

URBANDALE

NOVEMBER 2024

Living

MAGAZINE



ON THE Map

**Landmarks add
to Urbandale's
character**

Meet Shelley Clayton
EDUCATION

Crab and shrimp sushi burrito
RECIPE

Honoring those who have served
VETERANS SALUTE

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At Shade Tree Auto, we want to take a moment to express our heartfelt gratitude for your trust and support. Remember those epic road trips to Grandma's house? The excitement, the laughter, and the games you played in the car—like "I Spy" and the license plate game? Those moments were some of our favorite memories in the car!

Here's to your next road trip filled with laughter and joy—just like those unforgettable rides to Grandma's! Make a copy and play along!



State License Plate Lookout

Try to find all 50 states. Cross them off as you see them. For an extra challenge, go in order!

AL|Alabama
AK|Alaska
AZ|Arizona
AR|Arkansas
CA|California
CO|Colorado
CT|Connecticut
DE|Delaware
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MO|Missouri
MT|Montana
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NC|North Carolina
ND|North Dakota
OH|Ohio
OK|Oklahoma
OR|Oregon
PA|Pennsylvania
RI|Rhode Island
SC|South Carolina

SD|South Dakota
TN|Tennessee
TX|Texas
UT|Utah
VT|Vermont
VA|Virginia
WA|Washington
WV|West Virginia
WI|Wisconsin
WY|Wyoming

The Alphabet Game

Spot items along the road that start with each letter of the alphabet. Check them off as you go!

<input type="checkbox"/> A	<input type="checkbox"/> H	<input type="checkbox"/> O	<input type="checkbox"/> V
<input type="checkbox"/> B	<input type="checkbox"/> I	<input type="checkbox"/> P	<input type="checkbox"/> W
<input type="checkbox"/> C	<input type="checkbox"/> J	<input type="checkbox"/> Q	<input type="checkbox"/> X
<input type="checkbox"/> D	<input type="checkbox"/> K	<input type="checkbox"/> R	<input type="checkbox"/> Y
<input type="checkbox"/> E	<input type="checkbox"/> L	<input type="checkbox"/> S	<input type="checkbox"/> Z
<input type="checkbox"/> F	<input type="checkbox"/> M	<input type="checkbox"/> T	
<input type="checkbox"/> G	<input type="checkbox"/> N	<input type="checkbox"/> U	



Rainbow Drive

Search for items in the colors of the rainbow.

Start at the beginning of the rainbow, and repeat!

1. Red
2. Orange
3. Yellow
4. Green

5. Blue
6. Indigo
7. Violet

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WELCOME

BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share some of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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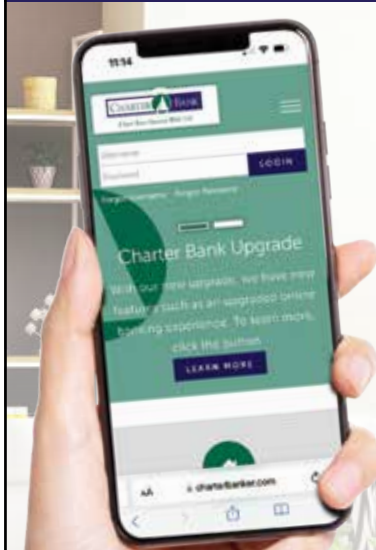
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ON THE *Map*

Landmarks add
to Urbandale's
character

By Joe Baumgarten

Artworks. Architectural delights. Stunning homes. Monuments. Urbandale abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Urbandale is one of a kind. This month's cover story tells the stories of some of the most recognizable landmarks of the city.

One of the most well-known landmarks in Urbandale is the Olmsted-Urban House located at the intersection of 70th Street and Airline Avenue.

Olmsted-Urban House

Pat Finnerty of the Urbandale Historical Society has a tough time choosing his top three Urbandale landmarks.

"There are many sites in Urbandale that hold special significance for our heritage and development that could be considered 'landmarks,'" he says. "Among them are the Olmsted-Urban House, the McRea House, Flynn Mansion, Trolley Park, Walker-Johnston Park, Lions Park, the Paragon Prairie Tower, McDivitt Grove Cemetery, Ryder Corner, Memorials at 70th and Douglas (original schools) and several buildings and businesses along Douglas Avenue in the 66th to 70th corridor, including Stormy's and Blackford's and many others."

Still, ask any Urbandale resident, and you'll find that one of the most well-known landmarks in the city is the Olmsted-Urban House located at the intersection of 70th Street and Airline Avenue.

Leander and Charlotte Olmsted came to the area that is now Urbandale from Auburn, New York, in 1867. They initially purchased 80 acres of land and established a farm, continuing to expand over the years. They raised two sons,

Millard and Clarence. About the time their son, Millard, was married in 1904, Leander built a new home — now the Olmsted-Urban House. Millard and his wife, Olive, farmed with his father and raised their family in the house.

"Millard and Clarence Olmsted were both instrumental in the formation and incorporation of the town of Urbandale in 1917," Finnerty says. "Clarence was on Urbandale's first town council and Millard on the first Urbandale School Board."

In 1937, Harold and Ruth Gutfreund bought the house. They did some extensive interior remodeling. Harold served on the Urbandale School Board.

In 1947, Karl and Matie Urban purchased the house. Matie loved antiques and kept things basically unchanged for many years. Karl was instrumental in establishing the Urbandale Library.

"The Urbandale Historical Society bought the house from the Urban estate in 1987," Finnerty explains. "Quite a few of the furnishings were left with the house. Today, the 'Olmsted Family Farmhouse' is listed on the National Register of Historic Places."

