



# THE URBANDALE CHAMBER OF COMMERCE

POWERING THE WINDSOR HEIGHTS CHAMBER OF COMMERCE

CENTRAL IOWA'S BUSINESS CHAMBER™

2025-2026

VALUE  
CONNECTIONS  
GROWTH  
EDUCATION



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# URBANDALE CHAMBER OF COMMERCE

## Central Iowa's Business Chamber

### VALUES

#### Excellence

We provide the highest quality programs and services, challenging ourselves to achieve stronger results for our members and community.

#### Service

We are strongly committed to our mission and vision to serve our members and the community.

#### Family

We respect and support each other in an environment that embraces a work-life balance.

#### Connectedness

We are connectors, strategically connecting the business community, city and schools.

#### Character

We conduct ourselves with character every day.

#### Inclusion

Everyone is equal and welcome at the Urbandale Chamber, regardless of age, gender, race, religion, ethnicity or sexual orientation.



Powering the



### WHY

- We believe businesses of all sizes have a voice.
- We believe businesses thrive when connected to the right people, and we know the right people.
- We live our vision, mission and values every day.
- Serving and elevating members and the community drives us. *It is our passion.*
- We value a diverse community and embrace inclusion because we are stronger together.

**There are seven specific organizational pillars that drive the Chamber's annual program of work.**

1. Advocate for a strong Urbandale business climate for member businesses
2. Create opportunities for business connectedness and member visibility
3. Recruit, retain and strengthen a talented workforce needed for the future
4. Deliver relevant and high-quality programming, services and information
5. Live the Uniquely Urbandale brand and image
6. Operate with excellence
7. Foster a culture of respect interwoven throughout all we do

Affiliate of



### MISSION Serve, Protect & Promote our Members



Published for the Urbandale Chamber of Commerce by:



President & Publisher ..... Shane Goodman  
Vice President ..... Jolene Goodman  
Advertising Sales ..... Andrea Hodapp  
Creative Director ..... Celeste Tilton  
Graphic Designer ..... Jayde Vogeler  
Graphic Designer ..... Nick Ruiz  
Distribution Manager ..... Mike Chiston

Information supplied by the Urbandale Chamber of Commerce. Please report errors and omissions to the Urbandale Chamber of Commerce: (515) 331-6855. A copy of this publication is mailed to every business in the 50322 and 50323 zip codes and all chamber members. Additional copies are available at the Urbandale Chamber office. To place advertising in the 2026 Urbandale Chamber Business Resource Guide, contact Jolene Goodman at (515) 953-4822 x319 or email [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com). Contents © 2025 Big Green Umbrella Media, Inc. All rights reserved. Nothing may be reprinted in whole or in part without permission of the publisher.



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URBANDALE, IA 50322

P 515-331-6855

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INFO@URBANDALECHAMBER.COM

## WHY URBANDALE CHAMBER?

IT'S OUR BUSINESS TO HELP YOUR BUSINESS.



We believe businesses of all sizes have a voice.



We believe businesses thrive when connected to the right people, and we know the right people.



We live our values; we serve, protect, and promote our members.



Serving and elevating members and the community drives us. It is our passion.



We value a diverse community and embrace inclusion because we are stronger together.



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# 2025 URBANDALE CHAMBER OF COMMERCE INVESTORS

## CHAIRMAN'S CIRCLE INVESTOR



## COMMUNITY PARTNERS



City of Urbandale

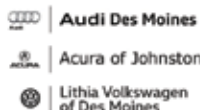


City of Windsor Heights

## TRUSTEE INVESTORS



## ELITE PARTNERS



## PLATINUM INVESTORS

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DMOS Orthopaedic Centers  
Edward Jones - Cody Smith  
Grand View University  
Homemakers Furniture  
Hy-Vee Urbandale

Iowa Bankers Association  
Iowa Functional Health  
John Deere ISG  
KRM Development  
MidAmerican Energy  
Paychex HR

Pepsi Beverages Company  
StructSolve Engineering  
Two Rivers Bank & Trust  
Urbandale Community School District  
Wal-Mart Super Center – Windsor Heights





# NOT A MEMBER OF THE URBANDALE CHAMBER YET?

## We would love to have you!

The Urbandale Chamber of Commerce, powering the Windsor Heights Chamber, is a membership-based business organization designed to serve, protect and promote its members and the community. Membership in the Chamber is not bound by community boundaries, even though Urbandale is in our name! We know business doesn't stop at our community boundary, so membership shouldn't either. As one of the largest chambers in the metro, the Urbandale Chamber is large in size but has a strong community culture where everyone feels welcome.



## What does a chamber do?

### The Urbandale Chamber focuses on five pillars

- 1 CONNECTIONS
- 2 EDUCATION
- 3 MARKETING
- 4 ADVOCACY
- 5 WORKFORCE

A Chamber of Commerce has a strong focus on strengthening connections because people do business with those they know, like and trust. We provide a plethora of opportunities to get to know others and strengthen connections. In addition, we should be life-long learners because so much can change in the blink of an eye. If a business isn't keeping up, it can fall behind. The Chamber provides access to a number of educational opportunities for personal and professional development. Marketing is a fantastic benefit offered, and many of our benefits operate 24/7. We have strong SEO built into our database, which helps all members climb in Google rankings. In addition, all new members receive a 30-second radio commercial custom-recorded by Cumulus Radio and aired over two consecutive weekends. This is a great way for new members to introduce themselves to the community or advertise open positions or maybe an event. That commercial also runs on La Q Buena, statewide! Workforce is an area the Chamber focuses on to help members find quality employees. We do this through free job postings pushed out on our website and social media and free resume distribution for resumes sent to us.

## 3 CHAMBERS FOR THE PRICE OF ONE



When you join the Urbandale Chamber of Commerce, complimentary and automatically, you've just gained membership to the Windsor Heights Chamber and Greater Des Moines Partnership as well, extending your reach across the metro. The Windsor Heights Chamber of Commerce and the Urbandale Chamber of Commerce announced their merger of operations in 2023.

The merger is designed to help the organizations combine their resources to best serve members while still maintaining unique identities. The merger unites more than 860 businesses that will operate together in an effort to provide more for their membership base by joining forces. Pooling the neighboring business organizations mobilizes the power of its total membership reach to create an

optimized business climate. The Urbandale Chamber of Commerce is the lead organization powering the Windsor Heights Chamber Committee with staff and resources.

The Greater Des Moines Partnership is the economic and community development organization that serves Greater Des Moines, Iowa. Together with 24 Affiliate Chambers of Commerce, more than 6,600 Regional Business Members and over 400 Investors, The Partnership drives economic growth with one voice, one mission and as one region.

By joining the Urbandale Chamber, you'll receive memberships to the Greater Des Moines Partnership AND Windsor Heights, a true 3-in-1 value.



If you are interested in learning more, contact the Urbandale Chamber at (515) 331-6855 or online at [www.uniquelyurbandale.com](http://www.uniquelyurbandale.com).





# CENTRAL IOWA BUSINESS CONFERENCE

## KEYNOTE SPEAKERS



**Frank Kelly**  
*Global Economist*



**Beth Ziesenis**  
*Your Nerdy BFF*



**Dr. Ian Roberts**  
*DSM Public Schools*



**Mitch Holthus**  
*Kansas City Chiefs*

## Key Discussions & Insights

- ✓ Artificial Intelligence
- ✓ Global Economic Outlook
- ✓ Community Leadership
- ✓ Team Building



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# WHAT MAKES A BRAND SUCCESSFUL?



What's the first thing you think of when you think of a really "good" brand? More than likely, your mind begins to formulate lots of visuals such as logos, colors, and fonts from businesses we all know, love, and frequent. But, brands are a lot more than just their visual appeal. Think a little deeper now: WHY do those brands come to your mind? What kind of services and products do they offer? What are their values? How do they make you feel?

When you think of a brand for your organization, often times you'll think of a logo. While logos are a great starting point, as a visual representation of your brand, chances are you don't formulate your opinion about a brand based solely on the color of its logo. There are key components as to why you enjoy the brands you do. A successful brand takes a lot more than just a really good logo and graphics — a brand is also more than just its marketing campaigns. Let's dive into some key areas that make a brand successful in today's competitive markets.

## A sense of purpose and vision

Not only does a successful brand have visual consistency across all of its communication channels, but so does its messaging. It uses a specific voice and tone to communicate with its target audiences, making it recognizable among the competition. If you were to examine a successful brand's social media, advertising, newsletters, print materials, or other communication methods, you'll realize that its messaging consistently aligns with the brand.

This also includes having a clear purpose and vision and knowing what your brand stands for and where it's headed. Having a strong mission statement can guide decisions and align your team, and being able to articulate your values in a memorable way that resonates with your customers will benefit you for years to come. While most businesses are created to make money, having a purpose and vision for your brand that extends beyond revenue provides intrinsic value.





## Clearly defined values

“Values should belong to people, not brands.” This sentiment can be easily dismissed when thinking about businesses and organizations. However, it’s the perceived value of a brand that keeps consumers returning. Let’s say, for example, you have a favorite clothing brand and one of their values is “Exceptional Service.” Recently you ordered clothes from them and they made an error with the order. Through the “promise” or “value” of exceptional service, their customer service department goes above and beyond to rectify the situation. While you may be initially frustrated, the effort this brand makes to resolve the issue will encourage your repeat business.

## Values affect the conscious and unconscious mind

The next time you consider ordering clothes from this brand, you might think to yourself, “They made a mistake with my order last time. BUT, they offered a solution quickly and went above and beyond for me. It’s worth ordering from them again.” Or, sometimes there’s no conscious thought involved at all; it could manifest as a lingering feeling of satisfaction so they proceed with another purchase. These defined values not only extend to your external communications, but internal ones as well. You want all of your employees and stakeholders to uphold the same values to ensure business success in all that you do. Values are a strong foundation for a company to rely on during both difficult times and periods of prosperity.

## Connect with your audience through online engagement

We’re constantly connected to one another through social media and online forums. In this digital age, we’re increasingly relying on online interactions. So, what do you do to stand out? You adapt to the times and stay connected and top of mind for your customers. Engaging with customers on a day-to-day basis is often easier through online platforms than through a physical location. Let’s face it, depending on your business, your online presence is often more visible than your physical presence. Your brand can reach people across the state, the region, the country, and the world.



Connecting with your audience online is one of the best ways to build a successful brand. Dedicating time to responding to online messages or comments shows your customer base that you are accessible and responsive. Even a simple response to a positive comment demonstrates that your brand is engaged.

## Community engagement fosters a positive reputation

Beyond interacting with your target audience or customer base online, it’s important to consider ways you can connect with your local community. Follow and interact with the posts of community supporters or local businesses. Or, extend beyond digital interactions and contribute to community events by sponsoring, tabling, or volunteering on behalf of your brand. In turn, you can communicate your philanthropic efforts to your customer base and enhance your positive reputation.

## Consistency is key

Customers consistently gravitate toward brands that maintain a consistent online and physical presence. It’s important to ensure that any steps you take to elevate your brand are implemented consistently. This includes updating all marketing materials with the same version of your logo, colors, or fonts; communicating changes in messaging, values, or voice to all of your stakeholders; maintaining a regular posting schedule on your social platforms; and, lastly, making sure that you dedicate time to connecting with your customers. Maintaining consistency in everything you present as a brand will enhance your credibility and trustworthiness among both your customers and your competitors.



## Trust an expert guide to move your brand forward

There are many components involved in taking your brand to the next level, with countless opportunities to explore. Some of the most recognizable brands have undergone significant changes over the years, and it can take considerable trial and error to find what works best for you. Every brand is unique in its identity, consumer base, key marketing channels, and more. This can be overwhelming, which is why it’s important to know when to seek expert help!

Agencies like Webspec that specialize in brand management services can free up your time, allowing you to focus on your day-to-day business operations. Entrusting a third-party can be daunting, but the benefits of doing so will save you time and enhance your brand’s presence across all platforms.

### MORE ABOUT:



Webspec is a marketing, design, and web development firm based in Urbandale. Webspec’s CEO, Jeremiah Terhark, founded Webspec in 2001. Since then, he’s grown the business into a team of over 60 employees who love to provide technical and creative solutions to help our clients gain confidence in their online presence. We’ve had the pleasure of working with some notable clients including the Iowa High School Athletic Association, Paws & Pints, 801 Grand, and Iowa State University.



# URBANDALE'S YOUNG PROFESSIONALS GROUP: genYP

# genYP

## URBANDALE Chamber of Commerce YOUNG PROFESSIONALS

EXPAND  
YOUR NETWORK

VOLUNTEER  
OPPORTUNITIES

PROFESSIONAL  
DEVELOPMENT

INVEST IN  
YOURSELF

## WHY genYP?

- We're a fun group of 21-40 year olds!
- Membership for the year is only \$50 (\$80 for those not employed by an Urbandale Chamber member company)
- Access to FREE or DISCOUNTED events
- Opportunities every month to connect with other young professionals in a structured setting
- Connect with a network of 860 businesses through the Urbandale Chamber
- Cost-effective educational and professional development events
- Volunteer opportunities
- Listing in online membership directory with photo, contact information and bio
- Mentorship program

Invest in yourself and expand your network with one of the most highly regarded young professional groups in the Des Moines area. genYP provides unique opportunities for young business individuals to connect with other emerging leaders through structured networking events, professional development, social gatherings and community outreach activities.

### 2025 genYP EVENTS

April 3 — CEO Panel

May 1 — genYPM hosted by Core Physical Therapy

June 5 — Early Bird genYPM hosted by Financial Architects

July 10 — genYPM hosted by Showplace Cabinetry Design

Aug. 7 — genYPM hosted by Austad's Golf

Sept. 11 — YP2YP Panel presented by Shade Tree Auto

Oct. 2 — genYPM hosted by McDivot's Indoor Sports Pub

Nov. 6 — genYPM hosted by Urbandale Eye Care

Dec. 4 — genYPM + Wrapping Party Adopt a Family Event hosted by Homemakers Furniture

"I've been in genYP for 5+ years and have loved growing with these people! Connecting with peers who are in a similar phase of their career helps us all relate and lift each other up. It's a great opportunity to integrate with the community, gain another network of support, develop professionally, and serve as a leader. I'm thankful to be part of this group!"



**MORGAN FRIDERES**  
Digital Marketing  
Account Lead  
Webspec

"Being a part of the Urbandale genYP group for the past three years has been an amazing experience! The community is incredibly welcoming, and I've had the opportunity to make lifelong friendships, grow my network, and have a lot of fun with other young professionals who share similar passions. Whether it's professional development or just enjoying a social event, genYP has something for everyone. If you're looking to get out there, meet new people, and have a good time while doing it, I highly recommend joining!"



**KYLE YOUNKER**  
Financial Services  
Professional  
Envision Wealth

## READY TO JOIN? DON'T WAIT!

Call (515) 331-6855 to get your membership started.







# URBANDALE CHAMBER 2024 AWARDS

## BUSINESS OF THE YEAR: **Kwik Star**

Kwik Star, with two stores in Urbandale, is dedicated to making a positive impact through its “Neighbors Helping Neighbors” program. This initiative supports local organizations and events, including the Urbandale Police Department, Urbandale Community School District, and Urbandale Fourth of July Celebration.

Kwik Star’s presence in Urbandale also contributes to the community by employing around 80 individuals — 30 of whom are full-time with benefits — and providing essential services like lunch, coffee, groceries, and fuel. Kwik Star’s commitment to its workforce includes a 40% profit-sharing plan and opportunities for career advancement. While there are no immediate plans for new Urbandale locations, Kwik Star is expanding with five new stores in Des Moines and nearby Johnston and Clive.



## SMALL BUSINESS OF THE YEAR

### **Thrive Family Chiropractic**

Thrive Family Chiropractic is a dedicated community partner, enhancing family health through a holistic approach. This year, they have supported numerous events, including National Night Out, the Des Moines Art Festival, CelebrAsian, Pride Fest, and the Iowa Mental Health Conference. They have also contributed to local causes like the Maternal Health Doula Project, Obesity Awareness Walk, and senior wellness talks at Woodlands Creek Senior Living.

Their commitment extends to local schools by promoting book drives, booster clubs, and school supply initiatives. Additionally, they transformed a former gas station into a thriving health center, creating jobs and boosting the local economy by using primarily local vendors for the renovation.



## CITIZEN OF THE YEAR

### **Jim Epstein**

The Urbandale Chamber of Commerce proudly named Jim Epstein the 2024 Citizen of the Year for his outstanding dedication to the community. A leader in UCAN, the Lions Club, and St. Pius X Church, Jim has spent years enhancing the lives of Urbandale residents.

Since joining the Lions Club in 2006, he has led fundraising events, secured grants for food programs, and provided over 1,000 meals to food-insecure children. Through UCAN, he coordinates food rescue efforts, organizes backpack programs, and recruits volunteers. His service at St. Pius X further reflects his commitment to helping others.

Jim’s passion and selfless dedication continue to uplift Urbandale, making him truly deserving of this honor.



## CONNECTOR OF THE YEAR

### **Aaron Colyer**

Aaron Colyer’s passion for building connections and supporting local businesses makes him a standout Chamber advocate and a dedicated Connector. With over a decade of banking experience at Raccoon Valley Bank, Aaron goes beyond traditional banking — helping businesses succeed by providing tailored financial solutions and hands-on support. His commitment to fostering relationships and championing the Chamber’s mission has made a lasting impact on the Urbandale business community. Whether welcoming new members or strengthening existing partnerships, Aaron’s enthusiasm and dedication embody the spirit of a true Connector.



## genYP OF THE YEAR

### **Daycen Douglass**

A dedicated genYP member for three years, Daycen has played a key role in strengthening the organization. He revitalized the Mentorship Program, increasing participation and impact, and co-chaired the Civic Committee, where he enhanced the March Madness Bracket campaign—boosting engagement and donations to the Urbandale Food Pantry.

Beyond events, Daycen implemented an outreach program to keep all 130+ members connected and informally manages genYP’s budget. His leadership, dedication, and drive to elevate young professionals make him truly deserving of this honor.



## HALL OF FAME: **Mary Polson**

Mary Polson was honored as a 2024 inductee to the Urbandale Hall of Fame for her years of dedicated service to the community. A past Citizen of the Year, Mary has made a lasting impact through her work on the Urbandale City Council, the 4th of July Committee, UCAN, and fundraising for the Miracle League field. She has also devoted countless hours to the Urbandale Community Action Network and many other initiatives that have enriched the city.



## HALL OF FAME: **Al Kaduce**

With more than 20 years as the Urbandale Chamber of Commerce Treasurer, Al Kaduce was honored as a 2024 Hall of Fame Inductee. A dedicated community leader, known for bringing joy to others — whether dressed as a lion or even Santa Claus — he has been a tireless volunteer for the Lions Club and the Urbandale 4th of July Committee. Al is a past Citizen of the Year and has also served as treasurer for multiple organizations.







# MORE IOWANS SURVIVING CANCER THAN EVER BEFORE

Nearly 172,000 cancer survivors currently live in Iowa — about 5.4% of the population — according to the latest Cancer in Iowa report from the Iowa Cancer Registry at the University of Iowa. Produced annually by the UI College of Public Health, the report highlights that more Iowans are surviving cancer than ever before.

As survivorship grows, so do the unique challenges survivors face, emphasizing the need for specialized support from health care providers, communities, and caregivers.

For over 50 years, the Iowa Cancer Registry has tracked cancer cases, survival rates, and mortality trends, serving as a trusted source of high-quality data. By tracking these data points for the state since 1973, the registry has enabled researchers and activated resources to help prevent and better treat cancer.

The 2025 report continues this work, providing county-level statistics, research updates, and a special section on survivorship. It also notes that Iowa continues to have the second-highest age-adjusted cancer incidence rate in the U.S as more than 20,000 Iowans are diagnosed with cancer each year.

While incidence rates continue to climb (about 0.7% annually), survival rates are also improving, with a 0.4% yearly increase in those living five years beyond diagnosis and a 0.5% annual decline in mortality rates.

With the number of cancer survivors in the U.S. expected to rise significantly in the coming decades, Iowa's survivor population is also likely to continue growing.

**Scan the QR code to read the full report:**

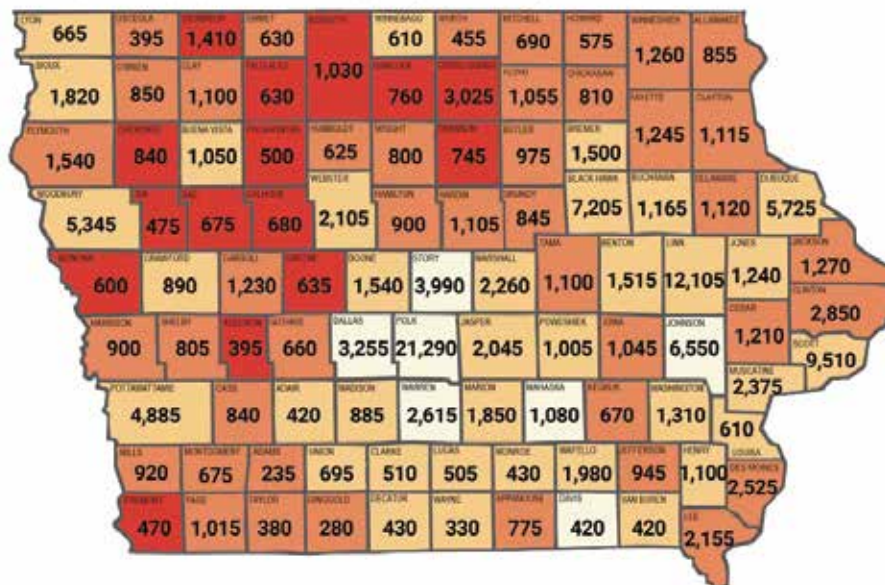
<https://shri.public-health.uiowa.edu/cancer-data/reports/iowa-cancer-reports/>



**IOWA**  
HEALTH CARE

## Living with Cancer

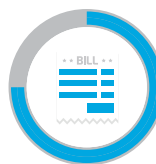
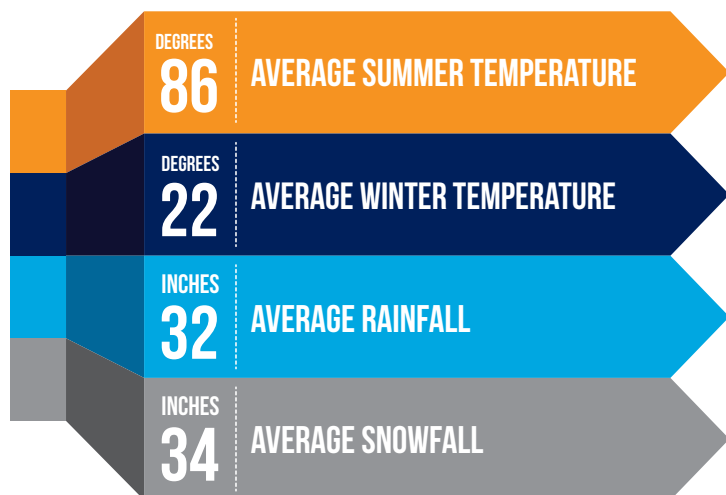
The number of cancer survivors is growing in Iowa, and nationwide. The Iowa Cancer Registry has tracked the vital status of more than 98 percent of cancer survivors diagnosed since 1973. According to Iowa Cancer Registry incidence and survival data for 1973-2020, there are an estimated 171,535 cancer survivors among Iowans (defined as people who are currently living with or having had cancer).







