

URBANDALE

JANUARY 2025

Living

MAGAZINE

An Unforgettable RIDE

Residents share the
joy of their first car

Meet Leslie Berigan
EDUCATION

Loaded chicken bake
RECIPE

Campbells live in fun, active
neighborhood
WHERE WE LIVE



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



For this next New Year,

here's your plan.

Stay on course for a healthy, joy-filled life right where you want to be. With WellAhead in 2025, you can:

- Remain at home with customized support for your health.
- Keep your well-being in focus with the assistance of a personal wellness coach.
- Protect your assets with a plan to cover primary healthcare costs – or with WesleyLife at Home services.
- Plan for future health needs with WesleyLife's network of home health and senior living services.

Resolve to be well.

Call (515) 642-1726 for more information – and consider the peace of mind you'll give your family in the New Year when they know you're well at home with WellAhead.



Mary R. in Des Moines says, "I'm 77 and planning for my future. I want quality time with my family, not difficult decisions during difficult times. WellAhead offers me a holistic approach and a leading-edge philosophy towards aging, with benefits for the future and for today."

WELCOME

MY BABY blue Mustang

It was a 1980 Ford Mustang. Baby blue in color. Hatchback. Four-cylinder engine. The car was nothing special, but it was my first car — and it was all mine.

I, of course, pulled the factory stereo out of it and installed a Pioneer cassette deck and Jensen speakers. A guy has to have priorities, after all.

My life savings went into the purchase of that vehicle. Insurance. Gas. Oil changes. All on my dime. I was OK with that, as it was part of my greater independence — and I was the only one with the keys.

The Mustang got me through my college years, despite one unfortunate incident. I am by no means a gearhead, but I had a cracked fuel line, and it seemed easy enough to replace. In the process, some gas leaked out of the old line onto the engine. No big deal, I thought.

I drove the Mustang to a local car wash, and my mother rode along with me. I put some coins in the machine and motioned Mom to drive the car into the wash bay. (I should note that this was the first — and only — time my mother drove any vehicle of mine.) Mom turned the ignition, and I immediately saw flames peeking out of every possible opening in the hood and below the car. I yelled to her to pop the hood. She turned the lights on, applied the parking brake and started the wipers, but the hood remained closed. As I frantically ran to the car, the paint on the hood started bubbling. I opened the driver-side door, popped the hood and put out the fire with the car wash wand I still had in my hand. What was left was a melted mess.

Dad had a friend who was a local mechanic and rewired everything and got my Mustang running again. The mechanic said he did his best on my limited budget, but he wasn't making any promises on how well it would run. And he was right to say that. The best gas mileage I got after the repairs was 4 mpg.

When I graduated from college, I traded the Mustang in on a new vehicle. The dealer put it on the used car lot, and a potential buyer called me and asked about it. "Do not buy that car," I told him. "It caught on fire and only does about 4 mpg." He kept asking questions, so I repeated my comments. I think he still bought the car.

We all learned some lessons after the car fire incident, but my Dad's comments stuck with me the most. "If you ever have a car start on fire again, let it burn."

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

Jolene Goodman
Advertising Director
515-953-4822 ext. 319
jolene@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

NEW YEAR MEANS

NEW FINANCIAL GOALS!

Take better care of your finances with Charter Bank's Track My Money tool.

Features:

- Set goals with monthly alerts
- Create an organized budget
- Manage cashflow

SEE HOW TO USE THIS USEFUL TOOL!

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

Member
FDIC

www.CharterBanker.com

An Unforgettable *RIDE*

Residents share the joy of their first car

By Joe Baumgarten

What kids, strapped into the backseats of their parents' cars, gazing through the gaps between the front seats and watching the road ahead, don't think how great it will be when they are in the driver's seat? And not just any driver's seat, but the seat of their very own car. The power of the machine in their control. The freedom to choose the destination. The total control over the stereo. It's no wonder people's memories of their first auto stay vivid, and the stories remain a thrill to be told.

Alan Strickler has two classics in his garage today: a 1956 Ford pickup street rod and a 1964 Ford Galaxy, both of which he has restored and enhanced.

Kitchen chairs and white tires

Like most kids who grew up on Iowa farms, Alan Strickler learned to drive at a young age. At 10, he was driving the family tractor and, at 13, the grain truck. It is no wonder he describes himself as “car crazy at a very young age.”

His first car was a 1948 Plymouth four-door, which he purchased for \$65 from his older brother. He was only 14.

Once he got the car, a friend of his father’s donated some tear-drop headlights. Since the rage that year was individual bucket seats, he replaced the standard bench seat with a pair of standard kitchen table chairs. He sawed off the legs and then bolted each onto the floor.

“I’m not sure the DOT would have approved of my modification, especially since this was before seat belts,” Alan says.

Not stopping there, he rode his bicycle a few miles down the road to the local salvage yard and purchased a pair of 1950 Buick tail lights. Next, he repainted the engine black and the wheels white. The other rage of the year was to have a “four on the floor” (a four-speed manual transmission with the gear shift located on the floor of the vehicle) rather than a “three

on the tree” (three-speed manual transmission with the gear shift mounted on the steering column). Determined to make his car the hippest it could be, Alan ordered a conversion kit from Western Auto and did the work himself.

“It ran real good, but I never drove it on the highway much because I didn’t have my license,” he says.

Instead, he would use it to navigate the dirt roads of his family’s 130-acre cattle farm near Centerville. He would drive it to various destinations to check on the cattle and do chores.

“My dad once told me, ‘You have smoother roads in the pasture than most highways,’ ” he says.

When he had some free time, he would drive some of his buddies out to the family pond to fish. Occasionally, he would sneak a drive on the long gravel road just north of the farm.

When asked about any other adventures he might have had in his first car, he replies, “Oh, none that I can talk about,” and broke into a hearty laugh.



Alan Strickler with his first car, a 1948 Plymouth four-door, which he purchased for \$65 from his older brother.

After driving the car for a few years, Alan sold it to a friend for \$150, banking the money — along with some great memories.

“I was on top of the world!” he says.


Still an avid collector of cars, Alan has two classics in his garage today: a 1956 Ford pickup street rod and a 1964 Ford Galaxy, both of which he has restored and enhanced. As beautiful as they are, nothing can take away those memories of his first love, the old 1948.

NATIONAL **BLOOD DONOR** MONTH

thank you to our


Urbandale

blood donors




In 2024, Urbandale donors donated 1,572 units, impacting 4,716 local patients.

25% of those donors have an appointment scheduled in 2025



**WILL YOU JOIN LIFESERVE
IN SAVING LIVES IN '25?**

lifeserve.info/urb | 800.287.4903 | scan



Sporty, fast and red

Like Alan, Jerry White grew up on his family's farm and worked hard for the money he earned. Unlike Alan, however, it wasn't until he was 16 that he had enough saved for his first car.

"I was the youngest child — spoiled," he laughs. (His wife, sitting in the other room, laughs even louder).