Urbandale Trolley Park

Perhaps lesser known than the Olmsted-Urban House is the Trolley Park at the corner of 70th and Roseland Drive.

The site includes a metal replica of a trolley car and riders and historical plaques as a memorial to the importance of the trolley to Urbandale.

"The trolley was developed by Des Moines City Railway in 1905," Finnerty says. "The Urbandale Line (No. 7) went north from Des Moines to the area of Veterans Hospital and then followed the median of Urbandale Avenue to a turn-around at Walkers Station, now 70th and Roseland."

F. L. Hays built a two-story building on the northeast corner with a blacksmith shop, general store, post office and drive-in shed for horses. Coal miners took the trolley out to work in the area mines. In the early years, the trolley hauled hardware, feed and grocery items, in addition to passengers. Before the Urbandale High School addition was completed at 70th and Douglas Avenue, Urbandale students would ride the trolley to attend high school at North or Roosevelt in Des Moines.

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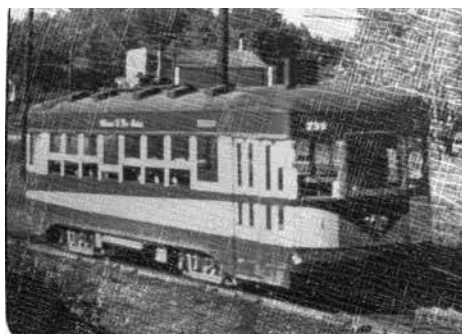
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For a 5-cent fare, one could see the sights on a trolley ride.



Trolley Park features artwork depicting passengers waiting to board the trolley.



“Eventually, streetcars were replaced by gas buses and curb liner operation not requiring rails,” Finnerty says. “The last trolley cars ran in Des Moines in 1951,”

Urbandale Schools Memorials

Finnerty's third notable landmark selection is the Echo-Obelisk by David B. Dahlquist, completed in 2002. Located on the southwest

The image is a promotional graphic for Christopher's Fine Jewelry. The top portion shows a close-up of a diamond necklace with round-cut stones, resting on a rustic wooden surface. The text "Embrace THE SEASON'S Sparkle" is overlaid in a mix of script and serif fonts. The bottom half is a white banner containing the business logo, address, phone number, and a QR code.

corner of 70th and Douglas, the Urbandale High School Corner Commission established the memorial to commemorate the school site.

“The imagery recalls the history of Urbandale, Iowa, and a beacon marks a new destination/location,” Finnerty says. “The 1925 cornerstone from the original brick building and plaques commemorating the graduating class members from 1937-1966 are part of the memorial. A plaque also honors those who attended Urbandale High School and entered the armed services prior to their graduation. A sculpture obelisk depicts, among other items, the original 1916 two-room building, the brick building and the Bluejay mascot.”

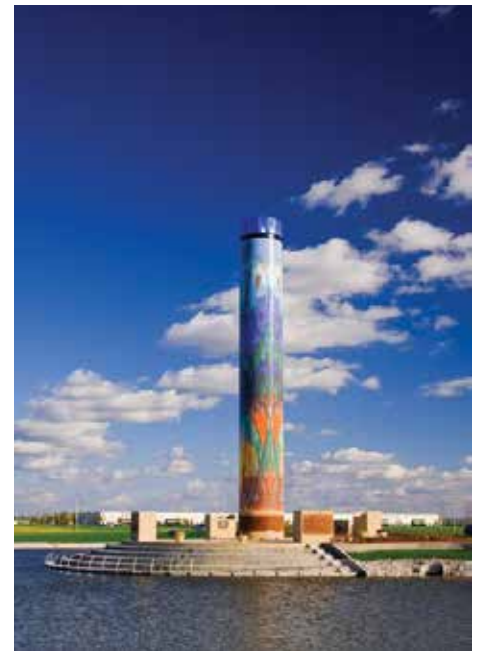
Paragon Prairie Tower

The Paragon Prairie Tower, located at the entrance to Paragon Office Park at 123rd and Meredith Drive in Urbandale, is the largest Italian glass mosaic tile mural in the United States and pays homage to the history of the native Iowa prairie. The original image was created by David B. Dahlquist. The tower is constructed of precast concrete panels. The artwork features native prairie plants such as



Echo-Obelisk by David B. Dahlquist

big bluestem grass and black-eyed Susans on a background of colors found in the landscape of field and sky.



Paragon Prairie Tower by David B. Dahlquist in collaboration with RDG Dahlquist Art Studio

Dahlquist’s image was transferred to tiles, affixed to a mesh material in Ravenna, Italy, following a computer-generated pattern, then

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FEATURE

shipped to the site for installation. The work is illuminated by lights installed on the surrounding plaza. The tower is topped off with a light in a blue drum, silhouetted against the sky.

Prairie Tower features nearly 1.8 million Italian glass mosaic tiles with terra cotta relief and cast glass fiber reinforced concrete relief tiles in a frieze at the base. More than 5,400 sheets of mosaic glass tiles were installed.

Completed in 2008, the tower remains a focal point of not only the office complex, but also of the city of Urbandale.

Giovannetti Community Shelter

The Giovannetti Community Shelter at Walker Johnston Park, 8900 Douglas Ave., has been a mainstay of the park as well as for many family celebrations and community events. It is one of three enclosed facilities available for rent. This shelter opened in September 2013 and can accommodate up to 180 people. The shelter has approximately 3,000 square feet of rental space, a commercial kitchen and fireplace. The shelter also has a 60-foot by 30-foot outdoor covered patio.