# URBANDALE, IOWA AT A GLANCE



## SALES TAX

Iowa's sales tax applies to all goods and services (except food and medicine), which are taxed at 7 percent.



## INCOME TAX

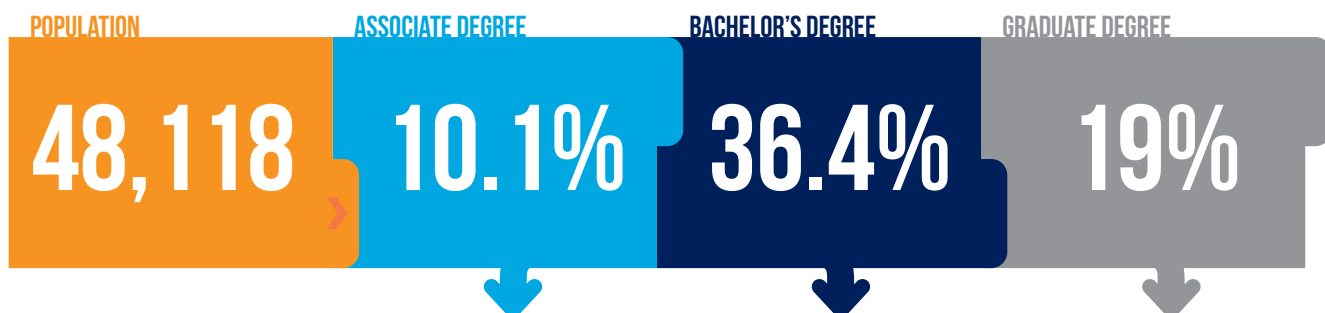
State of Iowa taxes wages and compensation are subject to federal withholding. For more information regarding income tax rates, contact the Iowa Department of Revenue and Finance at 800-367-3388



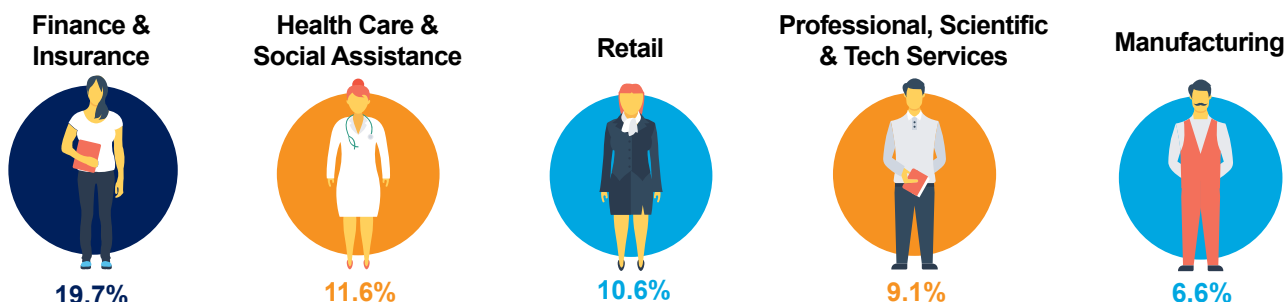
## PROPERTY TAX

The City of Urbandale has 32 different tax rates based on the schools, county and sanitary sewer districts. Urbandale continues to maintain one of the lowest city tax rates in Iowa with a population of 15,000 or more.

ZIP CODES: **50323** **50322** **50131** **50111**



## WORKFORCE STATISTICS: URBANDALE INDUSTRIES AT A GLANCE



19,323 HOUSING UNITS



70% OWNER-OCCUPIED HOUSING UNITS



\$114,272 MEDIAN HOUSEHOLD INCOME



# UNLOCK YOUR LEADERSHIP POTENTIAL

Whether you're a seasoned executive refining your skills or an emerging leader ready to grow, Leadership Urbandale is your gateway to professional and personal transformation. This immersive program blends dynamic workshops, interactive discussions, and hands-on experiences to equip you with the confidence, vision, and influence to inspire teams, drive innovation, and navigate challenges with success.

Spanning from September to June, Leadership Urbandale brings together a select class of up to 20 leaders for monthly, full-day sessions. Participants gain exclusive access to policy briefings, on-site tours, and in-depth discussions with key community and business leaders — offering an inside look at the challenges and opportunities shaping Urbandale.

Graduates join the elite network of Leadership Urbandale alumni, a distinguished group committed to driving positive change.

Take the next step in your leadership journey — Leadership Urbandale is waiting for you!



Scan the QR code to learn more!



CLASS OF 2026 APPLICATIONS ARE NOW BEING ACCEPTED

"Leadership Urbandale is a cohort program that builds relationships, provides leadership learning opportunities, and gives a behind the scenes peek into the city of Urbandale and all that it has to offer. It is a great opportunity that everyone would benefit from."



AMY GULLING

"What an amazing opportunity it has been to participate in the Leadership Urbandale Class of 2025! Our class was provided the ability to connect with local leaders in business, philanthropy, and civics. Not only have we met some tremendous leaders within our community, but it also allowed us to see 'behind the scenes' at their place of work. Most important, we have forged deep relationships with our classmates and further explored how to effectively lead in our own businesses and life. Cheers to the many classes to follow — this is an opportunity worth every cent."



ZACH BOUSLOG



Zach Bouslog



Josh Boyle



Daycen Douglass



Erin Freeman



Amy Gulling



Kevin Lohry



Marla Mayberry



Amanda Mulcahy



Alex Rich



Colton Rupprecht



Brittany Schmidt



Kalese Sheldahl



Chad Underwood



Derek Zarn

## Class of 2025







# We'll Make You Feel At Home

One of the first things a newcomer to our family learns is that there's no place like *Senior Suites*. Especially when it comes to making new arrivals feel at home.

Our team is trained to make the transition to your next chapter as smooth as possible. We do it by listening to your story and discussing the special needs of

new arrivals. We truly believe that your story matters. We pride ourselves in making our newest families feel like old friends.

You'll soon find that helping newcomers feel at home is just one of the things we do well, and we're pretty good at it. Perhaps it's because we've been at it for nearly 30 years now.



**Debbie McAninch**  
Assistant Administrator  
515 270-9700



**Melinda Harriott**  
Director of Nursing  
515 270-9700

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OF URBANDALE

*Where your story matters*



# WINDSOR HEIGHTS RESIDENT GUIDE

## Welcome to Windsor Heights

## WH

### *Neighbor,*

Welcome to Windsor Heights, the most unique community in the Des Moines Metro. For the early half of the 20th Century, the area was known for its coal mining, and it wasn't until 1941 that the city was formally incorporated, making it one of the youngest cities in the Metro. Home to more than 5,000 residents, Windsor Heights has the distinction of being the only Des Moines suburb that is landlocked. Here you will find sturdy mid-century brick homes, excellent schools, beautiful parks,

acclaimed restaurants, and every shopping amenity imaginable. You'll also find excellent city staff, police, fire, and public works services, and kind, passionate neighbors, a passion that dates to the city's incorporation, as residents wanted their public services but didn't want to be annexed by Des Moines.

Thanks to our centralized location, you are a convenient 10-minute drive from anywhere in the Metro, thus our community motto. Welcome to the "Heart of It All."

*Mayor Mike Jones*

## CITY OF WINDSOR HEIGHTS ELECTED OFFICIALS



**Mayor** Mike Jones



Lauren Campbell



Threase Harms



Joseph Jones



Michael Libbie



Susan Skeries

**ADVOCACY EVENTS: Windsor Heights State of the City – June 6, 2025 • Westside Legislative Breakfast – TBD**



## IMPORTANT CONTACTS

### PUBLIC SAFETY

Emergencies.....	911
Non-Emergencies.....	515-222-3321
City Hall .....	515-279-3662

### TRASH/RECYCLING/YARD WASTE

Metro Waste Authority .....	515-244-0021
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### WATER

Des Moines Water Works .....	515-283-8700
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### ELECTRIC

MidAmerican Energy .....	888-427-5632
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### SEWER

Weekdays.....	515-645-6825
Evenings and weekends.....	515-222-3321

## 2024 Business of the Year

### Soper Automotive Repair



## 2024 Citizen of the Year Mark Arends



## ELECTED OFFICIALS



Claire Celsi  
State  
Senator



Jennifer Konfrst  
State  
Representative



Matt McCoy  
District 1  
Supervisor

## CITY SERVICES INFORMATION

### City Website

The City's website is [windsorheights.org](https://windsorheights.org) and is home to everything you need to know in regards to living in Windsor Heights. You'll find the latest news on the homepage as well as links to City Council meeting agendas, city code of ordinances, and a place to report concerns.

### Elected Officials

The City of Windsor Heights has a mayor and five city councilors who serve four-year terms. Meet the council and learn how to contact them using the QR code.



### City Council & Meetings

City Council meetings are held the first and third Monday of the month at 6 pm in the Council Chamber located at 1133 66th St. and can be viewed through Zoom using Meeting ID: 783 285 6334. A written Council Recap and video recording of the meeting will be available on the City's website and social media later in the week after the City Council meeting.

### Library Services

All Windsor Heights residents can be a full-access patron of the Des Moines Public Library with access to the catalog of 500,000+ books, CDs, and DVDs offered for checkout as well as access to tens of thousands of downloadable eBooks and eAudiobooks. Sign up for a library card at [dmpl.org](https://dmpl.org).

### Drop-Off Services

The City encourages proper disposal of hazardous materials including batteries and fluorescent bulbs. To help make it even easier for residents, you are welcome to bring old batteries and fluorescent bulbs to City Hall at 1145 66th Street Suite 1. We will dispose of these at no cost to you. Also conveniently located on the west side of the Colby Park parking lot is glass and cardboard recycling drop-off containers.

### City Special Events

Throughout the year, the City's Special Events committee puts on free, family-fun events for all ages. These include Movies in the Park, Fall Festival, Windsor Wonderland, and more! Learn about all the upcoming events by scanning the QR code.



**PICK UP NEW RESIDENT SUPPLIES AT CITY HALL!**



# ALPHABETICAL LISTING OF CHAMBER MEMBERS

## **3E (Electrical Engineering & Equipment Co.)**

Distributors/Electrical  
Matthew Chatman  
953 73rd St.  
Windsor Heights, IA 50324  
(515) 273-0100  
www.3e-co.com

## **A New Look Exteriors**

Contractors/Siding  
Justin Williams  
1980 NW 94th St., Ste. H  
Clive, IA 50325  
(515) 276-1989  
www.anewlookexteriors.com

## **Advocacy Strategies**

Communications/Public Relations  
Threase Harms  
974 73rd St., Ste 14  
West Des Moines, IA 50265  
(515) 975-5299  
advocacyiowa.com

## **Bankers Trust - Windsor Heights**

Finance/Banks  
Brook Wade  
7000 University Ave.  
Windsor Heights, IA 50324  
(515) 271-1000  
www.bankerstrust.com

## **Barry Hesse, RE/MAX Concepts - BROKER Associate B11216000**

Real Estate/Agents  
Barry Hesse, Realtor - RE/MAX Concepts  
6600 University Ave.  
Windsor Heights, IA 50324  
(515) 249-0084  
www.iowahomesales.com

## **Basic Bird**

Restaurants  
Joe Tripp  
2607 Beaver Ave.  
Des Moines, IA 50324  
(515) 277-7907  
www.basicbird.com

## **Blue Agave - Windsor Heights**

Restaurants  
Jose Ortega  
6587 University Ave.  
Windsor Heights, IA 50324  
(515) 518-4001  
blueagavebrunch.com

## **Bolton & Menk, Inc**

Professional-Design Services/Engineers  
Madison Burke  
430 E Grand Ave., Ste. 101  
Des Moines, IA 50309  
(515) 259-9190  
www.bolton-menk.com

## **Centerfield Sports Bar**

Restaurants  
Anthony Hameister  
6555 University Ave.  
Windsor Heights, IA 50324  
(515) 216-1154  
www.centerfieldsportsbar.com

## **CFO Accounting Services LLC**

Finance/Accountants  
Carla Ruble  
(515) 770-5163  
www.cfoaccountingservices.com

## **City of Windsor Heights**

Government/City  
Adam Plagge  
1145 66th St., Ste. 1  
Windsor Heights, IA 50324  
(515) 279-3662  
www.windsorheights.org

## **Clair Family Dental**

Dental/Dentists  
Kenzie Lawrance  
1145 66th St., Ste. 2  
Windsor Heights, IA 50324  
(515) 279-0856  
www.clairfamilydental.com

## **Colby Interests**

Real Estate/Commercial  
Brian Sheriff  
6581 University Ave.  
Windsor Heights, IA 50324  
(515) 274-3411  
www.colbyinterests.com

## **Des Moines Area Regional Transit Authority (DART)**

Transportation/Public  
Brandon Anderson  
620 Cherry St.  
Des Moines, IA 50309  
(515) 283-8100  
www.ridedart.com

## **Dinner Dispatch**

Retail-Shops-Stores/M meal Preparation  
LeAnn Thongvanh  
7246 University Ave.  
Windsor Heights, IA 50324  
(515) 218-2522  
dinner-dispatch.com

## **Edward Jones - Kneifl Wealth Management**

Finance/Investments & Retirement  
Planning  
Matt Kneifl  
1100 73rd St.  
Windsor Heights, IA 50324  
(515) 279-2219  
www.edwardjones.com

## **Fierce Nutrition**

Wellness/Nutrition-Foods-Vitamins  
Kendle McChurch  
7220 University Ave.  
Windsor Heights, IA 50324  
(515) 423-6344  
www.fiercenutritiondsm.com

## **Gardner Automotive Repair LLC**

Automotive/Service  
Michael Gardner  
1220 73rd St.  
Windsor Heights, IA 50324  
(515) 635-0073

## **Green Tree Care & Habitat Restoration**

Contractors/Landscape  
Matt Roberts  
613 Stippich St.  
Polk City, IA 50226  
(515) 402-8390  
www.greentrecarellc.com

## **Hy-Vee - Windsor Heights**

Food-Beverage/Grocers  
Tonia Petterson  
7101 University Ave.  
Windsor Heights, IA 50324  
(515) 279-4225  
www.hy-vee.com

## **Immanuel Pathways Central Iowa**

Seniors/Services  
Jody Palmer  
7700 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 270-5000  
immanuel.com/pathways-pace

## **Infinity Home Care**

Health Care/Home  
Rachel Reavis  
7524 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 414-8787  
www.infinityhomecareia.com

## **Interstate All Battery Center - Des Moines**

Retail-Shops-Stores/Batteries  
Brian Weber  
1090 73rd St.  
Windsor Heights, IA 50324  
(515) 255-9572  
www.interstatebatteries.com

## **Jones, Joseph**

Individual Membership  
(515) 277-7450  
www.josephjonesiowa.com

## **Jones, Mike**

Individual Membership  
(515) 238-5105

## **Knapp Properties, L.C.**

Real Estate/Commercial  
Katie Theulen  
5000 Westown Pkwy., Ste. 400  
West Des Moines, IA 50266  
(515) 223-4000  
knappproperties.com

## **Koester Development Group**

Real Estate/Commercial  
Jonathan Koester  
6500 University Ave., Ste. 308  
Windsor Heights, IA 50324  
(515) 782-3525  
www.koesterdevelopment.com

## **KREATE Business Brokers**

Business Services/Brokerages  
Ray Main  
6600 University Ave., Ste. 141  
Des Moines, IA 50324  
(515) 681-2907  
krbb.com



## **Lauren Campbell Photography**

Photography/Photographers  
Lauren Campbell  
(515) 996-0326  
www.laurencampbellphotography.com

## **Libbie, Michael**

Individual Membership  
(515) 331-3206

## **Marco's Pizza**

Restaurants  
Matt DeBoth  
7238 University Ave.  
Windsor Heights, IA 50324  
(515) 506-1600  
www.marcos.com

## **Midwest Heritage Bank - Windsor Heights**

Finance/Banks  
Drazen Valentic  
7101 University Ave.  
Windsor Heights, IA 50324  
(515) 343-5804  
www.mhbank.com

## **MidWestOne Bank - Windsor Heights**

Finance/Banks  
Randi Willard  
7204 University Ave.  
Windsor Heights, IA 50324  
(515) 274-0075  
www.midwestone.com

## **Mosaic Shores Travel Co., LLC**

Travel/Agencies  
Kim Maurer  
Des Moines, IA 50324  
(515) 210-2807  
mosaicshores.com

## **Nate's Rock Shop**

Music/Instruments  
Nate Carlson  
6571 University Ave.  
Windsor Heights, IA 50310  
(515) 802-8247  
www.natesrockshop.com

## **Paris Banh Mi**

Restaurants  
Kenyon Murphy  
6601 University Ave., Ste. 100  
Windsor Heights, IA 50324  
(515) 277-8888  
parisbanhmiowa.com

## **Peterson Painting**

Contractors/Painters  
Cary Peterson  
2110 63rd St.  
Windsor Heights, IA 50324  
(515) 274-1883  
www.petersonpainting.net



**Premium Solutions**

Advertising/Specialties  
Kris Gregersen  
6735 University Ave.  
Windsor Heights, IA 50324  
(515) 279-3618  
www.ps-promotions.com

**Quester**

Business Services/Consultants  
Mia Walker  
6500 University Ave., Ste. 205  
Windsor Heights, IA 50324  
(515) 724-7045  
www.quester.com

**R & B Interior Painting LLC**

Contractors/Painters  
Brandy Loder  
(515) 971-8164  
www.rbinteriorpaintingllc.com

**RE/MAX Concepts - Marva McCarty**

Real Estate/Agents  
Marva McCarty  
6600 University Ave.  
Des Moines, IA 50324  
(515) 491-0107  
marva-mccarty.remax-central.com

**RE/MAX Concepts - Shannon Salmon**

Real Estate/Agents  
Shannon Salmon  
6205 Merle Hay Rd., Ste. 120  
Johnston, IA 50131  
(612) 327-6536  
www.ShannonSalmon.com

**SBDC - Mid Iowa Small Business Development Center**

Organizations/Associations  
Jenica Johnson  
6500 University Ave., Ste. 100  
Office Ste. 104 & 105  
Windsor Heights, IA 50324  
(515) 331-8954  
www.iowasbdc.org

**Silverstar Car Wash**

Automotive/Car Wash  
6300 Hickman Rd.  
Windsor Heights, IA 50324  
(704) 870-0250  
www.silverstarcarwashes.com

**Society of St. Vincent de Paul**

Human Services/Social Services  
Steve Havemann  
801 73rd St.  
Windsor Heights, IA 50324  
(515) 282-8327  
www.svpdpdsm.org

**Soper Automotive Repair**

Automotive/Service  
Amy Soper  
6800 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 635-0011  
www.soperautorepair.com

**State Farm Insurance - Matt Cale**

Insurance-Finance/Agents  
Matt Cale  
6733 University Ave.  
Windsor Heights, IA 50324  
(515) 280-9000  
www.mattcale.com

**Stratus Building Solutions**

Cleaning-Maintenance/Janitorial  
Enna Mendez  
1001 Office Park Rd., Ste. 201  
West Des Moines, IA 50265  
(515) 222-3135  
www.stratusclean.com/locations/iowa

**The Bake Shoppe**

Food-Beverage/Bakeries  
Lisa Kannapel  
6611 University Ave., Ste. 102  
Windsor Heights, IA 50324  
(515) 255-2253  
www.thebakeshoppe.org

**Walmart Super Center - Windsor Heights**

Retail-Shops-Stores/Department  
Karla Raney  
1001 73rd St.  
Windsor Heights, IA 50324  
(515) 274-6624  
www.walmart.com/store/1764-windsor-heights-ia

**Walnut Creek YMCA**

Wellness/Fitness  
Jen Darnge  
948 73rd St.  
West Des Moines, IA 50265  
(515) 224-1888  
www.dnymca.org

**Wild Birds Unlimited**

Retail-Shops-Stores/Gift Items  
Scott Knox  
801 73rd St., Ste. H  
Windsor Heights, IA 50324  
(515) 222-1234  
desmoines.wbu.com

**Windsor Heights Chamber of Commerce**

Organizations/Chambers of Commerce  
Tiffany Menke  
(515) 331-6855  
www.windsorheightschamber.com

**Windsor Heights Foundation**

Organizations/Foundations  
Mark Arends  
1145 66th St., Ste. 1  
Windsor Heights, IA 50324  
(515) 779-6003  
windsorheightsfoundation.org

**Windsor Mower**

Contractors/Lawn Maintenance  
Darren Skeries  
1441 64th St.  
Windsor Heights, IA 50324  
(515) 250-2206

**CATEGORICAL LISTING OF CHAMBER MEMBERS****Advertising/Specialties**

Premium Solutions

**Automotive/Car Wash**

Silverstar Car Wash

**Automotive/Service**

Gardner Automotive Repair LLC  
Soper Automotive Repair

**Business Services/Brokerages**

KREATE Business Brokers

**Business Services/Consultants**

Quester

**Cleaning-Maintenance/Janitorial**

Stratus Building Solutions

**Communications/Public Relations**

Advocacy Strategies

**Contractors/Landscape**

Green Tree Care & Habitat  
Restoration

**Contractors/Lawn Maintenance**

Windsor Mower

**Contractors/Painters**

Peterson Painting  
R & B Interior Painting LLC

**Contractors/Siding**

A New Look Exteriors

**Dental/Dentists**

Clair Family Dental

**Distributors/Electrical**

3E (Electrical Engineering &  
Equipment Co.)