Unbeknownst to him, his father and older brother had been looking for a car for him for a while. They finally found the perfect match: a 1950 Chevy Convertible. It had been purchased new by the wife of the local undertaker, but, for unknown reasons, had been in storage for several years. Jerry paid her \$500.

"I immediately started working on it," he says.

He removed all the seams from the hood and over the fenders. Unlike the putty that is used for bodywork today, Jerry used lead. He also replaced the tail light. Once the bodywork was done, he had it painted a 1956 Cadillac Mandarin Red.

"It was a pretty car," Jerry says. "It was a fun car. Like all hot rods of that time, it had a real pretty sound to it. It was quite a car."

Once the exterior was done, he took the car to a specialist in Kansas City to have the interior reworked. He also had a brand-new white top installed. Unlike other 1950 Chevys that were 6-cylinder engines, Jerry's had a powerful V8. As a junior in high school with a V8-powered cherry red convertible, was Jerry a disciplined driver?

"No, no he wasn't," his wife quickly offers.

Jerry and his wife enjoyed the car for five years, but then the kids came along.

"It just wasn't very practical with the kids," his wife laughs.

He sold it to a friend for \$1,000, making a nice amount of return for his time and investments. Unfortunately, his friend was not expecting the power of the modified V8; he ran the car into a ditch and totaled it the first night he had it.

Amazingly, the same thing happened to the next car Jerry sold to a friend: It was wrecked the next day.

"The moral of the story is," Jerry says with his index finger point upward for emphasis, "whatever you do, do not buy a used car from Jerry White."



Jerry White with a photo of his first car, a 1950 Chevy Convertible. It had been purchased new by the wife of the local undertaker and been in storage for several years. Jerry paid her \$500.

A late start

A 1964 Rambler American was Linda Lehmer's choice for her first car.

"It wasn't even a new car," she explains. "I brought it from my brother in 1969 for \$300. I drove it for about a year and a half and then sold it when Lawrence and I got married and moved to California."

"It wasn't anything special. It only had an AM radio, no seat belts, manual windows and manual door locks. It was advertised as a compact car, but it was bigger than the car I drive today."

Bucking the trend, Linda didn't get her first car as a teenager like most kids. In fact, she didn't even learn to drive until she went to college.

"My brother tried to teach me earlier, but I ran over a stop sign and put a big dent in the front of his car," she laughs.

So, how did she get around?



Linda Lehmer and her husband, Lawrence, sold Linda's first car, a 1964 Rambler American, when they married and moved to California.



Linda Lehmer with her first car, a 1964 Rambler American.

"I had a good friend who had a boyfriend who drove us everywhere, so I didn't need to drive myself until college," she says.

"It's a good thing you didn't have the car earlier," Lawrence remarks. "You never would have met me."

"That's right," Linda agrees. "Lawrence was a friend of my girlfriend's boyfriend, and that's how we met."

Yet another story of the inexorable link between cars and love.

No frills

Donnie Moran's first car was the quintessential "people's car" — the German Volkswagen. As a high school junior, he asked his father's permission to get his first car. His father said yes, as long as it was completely financed by Donnie.

"I shopped around for something that I could afford and found a nine-year-old 1960

VW Beetle that was on the lot for \$625. I gave the dealer all the cash that I had as a downpayment and agreed to pay \$25 a month after that until it was paid off.”

One of the “features” of the VW Beetle was its total lack of features; it came with only the essentials. It had vinyl seats and floors, crank windows, manual transmission, no radio. It didn’t even have a gas gauge.

“You never quite knew when you would run out of gas. When the engine began to sputter, you could pull a special lever, and it would release a 1-gallon reserve tank to get you to the next gas station.”

As is still true today, boys of that age were searching for two main things: freedom and love. Donnie found his freedom with his first car and love with his first high school girlfriend, Sharon. He would pick her up in the mornings, and they would ride together to and from school.

Like most cars of that era, the VW Beetle had no air conditioning. However, this particular car didn’t even have a heater. Growing up in South Florida, however, this wasn’t much of an issue.

“When the weather would get a bit chilly in the wintertime, I would light a can of Sterno (a brand of jellied denatured alcohol that is burned



Donnie Moran traded his first car, a VW Beetle, for his first muscle car, a 1969 Camaro Z-28 Rally Sport.



directly in its can) in the back seat floorboard, and we were good for the morning ride to school.”

Donnie and his brother would often take the Beetle deep into the Everglades to do some fishing. Whenever they encountered a section of the road that had some standing water on it, they would bravely, or perhaps foolishly, hit the water at full speed.

“The Beetle was so light, it would skim right across the water, and we’d get control again on the other side,” Donnie laughs. “If we did spin out, it was light enough that we could push it back onto the road.”

Donnie no longer has the Beetle. He traded it in for his first muscle car, a 1969 Camaro Z-28 Rally Sport. However, Donnie still has the girlfriend, whom he has now been married to for 51 years. ■

JOIN IN ON OUR

RAFFLE CONTEST!

for a chance to win Patron El Alto & Colonel E.H. Taylor Straight Rye

Come in today to purchase your raffle ticket for **ONLY \$3 TODAY!**

Winner will be announced January 31 at 6pm!

LIQUOR LAND
 4995 Merle Hay Rd Unit B, Des Moines
 www.liquorlandia.com
 515-984-2337

C&B
CHRISTOPHER AND BANKS™

VALID 1/09/25 - 2/28/25

Mention this ad to receive

15% OFF

your total purchase

WITH PROMO CODE **ILJAN15**

*Exclusions apply.

Come shop at
 1802 SE Delaware Ave. #109, Ankeny
 515-400-0063

Shop anytime online at
 www.christopherandbanks.com

RETHINKING your IRA

The evolution and tax strategies

IRAs play a key role in retirement planning for many Americans. According to the Investment Company Institute, 42% (or 55.5 million) of U.S. households reported owning an IRA in 2023.



Since its introduction in 1974, the Individual Retirement Account (IRA) has transformed from being solely offered by banks with limited investment choices to being available through various carriers that provide hundreds of investment options.

The contribution limit started at \$1,500 and was only increased once between 1974 and 2001. The 2025 limit is \$7,000 for those under age 50 and \$8,000 for those 50 and older.

One of the initial attractions of traditional IRAs is that they are tax-deferred. This means that contributions may be fully or partially deductible (depending on filing status and income), and earnings and gains are not taxed

until you take distributions.

They are a great way to save for retirement, especially as few employers offer pensions. However, a consequential factor that many overlook is the tax implications of withdrawing IRA funds in retirement. As the IRA grows, so does the tax bill. The tax-deferred nature of these accounts can essentially be viewed as a loan from the IRS. Essentially, your pre-tax IRA represents a debt to the IRS that you might have to repay at a less than convenient time — when you retire and perhaps desire financial simplicity more than ever.

This is where strategies like Roth conversions come into play. Converting a portion of your pre-tax IRA to a Roth IRA involves paying taxes on the converted amount at the time of the conversion. However, once the funds are in the Roth IRA, they grow tax-free, and qualified distributions are also tax-free. For most, this can significantly reduce the overall tax burden throughout retirement.