Giovannetti Community Shelter is named after E.J. Giovannetti, former mayor of Urbandale who took office in 1977 and served for the following two decades. He then served for 10 years as Polk County supervisor.

E.J. grew up the son of a California produce farmer. He married Deanna Greco of Des Moines, whom he met while attending Omaha's Creighton University. After E.J. earned a law degree from Creighton in 1966, the couple settled in Urbandale, where he eventually joined the



Giovannetti Community Shelter is named after E.J. Giovannetti, former mayor of Urbandale.

Hopkins and Huebner law firm. When a debilitating illness struck his young wife, E.J. raised their two children alone while showing steadfast devotion to his wife. He sometimes explained that he turned to public service as a diversion during that difficult time, and he found personal satisfaction from contributing to the community.

E.J. Giovannetti was noted for building parks and trails. On Aug. 22, 2013, the Giovannetti Community Shelter in Walker Johnston Park was dedicated in his honor "because the mission of the facility closely aligns to the personal priorities he demonstrated: happy occasions with family and friends, unity within the community and protection for all persons during their worst storms" (www.urbandale.org/582/Giovannetti-Shelter).

With this symbolic gesture, may E. J. Giovannetti be recognized, appreciated and emulated by the future generations of Urbandale and Polk County residents whose quality of life as been so significantly enhanced by his longtime, selfless public service. ■

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FINDING balance in retirement

As you edge closer to retirement, it is common to feel a bit wobbly. Transitioning from a steady paycheck to managing income from savings and investments is daunting. It's similar to my daughter Jayce on the balance beam — one misstep can throw off everything. Just as she has to navigate her routine with precision, pre-retirees need to handle their retirement savings with care.



Watching her compete is thrilling but nerve-racking. She has one shot to execute her moves flawlessly. Similarly, in retirement, you can do many things right, but one misstep can have significant consequences. This parallel drives home the importance of having a comprehensive retirement plan.

Record inflation, fluctuating markets, and rising health care costs can make you feel off balance. Picture sitting in a coffee shop discussing how much more a cup of coffee costs

compared to a few years ago, followed by a trip to the grocery store where prices have also surged. And don't forget replacing a vehicle, which costs significantly more now than it did five years ago.

Watching your retirement accounts fluctuate wildly can be unsettling. Your 401(k) and IRA are crucial for sustaining your lifestyle, but how do you make sure they can withstand market ups and downs? How do you create a portfolio that's resilient enough to deliver consistent income despite recessions?

The latest estimates show that a 65-year-old retiring today could spend \$165,000 in out-of-pocket costs to cover medical expenses in retirement. These are only a few examples of the financial pressures pre-retirees face.

Our planning process includes developing a long-term retirement income strategy and an "Income for Now and Income Later" plan. We help pre-retirees segment investments into different "buckets," each with specific goals. An "Income Now" bucket, invested conservatively, provides immediate income. A second bucket, with a moderate risk profile, replenishes the first.

Finally, a third, longer-term growth bucket helps combat inflation and medical expenses.

On average, recessions occur every five to six years, meaning they will likely be a part of your retirement experience, but they don't have to knock you off course. You can prepare for market volatility before it happens by building a recession-resistant portfolio that doesn't rely solely on the stock market.

To sum up, just as Jayce finds balance on the beam, you can find balance as you head to retirement with careful planning and execution. This will help you avoid missteps, stick the landing, and build a confident future. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Fidelity Investments® Releases 2024 Retiree Health Care Cost Estimate as Americans Seek Clarity Around Medicare Selection (2024, August 08) Accessed October 10, 2024. <https://newsroom.fidelity.com/pressreleases/fidelity-investments--releases-2024-retiree-health-care-cost-estimate-as-americans-seek-clarity-arou/s/7322cc17-0b90-46c4-ba49-38d6e91c3961>



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MICHAEL B. KNIGHT

Urbandale

Military branch: Air Force and Air National Guard

Rank: Chief Master Sargent (E9)

Service: 1968-1972, 1981-2006

How can Americans best honor veterans:

"Serving your country is a great honor. Service members represent the American people no matter where they might be serving. Respecting the sacrifice of service members and their families is a must."



BRUCE E. STAV

Urbandale

Military branch: U.S. Army

Rank: E5

Service: 1969-1971

How can Americans best honor veterans: "Respect."



DARYL E. DINKLA

Urbandale

Military branch: U.S. Army

Rank: Captain • **Service:** 1967-68

How can Americans best honor veterans:

"When you meet a veteran, thank them for their service and visit a VA facility annually."



DONALD CHLEBORAD

Urbandale

Military branch: Army

Rank: Spec E-5 • **Service:** 1962-1965

How can Americans best honor veterans:

"Always remember and honor those who died and sacrificed their lives and futures for our country."



JAMES GASTINEAU

Urbandale

Military branch: Navy Reserve

Rank: E5 - HM2

Service: 1981-1996

How can Americans best honor veterans: "Remember."



KERRY RUTHERFORD

Urbandale

Military branch: Air Force • **Rank:** E6 • **Service:** 1978-1998

How can Americans best honor veterans:

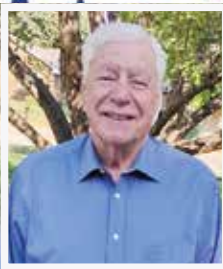
"For those lost, never forget their sacrifice; for those wounded, ensure the best care is given to them; for the rest of us, a simple thank you. Not looking for kudos myself. My Air Force days were some of the best days of my life!"