**Finance/Accountants**

CFO Accounting Services LLC

**Finance/Banks**

Bankers Trust - Windsor Heights  
Midwest Heritage Bank - Windsor Heights  
MidWestOne Bank - Windsor Heights

**Finance/Investments & Retirement Planning**

Edward Jones - Kneifl Wealth  
Management

**Food-Beverage/Bakeries**

The Bake Shoppe

**Food-Beverage/Grocers**

Hy-Vee - Windsor Heights

**Government/City**

City of Windsor Heights

**Health Care/Home**

Infinity Home Care

**Human Services/Social Services**

Society of St. Vincent de Paul

**Individual Membership**

Jones, Joseph  
Jones, Mike  
Libbie, Michael

**Insurance-Finance/Agents**

State Farm Insurance - Matt Cale

**Music/Instruments**

Nate's Rock Shop

**Organizations/Associations**

SBDC - Mid Iowa Small Business  
Development Center

**Organizations/Chambers of Commerce**

Windsor Heights Chamber of  
Commerce

**Organizations/Foundations**

Windsor Heights Foundation

**Photography/Photographers**

Lauren Campbell Photography

**Professional-Design Services/Engineers**

Bolton & Menk, Inc

**Real Estate/Agents**

Barry Hesse, RE/MAX Concepts -  
BROKER Associate B11216000  
RE/MAX Concepts - Marva McCarty  
RE/MAX Concepts - Shannon Salmon

**Real Estate/Commercial**

Colby Interests  
Knapp Properties, L.C.  
Koester Development Group

**Restaurants**

Basic Bird  
Blue Agave - Windsor Heights  
Centerfield Sports Bar  
Marco's Pizza  
Paris Banh Mi

**Retail-Shops-Stores/Batteries**

Interstate All Battery Center - Des  
Moines

**Retail-Shops-Stores/Department**

Walmart Super Center - Windsor  
Heights

**Retail-Shops-Stores/Gift Items**

Wild Birds Unlimited

**Retail-Shops-Stores/M meal Preparation**

Dinner Dispatch

**Seniors/Services**

Immanuel Pathways Central Iowa

**Transportation/Public**

Des Moines Area Regional Transit  
Authority (DART)

**Travel/Agencies**

Mosaic Shores Travel Co., LLC

**Wellness/Fitness**

Walnut Creek YMCA

**Wellness/Nutrition-Foods-Vitamins**

Fierce Nutrition





# 2025-2026 URBANDALE CHAMBER OF COMMERCE BUSINESS EVENTS

## APRIL 2025

- 1 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 2 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence Consulting
- 3 **genYP CEO Panel**, Hosted by R&R Realty Group
- 8 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 9 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 10 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 10 **Downtown Urbandale Social**, Hosted by Christian Photo
- 15 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 16 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 17 **Leadership Urbandale**, Presented by City of Urbandale
- 23 **Women Empowerment Breakfast**, Presented by Buttercream Cookie Dreams
- 24 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 25 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 26 **April Talk with Officials**, Presented by Spraytec
- 28 **Contacts & Contracts Monday Group**, Presented by US Bank
- 29 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 30 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers

## MAY 2025

- 1 **genYPM**, Hosted by Core Physical Therapy
- 6 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 7 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 8 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 8 **Downtown Urbandale Social**, Hosted by Salon 7-0
- 13 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 14 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 14 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 15 **genYP Mentorship Pairing Party**
- 19 **Contacts & Contracts Monday Group**, Presented by US Bank
- 20 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 22 **CIBC Central Iowa Business Conference**
- 27 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 28 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 29 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 30 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## JUNE 2025

- 3 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 4 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 5 **genYP Sunrise Social**
- 6 **Windsor Heights State of the City**, Presented by Colby Interests
- 10 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 11 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 12 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 12 **Downtown Urbandale Social**, Hosted by GreenState Credit Union
- 12 **Leadership Urbandale Graduation**
- 17 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 18 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 24 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 25 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 26 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 27 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 30 **Contacts & Contracts Monday Group**, Presented by US Bank

## JULY 2025

- 1 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 8 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 9 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 10 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 10 **genYPM**, Hosted by Showplace Cabinetry Design Center
- 10 **Downtown Urbandale Social**, Hosted by Urbandale Eye Care
- 15 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 16 **Membership Luncheon - State of the City with Mayor Bob Andrew**, Presented by Matt Shaw with Caliber Realty
- 25 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 28 **Contacts & Contracts Monday Group**, Presented by US Bank
- 29 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 30 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 31 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group

## AUGUST 2025

- 5 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 6 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 7 **genYPM**, Hosted by Austad's Golf
- 12 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 13 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 14 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 14 **Downtown Urbandale Social**
- 19 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 20 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 21 **Educator Appreciation Breakfast**
- 25 **Contacts & Contracts Monday Group**, Presented by US Bank
- 26 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 27 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 28 **West Metro Golf Tournament**, Presented by Iowa Credit Union League, Midland Credit Union, Premier Credit Union, and Serve Credit Union
- 29 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## SEPTEMBER 2025

- 2 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 3 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 9 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 10 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 11 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 11 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 11 **Downtown Urbandale Social**
- 16 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 18 **Leadership Urbandale**, Presented by White Stone Media
- 19 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 24 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 25 **Sample Urbandale, A Celebration of Business**
- 29 **Contacts & Contracts Monday Group**, Presented by US Bank
- 30 **AM Exchange**, Presented by Allegra Marketing Print Mail



## OCTOBER 2025

- 1 **MOXIE Business Owner Roundtable**, Presented by HR Excellence
- 2 **genYPM**, Hosted by McDivot's Indoor Sports Pub
- 7 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 8 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 9 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 9 **Downtown Urbandale Social**
- 14 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 15 **Membership Luncheon Candidate Forum**, Presented by Matt Shaw with Caliber Realty
- 16 **Leadership Urbandale**, Presented by White Stone Media
- 21 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 23 **Regional Breakfast**
- 27 **Contacts & Contracts Monday Group**, Presented by US Bank
- 28 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 29 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 30 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 31 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## NOVEMBER 2025

- 4 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 5 **MOXIE Business Owner Roundtable**, Presented by HR Excellence
- 6 **genYPM**, Hosted by Urbandale Eye Care
- 11 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 12 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 13 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 13 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 13 **Downtown Urbandale Social**
- 18 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 19 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 20 **Leadership Urbandale**, Presented by White Stone Media
- 21 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 24 **Contacts & Contracts Monday Group**, Presented by US Bank
- 25 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 26 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers

## DECEMBER 2025

- 2 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 3 **MOXIE Business Owner Roundtable**, Presented by HR Excellence



**POMPEII & AMALFI**  
OCTOBER 22 - OCTOBER 29, 2025  
WITH URBANDALE CHAMBER OF COMMERCE

**EARLY BIRD DISCOUNT**  
CASH PAYMENT ONLY  
\$2,999 PER PERSON  
\*Reservations by April 15th

**BOOK & SAVE**  
CASH PAYMENT ONLY  
\$3,099 PER PERSON  
\*Reservations by May 15th

**8-DAY JOURNEY**  
LAND ONLY FROM \$2,999

**HIGHLIGHTS:**

- 5 Nights accommodation at first class hotel in Sorrento
- 1 Night accommodation at first class hotel in Rome
- Breakfast daily at the hotel
- Transfers and sightseeing as indicated in the itinerary, with assistance, by deluxe motorcoach
- Welcome cocktail
- Full day guided excursion to Positano and Ravello/Amalfi/Pompeii
- Enjoy a "Limonecello" with sampling of the products
- Optional Pizza demonstration and tasting
- Optional Tiramisu and Pasta demonstration and tasting

\*Optional Group Air: A limited number of economy group flights are available, including transfers for group convenience. Please note that group flights are subject to availability.

**ROME POST-TOUR**  
3 NIGHTS - \$799  
SINGLE RATE \$1,099

Please contact **Tiffany Menke** at [tmenske@urbandalechamber.com](mailto:tmenske@urbandalechamber.com) or call (515) 331-6855

- 4 **genYP Gift Wrapping Party**, Hosted by Homemakers Furniture
- 9 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 10 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 10 **Membership Luncheon - Community for a Cause**, Presented by Matt Shaw with Caliber Realty
- 11 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 11 **Downtown Urbandale Social**
- 16 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 16 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 18 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 19 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 22 **Contacts & Contracts Monday Group**, Presented by US Bank

## JANUARY 2026

- 6 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 7 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 8 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 8 **Downtown Urbandale Social**
- 13 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 14 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 15 **Leadership Urbandale**, Presented by White Stone Media
- 20 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 21 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty

- 26 **Contacts & Contracts Monday Group**, Presented by US Bank
- 27 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 28 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 29 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 30 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## FEBRUARY 2026

- 3 **Maximize Your Membership**, Presented by Raccoon Valley Bank
- 4 **MOXIE Business Owner Roundtable**, Sponsored by HR Excellence
- 5 **genYPM**, Hosted by Webspec
- 10 **B.A.S.H. Business And Social Hour**, Presented by Real Connections Counseling
- 11 **Contacts & Contracts Wednesday AM Group**, Presented by MetroNet
- 12 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 12 **Downtown Urbandale Social**
- 17 **Maximize Your Membership 2.0**, Presented by Raccoon Valley Bank
- 18 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 19 **Leadership Urbandale**, Presented by White Stone Media
- 23 **Contacts & Contracts Monday Group**, Presented by US Bank
- 24 **AM Exchange**, Presented by Allegra Marketing Print Mail
- 25 **Contacts & Contracts Wednesday PM Group**, Presented by KREATE Business Brokers
- 26 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 27 **New Member Coffee Club EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse



# ADVOCATE FOR BUSINESS

The Urbandale Chamber of Commerce engages in advocacy at the local, state and federal level. Our role is to educate and advocate on issues impacting the business community. We are affiliates of the Greater Des Moines Partnership and participate in policy discussions. The Partnership's Government Policy Council develops priorities every year and works to gain support for those priorities from our state legislators and governor. Throughout the session, the GPC hosts monthly briefings at the Statehouse to keep members up to date on the progress of our legislative priorities.

At the local level, the Chamber's Board of Directors attend City Council meetings to keep abreast of City issues impacting the business community. The Chamber works with the City to ensure Urbandale remains a great place to do business.



## Urbandale Advocacy Events

### Annual Trip to Washington, D.C.

May 7-9, 2025

### State of the City

July 16, 2025

### Candidate Forum

Oct. 15, 2025

### Joint Legislative Luncheon

Nov. 19, 2025

### Opening Night Legislative Reception

January 2026

### Talk with Officials - Open to the Public

Jan. 31, 2025

Feb. 28, 2025

March 28, 2025

April 25, 2025

## ELECTED OFFICIALS

### Urbandale City Council Members



**Mayor**  
Robert Andreweweg



Patricia Boddy



Bridget Carberry  
Montgomery



Amy Croll



Blake Rozendaal



Joe Cacciatore

City of Urbandale | (515) 278-3900 | [www.urbandale.org](http://www.urbandale.org) | 3600 86th St., Urbandale, IA 50322

### Urbandale State and County Representatives



**Senator**  
Matt Blake



**Senator**  
Jack Whitver



**Representative**  
Larry McBurney



**Representative**  
Eddie Andrews



**Representative**  
Dan Gehlbach



**Supervisor**  
Jill Altringer





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Gold Level ▪ Platinum Level ▪ Elite Level ▪ Trustee Level ▪ Community Partner ▪ Chairman's Circle Investor

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(515) 337-2207 ext. 704  
www.1tomplumber.com/desmoines

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Urbandale, IA 50322  
(515) 331-2343  
www.100thstcornercafe.com

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953 73rd St.  
Windsor Heights, IA 50324  
(515) 273-0100  
www.3e-co.com

## 5 Borough Bagels

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11101 Plum Dr.  
Urbandale, IA 50322  
(515) 809-1807  
5boroughbagels.com

## 900 Views LLC

Business Services/Consultants  
Patricia Boddy  
(515) 669-1099

## 911 Restoration

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Carlisle, IA 50047  
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www.911restorationdesmoines.com

## A King's Throne, LLC.

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450 NE 44th Ave.  
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www.anewlookexteriors.com

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Security-Safety/Systems  
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Urbandale, IA 50322  
(515) 276-5040  
www.atechels.com

## A&G Home

Retail-Shops-Stores/Home  
Furnishings  
Tim Kahler  
3751 86th St. Urbandale, IA 50322  
(515) 207-1310  
aghomeurbandale.com

## Aaron Dolezal Photography

Photography/Photographers  
Aaron Dolezal  
(515) 321-1928  
www.aarondphoto.com

## Abendroth Russell Barnett Law Firm

Legal Services/Attorneys  
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(515) 278-0623  
www.abendrothandrussell.com

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Human Services/Social Services  
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(515) 525-8259  
www.abilityleads.org

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Automotive/Service  
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(515) 276-0137  
www.autorepairurbandale.com

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www.facebook.com/  
absolutelawnncareia

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www.abundanthealthspa.com

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(515) 270-2704  
academytrophiesawards.com

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www.accurate-commercial.com

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Urbandale, IA 50322  
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www.activebodyneeds.com

## Active Edge Massage & Wellness

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www.acuraofjohnston.com

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www.volkswagenofdesmoines.com

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www.chamberdiscoveries.com

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(515) 254-0080  
www.theadigroup.net

## Adobe Acrobat

Computer/Software Development  
Ellen Sartin  
345 Park Ave.  
San Jose, CA 95110  
(408) 753-5826  
www.adobe.com

## Advantage Physical Therapy and Rehab

Health Care/Physical Therapists  
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Advantageptrehab.com

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(515) 975-5299  
advocacyiowa.com

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Kevin McGuire  
4400 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 645-6060  
www.allegradsm.com

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Professional-Design Services/Engineers  
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Urbandale, IA 50322  
(515) 238-3970  
www.abengineers.com

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alpinecarpetandupholstery.com



The image shows the exterior of the LifeServe Blood Center building at 10469 Hickman Rd. The building has a large sign that reads "LifeServe BLOOD CENTER" with a logo featuring a red and blue swirl. Below the main sign, there are windows with text that says "YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS." and a QR code. A red banner at the bottom of the image says "SCHEDULE YOUR DONATION TODAY!".

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www.embassyclub.com

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www.dmgcc.org



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## Deutmeyer, Julie

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www.digitsndecimals.com

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Windsor Heights, IA 50324  
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dinner-dispatch.com

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Urbandale, IA 50322  
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www.flamedsm.com

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www.iowafloortrader.com

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www.flooringamericaclive.com

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Retail-Shops-Stores/Furniture  
Dave Merschman  
10215 Douglas Ave.  
Urbandale, IA 50322-5406  
(515) 276-2772  
www.homemakers.com

## Hometown Hero Appliance Repair (Formerly Nebraska Home Appliance)

Appliance Repair  
Enrique Espinoza  
3940 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 393-4400  
hometownheroappliancerepair.com

## Honest Wrenches

Automotive/Service  
Melanie Jacobs  
2401 Westown Pkwy.  
West Des Moines, IA 50322  
(515) 526-5346  
www.honestwrenches.com

## Horizon Events Center

Facilities/Conference Centers & Banquet Facilities  
Gary DeWaard  
2100 NW 100th St.  
Clive, IA 50325  
(641) 590-3640  
horizoneventscenter.com

## Hotel Renovo

Lodging/Hotels-Motels  
Luke Keller  
11167 Hickman Rd.  
Urbandale, IA 50322  
(515) 276-1126  
hotelrenovo.com

## Howard Insurance Agency

Insurance-Finance/Agents  
Aaron Howard  
3912 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 203-2015  
howardia.com

## HR Excellence Consulting

Employment/Human Resources  
Melissa McCoy  
(702) 557-5377  
www.hrexcellenceconsulting.com

## HR Green, Inc

Professional-Design Services/  
Engineers  
Heidi Whitver  
5525 Merle Hay Rd., Ste. 200  
Johnston, IA 50131  
(515) 278-2913  
www.hrgreen.com

## Hungry Boyz

Restaurants  
Lisa Stav  
3070 100th St.  
Urbandale, IA 50322  
(515) 254-9474  
www.thehungryboyz.com

## HW CBD + Nutrition

Wellness/Nutrition-Foods-Vitamins  
Rick Wagaman  
8515 Hickman Rd.  
Urbandale, IA 50322  
(515) 223-2370  
hwcdbiowa.com

## Hyper Energy Bar

Food-Beverage/Coffee  
Christopher Whalen  
Urban Town Center  
3767 86th St.  
Urbandale, IA 50322  
(309) 797-9300  
www.hyperenergybar.com

## Hy-Vee - Urbandale

Food-Beverage/Grocers  
Rick Morr  
8701 Douglas Ave.  
Urbandale, IA 50322  
(515) 270-2572  
www.hy-vee.com

## Hy-Vee - Windsor Heights

Food-Beverage/Grocers  
Tonia Petterson  
7101 University Ave.  
Windsor Heights, IA 50324  
(515) 279-4225  
www.hy-vee.com

## Hy-Vee Fast & Fresh Express

Retail-Shops-Stores/Convenience  
Rylee Keith  
9915 Douglas Ave.  
Urbandale, IA 50322  
(515) 270-2572  
www.hy-vee.com

## Hy-Vee Health Exemplar Care

Health Care/Physicians  
Jon Van Der Veer  
7300 Westown Pkwy., Ste. 330  
West Des Moines, IA 50266  
(515) 650-4370  
www.exemplar.care

## iheart Media

Advertising/Agencies  
Seth Pitkin  
2141 Grand Ave.  
Des Moines, IA 50312  
(515) 330-7632  
www.iheartmedia.com

## IHMVCU Credit Union - Merle Hay

Finance/Credit Unions  
Pam Lowe  
3990 Merle Hay Rd.  
Des Moines, IA 50310  
(515) 650-6238  
www.ihmvcu.org

## IHOP

Restaurants  
Edie Linnett  
6301 Douglas Ave.  
Urbandale, IA 50322  
(515) 331-0556  
www.ihop.com



### **ILC Resources**

Agribusiness/Feed Ingredients  
Frank Goode  
3301 106th Cir.  
Urbandale, IA 50322  
(515) 243-8106  
www.ilcresources.com

### **Illahee Hills**

Seniors/Real Estate  
Greg Peterson  
8308 Colby Pkwy.  
Urbandale, IA 50322  
(515) 251-4604  
www.holidayseniorliving.com

### **Image360**

Signage  
Melissa Monroe  
8445 Hickman Rd.  
Urbandale, IA 50322  
(515) 222-4880  
www.image360.com/urbandaleia

### **IMEG Corp**

Professional-Design Services/Engineers  
Kari Boyens  
2882 106th St.  
Urbandale, IA 50322  
(515) 334-9906  
www.imegcorp.com

### **Immanuel Pathways Central Iowa**

Seniors/Services  
Jody Palmer  
7700 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 270-5000  
immanuel.com/pathways-pace

### **IMPACT Health & Performance**

Health Care/Physical Therapists  
Casey Negrete  
7725 Douglas Ave.  
Urbandale, IA 50322  
(515) 446-8389  
www.impacthpgolf.com

### **Imperfect Pathways**

Health Care/Mental Health  
Jane Nady  
3737 Woodland Ave., Ste. 640  
West Des Moines, IA 50266  
(515) 414-2306  
imperfectpathways.com

### **IN the BAG Corporate Cuisine**

Food-Beverage/Catering  
Luke Essing  
79 University Ave., Ste. B  
Des Moines, IA 50314  
(515) 222-9338  
www.inthebag-lunches.com



### **Infinite Resources**

Employment/Agencies and Staffing  
Amner Martinez  
500 SW 7th St., Unit 202  
Des Moines, IA 50309  
(515) 343-4102  
https://infiniteresourcesdsm.com  
Locally owned staffing and recruiting company with 20 years experience in Des Moines. Specializing in industrial staffing and direct hire.

### **Infinity Home Care**

Health Care/Home  
Rachel Reavis  
7524 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 414-8787  
www.infinityhomecareia.com

### **Infomax Office Systems, Inc.**

Business Products/Copiers  
Greg Jacobs  
1010 Illinois St.  
Des Moines, IA 50314  
(515) 244-5203  
www.infomaxoffice.com

### **Innovive Health of Iowa**

Health Care/Services  
Nicholas (Nick) D'Addabbo  
10861 Douglas Ave., Ste. A  
Urbandale, IA 50322  
(617) 284-9475  
Innovivehealth.com

### **International Veterinary Supplies Inc.**

Agribusiness/Products  
Alicia Jaime  
11281 Aurora Ave.  
Urbandale, IA 50322  
(515) 331-8903  
www.myvetsupplies.com

### **Interstate Advanced Materials**

Distributors/Plastics  
Christopher Isar  
4355 112th St.  
Urbandale, IA 50322  
(515) 276-5145  
interstateam.com

### **Interstate All Battery Center - Des Moines**

Retail-Shops-Stores/Batteries  
Brian Weber  
1090 73rd St.  
Windsor Heights, IA 50324  
(515) 255-9572  
www.interstatebatteries.com

### **Iowa - Des Moines Supply, Inc.**

Business Products/Supplies  
Keri Weidmaier  
1680 Guthrie Ave.  
Des Moines, IA 50316  
(515) 263-1200  
www.iowadesmoinessupply.com

### **Iowa Association of Business and Industry (ABI)**

Organizations/Associations  
Nicole Crain  
400 E. Court Ave., Ste. 100  
Des Moines, IA 50309  
(515) 280-8000  
www.iowaabi.org

### **Iowa Association of Electric Cooperatives**

Organizations/Associations  
Thresa Stone  
8525 Douglas Ave., Ste. 48  
Des Moines, IA 50322  
(515) 267-5350  
www.iowarec.org

### **Iowa Ballet Academy**

Entertainment-Recreation/Performing Arts  
Ami Yaro  
3890 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 334-5510  
www.iowaballetacademy.com

### **Iowa Bankers Association**

Organizations/Associations  
Jenica Lensmeyer  
8901 Northpark Dr.  
Johnston, IA 50131  
(515) 286-2908  
www.iowabankers.com

### **Iowa Demon Hawks**

Entertainment-Recreation/Sports Teams  
Darwin Salas  
(515) 867-9429  
www.iowademonhawks.com

### **Iowa Events Center**

Facilities/Convention Centers  
Chase Hiser  
730 3rd St.  
Des Moines, IA 50309  
(515) 564-8000  
www.iowaeventscenr.com

### **Iowa Functional Health LLC**

Health Care/Clinics  
Jennifer Welch  
1701 22nd St., Ste. 107  
West Des Moines, IA 50266  
(515) 897-7900  
www.iowafunctionalhealth.com

### **Iowa International Center**

Organizations/Non-Profit  
Pat Grote  
3839 Merle Hay Rd., Ste. 259  
Des Moines, IA 50322  
(515) 282-8269  
iowainternationalcenter.org

### **Iowa LGBTQ Chamber of Commerce**

Organizations/Chambers of Commerce  
Dan Jansen  
P.O. Box 8275  
Des Moines, IA 50301  
(515) 306-5700  
www.iowalgbtqchamber.org

### **Iowa Living Magazines**

Communications/Publishing  
Jolene Goodman  
8101 Birchwood Ct., Ste. D  
Johnston, IA 50131  
(515) 953-4822  
www.iowalivingmagazines.com

### **Iowa Orchard**

Agribusiness/Farming  
Bryan Etchen  
9875 Meredith Dr.  
Urbandale, IA 50322  
(515) 276-0852  
www.iowaorchard.com

### **Iowa Ortho**

Health Care/Orthotic-Prosthetic  
Maddie Scott  
5300 NW 86th St.  
Urbandale, IA 50131  
(515) 247-8400  
www.iowaortho.com

### **Iowa Public Radio, Inc.**

Communications/Radio  
Andrea Hansen  
2111 Grand Ave.  
Des Moines, IA 50312  
(515) 725-1700  
iowapublicradio.org

### **Iowa Realty - Aisha R. Syed Real Estate, LLC**

Real Estate/Agents  
Aisha R Syed  
5901 Mills Civic Pkwy., Ste. 4300  
West Des Moines, IA 50266  
(515) 707-4966  
www.ToLiveMore.com



## Iowa Restaurant Association

Organizations/Associations  
Stacy Kluesner  
1501 42nd St., Ste. 294  
West Des Moines, IA 50266  
(515) 276-1454  
www.restaurantiowa.com

## Iowa Sign Company

Signage  
Matthew Stites  
3520 Merle Hay Rd.  
Des Moines, IA 50310  
(515) 421-4036  
iowasigncompany.com

## Iowa State Bank - Banking & Trust Services

Finance/Banks  
Michelle McCreery  
2301 128th St.  
Urbandale, IA 50323  
(515) 278-2442  
www.iowastatebanks.com

## Iowa Urban Media

Communications/Publishing  
Dwana Bradley  
P.O. Box 3092  
Des Moines, IA 50316  
(515) 829-0927  
www.theurbanexp.com

