dallas County Fairgrounds,
28057 Fairgrounds Road, Adel

This indoor/outdoor market celebrates the handmade and vintage community. You will find antiques, vintage, home décor, jewelry, handcrafted goods, seasonal flora, food and beverage trucks, live local music and everything you need to create a vintage and handmade lifestyle. Admission is \$10 with 12 and younger free.



Multicultural Pow Wow

Sept. 20-22

Jester Park, Granger

This year will mark the 25th year of the Pow Wow. The event will not only showcase some staples of Native American heritage, but other cultures' customs as well. Vendors and a variety of activities are featured. Finding common ground among all people is something we should all strive for, says organizer Ralph Moisa. For more information and schedule of events, visit www.whitecaglepowwow.com.

Paint Madison County, a Plein Air Festival

Sunday, Sept. 22

The public can watch artists at work at various sites around Madison County from 9 a.m. to 1 p.m. A reception and sale will be from 4-7 p.m. at Covered Bridges Winery, 2207 170th Trail, Winterset. New this year is a youth division for participants with prizes awarded. For more information, visit www.madisoncounty.com.

Halfway to St. Pat's Charity Car Show

Sunday, Sept. 22, 11 a.m. to 3 p.m.

Charlie's Filling Station, 305 Grand Ave., West Des Moines
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.



CITYVIEW Wine and Whiskey Walk

Friday, Sept. 20, 5-9 p.m.

West Glen Town Center

Tickets are \$25 in advance, \$35 at the event, for 10 tickets for sample-size whiskey cocktails. Enjoy free wine samples at participating retail locations. For more information and ticket link, visit <https://whiskeywalk.dmcityview.com>. ■





NEED A HAND WITH ACCOUNTING?

LET US MAKE
THINGS EASY!



Ann M. Hartz
31 years experience

CITYVIEW BEST
Living MAGAZINE
RESIDENTS' CHOICE AWARD
WINNER

Specializing in:
Tax Services • Tax Problem Resolution
• Small Business Assistance
Payroll Services, Accounting, and Strategic Business Coaching

Ann M. Hartz CPA
AND ASSOCIATES

CPADesMoines.com

7109 Hickman Rd., Urbandale (515) 259-7779

URBANDALE teachers honored

Peppmeiers are first Retired Teachers of the Year.

This year, in conjunction with the Alumnus of the Year award, the Urbandale Alumni Association decided to start a Retired Teacher of the Year award. It did not take the Alumni Board long to decide on Dennis and Janet Peppmeier. The two, who taught in Urbandale schools for 33 years, were selected for their continued support of the Urbandale Alumni Association from its inception in 2013.

“When they first mentioned it to us, we said there are so many deserving of this honor that we have taught with and known and have been friends with, so it was really special,” Janet says.

The Peppmeiers are both from southwest Iowa, and they met at the University of Northern Iowa. They both were student teachers in the Des Moines area, and they decided to call Urbandale home after getting married in 1970.

“We have lived in five houses through the years in Urbandale,” Janet says. “We wouldn’t think of calling anywhere else home. We call Iowa ‘living in paradise.’ We travel a lot, and we love coming back here to where the standard of

living and people are top notch.”

During their time in the classroom, Dennis taught elementary and middle school P.E. and coached sports. Janet was the home economics teacher at Urbandale High School and a Title 1 reading, math and science teacher at the middle school. They both retired in 2004 and have been fixtures in the community ever since. Dennis and Janet worked at the front gate during U-Fest, and a line of alumni, school staff and friends often formed as they waited for a chance to visit with them.

The couple was not able to attend U-Fest this year to receive their award due to Dennis being ill, so board members took the award to the hospital to present it to them. The Alumni Board had told Janet the award was for Dennis, but it was for both of them and was a surprise for Janet. There were lots of smiles and tears from Dennis, Janet and their family that day at the hospital.

When it was posted on the Urbandale Alumni Association Facebook page that the award had been presented to them in person and



Dennis and Janet Peppmeier were named Retired Teachers of the Year by the Urbandale Alumni Association.

not at U-Fest, more than 400 likes, cares, hearts and comments were posted to them on the page.

“We are lucky we have had 20 good years of retirement,” Janet says. “On Dennis’ bucket list was to golf in all 50 states, and he got to do that. He did the 50th state with our grandson, Tom, in Wyoming. It’s bittersweet, but we have lots of good memories.” ■



MEADOWVIEW
OF CLIVE

Independent Living • Assisted Living Memory Care

A Warm Welcoming Community with Great Amenities

Movie Theatre | Heated Parking | Salon & Spa | And More!



LEARN MORE

Call to Schedule Your Tour!

(515) 644-8740 | 3300 Berkshire Parkway, Clive, IA 50325

MeadowviewClive.com



Managed by
CARROLL STREET
COMMUNITY CARE

GOLF Outing

The Des Moines Metro Chamber Golf Outing was held on Aug. 22 at Beaver Creek Golf Course.



Jami Weems, Jaime Miller and Megan Tjernagel



Eric Eigenfeld, Hayley Vanderpool, Ben Proffitt and Adam Lenze



Stephanie Gott, Chris Wood and Bradd Westemeyer



Jane Carberry, Peg Lund, Brenda Plantz and Jill Bouslog



David Roesch and Alex VanDorpe



Kara Matheson and Anna Eichinger



Megan Farley and Kirsten Ingersoll



Abby Chavez and Will Kehlenbeck



Austin Narber and Travis Ziemke



Tyler Gosnell and Thanasy Telios

GOLF Outing

The Des Moines Metro Chamber Golf Outing was held on Aug. 22 at Beaver Creek Golf Course.



Michelle Bowden and Dave Massey



Avery Terwilliger and Natalie Rigatuso



Evan Sprung and Nick Webber



Nikki Jarchow and Michele Starkenburg



H.A. Gross and Cindy Gross

ONE BITE AND YOU'LL KNOW

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

Classic Cookout Collection

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Omaha Steaks Burgers (4 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

8 FREE Omaha Steaks Burgers (4 oz.) A \$22 value!

76946MGR separately \$279.99 **\$129.99**

SPECIAL PACKAGE PRICE

Go to OmahaSteaks.com/OneBite2915
1.855.932.6844 Ask for Offer 76946MGR

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes SKU 76946. Limit 2 on select items at these exclusive prices. While supplies last. Items may be substituted due to inventory limitations. Standard shipping rates will be applied and are subject to change. Minimum purchase and other restrictions may apply. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-useOSI.
Expires 09/30/24. | 24M6502 | Omaha Steaks, LLC



Matt Janssen and Ben Chambers



Rich Green and Kevin Lawire



Meredith Murphy and Tom Florian



Jeff and Molly Rachels

How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpediatrics.org





PREOWNED VEHICLES WITH THE QUALITY YOU EXPECT.



Did you know we sell more preowned than new vehicles at Bob Brown? That's because our customers trust us to provide the quality they expect. Which is why we spend more than most dealers reconditioning every vehicle before it's available for sale. That includes not only the basic safety inspection like other dealers but also above-and-beyond functional and cosmetic inspections.

When working together on a used vehicle purchase, we aim to make you 100% comfortable with every step of the process, and that's how we have earned thousands of customers' trust for more than 60 years.



Together
let's drive™

I-35/80 Exit 126 | 3600 111th St.
515.278.7800 | bobbrownchevy.com