BILL HENRY
 Urbandale
Military branch: Army
Rank: Specialist 4
Service: 1959-1965



ROBERT K. DUFFY
 Urbandale
Rank: E3
Service: 1955-1959



GREGORY J. McCABE
 Urbandale
Military branch: U.S. Army
Rank: E5
Service: 1966-1968



PHILIP H. McGRATH
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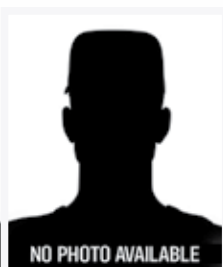
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THOMAS PENISTEN
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Military Branch: Army
Rank: Spec 4
Service: Vietnam War



TROY REED
 Urbandale
Rank: E8/YNCS(SW)
Service: Numerous around the World



JOE SASSATELLI
 Urbandale
Service: 1954-19



Thank you for your service!



RICHARD RODEMYER

Urbandale
Military branch: U.S. Army
Rank: Specialist 5th Class (E-5)
Service: 1966-1969
How can Americans best honor veterans:
"Assist those veterans who may need help with employment, housing or health issues."

WAYNE WURTH

Urbandale
Military branch: U.S. Army / U.S. Air Force
Rank: Staff Sergeant
Service: 1966-1967
How can Americans best honor veterans? *"Help the homeless, have mercy on the wounded, the disabled. Respect the flag and all those who have served."*



WHAT IS a revocable trust?

Trusts are flexible and powerful tools that give you greater control over wealth management. They allow you to preserve and pass assets efficiently and privately. Trusts can also help protect and preserve investments for future generations.

A revocable living trust is a legal document that is similar to a last will and testament — it contains instructions on exactly how and when to pass assets to beneficiaries. It can be amended or revoked at any time, as long as the settlor is competent. This gives you the option to update your estate planning as your circumstances change.

For example, you can protect assets for a surviving spouse. You can stipulate that the trust assets will make money available for children or grandchildren only for college tuition and expenses. You can designate a portion of the trust to be used for future medical expenses for a child with a disability. You can preserve assets to be used for a beneficiary with special needs in a way that preserves Social Security and Medicaid benefits.

As the trustee, you will manage the trust. Or, by naming a bank or a person experienced in investments, you can relieve yourself or your



family of the burden of managing and investing your assets.

You can also give a successor trustee the power to take immediate control of the trust assets in the event that you become incapacitated. To protect yourself and your wealth, you can define what constitutes incapacity. The trustee will continue to manage financial affairs in the event you are unable to do so. This eliminates the need for a court-appointed agent, saving your family the time, cost and emotional distress of going to court to request a guardianship or conservatorship.

In addition to providing for you and your family during your lifetime, the trust is the document outlining your estate plan upon your death. It is a blueprint for distributing assets when the trust terminates.

There is generally no need for a trust to go through court-supervised probate. However, if you fail to correctly title your assets, or if you acquire new property that you don't put into the trust, probate will be required.

Contact an attorney experienced in estate planning to determine whether a living trust is right for you. ■

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

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COLOR trends for cabinetry

As we look ahead to 2025, the world of kitchen and bath cabinetry is poised for a colorful transformation. Designers and homeowners alike are moving away from the all-white aesthetic that has dominated the past decade, embracing bolder hues and innovative finishes that reflect personal style and individuality.

One of the standout trends is the rise of deep, rich colors. Shades like navy blue, forest green and charcoal gray are becoming increasingly popular, offering a sophisticated backdrop that adds depth and drama to spaces. These colors not only create a striking visual impact but also evoke a sense of calm and connection to nature.

In addition to bold colors, we're seeing a resurgence of warm, earthy tones. Terracotta, muted mustard and soft taupe are making their way into cabinetry, providing a cozy, inviting atmosphere. These hues pair beautifully with natural materials like wood and stone, enhancing the organic feel of modern kitchens and baths.

Another exciting trend is the use of two-tone cabinetry, where contrasting colors are combined to create visual interest. This approach allows homeowners to express their creativity, mixing and matching colors to suit their unique tastes.

As we move into 2025, expect kitchen and bath cabinetry to become a canvas for self-expression, with vibrant colors and innovative designs leading the way. The future is bright, and it's time to embrace the palette. ■

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



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GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn't there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the "perfect" holiday season can leave you feeling as if there is no room for grief during this time of year.

Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don't have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■



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

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- Academy of Grief & Loss
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FAITH By Steve Smith

GIDDY for God

When our grandchildren show up at our door, they do a little dance in the excitement of being around Grandpa and Grandma. Such exuberance is a physical response to emotional joy in the presence of those we love.

King David's expressions of joy in 2 Samuel 6 in God's presence while moving the Ark instructs us on both the why and how of being giddy for God.



His motivation for such glad enthusiasm stemmed from the Ark's significance. First of all, the Ark of God was called by "the Name...of the Lord of hosts," indicating that it was a visible symbol of God's actual presence among His people. Secondly, God was "enthroned above the cherubim," making Him Israel's true king. Additionally, the Ark was necessary for God's work of pardoning the people's sin (Leviticus 16:14-15). Finally, the Ark of God was the place which held God's Word and from which His Word was heralded (Exodus 25:22). In God's reigning, redeeming and revealing presence, David was visibly overjoyed.

David's manifestation of such joyful excitement consisted of "celebrating" by "dancing...with all his might..." and joining with others who were "...shouting and playing instruments" (2 Samuel 6:5, 14-16). God's people in God's presence reacted like college football fans after their favorite team wins a big game.