## Iowa Wild

Entertainment-Recreation/Sports Teams  
John Savoia  
730 3rd St.  
Des Moines, IA 50309  
(515) 564-8700  
www.iowawild.com

## Iowa Wolves

Entertainment-Recreation/Sports Teams  
Nate Buch  
730 3rd St.  
Des Moines, IA 50309  
(515) 564-8550  
iowagleague.nba.com

## iSpace Environments

Business Products/Furniture  
Bridget Rasmusson  
215 10th St., Ste. 150  
Des Moines, IA 50309  
(720) 209-6166  
www.ispaceenvironments.com

## J-Hawk Soccer Club

Organizations/Youth  
Brian Jones  
2960 99th St., Ste. 5  
Urbandale, IA 50322  
(515) 216-0025  
www.jhawksoccerclub.com

## J. Thompson Builders

Contractors/Home Builders  
Jeremy Thompson  
1200 SW Brookside Cir., Unit G  
Grimes, IA 50111  
(515) 202-1500  
www.jthompsonbuilders.com

## Japan America Society of Iowa (JASI)

Organizations/Non-Profit  
Yoko Tanaka  
4801 Franklin Ave.  
Des Moines, IA 50310  
(515) 360-4345  
www.japaniowa.org

## JC Toland Painting

Contractors/Painters  
Zach Huntley  
395 NW 43rd St.  
Des Moines, IA 50313  
(515) 954-5041  
www.jctoland.com

## Jeffries Cleaning

Cleaning-Maintenance/Janitorial  
Caleb Jeffries  
(515) 412-4998  
jeffriescleaning.com

## JLL

Real Estate/Commercial  
Justin Lossner  
1465 SW Park Square Dr.  
Ankeny, IA 50023  
(515) 218-7010  
www.jll.com/des-moines/en-us

## JLW Travel Group

Travel/Agencies  
JerryLynn Webb  
3418 Silverado Dr.  
Cumming, IA 50061  
(515) 829-0811  
jlwtravelgroup.com

## JM Services of Iowa

Contractors/Remodeling  
Jessica Bishop  
(515) 240-6113  
www.JMServicesofIowa.com

## John Deere Intelligent Solutions Group

Agribusiness/Products  
Megan Sager  
9505 Northpark Dr.  
Urbandale, IA 50131  
(866) 993-3373  
www.deere.com

## Johnston Urbandale Soccer Club

Organizations/Youth  
John Sheridan  
4685 Merle Hay Rd., Ste. 202  
Des Moines, IA 50322  
(515) 238-8706  
www.juscsoccer.org

## Jones, Joseph

Individual Membership  
(515) 277-7450  
www.josephjonesiowa.com

## Jones, Mike

Individual Membership  
(515) 238-5105

## Jones, Sarah

Individual Membership  
(515) 314-1666

## JP Party Rentals

Entertainment-Recreation/Attractions  
Carson Odle  
2302 Southeast Creekview Dr., Ste. 1  
Ankeny, IA 50021  
(515) 444-2302  
www.jppartyrentals.com

## JT's Pro Pressure Washing

Cleaning-Maintenance/Services  
Tyler DeGonia  
(515) 386-2323  
www.jtsproppressurewashing.com

## Just Storage

Storage/Warehouses  
Courtney Owens  
7501 Hickman Rd., Ste. 310  
Urbandale, IA 50322  
(563) 538-1190  
justselfstorage.com

## K and V Homes, Inc.

Contractors/Home Builders  
Colin King  
2871 104th. St.  
Urbandale, IA 50322  
(515) 252-9989  
www.kandvhomes.com

## Kading Properties

Real Estate/Property Management  
Chace Hauschilt  
7008 Madison Ave.  
Urbandale, IA 50322  
(515) 276-9384  
www.kadingproperties.com

## Kaduce & Company, PC

Finance/Accountants  
Al Kaduce  
4401 Westown Pkwy., Ste. 206  
West Des Moines, IA 50266  
(515) 223-1040

## Kaitlin's Heart for Heroes

Organizations/Non-Profit  
Lorena Bergan  
(641) 583-1470  
www.kaitlinsheartforheroes.org

## Kaizen Health and Wellness

Health Care/Physical Therapists  
Bryan Ladd  
11119 Plum Dr.  
Urbandale, IA 50322  
(515) 207-2450  
www.kaizendsm.com

## Key Mortgage - Brian Houk

Finance/Mortgage  
Brian Houk  
2370 128th St.  
Urbandale, IA 50323  
(515) 421-0259  
houkshomeloans.com

## Kidz Corner

Children/Day Care  
Tina Terrell  
2957 86th St.  
Urbandale, IA 50322  
(515) 276-6728  
www.kidzcornercare.com

## Kinetic Edge Physical Therapy

Health Care/Physical Therapists  
Kaity Hall  
6000 Grand Ave., Ste. K  
Des Moines, IA 50312  
(515) 309-4706  
www.kineticedgept.com

## Kinman Glass Inc.

Contractors/Glass  
Doug Kinman  
2660 100th St.  
Urbandale, IA 50322  
(515) 254-2244  
www.kinmanglass.com



**Kitchen Refresh by KnoPros**

Contractors/Kitchen & Bath  
Joe Bach  
2805 100th St.  
Urbandale, IA 50322  
(515) 661-0800  
www.kitchenrefreshiowa.com

**Knapp Properties, L.C.**

Real Estate/Commercial  
Katie Theulen  
5000 Westown Pkwy., Ste. 400  
West Des Moines, IA 50266  
(515) 223-4000  
knappproperties.com

**Knapper Financial Coaching**

Finance/Services  
Ron Knapper  
(563) 293-6161  
www.knapperfinancialcoaching.com

**Knueven, Pat**

Individual Membership  
(515) 278-2821

**Koester Development Group**

Real Estate/Commercial  
Jonathan Koester  
6500 University Ave., Ste. 308  
Windsor Heights, IA 50324  
(515) 782-3525  
www.koesterdevelopment.com

**Kohles & Bach Heating & Cooling - Fireplaces**

Contractors/Heating-Cooling  
Blake Bach  
5185 NW Beaver Dr.  
Johnston, IA 50131  
(515) 278-2900  
www.kohlesandbach.com

**Konica Minolta Business Solutions**

Business Products/Copiers  
Brent Rouse  
1705 Hiawatha Dr.  
Hiawatha, IA 52233  
(515) 974-4521  
www.kmbs.konicaminolta.us

**KREATE Business Brokers**

Business Services/Brokerages  
Ray Main  
6600 University Ave., Ste. 141  
Des Moines, IA 50324  
(515) 681-2907  
krbb.com

**KRM Development LLC**

Contractors/Home Builders  
Kirk Mickelsen  
10640 Justin Dr.  
Urbandale, IA 50322  
(515) 243-1191  
krmcustomhomes.com

**KSH Design Studio LLC**

Retail-Shops-Stores/Embroidery  
Kris Howard  
(515) 270-2554  
kshdesignstudios.com

**Kwik Star**

Retail-Shops-Stores/Convenience  
Mitch Schneider  
10101 Plum Dr.  
Urbandale, IA 50322  
(515) 645-0601  
www.kwiktrip.com

**L. A. Fulton & Sons Inc.**

Contractors/Commercial  
Wes Fulton  
3401 104th St.  
Urbandale, IA 50322  
(515) 276-4265

**La Q Buena**

Communications/Radio  
Darwin Salas  
303 Locust St., Ste. 250  
Des Moines, IA 50309  
(515) 867-9429  
www.laqbuena.com  
Providing the highest level of  
radio broadcasting to the public in  
Spanish.

**Lamar Advertising**

Advertising/Outdoor  
David McNelly  
4131 109th St.  
Urbandale, IA 50322  
(515) 282-9661  
LAMAR.com/DesMoines

**Landmark Companies, Inc.**

Real Estate/Developers  
Stephanie Rice  
9550 Hickman Rd., Ste. 100  
Clive, IA 50325  
(515) 986-5994  
www.lmcompanies-inc.com

**Lane's Fast Lube, Inc.**

Automotive/Service  
Kyle Middleton  
6400 Douglas Ave.  
Urbandale, IA 50322  
(515) 255-1797  
www.lanesfastlube.com

**LaunchIT Corp.**

Computer/Software Development  
Hiram Houghton  
3024 104th St.  
Urbandale, IA 50322  
(515) 243-0167  
www.launchitcorp.com

**LaunchIT MSP**

Computer/Services  
Hiram Houghton  
2900 Justin Dr., Ste. A  
Urbandale, IA 50322  
(515) 512-4814  
http://launchitmisp.com  
We provide management services,  
security, e-governance and software  
development for our clients. We  
identify, plan, and deploy technology  
initiatives and solutions that help our  
clients reach their goals!

**Lauren Campbell Photography**

Photography/Photographers  
Lauren Campbell  
(515) 996-0326  
www.laurencampbellphotography.com

**Lease Consultants Corporation**

Finance/Leasing Services  
Troy Jaros  
10719 Justin Dr.  
Urbandale, IA 50322  
(515) 255-6321  
www.leaseconsultants.com

**Lee Chamberlin Consultant Engineers**

Professional-Design Services/Engineers  
Mark L Lee  
10430 New York Ave., Ste. C  
Urbandale, IA 50322  
(515) 252-7457  
leechamberlinengineers.com

**Legacy Realty of Iowa - LPT Realty, LLC - Shauna Smith**

Real Estate/Agents  
Shauna Smith  
12345 University Ave., Ste. 100  
Clive, IA 50325  
(515) 720-7252

**Legacy Restoration LLC**

Contractors/Roofing-Gutters  
Rob Ahrendsen  
2401 SE Tones Dr., Ste. 9  
Ankeny, IA 50021  
(402) 681-0618  
www.legacyrestorationllc.com

**Lenz Heating and Cooling**

Contractors/Heating-Cooling  
Jenny Lenz  
7641 Douglas Ave.  
Urbandale, IA 50322  
(515) 225-6446  
lenzmechanical.com

**Letgo, JL Consulting**

Business Services/Coaching  
Courtney Reeves  
(515) 971-8176

**Leverage 4**

Employment/Agencies and Staffing  
Melanie Lane  
www.leverage-4.com

**Libbie, Michael**

Individual Membership  
(515) 331-3206

**Liberty National Bank**

Finance/Banks  
Shelly Goslar  
5260 NW 86th St.  
Johnston, IA 50131  
(515) 252-3140  
www.libertynationalonline.com

**Life Made Simple, LLC**

Business Services/Consultants  
Lori Vande Krol  
16112 Sharon Ct.  
Urbandale, IA 50323  
(515) 360-8347  
www.alifemadesimple.com

**LifeServe Blood Center**

Organizations/Non-Profit  
Shay Willis  
5625 NW Johnston Dr.  
Johnston, IA 50131  
(515) 309-4968  
www.lifeservebloodcenter.org

**Lifestyle with Angie**

Health & Beauty/Consultants  
Angie Taylor  
(641) 840-0685  
www.marykay.com/angiebtaylor



## LightSmith Media

Audio-Visual/Video-Film Production  
Justin Smith  
2987 100th St., Ste. 7  
Urbandale, IA 50322  
(515) 661-9338  
www.lightsmithmedia.net

## Liquor Land

Retail-Shops-Stores/Alcohol  
Dhiren Dholakia  
4995 Merle Hay Rd., Ste. B  
Des Moines, IA 50322  
(515) 984-2337  
www.theliquorland.com

## Little Dog Tech

Computer/Services  
Nicole Schwegler  
5946 Ashworth Rd.  
West Des Moines, IA 50266  
(515) 422-1995  
www.littledogtech.com

## Living History Farms

Entertainment-Recreation/Attractions  
Elizabeth Sedrel  
11121 Hickman Rd.  
Urbandale, IA 50322  
(515) 278-5286  
www.livinghistoryfarms.org

## Logan Contractors Supply Inc.

Construction/Materials  
Jeff Logan  
4101 NW 106th St.  
Urbandale, IA 50322  
(515) 253-9048  
www.logancontractors.com

## LPL Financial

Finance/Investments & Retirement  
Planning  
Ryan DeZwarte  
8515 Douglas Ave., Ste. 23  
Urbandale, IA 50322  
(515) 251-2648  
www.ryandezwartelpl.com

## LPT Realty - Rob Mordini

Real Estate/Agents  
Rob Mordini  
831 Edgewater Dr.  
Polk City, IA 50226  
(515) 783-7178  
themordinigroup.com

## Lumen Eyecare

Health Care/Optometrists  
Jenesa Lock  
14111 Douglas Pkwy.  
Urbandale, IA 50323  
(515) 212-3135  
www.lumeneyecaredm.com

## Mable Media

Photography/Photographers  
David Mable  
(515) 867-7392  
www.mablemedia.net

## Machine Marketing

Business Services/Marketing  
Karl Seidel  
1468 NW 121st St.  
Clive, IA 50325  
(515) 526-5560  
www.machine-marketing.com

## Majestic Mobile Detailing LLC

Automotive/Service  
Luke Colosimo  
(515) 344-0407  
www.mmdiowa.com

## Mama Africa Food

Food-Beverage/Catering  
Ventica Woods  
(515) 735-1141

## ManpowerGroup

Employment/Agencies and Staffing  
Kathy Joblinske  
400 E. Court Ave., Ste. 116  
Des Moines, IA 50309  
(515) 288-6745  
www.manpower.com

## Many Hands Thrift Market

Organizations/Non-Profit  
Tyler Kamerman  
4353 Merle Hay Rd.  
Des Moines, IA 50310  
(515) 276-9817  
www.manyhandsthrift.com

## Marco Technologies

Communications/  
Telecommunications  
Kevin Dirks  
4677 121st St.  
Urbandale, IA 50323  
(515) 473-7106  
www.marconet.com

## Marco's Pizza

Restaurants  
Matt DeBoth  
7238 University Ave.  
Windsor Heights, IA 50324  
(515) 506-1600  
www.marcos.com

## Martin Marietta

Construction/Materials  
Shondra McLaughlin  
11252 Aurora Ave.  
Des Moines, IA 50322  
(515) 254-0030  
www.martinmarietta.com

## Mathes, Jay

Individual Membership  
(319) 961-3336

## Matthew Putney Media

Photography/Photographers  
Matthew Putney  
(515) 480-4310  
www.MatthewPutney.com

## McAlister's Deli

Restaurants  
Denis Mansfield  
5910 Douglas Ave., Ste. 200  
Des Moines, IA 50322  
(515) 331-7804  
mcalistersdeli.com

## McDivot's Indoor Sports Pub

Restaurants  
Kyle Pieper  
3390 SE Crossroads Dr., Ste. 100  
Grimes, IA 50111  
(515) 895-1317  
mcdivotspub.com

## McDonald Agency, LLC- Farmers Insurance

Insurance-Finance/Agents  
Rodrick McDonald  
3810 66th St.  
Urbandale, IA 50322  
(515) 644-3461  
agents.farmers.com

## McDonald Family Dentistry

Dental/Dentists  
Christopher J. McDonald  
2400 NW 128th St.  
Urbandale, IA 50323  
(515) 334-3838  
www.mcdonaldfamilydentistry.com

## McDonald's/Raccoon Valley Partnership

Restaurants  
Jen Carter  
2900 100th St., Ste. 103  
Urbandale, IA 50322  
(515) 276-1526  
www.rvpmcdonalds.com

## McGonegle, Pat

Individual Membership

## McGough Construction

Contractors/Commercial  
Annette Renaud  
217 E. 2nd St., Ste. 120  
Des Moines, IA 50309  
(515) 639-3853  
www.mcgough.com

## Meadowview of Clive

Health Care/Assisted Living  
Tasha Fleming  
3300 Berkshire Pkwy.  
Clive, IA 50325  
(515) 829-7808  
www.meadowviewclive.com

## Mediacom Business

Internet/Services  
Heather Jones  
2205 Ingersoll Ave.  
Des Moines, IA 50312  
(515) 776-9820  
mediacombusiness.com

## Medicap Pharmacies, Inc. - Urbandale

Health Care/Pharmacies  
Kailey DeVries  
8170 Douglas Ave.  
Urbandale, IA 50322  
(515) 276-3471  
www.medicapurbandale.com

## Mentor Iowa

Organizations/Non-Profit  
Karen Hall  
2332 Rocklyn Dr.  
Urbandale, IA 50322  
(515) 277-9797  
www.mentoriowa.org

## Meridian Business

Business Services/Systems  
Travis Schwartz  
14301 FNB Pkwy., Ste. 305  
Omaha, NE 68154  
(402) 392-4030  
www.meridianbusiness.com



**Merkle Retirement Planning**

Finance/Investments & Retirement Planning  
Loren Merkle  
1860 SE Princeton Dr.  
Grimes, IA 50111  
(515) 278-1006  
merkleretirementplanning.com

**Merkley Wealth Associates**

Insurance-Finance/Services  
Jennifer Lovell  
6911 Vista Dr.  
West Des Moines, IA 50266  
(515) 259-3571  
www.merkleywealth.com

**Merle Hay Funeral Home & Chapel Hill Gardens**

Funerals/Services  
Blair Overton  
4400 Merle Hay Rd.  
Des Moines, IA 50310  
(515) 278-4633  
www.MerleHayFuneralHome.com

**Merle Hay Mall**

Retail-Shops-Stores/Shopping Centers  
Ed Kaizer  
3800 Merle Hay Rd., Ste. 101  
Des Moines, IA 50310  
(515) 276-8551  
www.merlehaymall.com

**Metro Appliance Repair**

Appliance Repair  
Ali Sloan  
2905 Delaware Ave.  
Des Moines, IA 50317  
(515) 271-8870  
www.metro-appliance.com

**Metro Waste Authority**

Environmental/Waste Management  
Michael McCoy  
300 E. Locust St., Ste. 100  
Des Moines, IA 50309  
(515) 244-0021  
www.mwatoday.com

**Metronet**

Internet/Services  
Jason Johnson  
1231 Keosauqua Way  
Des Moines, IA 50309  
(515) 815-6548  
www.business.metronetinc.com

**MFS HR Solutions**

Business Services/Consultants  
Mollie Frideres  
(515) 231-3050  
mfshrsolutions.com

**Michelle Skogerson Consulting LLC**

Business Services/Training  
Michelle Skogerson  
(515) 720-9237  
www.eosworldwide.com/michelle-skogerson

**MidAmerican Energy Company**

Utilities/Utility Companies  
Kathryn Kunert  
10510 Douglas Ave.  
Urbandale, IA 50322  
(515) 242-3902  
www.midamericanenergy.com

**Midland Credit Union**

Finance/Credit Unions  
Blake Austin  
3007 Oxbow Ct. SW  
Bondurant, IA 50035  
(515) 278-1994  
  
Randy Hass  
2891 106th St.  
Urbandale, IA 50322-3772  
(515) 278-1994  
www.midlandcu.org  
Midland Credit Union is celebrating 90 years of investing in our community's success.

**Mid-Iowa Electric Inc.**

Contractors/Electrical  
33263 Ute Ave.  
Waukee, IA 50263  
(515) 528-9886  
midiowaelectric.com

**Midwest Construction**

Contractors/Remodeling  
Matt Klobberdanz  
2021 SE 44th Ct.  
Grimes, IA 50111  
(515) 986-3545  
www.mwcinc.com

**Midwest Family Lending Corp.**

Finance/Mortgage  
Charles West  
2753 99th St.  
Urbandale, IA 50322  
(515) 252-7107  
www.midwestfamilylending.com

**Midwest Heritage Bank**

Finance/Banks  
Krista Mundy  
8701 Douglas Ave.  
Urbandale, IA 50322  
(515) 270-6315  
www.mhbank.com

**Midwest Heritage Bank - Windsor Heights**

Finance/Banks  
Drazen Valentic  
7101 University Ave.  
Windsor Heights, IA 50324  
(515) 343-5804  
www.mhbank.com

**Midwest Pano, LLC**

Photography/Photographers  
Vince Sabatino  
628 Broad St., Ste. 4  
Story City, IA 50248  
(515) 257-7300  
www.midwestpano.com

**Midwest Polyfoam**

Contractors/Concrete  
Mark Jorgensen  
(515) 249-8270  
www.midwestpolyfoam.com

**MidWestOne Bank - Windsor Heights**

Finance/Banks  
Randi Willard  
7204 University Ave.  
Windsor Heights, IA 50324  
(515) 274-0075  
www.midwestone.com

**Mighty Dog Roofing of Greater Des Moines**

Contractors/Roofing-Gutters  
Nick O'Hara  
815 Office Park Rd., Ste. 1  
West Des Moines, IA 50265  
(515) 499-0212  
www.mightydogroofing.com/greater-des-moines-area-ia

**Miller Pest & Termite**

Environmental/Pest Control  
Joel Miller  
1904 NW 92nd Ct.  
Clive, IA 50325  
(515) 518-8864  
www.millerthekiller.com/pest-control-urbandale

**Mind & Spirit Counseling Center**

Human Services/Counseling  
Heather Stuyvesant  
8553 Urbandale Ave.  
Urbandale, IA 50322  
(515) 274-4006  
www.mindspiritcenter.org

**Mindset Innovations Consulting**

Business Services/Coaching  
Dave Machovsky  
(605) 695-7372  
www.mindsetinnovationsconsulting.com

**Miss Vie Beauty - Braiding Salon and Beauty Supply**

Health & Beauty/Salons-Spas  
Sylvie Forkwa  
8102 Douglas Ave.  
Urbandale, IA 50322  
(515) 339-1684  
www.missviebraids.com

**Mission Cancer + Blood, a part of University of Iowa Health Care**

Health Care/Oncology  
Phil Stover  
100 E. Grand Ave., Ste. 200  
Des Moines, IA 50309  
(515) 282-2921  
www.missioncancer.com

**MMIT Business Solutions Group**

Business Products/Copiers  
Pat Pithan  
4201 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 283-0607  
www.mmitiowa.com

**Mobile Spot**

Retail-Shops-Stores/Electronics  
Jacob Mead  
8421 University Blvd., Ste. B  
Clive, IA 50325  
(515) 223-7719  
mymobilespot.com

**Modern Heating & Air**

Contractors/Heating-Cooling  
Jake Burkhart  
675 NE 45th Pl.  
Des Moines, IA 50313  
(515) 635-5525  
www.modernhvacservices.com

**Modern Woodmen of America**

Finance/Investments & Retirement Planning  
Alex Shcharansky  
5700 University Ave., Ste. 220  
West Des Moines, IA 50266  
(917) 568-1132  
reps.modernwoodmen.org/ashcharansky

**Moriarity, Angela**

Individual Membership  
(515) 971-8854



## Mosaic in Central Iowa

Human Services/Social Services  
Brandi Bretthauer  
11141 Aurora Ave., Bldg. 3  
Urbandale, IA 50322  
(515) 246-1840  
www.mosaicinfo.org/centraliowa

## Mosaic Shores Travel Co., LLC

Travel/Agencies  
Kim Maurer  
(515) 210-2807  
mosaicshores.com

## Mr. Appliance of Urbandale

Appliance Repair  
Dennis Archer  
(515) 505-3355  
www.mrappliance.com/urbandale

## MS Moments

Organizations/Non-Profit  
Chris Klocke  
7118 Horton Ave.  
Urbandale, IA 50322  
(515) 954-8090  
msmomentsiowa.org