The Roth conversion is not the only strategy to consider. Qualified Charitable

Distributions (QCDs) offer another powerful tool. A QCD is a tax-free transfer of funds from an IRA to a qualified charity. Once you reach 70 1/2, you can transfer funds directly from your IRA to a qualifying charity annually (the limit is \$108,000 for 2025). This transfer counts toward your Required Minimum Distribution (RMD) requirements when those kick in at age 73 or 75, depending on when you were born. For those already inclined to charitable giving, this is a win-win scenario — supporting causes you care about and lowering your RMD and possibly your retirement tax bill. The key is to think ahead now about how the IRA that helped you get to retirement could become tax-efficient income in retirement. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Investment Company Institute (2024, February 24) IRAs Play a Key Role in US Households' Retirement Planning [Press Release www.ici.org/files/2024/per30-01.pdf]



Learn what other tax strategies you could implement in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch now.



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

CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

SATURDAY, JAN. 18 • 1-4 P.M.

BREAK THE WINTER BLUES, GET OUT
AND HAVE FUN ON A SATURDAY
AFTERNOON IN VALLEY JUNCTION!

FOR \$25 TICKET PRICE*, YOU GET 10 TICKETS
TO SAMPLE WINTER SPECIALTY DRINKS!

*\$35 AT THE DOOR



TICKETS AT FIRE-AND-ICE.DMCITYVIEW.COM

MEET Leslie Berigan

Making a life of supporting and loving children.



Leslie Berigan has been a paraeducator at Urbandale Middle School for 31 years.

For 31 years, Leslie Berigan has made a difference in the lives of students at Urbandale Middle School as a paraeducator. Though she has a background in interior design, she “jumped ship” when her husband had to travel a lot for work so she could focus on her family. She began to consider working in the schools so she could continue to work yet be at home with her children when they weren’t in school.

“I have some family members that were students in special education, and they greatly benefited from paraeducators that were able to guide them and help them to become successful students. I was comfortable in the role, have had amazing support from my husband, and here I am 31 years later,” she says.

“I offer students support by reteaching material, helping students get caught up if they are behind on work, and serving as a communicator between the classroom teacher and the special education teacher,” she says. “My first two years I was in the BD room. Then, I was in the industrial tech room for 14 years as a paraeducator, and, for the last 15 years, I’ve worked as a paraeducator in the special education room.”

Urbandale Middle School is the only school in which she has ever worked. She began in the fall of 1993.

“I live in Urbandale and think it is important to advocate and get to know the community you live in,” Leslie shares. “I’ve had opportunities in other districts but have passed them up to stay in the community where I live. When I first started, my kids were in the Urbandale district, and I thought it was important to know what was going on in the schools and district where they attended.”

Leslie has many great memories from over the years. This past summer, she had a student show up at her door to invite her to his high school graduation.

“I didn’t even know he knew my address,” she admits. “He had transitioned out of special education. We got to catch up with each other.”

In her earlier years as a paraeducator, her parents were in town, and they had all gone out to eat.

“A bottle of wine showed up on our table that we didn’t order,” Leslie recalls. “I asked the waiter about it, and he said the manager was a former student of mine and was super appreciative of me never giving up on him. It was a life-changing moment.”

All the little victories that Leslie observes in her students are memorable highlights for her. She enjoys seeing students who initially struggle with things like sensory issues at the beginning of the year transition to interact and learn with fewer issues by the end of the school year. Leslie recommends that those interested in learning more about being a paraeducator reach out to the principals of the schools of interest or the HR departments for details because each position is different since each child’s needs are different.

“The flexibility is great, and no education degree is needed for the job — just a willingness to be patient, kind and caring... willing to appreciate the small victories,” she says. ■



CALL US FOR YOUR TAX PREPARATION NEEDS!

**ACCURATE,
FRIENDLY
EXPERT ADVICE.**



Ann M. Hartz
32 years experience



Specializing in:

Tax Services • Tax Problem Resolution

• Small Business Assistance

*Payroll Services, Accounting, and Strategic
Business Coaching*

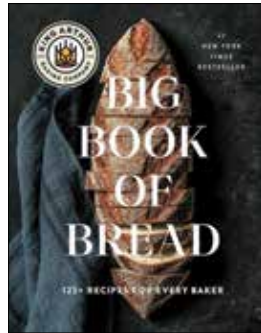


CPADesMoines.com

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

‘The King Arthur Baking Company Big Book of Bread: 125+ Recipes for Every Baker’

I love a challenge, so it’s not surprising that I joined with the many thousands who have tried to master bread baking over the last few years. It turns out, it’s both more complicated and blissfully simple than I ever could have guessed. Baking the perfect loaf has not become an obsession, and I can’t get enough.



By King Arthur Baking Company
10/22/24
464 pages
\$45
Simon Element

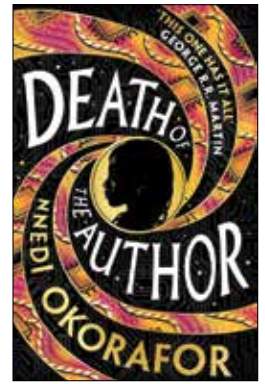
Enter the makers of the best flour commercially available for at-home bakers. Already the authors of vital kitchen texts for cookies and cakes, here they tackle a mountain of bread-baking skills into a gorgeous, easy-to-follow book filled with recipes both common and unusual. With their characteristic style and simplicity, this book is a fantastic resource for bread bakers at every skill level. Everything from sourdoughs, to gluten-free options and dessert breads is covered in this massive book, and I have yet to find something I didn’t want to try.

I’ve made several recipes so far, and I can’t wait to try them all. I think this will be an indispensable guide for many years to come. Make some room on your shelf and dive into the best bread book out there. ■

— *Review by Julie Goodrich*

‘Death of the Author’

Meta-stories, or books written as a story within a story, often drop the ball on one or the other tale, and, by the end, I often feel cheated, as if I’m missing something. This book, however, takes that trope to a transcendent place, weaving the two stories so deftly I can’t imagine one without the other. This kind of skill is breathtaking. I can’t wait to read it over and over.



By Nnedi Okorafor
01/16/25
448 pages
\$30
William Morrow

The frame story focuses on Zelu, a Nigerian-American author currently at a low point after losing her job and being unable to sell her novel. Then, inspiration strikes, and suddenly she has a bestselling science fiction book and she has to navigate a new existence in the public eye and within her family. Nestled into Zelu’s “real life” story is the actual book she wrote, “Rusted Robots.” The interplay between the two stories is pitch-perfect. They contrast and collide so well, I can’t imagine one without the other.

If this book gets the attention it deserves, everyone will be reading and talking about it. Nnedi Okorafor is so extraordinary, I wouldn’t be surprised to find her work as required reading someday soon. Treat yourself and pick it up this winter. ■ — *Review by Julie Goodrich*

**Part-time work.
Consistent pay.**

We are seeking delivery drivers!