While David's antics aren't a prescription for our worship, they are a picture of joyous celebration before our great, good and gracious God who rules the universe, protects and provides for His people and welcomes undeserving but repentant sinners into His family.

What the Ark signified imperfectly, Jesus Christ satisfies fully: "For in Him all the fullness of deity dwells in bodily form" (Colossians 2:9). Christ is king, under whose reign His followers serve and under whose protection they're safe. Christ is priest who, through sacrificing His own blood, pardons all who believe in Him and prays for them (Hebrews 9:12; 7:25). Christ is a prophet who proclaimed and provided for our salvation (Hebrews 1:3).

The greatness, goodness and graciousness of God are made known only and fully to those who are God's children through faith in Jesus. Christ followers have no less cause for joyous worship than David. No Jesus, no joy. Know Jesus, know joy.

Joy in knowing Jesus doesn't always spill over into expressive worship, but neither should Christ followers be complete strangers to smiling, saying "Praise God," raising an arm, clapping their hands, tapping their feet, bowing their knees or moving their bodies in joyful celebration before our glorious God in personal and corporate worship.

Sincere adoration — not outward appearance — should govern a Christ follower's joyful expression of appreciation for God. ■

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

FOUR decades of community

Kent has been an active member of Urbandale.

Since moving to Urbandale in 1983, Jill Kent and her family have been a fixture in the community. Their decision to relocate to Urbandale was driven by a desire for a family-friendly environment with a strong school system.

“We chose Urbandale because the schools were a nice size, and it was recommended as a good place to raise a family,” Kent says. “We didn’t know a single person.”

But it wasn’t long before the Kents found their footing and became deeply embedded in the community.

Over the years, the family has lived in three different homes in Urbandale, all located east of the interstate. Ten years ago, they moved to what Kent calls their “empty-nester home,” a move that reflected their desire for a more comfortable living situation as they grew older.

“We bought our house so we could, hopefully, age in place,” she shares. “So a main level bedroom was a must. But the family favorite is the pool we put in in 2021.”

Throughout their moves, the couple’s love for Urbandale has remained strong. Kent reflects fondly on the neighborhoods they’ve lived in.

“All of our neighborhoods have been friendly and welcoming,” she says. “It’s a hallmark of Urbandale. Lots of friendly walkers going by on the trails and sidewalks.”

For Kent, Urbandale’s sense of community and involvement is second to none.

“We appreciate the community engagement and the opportunities to get involved,” she says. “It’s a great location within the metro. The school spirit and July Fourth celebrations are legendary. And I’m proud of the Urbandale School District.”

Kent’s passion for service and giving back to the community is evident in her long list of volunteer roles. This past summer, she started serving on the Urbandale Library Board, a position she’s dreamed about for some time.

“I love libraries,” she says.

Kent also serves on the Plymouth Place board through her church and has held positions on the Urbandale Community School District Board of Directors, the Urbandale Parks and Recreation board, and several social work boards. She volunteers with Every Step Hospice as well, where she helps record life stories of patients for their families.

Urbandale has been more than just a place to live for Kent and her family. It’s where they’ve made lifelong connections and created lasting memories.

“I’m so glad we chose Urbandale all those years ago,” she says. “We both came from small towns in rural Missouri not knowing anyone here and have made dear friends, had amazing experiences and raised our daughters here. We’re delighted they all returned to the metro to raise their families.”


After four decades, Kent continues to embody the spirit of community and service that makes Urbandale such a special place to live. ■



LHF honors teacher




Each year, Living History Farms honors a K-12 teacher who incorporates a program or tour of Living History Farms into their classroom curriculum. This year’s award went to Lindsay Grosse, who teaches third grade at Westridge Elementary School in West Des Moines. She received her award from Daniel Jones, co-director of programming, at Living History Farms annual Farmstasia benefit on Oct. 31. Photo by Paul Houston. ■



Suggest a teacher

for an Iowa Living
education column!

Send an email to
tammy@iowalivingmagazines.com



LOOKING back on the Pope's visit



On a gorgeous fall evening, approximately 125 people gathered at Living History Farm's Church of the Land to celebrate the 45th anniversary of Saint Pope John Paul II's amazing visit to Urbandale.

Fr. David Fleming, vicar general for the Des Moines Dioceses, explains how the memorable day came to be.

"We came together at the instigation of Chris Lange, a member of St. Pius. He reached out to Fr. Mathew Luft, the Pastor of St. Pius, and then to the senior priests who were in attendance and helped coordinate the Pope's mass."

Bishop Joensen was also invited but had a prior commitment, so Fr. Fleming stepped in for the role of the main celebrant. This was doubly meaningful for Fr. Fleming as he was the former pastor at St. Pius and attended the event as a sophomore at Dowling High School. Fr. Luft explained that it all came together in less than two weeks, so there wasn't much time to advertise the event.

Fr. Luft was also present at the Papal Mass 45 years ago.

"I was only 7. It was a cold day," he says with a laugh. In front of the altar was a small table with the chalice and paten used by the Pope at the Mass.

"Now that the Pope is a Saint, these are second-class relics," Fr. Luft says proudly.



In his homily, Fr. Fleming reflects that the Pope preached on the "three attitudes of rural life": gratitude, stewardship and generosity. He shares that a spirit of humility is essential to have a spirit of gratitude. All that we have and all that we are are gifts from God, and all we can do is say "thank you" to Him. He reflects that the Pope called upon all those who work the land to be exceptionally good stewards of the bounty that God has blessed us with. The

Pope extended that concept, calling everyone to be good stewards of God's gifts. Finally, everyone is called to be generous with the talents and blessings that God has given them.