## Mulder Consulting

Business Services/Coaching  
Lynsey Mulder  
(515) 778-5967  
www.lynseymulder.com

## Mullins Renovation & Construction

Contractors/Remodeling  
Derek Mullins  
3100 Hillsdale Dr.  
Urbandale, IA 50322  
(515) 346-7466  
mullinsrenovation.com

## Myriad Advisor Solutions

Small Business Assistance  
Danielle White  
2520 SE Encompass Dr., Ste. 200  
Waukee, IA 50263  
(515) 850-1212  
myriadas.com

## NAI Iowa Realty Commercial

Real Estate/Commercial  
Chris Fultz  
3521 Beaver Ave.  
Des Moines, IA 50310  
(319) 331-3191  
www.iowacommercial.com

## Nakata Dojo

Entertainment-Recreation/Martial Arts  
Kenji Nakata  
3942 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 745-8471  
nakatadojo.com

## Nate's Rock Shop

Music/Instruments  
Nate Carlson  
6571 University Ave.  
Windsor Heights, IA 50310  
(515) 802-8247  
www.natesrockshop.com

## National Kidney Foundation

Organizations/Non-Profit  
Gene Dickey  
4225 Fleur Dr., Ste. 137  
Des Moines, IA 50315  
(563) 357-6927  
www.kidney.org

## NCMIC/Professional Solutions

Insurance-Finance/Services  
Traci Galligan  
14001 University Ave.  
Clive, IA 50325  
(800) 321-7015  
www.ncmic.com

## New American Funding

Finance/Mortgage  
Cale Carlson  
521 E Locust St., Ste. 240  
Des Moines, IA 50309  
(515) 230-3949  
www.carlsonmortgageteam.com

## New Heights Counseling Resources, Inc.

Human Services/Counseling  
Jim Wilwerding  
2335 70th St.  
Urbandale, IA 50322  
(515) 274-9690  
www.newheightscounseling.org

## New Horizon Academy

Children/Day Care  
Laura Aldinger  
12900 Hickory Dr.  
Grimes, IA 50111  
(515) 384-9004  
www.newhorizonacademy.net

## New View Autism LLC

Health Care/Clinics  
Jessica Marken  
8550 New York Ave.  
Urbandale, IA 50322  
(515) 630-0274  
www.newviewautism.com

## NFM

Retail-Shops-Stores/Appliances  
Alyson Nelson  
15500 Hickman Rd.  
Clive, IA 50325  
(515) 727-6500  
www.nfm.com

## Northwest Bank

Finance/Banks  
Travis Simpson  
5700 University Ave., Ste. 100  
West Des Moines, IA 50266  
(515) 327-5102  
www.nw.bank

## Northwestern Mutual - Jayden Moore, CFP

Finance/Investments & Retirement Planning  
Jayden Moore  
1009 SW Des Moines Ln., Ste. 106  
Ankeny, Iowa 50023  
(515) 230-8158  
www.northwesternmutual.com

## NuDose

Health Care/Pharmaceuticals  
Stephen Wilson  
320 W. MLK Pkwy., Ste. 10  
Des Moines, IA 50309  
(314) 852-6066

## NXT LVL Med Spa, Recovery, & Wellness

Health Care/Services  
Anthony Cox  
10441 Hickman Rd.  
Urbandale, IA 50322  
(515) 532-7708  
www.nxtlvlamerica.com

## Olson, Jason

Individual Membership  
(515) 334-3877

## OnMedia

Communications/Cable TV  
Regina Walker  
3737 Westown Pkwy., Ste. A  
West Des Moines, IA 50266  
(515) 697-6781  
www.onmediaadsales.com

## Optimum Chiropractic P.C.

Health Care/Chiropractors  
Courtney Ward  
7205 Vista Dr., Ste. 104  
West Des Moines, IA 50266  
(515) 225-9200  
optimumchiro.com

## OPX International, LLC.

Business Services/Training  
Eric Idehen  
(515) 321-2807  
www.opxint.com

## Owl Accounting Services

Finance/Accountants  
Toby Schuh  
3790 Kinsey Ave.  
Des Moines, IA 50317  
(515) 207-0222  
www.owlaccountingservices.com

## Oxygen Yoga & Fitness - Urbandale

Wellness/Yoga  
Amy Johannsen  
4820 100th St., Ste. 201  
Urbandale, IA 50322  
(515) 720-8693  
www.oxygenyogaandfitness.com/urbandale

## Palmer Group

Employment/Agencies and Staffing  
Lauren Abbas  
3737 Woodland Ave., Ste. 200  
West Des Moines, IA 50266  
(515) 225-7000  
www.thepalmergroup.com

## Parekh, Rhea

Individual Membership  
(919) 638-3583

## Paris Banh Mi

Restaurants  
Kenyon Murphy  
6601 University Ave., Ste. 100  
Windsor Heights, IA 50324  
(515) 277-8888  
parisbanhmiowa.com



**Pat Ward Photography**

Photography/Photographers  
Pat Ward  
8704 Friestad Ct.  
Johnston, IA 50131  
(515) 707-4698  
www.patwardportraits.com

**Pax Psychotherapy**

Health Care/Mental Health  
Juan Padilla  
2963 100 St. Ste. 3  
Urbandale, IA 50322  
(515) 201-6928  
www.paxpsychotherapy.com

**Paychex HR**

Employment/Human Resources  
Matt Nuetzman  
7600 Office Plaza Dr. S., Ste. 100  
West Des Moines, IA 50266  
(866) 709-9401  
www.paychex.com

**Payteva**

Finance/Credit Card Processing  
Steve Casteel  
4349 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 368-8798  
payteva.com

**PC Print Center**

Printing/Printers  
Tim Lumadue  
4345 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 440-2679  
www.pcprintcenter.com

**Pelham, Randy**

Individual Membership  
(515) 707-7514

**Pennie Carroll & Associates**

Real Estate/Agents  
Pennie Carroll  
3232 Hubbell Ave.  
Des Moines, IA 50317  
(515) 967-3544  
www.penniecarroll.com

**Pepsi Beverages Company**

Distributors/Food & Beverage  
Rose Hanke  
3825 NW 106th St.  
Urbandale, IA 50322  
(515) 254-3100  
www.pepsico.com

**Per Mar Security Services**

Security-Safety/Systems  
Scott Easter  
3001 99th St.  
Urbandale, IA 50322  
(515) 244-5660  
permarsecurity.com

**Personal Best Massage (PBM)**

Wellness/Therapeutic Massage  
Erin Hefner  
2655 86th St.  
Urbandale, IA 50322  
(515) 491-8721  
www.personalbestmassage.  
massagetherapy.com

**Perspective Health Iowa, LLC.**

Health Care/Clinics  
Audrey Gries  
8860 Northpark Dr., Ste. 200  
Urbandale, IA 50131  
(515) 724-0377  
www.perspectivehealthiowa.com

**Pet Medical Center of Urbandale**

Animal/Veterinarians  
Kristin De Vries  
4450 128th St.  
Urbandale, IA 50323  
(515) 331-9035  
petmedicalcenterofurbandale.com

**Peterson Painting**

Contractors/Painters  
Cary Peterson  
2110 63rd St.  
Windsor Heights, IA 50324  
(515) 274-1883  
www.petersonpainting.net

**PH Clean**

Cleaning-Maintenance/Services  
Shawn Wilson  
9250 University Ave.  
West Des Moines, IA 50266  
(515) 232-8029  
www.phclean.net

**Phillips Stafford Insurance Group**

Insurance-Finance/Agents  
Brad Phillips  
2840 104th St.  
Urbandale, IA 50322  
(515) 978-9010  
www.phillipsstafford.com

**PickUp USA Fitness**

Entertainment-Recreation/Sports  
Facilities  
Kerby Louis  
4143 121st St.  
Urbandale, IA 50322  
(515) 346-8623  
pickupusafitness.com/urbandale-ia

**Pittman & Company, LLP**

Finance/Accountants  
John Pittman  
8525 Douglas Ave., Ste. 40  
Urbandale, IA 50322  
(515) 276-2727  
www.pittmancpa.com

**Planet Fitness Urbandale**

Wellness/Fitness  
Maya Carson  
3789 86th St.  
Urbandale, IA 50322  
(515) 276-2225  
www.planetfitness.com/gyms/  
urbandale-ia

**Platinum Information Services**

Computer/Services  
Scott Hardee  
4430 114th St.  
Urbandale, IA 50322  
(515) 644-6510  
www.platinum-corp.com

**Play it Again Sports**

Retail-Shops-Stores/Consignment-  
Thrift  
Joe Edelstein  
9980 Swanson Blvd.  
Clive, IA 50325  
(515) 402-7427  
playitagainsports.com/locations/  
clive-ia

**Plaza Printers**

Printing/Printers  
Cindy Gross  
6762 Douglas Ave.  
Urbandale, IA 50322  
(515) 278-4695  
www.plazaprinters.net

**Pogge, Ron**

Individual Membership  
(515) 697-4268

**Power/mation Division, Inc**

Manufacturing/Equipment  
Adam Jackson  
4407 121st St.  
Urbandale, IA 50323  
(651) 605-3300  
www.Powermation.com

**Prairie Meadows Racetrack & Casino**

Entertainment-Recreation/Attractions  
Julie Stewart  
1 Prairie Meadows Dr.  
Altoona, IA 50009  
(515) 967-1000  
www.prairiemeadows.com

**Premier Automotive Service**

Automotive/Service  
Chad Tigges  
6815 Hickman Rd.  
Urbandale, IA 50322  
(515) 276-3838  
www.premierautomotiveservice.com

**Premier Ceiling Systems LLC**

Contractors/Commercial  
Rick Phippen  
4701 NW Urbandale Dr., Ste. 220  
Urbandale, IA 50322  
(515) 577-2869  
www.premierceilingiowa.com

**Premier Companies & Paramount Homes**

Real Estate/Property Management  
Brittney Jackson  
2540 73rd St.  
Urbandale, IA 50322  
(515) 440-1111  
www.premier-midwest.com

**Premier Credit Union**

Finance/Credit Unions  
Adam Lenze  
10951 Meredith Dr.  
Urbandale, IA 50322  
(515) 282-1611  
www.premiercu.org

**Premier Electric of Iowa**

Contractors/Electrical  
Todd Thompson  
6082 NW Beaver Dr.  
Johnston, IA 50131  
(515) 202-8101

**Premier Personal Training**

Wellness/Fitness  
Joe Meyers  
1725 Beaver Ave.  
Des Moines, IA 50310  
(515) 460-4962  
www.premierpersonaltraining.net

**Premium Solutions**

Advertising/Specialties  
Kris Gregersen  
6735 University Ave.  
Windsor Heights, IA 50324  
(515) 279-3618  
www.ps-promotions.com

**Pride Fitness DSM**

Wellness/Fitness  
Leah Embrey  
2312 University Ave.  
Des Moines, IA 50311  
(515) 318-7965  
www.pridefitnessdsm.com



## PRIMERICA

Insurance-Finance/Agents  
Karen Seidl  
1000 73rd St., Ste. 11A  
West Des Moines, IA 50265  
(515) 770-9039  
www.primerica.com/karenseidl

## Primerica Financial - Tom Reis & Associates- 100th St.

Insurance-Finance/Agents  
David Reis  
3220 100th St.  
Urbandale, IA 50322  
(515) 270-2561  
www.primerica.com/public

## Pristine Painting Company

Contractors/Painters  
Brandi Smith  
(515) 443-5928  
www.pristinepaintersofiowa.com

## Pro Network Solutions

Computer/Services  
Dave Weis  
5911 Meredith Dr., Ste. C  
Urbandale, IA 50322  
(515) 331-0024  
pronetworksolutions.com

## Pro-Staff Termite & Pest Control of Iowa

Environmental/Pest Control  
Robert Hughes  
3601 Douglas Ave.  
Des Moines, IA 50310  
(515) 279-7378  
prostaffpest.com

## ProbioFerm

Manufacturing/Contract  
Yoshiteru Koide  
10215 Dennis Dr.  
Urbandale, IA 50322  
(515) 270-5250  
probioferm.com

## Protex Central

Fire/Alarm Systems  
Shawn Mullen  
3305 104th St.  
Urbandale, IA 50322  
(515) 252-9932  
www.protexcentral.com

## Pump It Up

Entertainment-Recreation/Indoor  
Playground  
Jeff Collier  
4069 121st St.  
Urbandale, IA 50323  
(515) 270-5017  
www.pumpitupparty.com/  
urbandale-ia

## Puppy Jake Foundation

Organizations/Non-Profit  
Maggie Donovan  
3101 104th St., Ste. 2  
Urbandale, IA 50322  
(515) 777-2837  
www.puppyjakefoundation.org

## QPC (Qualified Plan Consultants, LLC)

Finance/Services  
Kyle Faaborg  
4949 Westown Pkwy., Ste. 110  
West Des Moines, IA 50266  
(515) 867-2406  
www.401k-qpc.com

## QPS Employment Group

Employment/Agencies and Staffing  
Mitch Seitz  
3629 Beaver Ave.  
Des Moines, IA 50310  
(515) 490-7032  
www.qpsemployment.com

## Quality Resource Group, Inc.

Advertising/Specialties  
Jeff Starr  
4709 121st St.  
Urbandale, IA 50323  
(515) 460-3009  
www.quality-resource.com

## Quester

Business Services/Consultants  
Mia Walker  
6500 University Ave., Ste. 205  
Windsor Heights, IA 50324  
(515) 724-7045  
www.quester.com

## QuikTrip Corporation

Retail-Shops-Stores/Convenience  
Jason Hasty  
3185 99th St.  
Urbandale, IA 50322  
(515) 276-5010  
www.quiktrip.com

## R & B Interior Painting LLC

Contractors/Painters  
Brandy Loder  
(515) 971-8164  
www.rbinteriorpaintingllc.com

## R Productions

Audio-Visual/Video-Film Production  
Brenna Strawhacker  
(515) 835-9912  
www.rproductionsiowa.com

## R&A Risk Professionals

Insurance-Finance/Agents  
Gayle Brimeyer  
2894 106th St.  
Urbandale, IA 50323  
(515) 334-3010  
raarisk.com

## R&R Realty Group

Real Estate/Developers  
Adam Kaduce  
1080 Jordan Creek Pkwy., Ste. 200 N.  
West Des Moines, IA 50266  
(515) 223-4500  
www.rrrealty.com

## R3 Roofing & Exteriors

Contractors/Roofing-Gutters  
Jared Harrison  
3921 121st St.  
Urbandale, IA 50323  
(515) 630-0143  
r3roofs.com

## Raccoon Valley Bank

Finance/Banks  
Aaron Colyer  
1051 NE Gateway Dr.  
Grimes, IA 50111  
(515) 465-3521  
raccoonvalleybank.com

## Radiate Light LLC

Wellness/Life Coach  
Staci Allison  
(515) 707-7780  
www.radiatelight.org

## Raecker, Scott

Individual Membership  
(515) 276-5987

## RainyDayPal

Insurance-Finance/Services  
Nana Coleman  
6001 Creston Ave., Unit 20  
Des Moines, IA 50321  
(515) 783-2258  
rainydaypal.com

## Ramada Tropics Resort & Conference Center

Lodging/Hotels-Motels  
Melanie Robinson  
5000 Merle Hay Rd.  
Des Moines, IA 50322  
(515) 864-7502  
www.ramadatropicsresort.com

## Ramsey Subaru Mazda of Des Moines

Automotive/Dealers  
Tyler Van Weelden  
9625 Hickman Rd.  
Urbandale, IA 50322  
(515) 278-6400  
www.ramseyauto.com

## RE/MAX Concepts - Marva McCarty

Real Estate/Agents  
Marva McCarty  
6600 University Ave.  
Des Moines, IA 50324  
(515) 491-0107  
marva-mccarty.remax-central.com

## RE/MAX Concepts - Shannon Salmon

Real Estate/Agents  
Shannon Salmon  
6205 Merle Hay Rd., Ste. 120  
Johnston, IA 50131  
(612) 327-6536  
www.ShannonSalmon.com

## RE/MAX Precision

Real Estate/Agents  
Scott Wendl  
8705 Chambery Blvd.  
Johnston, IA 50131  
(515) 223-9492  
www.precisiondsm.com

## RE/MAX Precision - Casee Woodley, Realtor

Real Estate/Agents  
Casee Woodley  
2202 Woodlands Pkwy.  
Clive, IA 50325  
(515) 783-9272  
casee-woodley.remax-central.com

## RE/MAX Real Estate Center - Urbandale

Real Estate/Agents  
Sean Asada  
4820 100th St., Ste. 101  
Urbandale, IA 50322  
(515) 729-2879  
seanasada.rmxiowa.com



**Real Connections Counseling**

Human Services/Counseling  
Rick & Monique Elgersma  
2540 106th St., Ste. 202  
Urbandale, IA 50322  
(515) 635-1805  
www.realconnectionsounseling.com

**Realty One Group - Wayne Burkhardt**

Real Estate/Agents  
Wayne Burkhardt  
140 S 68th St., 1105  
West Des Moines, IA 50266  
(515) 770-3895  
www.waydeburkhart.  
myrealtyonegroup.com

**Recon Roofing & Construction**

Contractors/Roofing-Gutters  
Alex Boisjolie  
455 SW 5th St., Ste. C  
Des Moines, IA 50309  
(515) 489-0123  
www.reconroof.com

**Regenexx Des Moines**

Health Care/Clinics  
Tia Small  
6151 Thornton Ave., Ste. 200  
Des Moines, IA 50321  
(515) 421-4090  
regenexxdesmoines.com

**Reliable Bookkeeping & Accounting Service LLC**

Finance/Accountants  
Juliana Perez-Castilla  
(515) 689-0732

**Reliable Garage Services**

Contractors/Overhead Doors  
Eric Alexander  
1806 W 5th Ave.  
Indianola, IA 50125  
(515) 904-9542  
www.reliablegarageservice.com

**Remedy Intelligent Staffing**

Employment/Agencies and Staffing  
Clint Martin  
1776 22nd St., Ste. 102  
West Des Moines, IA 50266  
(515) 225-4000  
www.remedystaffing.com

**Remodeling Contractors**

Contractors/Remodeling  
Zak Fleming  
3051 104th St., Ste. B  
Urbandale, IA 50322  
(515) 202-1244  
www.remodelingdesmoines.com

**Renewal by Andersen**

Retail-Shops-Stores/Windows & Doors  
Emilie Ball  
225 S. 11th St.  
West Des Moines, IA 50265  
(515) 333-8881  
www.renewalbyandersen.com

**Renters Warehouse**

Real Estate/Property Management  
Brad Neal  
10306 Douglas Ave.  
Urbandale, IA 50322  
(515) 518-0390  
RentersWarehouse.com

**Reset Wellness Retreats**

Wellness/Fitness  
Lexi Majors  
8316 Hammontree Dr.  
Urbandale, IA 50322  
(785) 640-9192  
www.resetwellnessretreats.com

**Residential Recon Home Inspections**

Real Estate/Inspections  
Ryan Nady  
(515) 971-3120  
residentialreconinspection.com

**Revel Hotel - Tapestry Collection by Hilton**

Lodging/Hotels-Motels  
Shaun Goldsworth  
11211 Hickman Rd.  
Urbandale, IA 50322  
(515) 270-2424  
revelhoteldsm.com

**Revol One Financial**

Insurance-Finance/Services  
Matt Kerchal  
11259 Aurora Ave.  
Urbandale, IA 50322  
(800) 701-4250  
www.revolonefinancial.com

**RevOpp.AI**

Business Services/Marketing  
Angela Green-Urbaczewski  
(720) 507-5894  
revopp.ai

**Right Roofing & Siding, Inc.**

Contractors/Roofing-Gutters  
Ryan Johnson  
3250 99th St.  
Urbandale, IA 50322  
(515) 729-0770  
www.rightroofing.com

**Robinson, Greg**

Individual Membership  
(515) 276-9200

**Robinson, Lakeitha**

Individual Membership  
(515) 217-2646

**Robison Roofing**

Contractors/Roofing-Gutters  
Tyler Kopriva  
11201 Aurora Ave.  
Urbandale, IA 50322  
(515) 882-2200  
www.robison-construction.com

**RockWay Wealth Partners**

Finance/Investments & Retirement Planning  
Brian Thompson  
(515) 414-7373  
www.RockWayWealth.com

**RODAN Office Cleaning**

Cleaning-Maintenance/Janitorial  
Zach Vander Ploeg  
2730 49th St.  
Des Moines, IA 50310  
(515) 276-1618  
www.rodancleaning.com

**Rooftek**

Contractors/Roofing-Gutters  
Caleb Vorpahl  
1776 22nd St., Ste. 203  
West Des Moines, IA 50266  
(515) 344-3998  
des-moines.rooftek.com

**Rooted Insights, PLC**

Health Care/Mental Health  
Isaiah Fogle  
2570 106th St., Ste. E  
Urbandale, IA 50322  
(515) 446-7284  
www.rootedinsights.org

**Rotary Club of Northwest Des Moines**

Organizations/Service Clubs  
Tim Olejniczak  
PO Box 3715  
Urbandale, IA 50323  
(515) 480-2584  
portal.clubrunner.ca/1664

**Royal Rides LLC**

Transportation/Limousines  
Cassi Holmes  
4701 NW Urbandale Dr., Ste. 212  
Urbandale, IA 50322  
(515) 803-0671  
www.royalridesdm.com

**Royale Flush Gaming**

Entertainment-Recreation/Gaming  
Alexander Van Dorpe  
1601 E Aurora Ave.  
Des Moines, IA 50313  
(515) 400-4844  
royaleflushgaming.com

**Ruby Tuesday**

Restaurants  
Manny Molina  
4900 86th St.  
Urbandale, IA 50322  
(515) 278-4476  
www.rubytuesday.com

**S&C Automotive, Inc.**

Automotive/Security-Sound  
Doug Eckhart  
3828 70th St.  
Urbandale, IA 50322  
(515) 276-9622  
www.scautomotive.com

**Saf, Ron**

Individual Membership  
(515) 419-8660

**Sage + Strands**

Health & Beauty/Salons-Spas  
Nicole Samuelson  
2773 100th St.  
Urbandale, IA 50322  
(515) 223-1229  
www.sageandstrands.com

**Salas Enterprises**

Computer/Services  
Darwin Salas  
303 Locust St., Ste. 250  
Des Moines, IA 50309  
(515) 867-9429  
salasenterprises.com

**Salon 86**

Health & Beauty/Salons-Spas  
Jennifer Staack  
8066 Douglas Ave.  
Urbandale, IA 50322  
(515) 321-7342  
www.salon86.net

**Salon Seven-O**

Health & Beauty/Salons-Spas  
Melissa Baas  
3411 70th St.  
Urbandale, IA 50322  
(515) 251-7225  
salonseveno.com



## Sarah Hambrick Representing American National

Insurance-Finance/Agents  
Sarah Hambrick  
650 S. Prairie View Dr., Ste. 205  
West Des Moines, IA 50266  
(515) 328-4328  
an.insure/sarahhambrick

## SBDC - Mid Iowa Small Business Development Center

Organizations/Associations  
Jenica Johnson  
6500 University Ave., Ste. 100  
Windsor Heights, IA 50324  
(515) 331-8954  
www.iowasbdc.org

## Schlievert Plumbing Inc.

Contractors/Plumbing  
Emily Simmons  
3181 99th St.  
Urbandale, IA 50322  
(515) 279-1513  
schlievertplumbing.com

## Schrock Innovations

Computer/Services  
Ryan San Diego  
9500 University Ave., Ste. 2104  
West Des Moines, IA 50266  
(515) 779-3538  
schrockinnovations.com

## Sears Insurance

Insurance-Finance/Agents  
Debra Sears  
4219 161st St.  
Urbandale, IA 50323  
(515) 285-6766  
www.searsinsurance.info

## Senior Helpers

Health Care/Home  
Jeff Raines  
2951 86th St.  
Urbandale, IA 50322  
(515) 251-7444  
www.seniorhelpers.com/centraliowa

## Senior Suites of Urbandale

Health Care/Assisted Living  
Demaris Luttenegger  
4700 84th St.  
Urbandale, IA 50322  
(515) 270-9700  
www.seniorsuitesofurbandale.com

## Serenity Massage

Wellness/Therapeutic Massage  
Jill Ellsworth  
3005 86th St.  
Urbandale, IA 50322  
(515) 270-0030  
www.serenitymassagedm.com

## Serve Credit Union

Finance/Credit Unions  
Jami Weems  
3743 86th St.  
Urbandale, IA 50322  
(515) 276-6083  
www.servecu.org

## ServiceMaster by Rice

Contractors/Water Removal  
Liz Rice  
7555 University Ave.  
Clive, IA 50325  
(515) 305-3453  
servicemasterbyrice.com



## Shade Tree Auto - Grimes

Automotive/Service  
Clint Dudley  
1750 SE 11th St.  
Grimes, IA 50111  
(515) 986-5241

## Shade Tree Auto - Urbandale

3831 70th St.  
Urbandale, IA 50322  
(515) 512-1095

## Shade Tree Auto - Ankeny

1329 SW Ordinance Rd.  
Ankeny, IA 50023  
515-964-9492  
www.shadetreeauto.biz  
Locally owned, international award-winning auto repair with a 4-year, 40,000-mile warranty.