*Want to get out of the house? Get some exercise?
Make some extra cash? If you like driving and
know your way around town, this may be the
perfect fit for you.*

- Compensated weekly on a per-stop basis
- Must provide proof of insurance, valid driver’s license and a reliable vehicle
- Driver must be able to lift 20 pounds to waist height
- Must be able to communicate clearly, be honest and dependable.

Scan to learn more!



Contact Mike Chiston at mike@dmcityview.com or 515-953-4822 x304 for more information.



WHAT IS probate?

The process of court-supervised administration of an estate is called “probate.” If you have a will, at your death, your executor presents it to the court. It’s a common misconception that merely possessing the will vests someone with the authority to act. The will must be admitted to probate to be effective. If you die without a will, the court still controls the assets of your estate.



your estate legally and according to your wishes. The personal representative has a duty to report the assets, debts and disbursements of the estate to the court to ensure that the will or the rules of inheritance are followed.

Doesn’t probate make my entire estate a matter of public record?

Probate does make the assets of the estate a matter of public record. However, the only item that is available to the general public is the notice of opening the estate, which is published in the newspaper. For somebody to discover the assets of your estate, they must know how to access the court records and files. Even though the entire estate file is “public record,” as a practical matter, most people do not know how to review this information.

Doesn’t probate take a long time?

Probate takes about six months. Iowa law

requires notice of a new estate be published in a local newspaper for two consecutive weeks. This is so any unknown creditors of the estate can file claims. Then, the estate must remain open for four months. There may be other factors which require a longer probate period, but, generally, the probate process should take only about six months.

Isn’t probate expensive?

Attorney’s fees and court costs cannot be paid until the estate closes. In Iowa, attorney’s fees are statutorily controlled and are approximately 2% of the gross value of the estate. The personal representative is also entitled to fees in the same amount. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps. ■

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

What can I do to avoid probate?

Some clients wish to avoid probate altogether. This is generally based on misinformation regarding the process. Court supervision of the probate process ensures that your executor or the court-appointed administrator handles

WHERE TO BEGIN?

YOU DON'T HAVE TO DO THIS ALONE.

SUPERIOR SERVICE. LEGAL SOLUTIONS.

FOR 38 YEARS



EXPERIENCED ATTORNEYS

— SINCE 1987 —

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



ABENDROTH RUSSELL BARNETT LAW FIRM

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

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



URBANDALE COUNCIL RECAP



January 7, 2025 - Council Meeting

The Mayor and City Council met on Tuesday, January 7, and began by welcoming Joe Cacciatore as the newest Councilmember. He was officially sworn in after being appointed to fill a vacancy on the Council. The meeting also included the swearing-in of two new Police Officers, Alex Heckman and Dyllan Rosenbaum.

A special proclamation was made to honor Martin Luther King Jr. Day, which will be celebrated on Monday, January 20, 2025. It's a reminder of the importance of kindness, equality, and working together to make our community stronger.

The Council also held a public hearing to discuss

changes to the City's zoning to allow a Sikh place of worship, called a Gurudwara, to be built at 11000 Douglas Avenue. This included a first look at a new ordinance that would update zoning rules for places of worship across the city. These changes help show how Urbandale continues to grow as a welcoming and inclusive community for everyone.

The Mayor and City Council will meet for a worksession on Tuesday, January 14, 2025 at 11:45 A.M.

December 17, 2024 - Council Meeting

At the final regular meeting of the year, the City Council approved the Annual Comprehensive Financial Report (ACFR) for the fiscal year 2023-2024. The ACFR provides an in-depth look at the City's financial performance and position. For cities with populations of 15,000 and greater, Urbandale continues to maintain one of the lowest tax rates in the state.

The Council also authorized the commissioning of artists Jan Hutchison and Sarah Del Campo to design and paint a mural on the Urbandale American Legion Building, located at 6805 Douglas Avenue. Following extensive community input and stakeholder review, their design was selected to honor veterans and promote unity. Work is set to begin in spring 2025, with completion targeted for Memorial Day.

December 6, 2024 - Special Council Meeting

The Mayor and City Council convened on Friday, December 6, for a special meeting outside its regular schedule to approve the employment agreement for the new city manager. Mr. David Jones, currently the city manager in Ankeny, will become Urbandale's next city manager. This past summer, the City of Urbandale launched a nationwide search to replace the current city manager A.J. Johnson, who is retiring at the end of 2024. That search process yielded over 40 candidates from 19 different states. Jones has over 25 years of local government management experience, receiving a Master's Degree in Public Administration from the University of Tennessee at Chattanooga and a Bachelor of Science Degree in Communications from Kennesaw State University in Georgia. Jones will start his new role with the City of Urbandale on Monday, January 27, 2025.

Newsletter Sign-Up



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

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

GET fit



After a few weeks of indulging our sweet tooth amid Christmas and New Year celebrations, many of us are feeling the need to “get fit.”

But, as we enter 2025, there is a form of fitness to pursue that’s of greater importance than what physical exercise can produce.

Paul’s instruction to Timothy to “discipline yourself for the purpose of godliness” (1 Timothy 4:7b) is sound advice for every Christ follower.

“Discipline” is training as opposed to trying. I can try to run a half marathon, and I will fail. But if I train myself through regular workouts, I’m highly likely to succeed.

Paul is not advocating spiritual discipline as a means of becoming right with God. He has already stated, “We maintain that a person is justified by faith apart from the works of the Law” (Romans 3:28).

Paul urges Timothy and every follower of Christ to get spiritually fit by disciplining ourselves in those activities that produce godliness. Two important steps guide us.

First of all, Paul makes clear the reason for pursuing spiritual fitness. “Bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come” (1 Timothy 4:8).

While physical training can give us a better quality of life and possibly extend our time on planet Earth, it “profits little” because no amount of physical exercise improves relationships or insulates us from aging and dying.

Spiritual training “that promotes godliness” benefits those who are God’s children through faith in Jesus in this “present life” and “for the life to come” by enabling them to become more like their Savior in thought, word and deed (Romans 12:1-2).

A life conformed to Christlikeness encourages everyone we encounter in this life, exposes others to the blessing of knowing Christ, excites unbelievers to repent and believe in Jesus, and energizes Christ followers to reflect Christ more consistently.

Secondly, spiritual fitness requires a diet and exercise regimen. Paul instructed Timothy to be “nourished on the words of faith and of sound doctrine” (4:6). A steady intake of God’s word through reading, studying, memorizing and listening to it preached is essential for godly living (Psalm 119:9).

Godliness means “proving yourselves doers of the word and not merely hearers who delude themselves” (James 1:22). We exercise our spiritual muscles by serving others, sharing God’s word, staying away from corrupting influences, and seeking God in prayer.

What is your diet and exercise plan to “get fit” spiritually in 2025? Those who fail to plan, plan to fail. ■

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

JOIN US SUNDAYS AT 10:30

2nd Samuel

From Refugee to Reigning King

CREEKSIDE CHURCH

2743 82nd Pl • Urbandale • CreeksideDM.com

SUBSCRIBE TO THE LIVING MAGAZINES EMAIL TODAY!