"It was a wonderful way to remember the event and to tie it in with the feast day of St. Francis, who was so much about praising land and creation and God," Fr. Fleming concludes. "It all tied together beautifully." ■



URBANDALE COUNCIL RECAP



Rendering of The Loop apartments and townhomes that will be located in a largely commercial area known as the Urban Loop, the land surrounding the 90-degree bend in Interstates 35/80.

November 4, 2024 - Council Meeting

The Mayor and City Council met on Monday, November 4, and began with a proclamation recognizing National Native American and Alaska Native Heritage Month. This proclamation honored the indigenous peoples of the Americas and acknowledged their rich cultures that have contributed significantly to the history, heritage, and development of our nation.

The Council approved a final plat for The Loop at Plum Drive development located in the Urban Loop. This 13-acre mixed-use project will include commercial and residential space and the layout adheres to Urbandale's mixed-use vision. The Loop at Plum Drive will offer commercial spaces alongside multifamily housing options and ensuring extensive landscaping and pedestrian-friendly designs.

The Council approved a \$150,000 bid for new pavement marking equipment for the Public Works Department. This investment will enhance the city's capability for roadway maintenance and safety. At the end of the meeting the Mayor and City Council entered into a closed to evaluate candidates for the position of City Manager.

October 15, 2024 - Council Meeting

The Mayor and City Council met on Tuesday, October 15. The meeting included the second reading of an ordinance, amending the City's animal protection and control regulations, requiring that animals off their owner's property must be restrained by a leash of no more than six feet. The Council also moved forward with the second reading for updated park regulations. The amendments address a variety of issues to enhance park safety, usage, and management in line with current community needs. Toward the end of the meeting the Council also approved a \$300,000 quote to replace the city's aging computer network server infrastructure.

Opportunities to Share Your Feedback

2024 Community Survey

Our biannual Community Survey is open! This is a chance to weigh in on important topics like safety, quality of life, and city services.

Mural Feedback

In collaboration with the American Legion and VFW, we're commissioning a mural in Urbandale's historic downtown to honor our veterans and boost community pride.

Downtown Survey

We're developing a master plan to guide development and new investment in Downtown Urbandale. We would like your input as a long-term plan comes together for this area.

Share your feedback at www.urbandale.org

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

URBANDALE Public Library news

Holiday lights recycling

The library is partnering with Metro Waste Authority for the third year in a row to be a drop-off location for old or broken holiday lights. Now through Friday, Jan. 31, drop off your lights at one of our collection boxes located in the main lobby. LED, classic, plastic and glass bulbs, as well as net, icicle and battery-powered lights, are accepted. Lights should not be in plastic bags or boxes but loose in the donation box for easy recycling. This partnership upholds the library's pledge as a member of the Sustainable Library Initiative.

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.

Food drive and fine forgiveness

The library will accept donations of non-perishable food and personal care items through Wednesday, Nov. 27. The library will also accept donations in exchange for overdue fees on a library account. For every item donated, \$1 will be waived from an account. All items will be donated to the Urbandale Food Pantry.

Grief support

We don't always know what to say or how to help when we see our friends in pain and grieving. Using the latest research, this presentation provides attendees with practical tools and information about how to support their friends who are in early grief. Please join us on Thursday, Dec. 5 at 6 p.m.

Book sale

Help build up your personal library or get a start on your holiday shopping in a sustainable way.

From Dec. 6-8, get a jump on your shopping by browsing a selection of books, movies, puzzles, cake pans, magazines, audiobooks and more for all ages in the ICN Room. The December flash book sale is open during library hours.

Support the library

Did you know you can make a tax-deductible donation in honor or memory of someone to the Urbandale Public Library Foundation? All memorials are posted in the lobby with the name of the person you are honoring and the donor's name. Your support of the Foundation sustains valuable library programs and resources including the Summer Reading Program, All Urbandale Reads, Adventure Pass and Library Speakers Consortium.

Holiday hours

The library will be closed Tuesday, Dec. 24 and Wednesday, Dec. 25. The library will also close at 1 p.m. on Tuesday, Dec. 31 and all day on Wednesday, Jan. 1. Finally, the library will be closed on Monday, Jan. 20 in observance of Martin Luther King Jr. Day. Our online resources are available 24/7. ■

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MEET Shelley Clayton

Teaching for the joy of learning

Many teachers will say they teach not for the money, but for the joy they receive when a student has an “aha” moment and understands the content being taught. Shelley Clayton is one of these teachers.

Before she began a career as a teacher, Clayton worked in the school setting as an I-CARE coordinator and substitute teacher in West Des Moines schools. Eight years ago, she began teaching in Des Moines, and, for the last five years, she has taught in Urbandale.

“I probably went into teaching because of my time working with middle school and high school students part time,” Clayton shares.

Clayton has taught grades 9-12 over the last eight years. With an undergraduate degree in biology and a master’s degree in marine biology, as well as a teaching degree, Clayton teaches science DMACC concurrent courses at Urbandale High School.

“Because I have my master’s degree, I can teach college-level classes,” she says. “This is the first year I’ve taught only upperclassmen in 11th to 12th grade. I teach AP Environmental Science for college credit and AP Biology for college credit. I also teach regular level anatomy and physiology classes, and this is my first year to teach those.”

Clayton says she enjoys all three classes she teaches, but she likes the higher level classes because they’re harder, and the students choose to be in them.

“The students choose to be there and actually want to learn, so it’s more fun to teach,” Clayton explains. “However, since this is my first year teaching anatomy and physiology classes, I’m learning along with the students. It is fun for students to see you, as an adult, learning with them. It almost makes you seem more human to them.”