## Shaul & Associates PLC

Finance/Accountants  
Alicia Bever  
2600 Westown Pkwy., Ste. 380  
West Des Moines, IA 50266  
(515) 979-1155  
www.shaulassociates.com

## Shelter Insurance - Kasey Sorensen

Insurance-Finance/Agents  
Kasey Sorensen  
3969 100th St.  
Urbandale, IA 50322  
(515) 270-0718  
www.shelterinsurance.com

## Shelter Insurance - Monica Hoover

Insurance-Finance/Agents  
Monica Hoover  
2400 86th St., Ste. 1S  
Urbandale, IA 50322  
(515) 276-7700  
www.shelterinsurance.com/mhoover

## Sheraton West Des Moines Hotel

Lodging/Hotels-Motels  
Mike Boehm  
1800 50th St.  
West Des Moines, IA 50266  
(515) 223-1800  
marriott.com/dsmisi

## Short Elliott Hendrickson Inc.

Professional-Design Services/  
Engineers  
Manny Toribio  
5414 NW 88th St., Ste 140  
Johnston, IA 50131  
(515) 608-6000  
www.sehinc.com

## Showplace Cabinetry Design Center

Contractors/Kitchen & Bath  
Darius Jackson  
3200 100th St.  
Urbandale, IA 50322  
(515) 251-4800  
www.showplacedesigncenter.com

## Signarama-Ankeny / YESCO Sign & Lighting Service

Signage  
Kathy Evert  
6990 NE 14th St.  
Ankeny, IA 50023  
(515) 216-1240  
www.signarama.com/ia-ankeny

## Signature Real Estate Services, Inc

Real Estate/Commercial  
Andy Hodges  
4701 121st St.  
Urbandale, IA 50323  
(515) 221-9990  
www.SignatureRES.com

## Silverstar Car Wash

Automotive/Car Wash  
6300 Hickman Rd.  
Windsor Heights, IA 50324  
(704) 870-0250  
www.silverstarcarwashes.com

## Silverwings

Audio-Visual/Video-Film Production  
Dan Nannen  
8331 Chambery Blvd.  
Johnston, IA 50131  
(515) 285-9800  
silverwingscreative.com

## Simply Sophisticated Wealth Planning, LLC

Finance/Investments & Retirement  
Planning  
Keith Piscitello  
15149 Buena Vista Dr.  
Clive, IA 50325  
(847) 917-0076  
www.s2wealth.com

## Simply Stella Rose

Retail-Shops-Stores/Clothing  
Jenni King  
(641) 990-0017  
www.simplystellarose.com

## Simpson, Jensen, Abels, Fischer & Bouslog P.C.

Legal Services/Attorneys  
John Bouslog  
400 Locust St., Ste. 400  
Des Moines, IA 50309  
(515) 288-5000  
www.iowafirm.com

## Sink Paper and Packaging

Distributors/Paper  
Shane Ketcham  
12044 Ridgemont Dr.  
Urbandale, IA 50323  
(515) 331-9000  
www.sinkpaper.com

## Sit Means Sit Dog Training Des Moines

Animal/Training  
Ryan Dey  
6806 Douglas Ave.  
Urbandale, IA 50322  
(515) 303-0473  
www.sitmeanssitiowa.com



### **Society of St. Vincent de Paul**

Human Services/Social Services  
Steve Havemann  
801 73rd St.  
Windsor Heights, IA 50324  
(515) 282-8327  
[www.svdpsdm.org](http://www.svdpsdm.org)

### **Sonesta Essential**

Lodging/Hotels-Motels  
Bhavik Shah  
4755 Merle Hay Rd.  
Des Moines, IA 50322  
(515) 278-8858  
[www.sonesta.com](http://www.sonesta.com)

### **Soper Automotive Repair**

Automotive/Service  
Amy Soper  
6800 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 635-0011  
[www.soperautorepair.com](http://www.soperautorepair.com)

### **SpeakFluence**

Business Services/Coaching  
Norm Boaz  
(619) 454-8006  
[www.speakfluence.com](http://www.speakfluence.com)

### **Spectrum Lighting & Interiors**

Retail-Shops-Stores/Lighting  
Jennifer Robinson  
2540 104th St., Ste. 1  
Urbandale, IA 50322  
(515) 276-5088  
[www.spectrumlighting.biz](http://www.spectrumlighting.biz)

### **Spraytec Fertilizers, LLC**

Agribusiness/Products  
Renato Firmento  
3219 99th St.  
Urbandale, IA 50322  
(515) 252-7777  
[www.spraytec.com](http://www.spraytec.com)

### **Sprockets Kitchen & Bar**

Restaurants  
Katray Rochon  
2314 University Ave.  
Des Moines, IA 50311  
(515) 214-2482  
[sprocketsbar.com](http://sprocketsbar.com)

### **SPW Bookkeeping, LLC**

Finance/Accountants  
Sue Wengert  
(515) 490-8677  
[www.spwbookkeeping.com](http://www.spwbookkeeping.com)

### **Squeegee Squad**

Cleaning-Maintenance/Services  
Bobby Severtson  
1230 8th St., Ste. 103  
West Des Moines, IA 50265  
(515) 612-8712  
[squeegeesquad.com/locations/des-moines-ia](http://squeegeesquad.com/locations/des-moines-ia)

### **Staceys Inc.**

Retail-Shops-Stores/Clothing  
Stacey Fox  
10453 Hickman Rd.  
Urbandale, IA 50322  
(515) 270-1399  
[www.staceys.com](http://www.staceys.com)

### **State Farm Insurance - James Walford**

Insurance-Finance/Agents  
James Walford  
2781 100th St.  
Urbandale, IA 50322  
(515) 256-9159  
[insurbandale.com](http://insurbandale.com)

### **State Farm Insurance - Mark Courter**

Insurance-Finance/Agents  
Mark Courter  
6773 Hickman Rd.  
Urbandale, IA 50322  
(515) 276-9275  
[www.markcourterinsurance.com](http://www.markcourterinsurance.com)

### **State Farm Insurance - Matt Cale**

Insurance-Finance/Agents  
Matt Cale  
6733 University Ave.  
Windsor Heights, IA 50324  
(515) 280-9000  
[www.mattcale.com](http://www.mattcale.com)

### **Stew Hansen Chrysler Dodge Jeep Ram FIAT**

Automotive/Dealers  
Jerry Bill  
12103 Hickman Rd.  
Urbandale, IA 50323  
(515) 331-2900  
[www.stewhansens.com](http://www.stewhansens.com)

### **Stoney Creek Hotel & Conference Center**

Lodging/Hotels-Motels  
Joseph Herst  
5291 Stoney Creek Ct.  
Johnston, IA 50131  
(515) 334-9000  
[www.stoneycreekhôtels.com](http://www.stoneycreekhôtels.com)

### **Stormy's**

Entertainment-Recreation/Bars-Clubs  
Amy Stevens  
6923 Douglas Ave.  
Urbandale, IA 50322  
(515) 270-9818  
[www.facebook.com/Stormys-Dixieland-Tavern](http://www.facebook.com/Stormys-Dixieland-Tavern)

### **Stratus Building Solution**

Cleaning-Maintenance/Janitorial  
Enna Mendez  
1001 Office Park Rd., Ste. 201  
West Des Moines, IA 50265  
(515) 222-3135  
[www.stratusclean.com](http://www.stratusclean.com)

### **Strauss Security Solutions**

Security-Safety/Systems  
Karen Goldsworth  
4663 NW 121st St.  
Urbandale, IA 50323  
(515) 276-7030  
[www.strausslock.com](http://www.strausslock.com)

### **Stretch Zone Waukee**

Wellness/Fitness  
Angela Rippin  
9250 SE University Ave., Ste. 112  
West Des Moines, IA 50266  
(515) 639-9225  
[www.stretchzone.com/locations/waukee-ia](http://www.stretchzone.com/locations/waukee-ia)

### **StructSolve Engineering**

Professional-Design Services/  
Engineers  
Caleb Vorpahl  
1776 22nd St., Ste. 203  
West Des Moines, IA 50266  
(515) 585-9870  
[www.structsolve.com](http://www.structsolve.com)

### **Studio Ember**

Entertainment-Recreation/Art  
Jen Warner-Blankenship  
2799 100th St.  
Urbandale, IA 50322  
(515) 505-4656  
[www.studioemberdsm.com](http://www.studioemberdsm.com)

### **Sunflower Chef Catering**

Food-Beverage/Catering  
Julie Heathcote  
6151 Thornton Ave., Ste. 100 A  
Des Moines, IA 50321  
(515) 975-4707  
[www.sunflowerchefcatering.com](http://www.sunflowerchefcatering.com)

### **Superior Exteriors**

Contractors/Siding  
Todd Patterson  
416 Greene St.  
Adel, IA 50003  
(515) 727-1887  
[www.superiorexteriorsia.com](http://www.superiorexteriorsia.com)

### **Superior Printing & Promotions**

Advertising/Specialties  
Laura Davis  
PO Box 65548  
West Des Moines, IA 50265  
(515) 229-8237  
[www.superiorprintingpromo.com](http://www.superiorprintingpromo.com)

### **Superstorm Restoration**

Contractors/Roofing-Gutters  
Chandler Steffy  
3300 101st St.  
Urbandale, IA 50322  
(515) 225-4880  
[www.superstormrestoration.com](http://www.superstormrestoration.com)

### **T&H Financial Coaching, LLC**

Finance/Services  
Suzanne Ryan  
5335 Merle Hay Rd., Ste. 4  
Johnston, IA 50131  
(612) 849-0611  
[www.tandhfinancialcoaching.com](http://www.tandhfinancialcoaching.com)

### **Tactical Fitness LLC**

Wellness/Fitness  
Daniel Waller  
3963 100th St.  
Urbandale, IA 50322  
(515) 777-8510  
[www.tacticalfitness515.com](http://www.tacticalfitness515.com)

### **Tax Edge**

Finance/Tax Services  
Shanya Burton  
699 Walnut St., Ste. 400  
Des Moines, IA 50309  
(515) 401-3988  
[www.tax-edge.com](http://www.tax-edge.com)

### **Taylor Exteriors and Construction**

Contractors/Roofing-Gutters  
Sam Taylor  
1155 Southwold Rd.  
Des Moines, IA 50320  
(515) 953-4000  
[www.Taylorext.com](http://www.Taylorext.com)

### **Team Temple Training**

Wellness/Fitness  
Garrett McFarland  
3129 NE Prairie Ln.  
Des Moines, IA 50313  
(641) 414-9185  
[www.facebook.com/team.temple.training](http://www.facebook.com/team.temple.training)



## TeamLogic IT of Des Moines

Computer/Services  
Eric Summers  
2401 SE Tones Dr., Ste. 8  
Ankeny, IA 50021  
(515) 318-7411  
[www.teamlogicit.com/NDesMoinesIA](http://www.teamlogicit.com/NDesMoinesIA)

## Texas Roadhouse

Restaurants  
Tim Terhune  
8744 Northpark Dr.  
Johnston, IA 50131  
(515) 251-4597  
[www.texasroadhouse.com](http://www.texasroadhouse.com)

## The Arbordale

Seniors/Real Estate  
Mike Herting  
2727 82nd Pl.  
Urbandale, IA 50322  
(515) 727-5927  
[thearbordale.com](http://thearbordale.com)

## The Bake Shoppe

Retail-Shops-Stores/Bakeries  
Lisa Kannapel  
6611 University Ave., Ste. 102  
Windsor Heights, IA 50324  
(515) 255-2253  
[www.thebakeshoppe.org](http://www.thebakeshoppe.org)

## The Dana Company

Insurance-Finance/Services  
Cory Holland  
12345 University Ave., Ste. 300  
Des Moines, IA 50325  
(515) 224-4391  
[www.thedanaco.com](http://www.thedanaco.com)

## The Des Moines Group at Morgan Stanley

Finance/Investments & Retirement Planning  
Zach Bouslog  
1080 Jordan Creek Pkwy., Ste. 400N  
West Des Moines, IA 50266  
(515) 283-7069  
[advisor.morganstanley.com](http://advisor.morganstanley.com)

## The Ducktail Lounge

Entertainment-Recreation/Bars-Clubs  
Bryan Moon  
1809 NW 86th St.  
Clive, IA 50325  
(515) 630-1025  
[www.theducktaillounge.com](http://www.theducktaillounge.com)



## Ted's Body Shop

Automotive/Repair  
Kyle Lee  
1007 8th St. SW  
Altoona, IA 50009  
(515) 967-8332  
  
5571 NW 2nd St.  
Des Moines, IA 50313  
(515) 280-6500  
[www.tedsbodyshop.com](http://www.tedsbodyshop.com)  
Family owned and operated. Proudly serving the Des Moines metro area since 1981. A full-service auto collision center offering painless dent repair and auto detailing. We work with all insurance companies.



## R&B Auto Glass

Automotive/Glass  
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4431 E 50th St., Ste 400  
Des Moines, IA 50317  
(515) 240-2652  
Family owned and locally operated. R&B Auto Glass specializes in fleet management. Repairing everything from your personal vehicle to semis and construction equipment. Rock chip repairs to full window/windshield replacement. Certified technician with more than 23 years experience.



## Truman's Automotive & ADAS Calibrations

Automotive/Service  
Kyle Lee  
4431 E. 50th St., Ste. 400  
Des Moines, IA 50317  
(515) 240-2652  
[www.trumansautomotive.com](http://www.trumansautomotive.com)  
Full-service auto repair facility plus state-of-the-art ADAS Sensor Calibrations including module replacement and programming. Let us take the hassle out of Fleet Maintenance with our Red-Carpet Service! Collision repair/mechanical repair – one call does it all!

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Events/Rental Services  
Katie Allgood  
3701 Brookview Dr.  
West Des Moines, IA 50265  
(641) 420-1441  
[www.thegoodcodsm.com](http://www.thegoodcodsm.com)

## The Iowa Clinic, P.C. - Urbandale

Health Care/Clinics  
Summer Bondi  
4323 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 875-9000  
[www.iowaclinic.com](http://www.iowaclinic.com)

## The Learning Post

Retail-Shops-Stores/Educational Supplies  
Kym Howe  
2761 100th St.  
Urbandale, IA 50322  
(515) 331-8008  
[www.learningpostltd.com](http://www.learningpostltd.com)

## The Pelican Post

Restaurants  
Antoni Konecne  
265 50th St.  
West Des Moines, IA 50265  
(515) 214-1873  
[www.thepelicanpostdsm.com](http://www.thepelicanpostdsm.com)

## The Results Group LLC

Business Services/Training  
Jennifer Erickson  
1370 NW 114th St., Ste. D  
Clive, IA 50325  
(515) 330-2866  
[www.resultsgroupllc.com](http://www.resultsgroupllc.com)

## The Tree Service

Contractors/Tree Service  
Brian Green  
5485 NE 17th St., Ste. M  
Des Moines, IA 50317  
(515) 802-1130  
[www.thetreeserviceia.com](http://www.thetreeserviceia.com)

## The U Nutrition

Wellness/Nutrition-Foods-Vitamins  
Kristi Jamison  
3021 100th St.  
Urbandale, IA 50322  
(515) 669-9897  
[www.facebook.com/theurbandale](http://www.facebook.com/theurbandale)

## The Urban Grill

Restaurants  
Dave Thompson  
3651 NW 86th St.  
Urbandale, IA 50322  
(515) 278-1016  
[theurbangrilldm.com](http://theurbangrilldm.com)

## The Vernon Company - Digital Sales Team

Advertising/Specialties  
Rhonda Mock  
(641) 791-8589  
[www.vernonpromotions.com](http://www.vernonpromotions.com)

## Thrive Family Chiropractic

Health Care/Chiropractors  
Shane Hoffman  
3935 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 635-1161  
[www.ThriveFamilyDSM.com](http://www.ThriveFamilyDSM.com)

## Thrivent Financial - Evan Lystiuk

Insurance-Finance/Agents  
Evan Lystiuk  
5404 NW 88th St.  
Johnston, IA 50131  
(563) 499-1523  
[www.thrivent.com](http://www.thrivent.com)

## Tidy Butterfly, LLC

Cleaning-Maintenance/Services  
Carrie Blackburn  
(515) 428-1024  
[www.tidybutterfly.com](http://www.tidybutterfly.com)

## Tint World

Automotive/Security-Sound  
Jennifer Parker  
3970 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 216-0871  
[www.tintworld.com/locations/ia/urbandale-086](http://www.tintworld.com/locations/ia/urbandale-086)

## Tire Heroes

Automotive/Service  
Thomas Rice  
3020 1/2 104th St.  
Urbandale, IA 50322  
(515) 985-5050  
[www.tireheroes.com](http://www.tireheroes.com)

## Titan Roofing and Exteriors

Contractors/Roofing-Gutters  
Steve Weede  
3405 SE Crossroads Dr., Ste. C  
Grimes, IA 50111  
(515) 635-4168  
[www.titanroofingandexteriors.com](http://www.titanroofingandexteriors.com)



**Tito's Lounge**

Restaurants  
 Haris Zuljevic  
 3916 NW Urbandale Dr.  
 Urbandale, IA 50322  
 (515) 348-9319  
[titosloungeia.com](http://titosloungeia.com)

**Tometich Engineering, Inc.**

Professional-Design Services/  
 Engineers  
 Beth Krehbeil  
 10501 Buena Vista Ct.  
 Urbandale, IA 50322  
 (515) 280-8022  
[www.tometichengineering.com](http://www.tometichengineering.com)

**Tower Promotional Products**

Advertising/Specialties  
 Karen Denger  
 (515) 577-4467  
[www.toweriowa.com](http://www.toweriowa.com)

**TownePlace Suites by Marriott  
Des Moines-Urbandale**

Lodging/Hotels-Motels  
 Krysten Tighe  
 8800 Northpark Dr.  
 Johnston, IA 50131-3018  
 (515) 727-4066  
[www.marriott.com/dsmur](http://www.marriott.com/dsmur)

**Trendy Gardener**

Retail-Shops-Stores/Florists  
 Hunter Frescoln  
 1905 EP True Pkwy., Ste. 204  
 West Des Moines, IA 50265  
 (515) 207-0037  
[trendygardenclub.com](http://trendygardenclub.com)

**Trentmann, Norm**

Individual Membership  
 (515) 276-3383

**Tri-City Electric Co.**

Contractors/Electrical  
 John Irving  
 1821 Ingersoll Ave.  
 Des Moines, IA 50309  
 (515) 288-7181  
[www.tricityelectric.com](http://www.tricityelectric.com)

**Triplett Office Solutions**

Business Products/Supplies  
 Tom Triplett  
 3553 109th St.  
 Urbandale, IA 50322-8103  
 (515) 270-9150  
[www.triplett.com](http://www.triplett.com)

**Trixies Salon & Spa**

Health & Beauty/Salons-Spas  
 Tricia Rivas  
 4118 University Ave.  
 Des Moines, IA 50311  
 (515) 287-4220  
[www.trixiessalon.com](http://www.trixiessalon.com)

**Truth Family Chiropractic**

Health Care/Chiropractors  
 Melissa Grandon  
 1905 EP True Pkwy, Ste. 207  
 West Des Moines, IA 50265  
 (515) 309-3791  
[www.truthfamilychiropractic.com](http://www.truthfamilychiropractic.com)

**Tuel Shed Training**

Wellness/Fitness  
 Javier Tuel  
 12931 University Ave., Ste. 101  
 Clive, IA 50325  
 (515) 829-0068  
[www.tuelshedtraining.com](http://www.tuelshedtraining.com)

**Twisted Bean Coffee Company**

Coffee Houses  
 Lori Salsby  
 4504 Merle Hay Rd.  
 Des Moines, IA 50310  
 (515) 276-6080  
[www.twistedbean.com](http://www.twistedbean.com)

**TWO MEN AND A TRUCK -  
Des Moines**

Moving/Services  
 Kara Berhow  
 2601 104th St., Ste. 400  
 Urbandale, IA 50322  
 (515) 276-7170  
[www.twomenandatruckdesmoines.com](http://www.twomenandatruckdesmoines.com)

**Two Rivers Bank & Trust -  
Hickman**

Finance/Banks  
 Kathy Turner  
 11881 Hickman Rd., Ste. 100  
 Urbandale, IA 50323  
 (515) 223-3500  
[tworivers.bank](http://tworivers.bank)

**Two Rivers Bank & Trust -  
Ingersoll**

Finance/Banks  
 Igor Cavlovic  
 3025 Ingersoll Ave.  
 Des Moines, IA 50312  
 (515) 222-4300  
[www.tworivers.bank](http://www.tworivers.bank)

**U.S. Bank**

Finance/Banks  
 Jeff Holladay  
 3501 NW 86th St.  
 Urbandale, IA 50322-7990  
 (515) 979-9447  
[www.usbank.com](http://www.usbank.com)

**U.S. Small Business  
Administration**

Government/Federal  
 Dawnelle Conley  
 210 Walnut St., Ste. 749  
 Des Moines, IA 50309-2186  
 (515) 284-4026  
[www.sba.gov](http://www.sba.gov)

**UNITS of Central Iowa**

Moving/Services  
 Jim Becker  
 200 SE 37th St., Ste. 280  
 Grimes, IA 50111  
 (515) 452-0220  
[www.unitsofcentraliowa.com](http://www.unitsofcentraliowa.com)

**UnityPoint Clinic - Sports  
Medicine and Physical Therapy**

Health Care/Clinics  
 Jill Wilkins  
 5200 NW 100th St.  
 Urbandale, IA 50322  
 (515) 251-3880  
[www.unitypoint.org](http://www.unitypoint.org)

**IOWA  
HEALTH CARE****University of Iowa Health Care**

Health Care/Clinics  
 Jacqueline Kleppe  
 8605 Chambery Blvd.  
 Johnston, IA 50131  
 (515) 457-2960  
[uihc.org](http://uihc.org)  
 University of Iowa Health Care  
 specialists offer services in the Des  
 Moines area to provide greater  
 convenience for your pediatric and  
 adult care needs.