IOWA Living MAGAZINES

Sign up for one community or all 14 to stay up-to-date on local news.

SIGN UP FOR FREE!

WWW.IOWALIVINGMAGAZINES.COM

Get an extra 25¢/gal cash back

The free Upside app earns you real cash back, even on debit purchases.

Get the app and use code **print46**.

Offers vary by user and location. Terms and conditions apply. Go to Upside.com for details.

FINDING kindness in community

Campbells live in fun, active neighborhood.

During the height of the pandemic, Taylor Campbell and her husband, Blake, found their perfect home in Urbandale's Colby Woods neighborhood, nestled on Brookshire Drive.

Since moving in October 2020, Campbell, her husband, and now their baby, Oliver, have embraced everything the community has to offer — and even helped shape it into an even tighter-knit neighborhood.

The Campbells bought their home during the frenzied COVID-19 real estate market. The house they fell in love with had just returned to the market after a prior offer fell through. On the day they toured the home, Campbell spotted the mailman walking by and didn't hesitate to ask if it was a good neighborhood.

"He said it was great," Taylor recalls. "That was a huge selling point."

The Campbells were charmed not only by the house but also by the warm welcome they received. Neighbors waved as they drove by, and the overall energy was filled with "good vibes." The decision to settle on Brookshire Drive quickly felt right.

Since then, the Campbells have become an integral part of the Colby Woods community. One of their contributions is the annual Bash on Brookshire, a lively block party they started a few years ago. The event features food trucks, water balloons, a foam party and more.

Halloween is another highlight. The Campbells give out hotdogs to trick-or-treaters, while other neighbors hand out festive adult treats like apple pie shots and Jell-O shots, making it a night to remember for kids and adults alike.

During the spring, the neighborhood comes together for an Easter egg hunt organized by a thoughtful neighbor.

It's no wonder what Campbell appreciates most about Urbandale is the people.

"It's really just about how kind the people are, and they're always willing to help," she says.

On Brookshire Drive, that kindness is evident in every interaction. Campbell describes her neighbors as "the best" — hosting baby showers for one another, pitching in to clear yards after storms, and being there when needed.

Recently, while making spaghetti for dinner, Campbell realized she'd forgotten the sauce. Without hesitation, a neighbor offered



Taylor and Blake Campbell enjoy life in the Colby Woods neighborhood.

her a jar of homemade sauce.

"It's just little acts of kindness like that," she says.

The street is a blend of retirees and young families, creating what Campbell calls "step-in families." Retired neighbors are ready to lend a hand or share advice. With baby Oliver and a neighbor's child both born recently, she's

excited that the kids will have the chance to grow up together.

Beyond their immediate neighborhood, Campbell appreciates Urbandale's balance of small-town charm and big-city convenience.

"Urbandale feels so small," she explains. "You get a small community feel with the accessibility of everything nearby." ■

NEW YEAR, new plan

Staying independent at home as you age

Chris, 72, has lived in her home in West Des Moines for nearly 50 years and plans to remain there forever, but her son and daughter-in-law are concerned. Chris is healthy, but if she needs assistance at some point, her family won't be able to help, as they live abroad.



Chris's family members' concerns are reasonable; staying in our homes independently 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.

So, you may be asking yourself, on your own behalf or on behalf of someone you love: "If moving into a community for older adults is not a desired option and there are concerns about potential health issues later on, what can I do?"

Consider a Continuing Care at Home (CC@H) membership initiative. Usually administered by an organization that serves older adults, a CC@H program is 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.

Here are some questions you'll want to consider asking before you join a program:

- **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.

- **How long has the organization that's backing the program been in business, and what's its reputation in the senior-living industry?** Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. 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. ■

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.

Say, "Yes!" to Drinking Less

More than 2 drinks a day is considered too much.

When you say "no thanks" to heavy drinking, you reduce your risk of alcohol-related health problems such as heart disease, liver disease, stroke, high blood pressure, and depression.

Ready to
cut back
on drinking?

Go to
YourLIFEIowa.org/alcohol
to get started.



Auto Service Reimagined

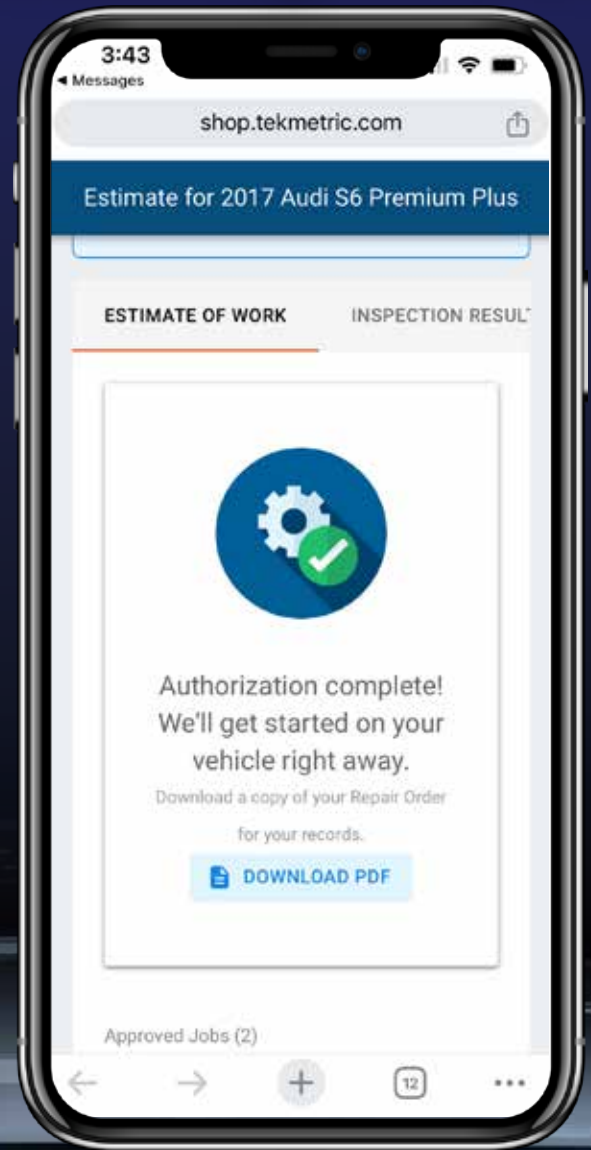
Shade Tree Auto Goes Digital

At Shade Tree Auto, we believe in transparency, and that means showing you exactly what's going on with your car – not just telling you. With our **DIGITAL INSPECTIONS**, you'll receive a detailed report right to your phone, complete with technician notes, high-quality photos, and videos pinpointing any issues with your vehicle.

No guessing, no surprises. Plus, with our convenient **TEXT UPDATES AND REMINDERS**, you'll stay in the loop on your car's status and be reminded when it's time for your next appointment.