Preparing students in her AP classes for college is one of the joys Clayton has in teaching. She says, if she can help students learn how to think and study, perhaps they won’t feel like they are walking off an academic “cliff” when they head to college for the first time. One of the lessons she hopes to impart to her students is that some of the best times they learn are when they have conversations with their classmates about the concepts being taught.

“Being an active participant helps,” she says.

She is particularly satisfied with the new no-phone policy at the school, stating that it is a game-changer, and the students engage much more. She also wants them to understand studying by cramming several hours before an exam won’t cut it.

“Studying for 20 minutes each day will create better retention,” she says.

Clayton has a classroom wall full of signed graduation announcements and invitations from her former students.

“I have them sign it in case they get famous one day,” she laughs. “I look at that wall and remember why I do what I do. Students may not realize that teachers don’t need things like thank you cards, but to see students come back after they’ve graduated and share how taking our classes made a difference in their lives is enough.” ■



Shelley Clayton teaches science DMACC concurrent courses at Urbandale High School.

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EVENTS IN THE AREA

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

Check for cancellations

Upcoming in Urbandale Living magazine:



Holiday recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com by Nov. 27 to have it included in our December issue.

First cars: Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email tammy@iowalivingmagazines.com by Dec. 22 to be included in the January issue.

Urbandale Historical Society events

Second Sunday events,
2 p.m.
Urbandale Public Library,
3520 86th St.

The Urbandale Historical Society will feature history programs at the Urbandale Public Library on the second Sunday of the month. Upcoming programs are:

- Street Cars in Urbandale, Jan. 12, presented by Pat Finnerty.
- McDivitt Cemetery, Feb. 9, presented by Mary Polson and Ann Ulm.
- Urbandale High School Athletics and Activities, March 9, presented by Tim Carver.

Miracle on 86th Street

All holiday season • Charles Gabus Memorial Tree Park, 3600 86th St.

Every winter you can stroll through the Charles Gabus Memorial Tree Park from late November through early January. The park is lit with more than 50,000 holiday lights, with special events all season long. The park features a custom-built train, larger-than-life ornamental displays, a gingerbread house, an ice-skating rink and holiday-themed events. Planned events include:

Tree Lighting, Tuesday, Nov. 26, 5:30 p.m. Join the mayor and city council as they flip the switch and light up the park for the holiday season. Hot cocoa and cookies will be available to enjoy as you walk around the beautifully decorated park. This event is free.

Flashlight Candy Cane Hunt, Saturday, Dec. 7. It has been rumored someone has left candy canes and candy on the grounds around Charles Gabus Memorial Tree Park. Bring your bag and flashlight and come help us find them all. This event will take place strictly outdoors. Dress according to the weather. For ages 1-8. Parents must accompany children, but please register your child only by Nov. 29 at urbandale.activityreg.com/selectactivity_r2.wcs?leaguesid=4995.

Santa and Reindeer, Saturday, Dec. 14, 4-6 p.m. Santa is stopping by with a few of his reindeer this winter. This event is free and fun for the whole family. Come and take pictures and enjoy the lights. No registration required.

Winter Family Scavenger Hunt, Saturday, Dec. 21. Come enjoy the Miracle on 86th Street. We will hand out a single clue sheet to each family, and you will need to collect the answers for each of the clues. Return the clue sheet to the Urbandale Parks and Recreation staff. All completed sheets will be collected in the order in which they are received. Prizes can be picked up at Urbandale Parks and Recreation, 3310 86th St., starting Dec. 27. Minimum five families, maximum 30 families. Register at urbandale.activityreg.com/selectactivity_r2.wcs?leaguesid=5036.

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 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 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.

OPEN HOUSE

Christmas Open House

Sundays, Dec. 1 and Dec. 8,
2-4 p.m.

Olmsted-Urban House,
4010 70th St., Urbandale

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.

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EVENTS IN THE AREA

Check for cancellations

ENJOY CRAFT AND VENDOR SHOWS

Elves' Toyland Craft Show

Saturday, Nov. 23, 9 a.m. to 3 p.m.

Runnells Community Center, 108 Brown St.

Plan a trip to Runnells for its annual holiday craft show.

Fall Makers Market

Sunday, Nov. 24, 11 a.m. to 4 p.m.

Jester Park Nature Center, 12130 N.W. 128th St., Granger

Shop for gifts or goods just in time for the holiday season. This year's event has expanded from the Jester Park Nature Center and Outdoor Recreation buildings to include the Jester Park Lodge. With more than 60 local makers, artisans, and hand crafters, you are bound to find something for everyone on your list. Admission is free. Pho Wheels & Sushi, Miss Casey's Donut Delights, and Travelin' Tom's Coffee Truck will be onsite. www.jesterparknaturecenter.com/calendar-events/fall-makers-market



Holiday Hop

Saturday, Nov. 23, from 8:30 a.m. to 1:30 p.m.

Multiple locations in Winterset

Winterset's Holiday Hop is a time when the community's churches and several other organizations come together to offer a city-wide craft and bake sale featuring hand-crafted items, vintage Christmas decorations, baked goods, lunches, treats, artwork, door prizes and much more. Each of the 11 locations contributes gift cards as door prizes. Get your ticket punched at each site and enter it for the drawing. As an added benefit, the churches use money raised at the holiday hop to support its charitable projects.