**UI Health Care Advanced  
Reproductive Care - West Des  
Moines Clinic**

Health Care/Clinics  
 Jackie Kleppe  
 1225 Jordan Creek Pkwy.  
 West Des Moines, IA 50266  
 (515) 336-6562  
[uihc.org](http://uihc.org)

**Upper Iowa University**

Education/Colleges-Universities  
 Theresa Rademacker  
 5000 Westown Pkwy., Ste. 200  
 West Des Moines, IA 50266  
 (515) 225-1800  
[www.uiu.edu/desmoines](http://www.uiu.edu/desmoines)

**Urban Paws**

Animal/Grooming & Boarding  
 Stephanie Stokes  
 3031 Merle Hay Rd.  
 Des Moines, IA 50310  
 (641) 230-1463

**Urban Pet Hospital**

Animal/Veterinarians  
 Anil Regmi  
 3601 NW 104th St.  
 Urbandale, IA 50322  
 (515) 727-0607  
[www.urbanpethospital.com](http://www.urbanpethospital.com)

**Urbandale Area Democrats**

Organizations/Fundraising  
 Mary Polson  
 PO Box 3844  
 Urbandale, IA 50323  
 (515) 229-8532  
[urbandaleareademocrats.com](http://urbandaleareademocrats.com)

**Urbandale Chamber of  
Commerce  
Powering the Windsor Heights  
Chamber**

Organizations/Chambers of  
 Commerce  
 Tiffany Menke  
 2830 100th St., Ste. 110  
 Urbandale, IA 50322  
 (515) 331-6855  
[www.uniquelyurbandale.com](http://www.uniquelyurbandale.com)  
 The Urbandale Chamber serves,  
 protects and promotes its  
 members. Our business is helping  
 your business.



## Urbandale Community Action Network

Organizations/Non-Profit  
UCAN Director  
3600 75th St., Ste. 130  
Urbandale, IA 50322  
(515) 334-2684  
www.urbandalenetwork.org

## Urbandale Community School District

Education/Public  
Dena Claire  
11152 Aurora Ave.  
Urbandale, IA 50322  
(515) 457-5000  
www.urbandaleschools.com

## Urbandale Eye Care

Health Care/Optometrists  
Melissa Kyler, OD  
7030 Douglas Ave.  
Urbandale, IA 50322  
(515) 278-0123  
www.urbandaleeyecare.com

## Urbandale Family Dentistry

Dental/Dentists  
Alex Phan  
3124 104th St.  
Urbandale, IA 50322  
(515) 276-7925  
www.urbandalefamilydentistry.com

## Urbandale Food Pantry

Organizations/Non-Profit  
Patty Sneddon-Kisting  
7611 Douglas Ave., Ste. 34 & 35  
Urbandale, IA 50322  
(515) 251-6688  
www.urbandalefoodpantry.org

## Urbandale Golf & Country Club

Private Clubs  
Bev Atkins  
4000 NW 86th St.  
Urbandale, IA 50322  
(515) 276-5496  
www.urbandalegolf.com

## Urbandale Historical Society

Organizations/Non-Profit  
Susan Bonnicksen  
4010 70th St.  
Urbandale, IA 50322  
(515) 270-2917  
urbandalehistoricalsociety.org

## Urbandale Lawn Solutions, Inc.

Contractors/Lawn Maintenance  
Ryan Jacobs  
PO Box 42511  
Urbandale, IA 50323  
(515) 771-7674  
www.urbandalelawnsolutions.com

## Urbandale Massage Therapy

Wellness/Therapeutic Massage  
Tiffany Wheeldon  
8401 Douglas Ave., Ste. 7  
Urbandale, IA 50322  
(515) 850-0847  
www.urbandalemassagetherapy.com

## Urbandale Public Library

Libraries-Museums  
Nicholas Janning  
3520 86th St.  
Urbandale, IA 50322  
(515) 278-3945  
www.urbandalelibrary.org

## Urbandale Republicans

Organizations/Non-Profit  
Brad Boustead  
(515) 331-2700  
www.facebook.com/  
urbandalerepublicans

## Urbandale Schools and Alumni Foundation

Organizations/Foundations  
Polly Carver-Kimm  
(515) 412-4284  
urbsaf.org

## Urbandale Water Utility

Utilities/Water  
Neil Weiss  
3720 NW 86th St.  
Urbandale, IA 50322  
(515) 278-3940  
www.urbandalewater.org

## Urbandale, Iowa 4th of July Committee, Inc.

Events/Special Events  
Tim Mueller  
P.O. Box 3656  
Urbandale, IA 50323  
www.urbandale4thofjuly.org

## Urology Center of Iowa

Health Care/Physicians  
Sarah Jackson  
12129 University Ave.  
Clive, IA 50325  
(515) 400-3550  
iowauro.com

## Van Meter, Inc.

Distributors/Electrical  
Rob Olney  
4040 121st St.  
Urbandale, IA 50323  
(800) 247-1410  
www.vanmeterinc.com

## Van Wall Equipment

Retail-Shops-Stores/Lawn & Garden  
Mike Schechinger  
10100 Dennis Dr.  
Urbandale, IA 50322  
(515) 253-9005  
www.vanwall.com

## VernCo Roofing

Contractors/Roofing-Gutters  
Cody Van Sickle  
10500 Hickman Rd., Ste. C & D  
Clive, IA 50325  
(515) 805-8371  
www.verncoroofing.com

## Vernon, Rick

Individual Membership  
(515) 238-6500

## Vero Health Center

Health Care/Chiropractors  
Josiah Fitzsimmons  
630 S. 50th St.  
West Des Moines, IA 50265  
(515) 422-9552  
www.verohealthcenter.com

## Vibrant Insurance Group

Insurance-Finance/Agents  
Joey Hinke  
9750 University Ave., Ste. 300  
West Des Moines, IA 50266  
(515) 223-6757  
www.vibrantins.com

## Vintage Road Coffee Co.

Food-Beverage/Coffee  
Melanie Clark  
32818 Homestead Dr.  
Granger, IA 50109  
(319) 321-0534  
www.vintageroadcoffeeco.com

## Vision Park Family Eye Care

Health Care/Optometrists  
Melissa Billings  
2699 NW 86th St.  
Urbandale, IA 50322  
(515) 270-2490  
www.vision-park.com

## VisionBank - Grimes

Finance/Banks  
Danielle BrownWolf  
925 SE Gateway Dr.  
Grimes, IA 50111  
(515) 986-5746  
www.visionbank.com

## VisionBank - Waukee

Finance/Banks  
Danielle BrownWolf  
45 N. Warrior Ln.  
Waukee, IA 50263  
(800) 574-8123  
visionbank.com

## Vivid Wellness

Health & Beauty/Salons-Spas  
Payton Murillo  
1980 NW 94th St., Ste. E/F  
Clive, IA 50325  
(515) 415-1550  
vividwellnesslounge.com

## Wagoner Roofing

Contractors/Roofing-Gutters  
Justin Wagoner  
3161 99th St.  
Urbandale, IA 50322  
(515) 225-8147  
www.WagonerRoofingIowa.com

## Walk Your Plans Des Moines

Professional-Design Services/  
Architects  
James Machamer  
1500 SE 19th St., Ste. 255  
Grimes, IA 50111  
(515) 293-7858  
www.walkyourplansdsm.com

## Walmart Super Center - Windsor Heights

Retail-Shops-Stores/Department Store  
Karla Raney  
1001 73rd Street  
Windsor Heights, IA 50324  
(515) 274-6624  
www.walmart.com/store/1764-windsor-heights-ia

## Walnut Creek YMCA

Wellness/Fitness  
Jen Damge  
948 73rd St.  
West Des Moines, IA 50265  
(515) 224-1888  
www.dmyymca.org



### Walnut Lake Apartments

Real Estate/Apartments  
Jordan Martinez  
4454 NW 142nd St.  
Urbandale, IA 50323  
(515) 253-8853  
makewalnutlakehome.com

### Walnut Ridge Senior Community

Seniors/Real Estate  
Ann-Marie Habhab  
1701 Campus Dr.  
Clive, IA 50325  
(515) 457-1111  
www.preshomes.org/our-communities/walnut-ridge

### Walter Roofing

Contractors/Roofing-Gutters  
Noel Medina  
8450 Hickman Rd., Ste. 27  
Clive, IA 50325  
(515) 707-6252  
www.walterbuilds.com

### Wasabi Urbandale

Restaurants  
Jay Wang  
2301 Rocklyn Dr.  
Urbandale, IA 50322  
(515) 381-0064  
Wasabidsm.com

### Waste Connections of Iowa Inc.

Environmental/Waste Management  
Nick Noah  
4705 NE 22nd St.  
Des Moines, IA 50313  
(515) 265-7374  
www.wcdesmoines.com

### WayPoint Resources

Human Services/Social Services  
Melissa Stimple  
1155 SE Boone Dr.  
Waukee, IA 50263  
(515) 987-5523  
www.waukeechristianservices.org

## webspec

### Webspec

Internet/Web Site Design  
Jeremiah Terhark  
5907 Meredith Dr.  
Urbandale, IA 50322-1903  
(515) 334-9544  
www.webspec.com  
Webspec Design is a web, software, and marketing team based in Urbandale. We hire the best and brightest to elevate your brand's digital presence.

### Welgaard CPAs & Advisors

Finance/Accountants  
Darlene Danielson  
10550 New York Ave., Ste. 100  
Urbandale, IA 50322  
(515) 253-0099  
www.welgaardcpa.com

### Wells Fargo Advisors- Johnston

Finance/Investments & Retirement Planning  
Mo Sane  
5880 Merle Hay Rd.  
Johnston, IA 50131  
(515) 237-5389  
home.wellsfargoadvisors.com

### WesleyLife at Home

Health Care/Hospice  
Regina Hoeksma  
4328 114th St.  
Urbandale, IA 50131  
(515) 978-2777  
www.wesleylife.org

### West Bank

Finance/Banks  
Sara Larson  
3330 Westown Pkwy.  
West Des Moines, IA 50266  
(515) 222-2300  
www.westbankstrong.com

### Weston Companies

Contractors/General  
Troy Sydow  
1713 NW 31st St.  
Ankeny, IA 50023  
(515) 446-9055  
www.westoncodsm.com

### Westpointe Apartments & Townhomes

Real Estate/Apartments  
Karla Jennings  
2510 Canterbury Rd.  
Urbandale, IA 50322  
(515) 276-4993  
www.bhmanagement.com

### Westside Appliance Repair

Appliance Repair  
Misty Trogon  
2877 99th St.  
Urbandale, IA 50322  
(515) 276-8899  
www.westsideappliance.com

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Clive, IA 50325  
(515) 225-9090  
www.westsideautopros.com

## Westside Strength & Conditioning

Wellness/Fitness  
Calvin Ridlen  
5705 Brookview Dr.  
West Des Moines, IA 50266  
(515) 664-0401  
www.westsidestrength.com

## White Stone Media

Computer/Software Development  
Liliana Grace  
1157 NW 29th Ct.  
Grimes, IA 50111  
(515) 490-0251  
whitstonemedia.com

## WHO 13 Des Moines

Communications/Television  
Robert Totsch  
1801 Grand Ave.  
Des Moines, IA 50309  
(515) 242-3500  
www.who13.com

## Wild Birds Unlimited

Retail-Shops-Stores/Gift Items  
Scott Knox  
801 73rd St., Ste. H  
Windsor Heights, IA 50324  
(515) 222-1234  
desmoines.wbu.com

## Wilson Wealth Management

Finance/Investments & Retirement Planning  
Matthew Onstot  
2400 NW 86th St., Ste. 32  
Urbandale, IA 50322  
(515) 225-9500  
www.wilsonwm.com

## Windsor Heights Chamber of Commerce

Organizations/Chambers of Commerce  
Tiffany Menke  
2830 100th St., Ste. 110  
Urbandale, IA 50322  
(515) 331-6855  
www.windsorheightschamber.com

## Windsor Heights Foundation

Organizations/Foundations  
Mark Arends  
1145 66th St., Ste. 1  
Windsor Heights, IA 50324  
(515) 779-6003  
windsorheightsfoundation.org

## Windsor Mower

Contractors/Lawn Maintenance  
Darren Skeries  
(515) 250-2206

## WineStyles

Retail-Shops-Stores/Alcohol  
Allan Graham  
8460 Birchwood Ct., Ste. 500  
Johnston, IA 50131  
(515) 334-9463  
www.winestyles.net/johnston

## Women Lead Change

Organizations/Non-Profit  
Kristen Geist  
3106 Ingersoll Ave.  
Des Moines, IA 50312  
(515) 229-5023  
www.wlcglobal.org

## Woodharbor Kitchen, Bath & Home Remodeling

Contractors/Kitchen & Bath  
Cheryl Arganbright  
10627 Aurora Ave.  
Urbandale, IA 50322  
(515) 278-1531  
www.woodharbordm.com

## Woof Pack Resort & Spa

Animal/Grooming & Boarding  
Heather Lesley  
5700 West Pkwy.  
Johnston, IA 50131  
(515) 416-4255  
www.woofpackresort.com

## Workflow Coworking

Business Services/Offices  
Nick Sideris  
7177 Hickman Rd., Ste. 9  
Urbandale, IA 50322  
(515) 444-5227  
workflowdsm.com

## World Insurance Associates

Insurance-Finance/Brokerages  
Logan Floyd  
(515) 554-1861  
www.worldinsurance.com

"The Urbandale Chamber has been an invaluable partner for Big Brothers Big Sisters. Through their support, we've been able to significantly amplify our recruitment efforts, share our mission, and connect with community members who are passionate about making a difference. The Urbandale Chamber has provided us with a powerful platform to reach local businesses and individuals, fostering meaningful connections that help raise awareness of what Big Brothers Big Sisters does in the community. Our membership has not only increased our visibility but also generated a tremendous return on investment. We're grateful for The Urbandale Chamber's impact and their commitment to helping us make a lasting difference."



## JAY HALL

Recruitment and Engagement Coordinator  
Big Brothers Big Sisters of Central Iowa

## WorldWide Logistics

Transportation/Services  
Marsha Smothers  
12400 Meredith Dr.  
Urbandale, IA 50323  
(515) 223-2339  
www.worldwide-logistics.com

## Xtreme Roofing & Siding

Contractors/Roofing-Gutters  
Jo Nauman  
2913 99th St.  
Urbandale, IA 50322  
(515) 276-9794  
www.xtremeroofingandsiding.com

## Your Private Bar

Events/Rental Services  
Amber Cooper  
1701 25th St.  
West Des Moines, IA 50266  
(515) 461-8289  
yourprivatebar.com

## Zamorins Solutions Inc.

Internet/Web Site Design  
Latha Kumar  
2323 Grand Ave. Ste. 2022  
Des Moines, IA 50312  
(515) 461-9889  
www.zamorinstech.com

## Zaun, Brad

Individual Membership  
(515) 777-2939

## Zedoda K-Pop

Retail-Shops-Stores/Gift Items  
Brooklyn Purkepile  
(515) 867-0214  
www.zedodakpop.com

## ZenBusiness

Business Services/Consultants  
Sallie Clark  
5511 Parkcrest Dr., Ste. 103  
Austin, TX 78731  
(512) 765-4985  
www.zenbusiness.com

## Zirous

Computer/Systems  
Lindsey Besson  
1503 42nd St., Ste. 210  
West Des Moines, IA 50266  
(515) 212-4214  
www.zirous.com

## Zlatka Real Estate

Real Estate/Agents  
Zlatka Kuckovic  
140 S. 68th St., Ste. 1105  
West Des Moines, IA 50266  
(515) 724-8954  
www.zlatkarealestate.com





# RESOURCE GUIDE

## **MyEntre.net**

Center for Business Growth and Innovation  
University of Northern Iowa  
8120 Jennings Dr., Ste. 13, Cedar Falls, IA 50614  
(319) 273-4344 | [www.myentre.net](http://www.myentre.net)  
Part of the University of Northern Iowa's Business and Community Services (BCS) division, MyEntre.net is an entrepreneurship development system consisting of an online social network and free web-based entrepreneurial resources, coupled with collaborative services and capital for entrepreneurs in Iowa. The MyEntre.net team provides customized technical assistance, quality referrals and rapid access to capital for pre-venture and existing small firms statewide. The site has archived its webinars and blogs for access at any time by registered users.

## **Elevate by Principal**

[Elevatebyprincipal.com](http://Elevatebyprincipal.com)

Introducing Elevate by Principal, a new platform to help you solve problems, save time, and move your business forward. You can talk to consultants who have owned their own business. Take advantage of our network of trusted partners who have expertise in hiring, digital marketing, cash flow, and more. Use tools that are tailored for your business. And a personal concierge helps you navigate all the resources available to you. Real people coming together who can help you feel confident about your next move. Visit [elevatebyprincipal.com](http://elevatebyprincipal.com) today to sign up for your free account.

## **Des Moines SCORE**

6600 University Ave., Room 157  
Des Moines, IA 50324  
(515) 274-8593 | [www.desmoines.score.org](http://www.desmoines.score.org)  
SCORE is a nonprofit organization that provides free business mentoring services to entrepreneurs. The organization also presents business workshops and seminars for a fee. Business mentoring services are provided by both active and retired business executives and entrepreneurs who donate their time and expertise as mentors to assist new and established small businesses. SCORE is a resource partner with the U.S. Small Business Administration.

## **IASourceLink**

200 E. Grand Ave., Des Moines, IA 50309  
(866) 537-6052 | [www.iasourcelink.com](http://www.iasourcelink.com)  
University of Northern Iowa Business & Community Services  
8120 Jennings Dr., Ste. 13, Cedar Falls, IA 50614  
(319) 273-4344  
IASourceLink is an online resource connecting entrepreneurs and small businesses to more

than 360 resource providers across the state. It is hosted by the Iowa Economic Development Authority (IEDA) in collaboration with the Center for Business Growth and Innovation (CBGI) at the University of Northern Iowa. Services include its business concierge service, in which an information specialist assists small business owners in finding solutions to their most pressing questions, and the Iowa Business License Information Center. The State of Iowa does not have a general business license, but rather regulates the activity of particular businesses or professions. For business licensing assistance, contact Christine Cavil at [blic@iowaeda.com](mailto:blic@iowaeda.com) or toll free at (800) 532-1216.

## **Iowa Center for Economic Success**

8345 University Blvd., Ste. F, Clive, IA 50325  
(515) 283-0940 | [theiowacenter.org](http://theiowacenter.org)  
Originally founded in 1987, a group of leaders committed to addressing the social and economic issues of Iowans in creative ways formed the Institute of Social & Economic Development. The group runs the only SBA-funded Women's Business Center in Iowa and partners with the Iowa Department of Human Services and the IRS to offer free tax prep and planning programs. In 2014, the group joined forces with Iowa Economic Development Authority to manage its microloan portfolio. Today, the Iowa Center for Economic Success offers education, resources, credit, lending, advocacy and networking programs.

## **Iowa Economic Development Authority (IEDA)**

200 E. Grand Ave., Des Moines, IA 50309  
(515) 725-3000  
[www.iowaeconomicdevelopment.com](http://www.iowaeconomicdevelopment.com)  
The IEDA works to engender and promote economic development policies and practices which stimulate and sustain Iowa's economic growth, climate and integrate efforts across public and private sectors. Programs for entrepreneurs and business owners include financial assistance, tax incentives, regulatory assistance, export trade advising, consultation and marketing assistance.

## **Iowa Small Business Development Centers**

400 Locust St., Ste. 160, Des Moines, IA 50309  
(515) 331-8954  
The Small Business Development Centers (SBDC) provide business counseling and training on specific business needs including, but not limited to: new business guidance, loan assistance,

market research services, cash flow projections, human resource management, strategic planning, business continuity planning, accounting and QuickBooks, writing a business plan, business planning and modeling, financing opportunities, export assistance, business succession strategies, business growth strategies, disaster recovery, market planning and strategy and pricing. On the second Wednesday of every month, SBDC has office hours at the Urbandale Chamber. Call the Chamber to set up an appointment.

## **Iowa Foundation for Microenterprise and Community Vitality**

915 8th St., Ste. 205, Boone, IA 50036  
(515) 212-0182 | [iowamicroloan.org](http://iowamicroloan.org)  
Iowa Foundation for Microenterprise and Community Vitality (IFMCV) is a nonprofit foundation created for the purpose of initiating and operating model programs that assist Iowa's community foundations, other tax-exempt organizations and agencies of government. The foundation created IowaMicroLoan, a program for small businesses that are considered on the fringe of riskbearing capacity for most traditional financial institutions.

## **John Pappajohn Entrepreneurial Centers (JPEC)**

[www.iowajpec.org](http://www.iowajpec.org)  
In 1996, John Pappajohn, president of Equity Dynamics, Inc. in Des Moines, established five entrepreneurial centers throughout Iowa. Although each center defines its own mission and serves the state in a manner consistent with its particular strengths, each center has the same ultimate purpose — to enhance the effectiveness of Iowa's entrepreneurs. The centers offer many educational opportunities, including Venture School, an intense six-week training program for entrepreneurs. The City of Urbandale and Urbandale Chamber sponsor a team annually to attend Venture School.

## **Lift Investments for Tomorrow**

LIFT Administration, State Capitol Building, Room 114, Des Moines, IA 50319  
(515) 281-6878 | [lift@iowa.gov](mailto:lift@iowa.gov)  
[www.iowalift.gov](http://www.iowalift.gov)  
Lift Investments for Tomorrow provides capital for small businesses owned and operated by Iowans. Half of its funds are available for businesses that are 51% or more owned, operated and actively managed by one or more women, minority persons or persons with disabilities.