Need to pay? No problem! With **TEXT-TO-PAY**, you can easily settle your bill with just a few taps, directly from your phone. It's car care, simplified – right from the palm of your hand!

Options to pay over time are available with Affirm and Klarna



Benefits of Digital Communication

- ✓ Simple Payments
- ✓ Text Reminders
- ✓ Real-Time Updates

GRIMES
1750 SE 11th St.
515.986.5241

URBANDALE
3831 70th St.
515.512.1095

ANKENY
1329 SW Ordance Rd.
515.964.9492



URBANDALE Public Library news

Winter reading challenge

Our 2025 Winter Reading Challenge kicked off Monday, Jan. 13, and runs through the month of February. Like the summer reading challenge, participants keep track of their reading on a paper log or through the Beanstack app to earn prizes. Youth can earn cozy critter badges and book prizes for each milestone. Adults earn a voucher to redeem for any item from our book sale and will be entered in a prize drawing. Visit our website for more information: www.urbandalelibrary.org.

Holiday closures

The library will be closed on Monday, Jan. 21, in observance of Martin Luther King, Jr. Day. The library will be closed on Monday, Feb. 17, for a staff in-service.

Spinning Yarns

Join us on the second Thursday of each month at 6 p.m. to practice your knitting/crocheting skills and share about the books you've been reading. Spinning Yarns is open to all skill levels and will even include some instructional videos from Craft & Hobby and books from our collection.

Winter Seed Sowing in Iowa

Did you know you can sow seeds in the winter outside in Iowa? Polk County Master Gardener Kay Oliver will talk you through a step-by-step plan on how to do Winter Seed Sowing. Kay will cover when to plant, type of equipment and maintenance needed, and when to transplant. Join us Tuesday, Jan. 28 at 6 p.m. to discover the benefits of sowing seeds outdoors in the winter.

AARP Tax-Aide

The Urbandale Public Library is one of the Tax-Aide locations in the Des Moines metro area. Offered in cooperation with the IRS, assistance is available by appointment only, beginning Wednesday, Jan. 29, until Tuesday, April 8. You can find more information under the "Resources" tab on our website, including how to schedule an appointment.

February Puzzle Competition

Our puzzle competition returns for the month of February. Teams can drop in to assemble the official 500-piece competition puzzle anytime during library hours. The team with the fastest time will win a prize, and all teams who participate will be entered in a prize drawing.

Volunteer Opportunities

Interested in supporting the library and meeting new people? We have several volunteer opportunities available with flexible hours, from assisting with our painting programs to helping maintain our community refrigerator — and more. Visit our website and find the link to learn more and apply under the "About Us" tab. ■



Protect Your Loved Ones from RSV

RSV is a common respiratory virus, which peaks in the winter months.

RSV can be dangerous for infants and older adults. These age groups are more likely to be hospitalized from RSV.

Talk to your family's healthcare providers about RSV prevention.



EVENTS IN THE AREA

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

Check for cancellations



Upcoming in Urbandale Living magazine:

Grandparents who enjoy living near their grandchildren: Share why you enjoy living near your grandchildren and how you spend time together. Email tammy@iowalivingmagazines.com by Jan. 20 to be included in the February issue.

Vendor Markets

Jan. 18, Feb. 15, March 15, April 19, 10 a.m. to 6 p.m.

Outlets of Des Moines, 801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information.

Transcending Trauma Seminar for Professionals

Friday, Jan. 24
Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa is having a Transcending Trauma Seminar for Professionals with six CEUs offered. For information, email ruth.crossroads@gmail.com. Register online at <https://bit.ly/TTSP2025>. Deadline to register is Monday, Jan. 20. Late-registration deadline is day of the seminar at 8 a.m. Cost is \$150 (\$165 late registration) due at registration. Lunch is provided. Free parking. Walk-ins welcome on a cash-only, space-available basis.



Polk County Heritage Gallery exhibit

Until Jan. 24

Polk County Administration Building, 111 Court Ave., Des Moines • polkcountyheritagegallery.org

DSM Exhibited 2024 - Annual Juried Show is on display.

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:

- Feb. 9, McDivitt Cemetery presented by Mary Polson and Ann Ulm.
- March 9, Urbandale High School Athletics and Activities, presented by Tim Carver.

TICKETS ON SALE NOW!

FIRE & ICE

An interactive
WINTER PUB CRAWL
IN VALLEY JUNCTION



SATURDAY, JAN. 18
1-4 P.M.








TICKETS AT FIRE-AND-ICE.DMCITYVIEW.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.

Check for cancellations

Square Dance Lessons

Sunday nights starting Jan. 19, 6:30 p.m.
Douglas Avenue Presbyterian Church, 4601
Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.



Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- **Sunday, Feb. 23**, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- **Sunday, May 11**, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.

LIVE MUSIC

Wooly's

504 E. Locust St., Des Moines
firstfleetconcerts.com/first-fleet-venues/woolys

- Jan. 18: The Prince Experience at 8:30 p.m.
- Jan. 24: Smells Like Nirvana: A Tribute to Nirvana at 8 p.m.
- Jan. 26: Beach Bunny at 8 p.m.
- Jan. 30: Aaron Watson at 8 p.m.

Des Moines Civic Center

221 Walnut St., Des Moines
www.desmoinesperformingarts.org

- Jan. 31: Judy Carmichael

Des Moines Symphony

Des Moines Civic Center,
221 Walnut St., Des Moines
dmsymphony.org

- Feb. 8-9: Chen conducts Rachmaninoff
- Feb. 12: Youth Jazz Orchestra Winter Concert
- Feb. 24: Youth Orchestras Winter Concert
- Feb. 14-15: Harry Potter and the Half-Blood Prince in Concert

Hoyt Sherman Place

1501 Woodland Ave., Des Moines
hoytsherman.org

- Feb. 4: Guster at 8 p.m.
- Feb. 7: Folsom Prison Experience at 8 p.m.
- Feb. 19: The Black Jacket Symphony Presents The Beatles' "Abbey Road" at 8 p.m.
- Feb. 22: The Salvation Army: Unmasking The Singer at 6 p.m.

Noce

1326 Walnut St., Suite 100,
Des Moines
nocedsm.com

- Jan. 18: Fly Me To The Moon: Max Wellman Sings Sinatra at 7 p.m.
- Jan. 22: The Des Moines Big Band at 7 p.m.
- Jan. 24: The Art of the Trio with Mike Conrad at 7 p.m.
- Jan. 25: Fly Me To The Moon: Max Wellman Sings Sinatra at 7 p.m.
- Jan. 29: The Des Moines Big Band at 7 p.m.
- Jan. 31: For Once in my Life: A Night of Stevie, Luther and more with Napoleon Douglas at 7 p.m.
- Feb. 1: NOLA Jazz Band: Something Old, Something New, Something Bowered, Something Blues at 7 p.m.
- Feb. 6: Jazz on the House with the Carson Parker Trio at 7 p.m.
- Feb. 7: Bojangles: Napoleon Douglas sings Sammy Davis Jr. at 7 p.m.
- Feb. 12: The Des Moines Big Band at 7 p.m.
- Feb. 14: Valentine's Day with Max Wellman at 7 p.m.
- Feb. 15: Nap Sings Nat: Napoleon Douglas sings Nat King Cole at 7 p.m.
- Feb. 19: The Des Moines Big Band at 7 p.m.
- Feb. 21: Voix De Ville: A Noce Folly from Max Wellman at 7 p.m.
- Feb. 22: Robert Espe Presents: A Gentle Man - The Music of Kenny Wheeler at 7 p.m.
- Feb. 26: The Des Moines Big Band at 7 p.m.
- Feb. 27: Jazz on the House with Tanner Taylor at 7 p.m.
- Feb. 28: Voix De Ville: A Noce Folly from Max Wellman at 7 p.m.