Participating stops include:

- First Christian Church, 103 W. Green St.
- First United Methodist Church, 309 E. Jefferson St.
- First United Presbyterian Church, 210 W. Green St.
- Foursquare Church, 224 E. Court St.
- New Bridge Church, 1305 W. Jefferson St.
- St. Joseph Catholic Church, 1026 N. Eighth Ave.
- St. Paul Lutheran Church, 1120 N. Eighth Ave.
- Spotlight Dance Legacy, 116 E. Court St.
- Stop and Shop Craft Fair, Madison County Fairgrounds

Community Building

- Winterset Art Center, 224 S. John Wayne Drive
- Winterset Public Library, 123 N. Second St.

Jingle in the Junction

Thursdays, Dec. 5, Dec. 12, Dec. 19, 5-8 p.m.

Valley Junction

The holiday season is in Valley Junction as many businesses extend their hours on Thursday nights to give you more time to find the perfect holiday gift, enjoy dinner and enjoy three blocks of free entertainment on Fifth Street under the glow of more than 100,000 holiday lights. Enjoy free horse-drawn trolley rides, ice carvings, photo op, a Christmas Tree Lighting Ceremony at 6 p.m. in front of the West Des Moines Fire Administration Headquarters at 318 Fifth St., rotating entertainers, live reindeer, carolers, and Santa and Mrs. Claus at the Historic Valley Junction Foundation office from 6-8 p.m.

Holiday Promenade

Fridays, Nov. 22 to Dec. 20

Historic East Village

The Greater Des Moines Partnership and the Historic East Village Neighborhood Association will spread holiday cheer during the Holiday Promenade, an exciting, free celebration full of holiday-themed activities, entertainment, shopping and family-friendly fun. A number of activities will be scheduled throughout the five Fridays including tree lighting, a scavenger hunt, ice skating and more. During the Holiday Promenade dates, Historic East Village retailers are encouraged to remain open until 8 p.m. while restaurants and attractions are open later. ■

JOIN US FOR

CHRISTMAS

Christmas Eve: Tuesday, December 24th

4 PM **Children's Mass** (Church) | 4:15 PM **Mass**
(Parish Center) | 7 PM **Mass** (Church)
10 PM **Candlelight Mass** (Church)

Christmas Day: Wednesday, December 25

9AM **Mass** (Church)

www.stpiusxurbandale.org 3663 66th St., Urbandale



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COMMITTED to staying in your home, but need some help?

Maria, 76, is committed to remaining in her home as she ages. She recently experienced some health issues, though, and is afraid her adult children will try to persuade her to move to a senior living community.



Maria's challenge isn't unusual, as staying in our homes as we age is not always possible. Chronic health challenges can make living independently ill-advised, and full-time care at home can be expensive.

You may be asking yourself, then: "If I don't want to move into a community but my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a Continuing Care at Home (CC@H) membership initiative, a program usually administered

by an organization that serves older adults. CC@H programs are 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 a CC@H program, make sure to ask specifically what the program includes. A reputable CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.

You'll also want to ask:

- **Does the program feature personal support, such as wellness coaching?** Studies show people who embark on a life-enriching program or activity 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.

Not all CC@H programs are created equal. If a program appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. Your well-being 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. To learn more, visit wesleylife.org/wellahead.

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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**.



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BRING the taste of takeout home

(Family Features) Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy and provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at SuccessRice.com. ■

Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

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Rick Wagaman with HW CBD Premium + Health + Wellness wishes readers a Happy Thanksgiving.



Wanda Williams with Design Consign wishes readers a Happy Thanksgiving.



Michenna Hunt with Ridgemont wishes readers a Happy Thanksgiving.



Colby Bierl with Carpet One wishes readers a Happy Thanksgiving.



Candace Metschke, Mark Metschke, George Saluri and Cadance Saluri at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Larry Watson and Jerry Rimer at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Aubrey Riley and Nerminka Dogic at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Marvin Weston at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Leva, Caleb and Finn Ramsey at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Marsha Gourley, Don Gourley, Merlea Schultz and Terry Schultz at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Jim White and Rob Harned at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Steve Daugherty and Dave Wilson at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.



Chuck and Peggy Warrick at the Veterans Day Breakfast at Urbandale Hy-Vee on Nov. 11.

VETERANS Breakfast

Urbandale Hy-Vee hosted a breakfast for Veterans Day on Nov. 11.



Dave Lay and Scott Reischel



Paul Alberson and Larry Baak



Madison Stuart, Brenda Little, Jerry Little, Miles Stuart and Megan Stuart



Sherry and Dave Ackerkund



Kevin and Jennifer Hushagen



Mike Jackovich, Claudia Jackovich, Andy Jensen and Sandy Jensen



Tung Dang and Patrick Kazezee



Jordan, Cassandra and Octavia Moser



Becki and Lee Smith



Ken Kinzie and Jim Kinzie



Bob Neswold and John Hansen



HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Dr. Brian Waggoner is board-certified by the American Board of Pediatrics and the Iowa Board of Medicine. Julie Waggoner is board-certified by the Pediatric Nursing Certification Board and the Iowa Board of Nursing.
- 2. Check Ease of Communication.** At Waggoner Pediatrics, we prioritize this. We have a dedicated phone nurse each day to answer your urgent needs and questions, a patient portal where you can message us, request documents or appointments, etc., and Dr. Waggoner is only a call away outside of business hours.
- 3. Interview & Research.** Waggoner Pediatrics offers new patient consultation appointments with Dr. Waggoner or Julie Waggoner if you would like to meet them before the arrival of your little one. We accept most private insurance carriers and all state insurance carriers. We also offer Urgent Care hours on Saturday mornings!

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

Call 515-987-0051. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



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