Vibrant Music Hall

2938 Grand Prairie Parkway, Waukee
www.vibrantmusichall.com

- Feb. 7: Wallows at 7:30 p.m.
- Feb. 8: R&B Only at 7:45 p.m.
- Feb. 14: Flatland Cavalry at 8 p.m.
- Feb. 25: The Price is Right Live at 7:30 p.m.

Val Air Ballroom

301 Ashworth Road, West Des Moines
www.firstfleetconcerts.com/val-air-ballroom

- Jan. 31: Ella Langley at 7:30 p.m.
- Feb. 1: Paul Cauthen at 7:30 p.m.
- Feb. 6: Zach Top at 8 p.m.
- Feb. 7: NOCAP at 8 p.m.
- Feb. 14: Parmalee at 7:30 p.m.
- Feb. 15: The Warren Haynes Band at 8 p.m.
- Feb. 28: Houndmouth at 7:30 p.m.

EVENTS IN THE AREA

Check for cancellations

Talk with Officials

Saturday, Jan. 25, 10:30 a.m. to noon
Urbandale Chamber of Commerce office - limited in person, 2830 100th St., Suite 110, Urbandale, and available virtually

Talk with Officials is a forum for the community to connect with elected officials representing Urbandale at the state, county, city and school district levels. Space is limited. The Talk with Officials events are open to the general public and held on the last Saturday of each respective month. Registration is required for in-person attendance. Virtual attendance is unlimited, however registration is still required to receive the link.

Questions will be accepted both from in-person and virtual attendees. Submit questions in advance, preferably before Thursday, Jan. 23. Organizers will only accept additional questions the day of if time allows.

Invited elected officials include: Mayor Bob Andeweg, Sen. Matt Blake (D), Rep. Eddie Andrews (R), Rep. Dan Gehlbach (R), Rep. Larry McBurney (D), Polk County Supervisor Jill Altringer, School Board President Jason Menke.

Registration link available at <https://businesses.uniquelyurbandale.com/events/details/2025-talk-with-officials-january-15806?calendarMonth=2025-01-01>.

Playhouse classes offered

Various dates

The Des Moines Playhouse, 831 42nd St. Des Moines

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for spring break and spring classes and summer camps. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit dmplayhouse.com/education/classes-and-camps.

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with "Waitress" choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Spring classes, starting March 2, are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning "Seussical Kids," a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational offerings, contact Robin Spahr, Playhouse education director, at rspahr@dmplayhouse.com, 515-974-5365



THEATRE

Actors, Inc. - Ames Community Theater

120 Abraham Drive, Ames
actorsinc.org

- Jan. 23-25, 31, Feb. 1-2: "Angel Street"

Des Moines Performing Arts

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines
desmoinesperformingarts.org

- Jan. 25: "A Night of Magic and Comedy"
- Jan. 28 to Feb. 2: "Shucked"

Tallgrass Theatre Company

2019 Grand Ave., Suite 100, West Des Moines
tallgrasstheatre.org

- Jan. 31 to Feb. 16: "Ripcord"

Stephens Auditorium

1900 Center Drive, Ames
center.iastate.edu/events

- Jan. 24: "Matt Mathews: Boujee On A Budget"

CITYVIEW's Fire and Ice

Saturday, Jan. 18, 1-4 p.m.
Historic Valley Junction Foundation, 137 Fifth St., West Des Moines

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>.



SPORTS

Iowa Wolves

Wells Fargo Arena, 233 Center St., Des Moines
iowa.gleague.nba.com

- Jan. 23 at 6:30 p.m. vs. Valley Suns (Phoenix Suns)
- Jan. 24 at 6:30 p.m. vs. Valley Suns

Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines
iowawild.com

- Jan. 17 at 7 p.m. vs. Rockford Icehogs
- Jan. 18 at 6 p.m. vs. Rockford Icehogs
- Jan. 22 at 7 p.m. vs. Charlotte Checkers
- Jan. 25 at 6 p.m. vs. Texas Stars
- Jan. 26 at 3 p.m. vs. Texas Stars
- Jan. 28 at 7 p.m. vs. Charlotte Checkers
- Jan. 31 at 7 p.m. vs. Springfield Thunderbirds

Drake Basketball games Knapp Center, 2601 Forest Ave., Des Moines
Men's home games

- Jan. 22 at 6:30 p.m. vs. Valparaiso
 - Jan. 29 at 6 p.m. vs. UNI
- Women's home game
- Jan. 16 at 6 p.m. vs. Belmont

Des Moines Buccaneers

The MidAmerican Energy Company RecPlex 6500 Grand Ave., West Des Moines
bucshockey.com

- Jan. 24 at 7 p.m. vs. Lincoln Stars ■

COZY, comforting recipes to take on the cold

(Family Features) If blustery conditions are giving you the blues, come inside from the cold for a winter warmup in the comfort of your own kitchen. Cold-weather favorites that are baked, roasted or slow cooked are usually equal parts easy, delicious and filling, making them perfect solutions for chilly, snowy days.

Add a bit of comfort to your weeknight menu with this Loaded Chicken Bake that's ready in about half an hour. A short list of ingredients and allowing your oven to do most of the work for you mean it's ideal for saving time (and money at the grocery store) while still satisfying winter appetites.

Serving as the hearty base is READ German Potato Salad, made with thinly sliced potatoes and bacon in a traditional sweet-piquant dressing. While it's delicious when served chilled, heated or at room temperature on its own, it can also be the star of the show in family meals.

Find more favorite wintertime recipes by visiting READSalads.com and AuntNellies.com. ■

Loaded chicken bake

Recipe courtesy of Hungry In LA

Prep time: 20 minutes | **Cook time:** 15 minutes

Servings: 8

- Nonstick cooking spray
- 2 cans (15 ounces each) READ German Potato Salad
- 4 cups shredded rotisserie chicken or other cooked chicken
- 1/2 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon finely ground black pepper
- 3/4 cup shredded sharp cheddar cheese
- 1/4 cup crumbled, cooked bacon
- French fried onions (optional), plus additional for serving (optional), divided

DIRECTIONS

- Preheat oven to 375 F.
- Lightly coat 9-by-13-inch baking dish with nonstick cooking spray.
- Spread German potato salad evenly in dish. Top evenly with chicken.
- In small bowl, stir heavy cream, salt and pepper. Pour mixture over chicken.
- Sprinkle with cheese, bacon and onions, if desired.
- Bake 15 minutes, or until casserole is bubbly. Let stand 10 minutes.
- Top with additional onions, if desired.



HAPPY
New Year

We Offer Snow Removal!

515Lawn Services

Call OR Text Today 515-587-8171

Brilliant BORDERS

Landscape Design & Outdoor Solutions.

**LAWN NOT HEALTHY?
NEED A BETTER SERVICE?**

KEEP YOUR YARD LOOKING ITS BEST!

*with our 7 Step Weed & Exterior
Pest Control Program*

- Pre-emergents, Nitrogen, & Micronutrients added to your soil
- Perimeter Pest & Mosquito Control
- Routine Maintenance from March to November

Call Your Brilliant Experts Today!

FREE Soil Testing
when you prepay for the 7-Step Program.

515-738-3118

1585 NW Vicksburg Court, Waukee

www.brilliantborders.com

Apply now!

St. Pius X CATHOLIC SCHOOL

Love God. Love Others.
Make Disciples.
Restore All Things In Christ.

**Pre-Kindergarten
Kindergarten-8th grade**

Art, Music, STEM, Band, Spanish,
Library, Guidance, PE

www.stpiusxurbandale.org/school

Schedule a tour: 515-276-1061

RECIPE

Oven-roasted sweet potatoes and beets

Servings: 4

- 1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets
- 2 large sweet potatoes (about 1 pound) peeled and cubed (1/2-3/4-inch cubes)
- 2-3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 red onion, sliced about 1/4-inch thick
- 2 fresh rosemary sprigs, plus additional for garnish

DIRECTIONS

- Preheat oven to 400 F. Drain beets. Discard liquid or save for another use.
- In large bowl, toss sweet potatoes, olive oil, salt, pepper and onion until coated.
- Place silicone mat on baking sheet or line with aluminum foil.
- Pour contents of bowl onto baking sheet in single layer. Remove rosemary from stems; sprinkle over vegetables. Bake 30 minutes until potatoes are almost tender.
- Add beets to baking sheet. Return to oven 10-15 minutes, or until potatoes are fork-tender and beginning to brown. Garnish with additional rosemary, if desired.



Start your morning off right with an update from

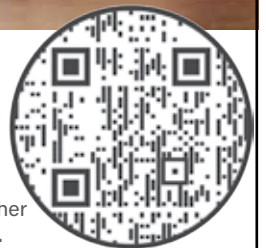
the daily umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox for free!

SCAN HERE
or subscribe at dmcityview.com



This free service is brought to you by the publisher of CITYVIEW and the Iowa Living magazines.

OUT & ABOUT



Urbandale Chamber of Commerce held a ribbon cutting Dec. 16 for Impact Health and Performance.



Gail Barnett, Charlotte Sucik and Ross Barnett with Abendroth, Russell, Barnett Law Firm wish everyone a Happy New Year.



Jesse South and Steve Smith with Creekside Church wish everyone a Happy New Year.



Jamie Meyer with the City of Urbandale wishes everyone a Happy New Year.



Derek Zarn with the City of Urbandale wishes everyone a Happy New Year.



Lisa Conard, Ciera Hutchins and Ann Hartz with Ann M. Hartz CPA & Associates wish everyone a Happy New Year.



Zech Carlson, Ray Hanysh and Cameron Murphy with Shade Tree Auto wish everyone a Happy New Year.

HAPPY New Year

The employees of Bob Brown Chevrolet in Urbandale wished everyone a Happy New Year on Dec. 31.



Barry Norgaard and CJ Johansen



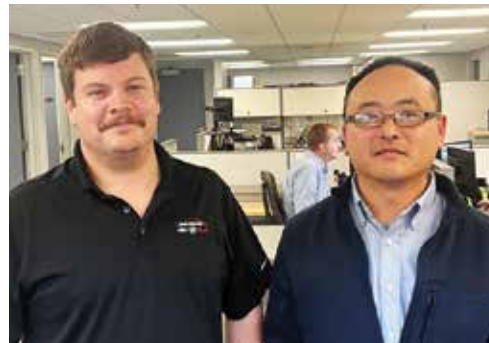
Ben Wilson and Art Watson



Caleb Zimmersmann, Shane Whittenbarger, Kevin Ochoa and Sanel Redzanovic



Dylan Boston and Dylan Albright



Grant Hundley and Chashua Vue



Kristi Martin and Don Ellerman



Matt Tenborg and Taylor Woods



Minh Nguyen and Nick Cleven



Robert McGhee and Pat Sullivan



Rodney Schwnneker, Ta Aye Wah and Frank Saengkeo



Sanel Redzanovic and Sariah Williams



Scott Sevenbergen and Scott Matlage

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

MANUFACTURED HOMES, (2025, Vinyl/Shingled. 2 Bedroom start at \$39,999). (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. In Stock/Options. Delivered Factory-Direct, East Of I-35, North of I-80. 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer **CENTURY HOMES** of **OSKALOOSA** 641-672-2344 (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855 977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim inde-

pendence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package

and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

REAL ESTATE

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

AUTOS WANTED

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HEALTH & FITNESS

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

HOME SERVICES

Agging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family

& your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/30/25.) Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

Portable Oxygen Concentrator may be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-305-1535 (ACP)

WISHING
YOU A
**happy
and
healthy**
NEW YEAR!

Putting families first for
more than 25 years.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpediatrics.org





BUILDING LIFELONG FRIENDSHIPS

Register for the 2025-26 school year!

Located in the heart of the metro, Urbandale is a big-time school district with a small-town feel. Our average graduating class size is 325 students providing many opportunities for students to get involved, stay connected, and feel a true sense of belonging. Families describe their experience in the Urbandale Community School District as welcoming, encouraging, caring, and supportive. Students develop lifelong learning skills while building lifelong friendships.

Additionally, any family can choose to attend Karen Acres Elementary which operates on a year-round schedule. At Karen Acres, students are in session the same number of days as other elementary schools, but breaks occur more frequently to give everyone a chance to reset and refresh.

Join our J-Hawk family by registering for the 2025-2026 school year!

**JAN
28**

Preschool Preregistration

Begins online 6:00 p.m. January 28, 2025

For those needing assistance with the online preschool preregistration process, stop by Valerius Elementary at 6:00 p.m. on January 28; translators will be available.

**MAR
3**

K-12 Registration

Kindergarten-12th grade registration begins online March 3, 2025

urbandaleschools.com/learn



Educational Equity Statement
It is the policy of the Urbandale Community School District not to discriminate on the basis of race, creed, color, sex, religion, marital status (for program), ethnic background, national origin, disability, sexual orientation, gender identity, age (for employment), or socio-economic background (for program) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the District office at 7102 Aurora Avenue, Urbandale, IA or call 319-497-5000. The District's Equity Coordinator is Stephanie Davis, equitycoordinator@urbandaleschools.com.