# CATEGORICAL LISTING OF CHAMBER MEMBERS

## **Advertising/Agencies**

Bing Bang  
Blue Compass  
iheart Media

## **Advertising/Consultants**

CMO To-Go

## **Advertising/Digital**

Cumulus Media

## **Advertising/Outdoor**

Lamar Advertising

## **Advertising/Specialties**

Bluefish Promotional Marketing  
Fully Promoted Urbandale  
Premium Solutions  
Quality Resource Group, Inc.  
Superior Printing & Promotions  
The Vernon Company - Digital Sales Team  
Tower Promotional Products

## **Agribusiness/Farming**

Iowa Orchard

## **Agribusiness/Feed Ingredients**

ILC Resources

## **Agribusiness/Products**

International Veterinary Supplies Inc.  
John Deere Intelligent Solutions Group  
Spraytec Fertilizers, LLC

## **Animal/Grooming & Boarding**

Canine Clean  
Urban Paws  
Woof Pack Resort & Spa

## **Animal/Training**

Dog Training Elite Des Moines  
Sit Means Sit Dog Training Des Moines

## **Animal/Veterinarians**

Pet Medical Center of Urbandale  
Urban Pet Hospital

## **Appliance Repair**

Hometown Hero Appliance Repair (Formerly  
Nebraska Home Appliance)  
Metro Appliance Repair  
Mr. Appliance of Urbandale  
Westside Appliance Repair

## **Archival Products**

Archive Iowa

## **Audio-Visual/Equipment**

AVI Systems  
CTi

## **Audio-Visual/Video-Film Production**

EN Studios LLC  
LightSmith Media  
R Productions  
Silverwings

## **Automotive/Car Wash**

Silverstar Car Wash

## **Automotive/Dealers**

Acura of Johnston  
Audi Des Moines  
BMW of Des Moines  
Bob Brown Chevrolet  
CarMax  
Lithia Volkswagen of Des Moines  
Ramsey Subaru Mazda of Des Moines  
Stew Hansen Chrysler Dodge Jeep Ram FIAT

## **Automotive/Glass**

R&B Auto Glass

## **Automotive/Parts**

Arnold Motor Supply

## **Automotive/Repair**

Graham Collision  
Ted's Body Shop - Altoona  
Ted's Body Shop - Des Moines

## **Automotive/Security-Sound**

S&C Automotive, Inc.

Tint World

## **Automotive/Service**

Absolute Auto Repair  
Freedom Tire  
Gardner Automotive Repair LLC  
GoMobile Tires Des Moines  
Higgins Plaza Service Inc.  
Honest Wrenches  
Lane's Fast Lube, Inc.  
Majestic Mobile Detailing LLC  
Premier Automotive Service  
Shade Tree Auto - Ankeny  
Shade Tree Auto - Grimes  
Shade Tree Auto - Urbandale  
Soper Automotive Repair  
Tire Heroes  
Truman's Automotive & ADAS Calibrations  
Westside Auto Pros

## **Awards/Trophies & Plaques**

Academy Trophies & Awards

## **Business Products/Copiers**

Copy Systems Inc.  
Infomax Office Systems, Inc.  
Konica Minolta Business Solutions  
MMIT Business Solutions Group

## **Business Products/Furniture**

iSpace Environments

## **Business Products/Supplies**

Iowa - Des Moines Supply, Inc.  
Triplett Office Solutions

## **Business Services/Brokerages**

KREATE Business Brokers

## **Business Services/Coaching**

Clarity Business Coaching  
Clegg Consulting Group

## **Business Services/Coaching**

David Allen Tracy - Personal Brand Coach  
Letgo, JL Consulting  
Mindset Innovations Consulting  
Mulder Consulting  
SpeakFluence

## **Business Services/Consultants**

900 Views LLC  
berniestone.com  
Bâton Global  
Compensation Designs, LLC  
Cutting Edge Success  
EOS Worldwide Implementer - Rob Taylor  
ExecOne Consulting  
Grei Matter LLC  
Life Made Simple, LLC  
MFS HR Solutions  
Quester  
ZenBusiness

## **Business Services/Marketing**

GreatReviews  
Machine Marketing  
RevOpp.AI

## **Business Services/Offices**

Workflow Coworking

## **Business Services/Sales Development**

Business Consulting Worldwide

## **Business Services/Systems**

Dymin Systems / Computer Repair of Des Moines  
Meridian Business

## **Business Services/Training**

ATW Training Solutions  
Michelle Skogerson Consulting LLC  
OPX International, LLC.  
The Results Group LLC

## **Business Services/Translation Services**

Caracas Language Solutions, LLC

## **Business Services/Uniforms**

Force Fitters

## **Children/Day Care**

Cadence Academy Preschool  
Kidz Corner  
New Horizon Academy

## **Cleaning-Maintenance/Carpet**

Alpine Carpet and Upholstery

## **Cleaning-Maintenance/Disaster**

911 Restoration  
All Dry Services of Des Moines  
First Onsite

## **Cleaning-Maintenance/Ductwork**

Air Free Duct Cleaning  
Dryer Vent Wizard of West Des Moines

## **Cleaning-Maintenance/Janitorial**

Jeffries Cleaning  
RODAN Office Cleaning  
Stratus Building Solutions



## Cleaning-Maintenance/Services

American Softwash  
Fish Window Cleaning  
Hillyard  
JT's Pro Pressure Washing  
PH Clean

Squeegee Squad  
Tidy Butterfly, LLC

## Coffee Houses

Friedrichs Coffee  
Twisted Bean Coffee Company

## Communications/Cable TV

OnMedia

## Communications/Podcast

Amplified

## Communications/Public Relations

Advocacy Strategies

## Communications/Publishing

Business Publications Corporation  
Dream To Author  
Iowa Living Magazines  
Iowa Urban Media

## Communications/Radio

Des Moines Media Group  
Iowa Public Radio, Inc.  
La Q Buena

## Communications/Telecommunications

Marco Technologies

## Communications/Television

WHO 13 Des Moines

## Computer/Consulting

Closed Door Security US

## Computer/Recycling

Electronic Asset Security

## Computer/Services

CMIT Solutions

LaunchIT MSP

## Computer/Services

Little Dog Tech

Platinum Information Services

Pro Network Solutions

Salas Enterprises

Schrock Innovations

TeamLogic IT of Des Moines

## Computer/Software Development

Adobe Acrobat

Berkley Technology Services

LaunchIT Corp.

White Stone Media

## Computer/Systems

Zirous

## Construction/Management

Breiholz Construction Company

DCI Group

Greiner Construction

## Construction/Materials

Logan Contractors Supply Inc.

Martin Marietta

## Contractors/Commercial

Accurate Commercial

Boyd Jones

DSM Property Services LLC

## Contractors/Commercial

Edge Commercial

L. A. Fulton & Sons Inc.

McGough Construction

Premier Ceiling Systems LLC

## Contractors/Concrete

Foundation Recovery Systems

Midwest Polyfoam

## Contractors/Electrical

B&L Electric LLC

Baker Electric, Inc.

Custom Electrical Services

Mid-Iowa Electric, Inc.

Premier Electric of Iowa

Tri-City Electric Co.

## Contractors/Flooring

Barnum Floors

Garage Force of Des Moines LLC

## Contractors/General

Archadeck

Ball Team, LLC

Big Roofing

Energy Panel Structures, Inc.

Haggerty Windows and Siding

Weston Companies



**Mark Courter, Agent**  
6773 Hickman Rd  
Urbandale, IA 50322  
Bus: 515-276-9275  
mark.courter.b5fo@statefarm.com  
Available 24/7 by Phone!

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# CATEGORICAL LISTING OF CHAMBER MEMBERS

## **Contractors/Glass**

Kinman Glass Inc.

## **Contractors/Heating-Cooling**

Dayton Heating & Air Conditioning, LLC

Holt Plumbing, Heating, Cooling & Electrical LLC

Kohles & Bach Heating & Cooling - Fireplaces

Lenz Heating and Cooling

Modern Heating & Air

## **Contractors/Home Builders**

D.R. Horton Iowa

J. Thompson Builders

K and V Homes, Inc.

KRM Development LLC

## **Contractors/Kitchen & Bath**

Elevated Cabinetry

Kitchen Refresh by KnoPros

Showplace Cabinetry Design Center

Woodharbor Kitchen, Bath & Home Remodeling

## **Contractors/Landscape**

Green Tree Care & Habitat Restoration

Herrick Outdoor Solutions

## **Contractors/Lawn Maintenance**

Absolute Lawn and Landscaping

Urbandale Lawn Solutions, Inc.

Windsor Mower

## **Contractors/Mechanical**

DPT Companies, Inc.

## **Contractors/Overhead Doors**

Reliable Garage Services

## **Contractors/Painters**

CertaPro Painters of Des Moines

Ekman Painting

JC Toland Painting

Peterson Painting

Pristine Painting Company

R & B Interior Painting LLC

## **Contractors/Plumbing**

1-Tom-Plumber

Schlievert Plumbing Inc.

## **Contractors/Remodeling**

Buresh Home Solutions

JM Services of Iowa

Midwest Construction

Mullins Renovation & Construction

Remodeling Contractors

## **Contractors/Roofing-Gutters**

Apple Roofing

Heartland Roofing Siding and Solar

Legacy Restoration LLC

Mighty Dog Roofing of Greater Des Moines

R3 Roofing & Exteriors

Recon Roofing & Construction

Right Roofing & Siding, Inc.

Robison Roofing

Rooftek

Superstorm Restoration

## **Contractors/Roofing-Gutters**

Taylor Exteriors and Construction

Titan Roofing and Exteriors

VernCo Roofing

Wagoner Roofing

Walter Roofing

Xtreme Roofing & Siding

## **Contractors/Siding**

A New Look Exteriors

Superior Exteriors

## **Contractors/Tree Service**

The Tree Service

## **Contractors/Water Removal**

ServiceMaster by Rice

## **Dental/Dentists**

Cedar Ridge Esthetic and Family Dentistry

Clair Family Dental

Davidson Family Dentistry

McDonald Family Dentistry

Urbandale Family Dentistry

## **Dental/Insurance**

Delta Dental of Iowa

## **Dental/Surgery Centers**

Des Moines Emergency Dentist 24/7

## **Distributors/Alcohol**

Blue Ox Spirits

## **Distributors/Electrical**

3E (Electrical Engineering & Equipment Co.)

Crescent Electric Supply

Van Meter, Inc.

## **Distributors/Food & Beverage**

Pepsi Beverages Company

## **Distributors/Medical Supplies**

First Medical Inc.

## **Distributors/Paper**

Sink Paper and Packaging

## **Distributors/Plastics**

Interstate Advanced Materials

## **Education/Colleges-Universities**

Buena Vista University

DMACC Business Resources

Grand View University

Upper Iowa University

## **Education/Public**

Urbandale Community School District

## **Employment/Agencies and Staffing**

Aston Carter

Career Search Associates

Decoding HR

Infinite Resources

Leverage 4

ManpowerGroup

Palmer Group

QPS Employment Group

Remedy Intelligent Staffing

## **Employment/Benefits**

Employee & Family Resources (EFR)

## **Employment/Human Resources**

HR Excellence Consulting

Paychex HR

## **Entertainment-Recreation/Art**

Studio Ember

## **Entertainment-Recreation/Attractions**

Des Moines Children's Museum

JP Party Rentals

Living History Farms

Prairie Meadows Racetrack & Casino

## **Entertainment-Recreation/Bars-Clubs**

Cottontail Lounge

Stormy's

The Ducktail Lounge

## **Entertainment-Recreation/Disc Jockey**

Dapper DJs - DJ Riled Up

## **Entertainment-Recreation/Gaming**

Royale Flush Gaming

## **Entertainment-Recreation/Golf Courses**

Beaver Creek Golf Course

Des Moines Golf & Country Club

Urbandale Golf & Country Club

## **Entertainment-Recreation/Indoor Playground**

Pump It Up

## **Entertainment-Recreation/Martial Arts**

Bishop's Elite Martial Arts Academy

Farrell's Martial Arts

Nakata Dojo

## **Entertainment-Recreation/Performing Arts**

Iowa Ballet Academy

## **Entertainment-Recreation/Sports Facilities**

PickUp USA Fitness

## **Entertainment-Recreation/Sports Teams**

Des Moines Buccaneers

Iowa Demon Hawks

Iowa Wild

Iowa Wolves

## **Entertainment-Recreation/Theaters**

Flix Brewhouse

## **Entertainment-Recreation/Visitor Information**

Catch Des Moines! Greater Des Moines

Convention & Visitors Bureau

## **Environmental/Mobile Toilets**

A King's Throne, LLC.

Best Portable Toilets

## **Environmental/Pest Control**

Miller Pest & Termite

Pro-Staff Termite & Pest Control of Iowa

## **Environmental/Waste Management**

Ankeny Sanitation

Metro Waste Authority

Waste Connections of Iowa Inc.

## **Events/Decoration**

Golden Openings, Inc.



## **Events/Rental Services**

Exhibits/Displays, Inc.

The Good Co. DSM

Your Private Bar

## **Events/Special Events**

Des Moines Whiskey Festival

Urbandale, Iowa 4th of July Committee, Inc.

## **Facilities/Conference Centers & Banquet**

### **Facilities**

Chandelier

Horizon Events Center

## **Facilities/Convention Centers**

Iowa Events Center

## **Finance/Accountants**

Ann M. Hartz, CPA & Associates

CFO Accounting Services LLC

Creative Planning, formerly BerganKDV

De Hamer Accounting Services LLP

Digits & Decimals

Forge Financial & Management Consulting

Gardiner + Company CPAs

Kaduce & Company, PC

Owl Accounting Services

Pittman & Company, LLP

Reliable Bookkeeping & Accounting Service LLC

Shaul & Associates PLC

SPW Bookkeeping, LLC

Welgaard CPAs & Advisors

## **Finance/Banks**

Bank Iowa - Johnston

Bank Iowa - West Des Moines

Bankers Trust - Windsor Heights

Bankers Trust Company - North Office

Central Bank - 86th St. Branch

Chase Bank

Community State Bank

DB&T

Fidelity Bank

Great Southern Bank - Clive

Iowa State Bank - Banking & Trust Services

Liberty National Bank

Midwest Heritage Bank

Midwest Heritage Bank - Windsor Heights

MidWestOne Bank - Windsor Heights

Northwest Bank

Raccoon Valley Bank

Two Rivers Bank & Trust - Hickman

Two Rivers Bank & Trust - Ingersoll

U.S. Bank

VisionBank - Grimes

VisionBank - Waukee

West Bank

## **Finance/Credit Card Processing**

Card Cost Consulting & Monitoring

Payteva

## **Finance/Credit Unions**

Collins Community Credit Union

Dupaco Community Credit Union - Grimes

Greater Iowa Credit Union

GreenState Credit Union

## **Finance/Credit Unions**

IHMVCU Credit Union - Merle Hay

Midland Credit Union - Bondurant

Midland Credit Union - Urbandale

Premier Credit Union

Serve Credit Union

## **Finance/Equipment**

Banleaco

## **Finance/Investments & Retirement Planning**

AO Wealth Advisory

Edward Jones - Cody Smith

Edward Jones - Daniel Timmons

Edward Jones - Kneifl Wealth Management

Edward Jones - Lucas Nerhus

Envision Wealth

Financial Architects

LPL Financial

Merkle Retirement Planning

Modern Woodmen of America

Northwestern Mutual - Jayden Moore, CFP

RockWay Wealth Partners

Simply Sophisticated Wealth Planning, LLC

The Des Moines Group at Morgan Stanley

Wells Fargo Advisors- Johnston

Wilson Wealth Management

## **Finance/Leasing Services**

Lease Consultants Corporation

## **Finance/Mortgage**

Clear Mortgage

Halo Capital

Key Mortgage - Brian Houk

Midwest Family Lending Corp.

New American Funding

## **Finance/Services**

Knapper Financial Coaching

QPC (Qualified Plan Consultants, LLC)

T&H Financial Coaching, LLC

## **Finance/Tax Services**

Tax Edge

## **Finance/Venture Capitalists**

Bison Equity Group

ET Capital Partners, Inc.

## **Fire/Alarm Systems**

Protex Central

## **Food-Beverage/Bakeries**

Buttercream Cookie Dreams

Cha Cha's Hiland Bakery

Donutland

The Bake Shoppe

## **Food-Beverage/Catering**

Cyd's Catering

Graze Craze Charcuterie Boards and Boxes

IN the BAG Corporate Cuisine

Mama Africa Food

Sunflower Chef Catering

Hyper Energy Bar

## **Food-Beverage/Coffee**

Vintage Road Coffee Co.

## **Food-Beverage/Grocers**

Fareway Stores, Inc.

Hy-Vee - Urbandale

Hy-Vee - Windsor Heights

## **Funerals/Services**

Caldwell Parrish Funeral Home & Crematory

Merle Hay Funeral Home & Chapel Hill Gardens

## **Government/City**

City of Urbandale

City of Windsor Heights

## **Government/Federal**

U.S. Small Business Administration

## **Health & Beauty/Consultants**

Lifestyle with Angie

## **Health & Beauty/Salons-Spas**

Art of Life Salon and Spa

Miss Vie Beauty - Braiding Salon and Beauty

Supply

Sage + Strands

Salon 86

Salon Seven-O

Trixies Salon & Spa

Vivid Wellness

## **Health Care/Assisted Living**

Edencrest at Beaverdale

Edencrest at Timberline

Meadowview of Clive

Senior Suites of Urbandale

## **Health Care/Chiropractors**

Capital Chiropractic & Rehabilitation Center, PLLC

Optimum Chiropractic P.C.

Thrive Family Chiropractic

Truth Family Chiropractic

Vero Health Center

## **Health Care/Clinics**

Iowa Functional Health LLC

New View Autism LLC

Perspective Health Iowa, LLC.

Regenexx Des Moines

The Iowa Clinic, P.C. - Urbandale

UnityPoint Clinic - Sports Medicine and Physical Therapy

University of Iowa Health Care

UI Health Care Advanced Reproductive Care - West Des Moines Clinic

## **Health Care/Home**

Acti-Kare Responsive In-Home Care

Infinity Home Care

Senior Helpers

## **Health Care/Hospice**

WesleyLife at Home

## **Health Care/Mental Health**

Imperfect Pathways

Pax Psychotherapy

Rooted Insights, PLC

## **Health Care/Oncology**

Mission Cancer + Blood, a part of University of Iowa Health Care





# CATEGORICAL LISTING OF CHAMBER MEMBERS

## **Health Care/Optometrists**

Lumen Eyecare  
Urbandale Eye Care  
Vision Park Family Eye Care

## **Health Care/Orthotic-Prosthetic**

Iowa Ortho

## **Health Care/Pharmaceuticals**

NuDose

## **Health Care/Pharmacies**

Medicap Pharmacies, Inc. - Urbandale

## **Health Care/Physical Therapists**

Advantage Physical Therapy and Rehab  
Athletico Physical Therapy  
Core Physical Therapy  
Enhance Performance Therapy  
IMPACT Health & Performance  
Kaizen Health and Wellness  
Kinetic Edge Physical Therapy

## **Health Care/Physicians**

Hy-Vee Health Exemplar Care  
Urology Center of Iowa

## **Health Care/Services**

Caravel Autism Health  
DMOS Orthopaedic Centers  
Goldfinch Laboratory  
Innovive Health of Iowa  
NXT LVL Med Spa, Recovery, & Wellness

## **Human Services/Counseling**

Mind & Spirit Counseling Center  
New Heights Counseling Resources, Inc.  
Real Connections Counseling

## **Human Services/Social Services**

Ability Leads  
Mosaic in Central Iowa  
Society of St. Vincent de Paul  
WayPoint Resources

## **Individual Membership**

Andeweg, Robert  
Blake, Matt  
Bonnicksen, Monte  
Brownell, Robert  
Deutmeyer, Julie  
Dolezal, Monica  
Forbes, John  
Giovannetti, E.J.  
Gossen, Michael  
Jones, Joseph  
Jones, Mike  
Jones, Sarah  
Knueven, Pat  
Libbie, Michael  
Mathes, Jay  
McGonegle, Pat  
Moriarity, Angela  
Olson, Jason  
Parekh, Rhea

## **Individual Membership**

Pelham, Randy  
Pogge, Ron  
Raecker, Scott  
Robinson, Greg  
Robinson, Lakeitha  
Saf, Ron  
Trentmann, Norm  
Vernon, Rick  
Zaun, Brad

## **Insurance-Finance/Agents**

American Republic Insurance Services  
Buenzow Insurance Group  
Colonial Life  
Comparion Insurance Agency, a Liberty Mutual Company  
Country Financial - Danny Mielneczek  
Country Financial - Sara Velander  
Farm Bureau Financial - Elliott Milakovich  
Farmers Insurance - Peter Schoneberg  
Globe Life Family Heritage - Scott Benter  
Health Insurance Advisor, LLC  
Howard Insurance Agency  
McDonald Agency, LLC- Farmers Insurance  
Phillips Stafford Insurance Group  
PRIMERICA  
Primerica Financial - Tom Reis - 100th St.  
R&A Risk Professionals  
Sarah Hambrick Representing American National  
Sears Insurance  
Shelter Insurance - Kasey Sorensen  
Shelter Insurance - Monica Hoover  
State Farm Insurance - James Walford  
State Farm Insurance - Mark Courter  
State Farm Insurance - Matt Cale  
Thrivent Financial - Evan Lystiuk  
Vibrant Insurance Group

## **Insurance-Finance/Brokerages**

Capitol Benefits Group  
Group Benefits, Ltd.  
World Insurance Associates

## **Insurance-Finance/Services**

Brokers International  
Merkley Wealth Associates  
NCMIC/Professional Solutions  
RainyDayPal  
Revol One Financial  
The Dana Company

## **Internet/Services**

Consolidated Communications  
Mediacom Business  
Metronet

## **Internet/Web Site Design**

Applied Art & Technology  
Webspec  
Zamorins Solutions Inc.

## **Legal Services/Attorneys**

Abendroth Russell Barnett Law Firm  
Cunningham & Kelso, P.L.L.C.  
Gardner Law Firm, P.C.  
Simpson, Jensen, Abels, Fischer & Bouslog P.C.

## **Libraries-Museums**

Urbandale Public Library

## **Lodging/Hotels-Motels**

Element West Des Moines  
Fairfield Inn & Suites  
Hampton Inn & Suites  
Holiday Inn Express & Suites Plum Dr.  
Holiday Inn Hotel & Suites DM Northwest  
Hotel Renovo  
Ramada Tropics Resort & Conference Center  
Revel Hotel - Tapestry Collection by Hilton  
Sheraton West Des Moines Hotel  
Sonesta Essential  
Stoney Creek Hotel & Conference Center  
TownePlace Suites by Marriott Des Moines-Urbandale

## **Manufacturing/Chemicals**

Camlin Fine Sciences

## **Manufacturing/Contract**

ProbioFerm

## **Manufacturing/Equipment**

Denso Manufacturing  
Power/mation Division, Inc  
**Manufacturing/Packaging**  
Assembled Products, Inc

## **Manufacturing/Printing Equipment**

HartSmart Products

## **Manufacturing/Turbo Machinery Process Controls**

Compressor Controls Corporation

## **Marketing/Services**

ADi Group  
Allegra Marketing, Print, Mail, Signs  
Andy Erickson - Fractional Marketing Director  
Creative DSM | Digital Strategic Marketing  
Des Moines Creative  
Farmboy

## **Moving/Services**

Adamantine Spine Moving  
All Types Moving  
TWO MEN AND A TRUCK - Des Moines  
UNITS of Central Iowa

## **Music/Instruments**

Nate's Rock Shop

## **Organizations/Associations**

Home Builders Assoc. of Greater DM  
Iowa Association of Business and Industry (ABI)  
Iowa Association of Electric Cooperatives  
Iowa Bankers Association  
Iowa Restaurant Association  
SBDC - Mid Iowa Small Business Development Center



## Organizations/Chambers of Commerce

Greater Des Moines Partnership  
Iowa LGBTQ Chamber of Commerce  
Urbandale Chamber of Commerce  
Windsor Heights Chamber of Commerce

## Organizations/Foundations

Urbandale Schools and Alumni Foundation  
Windsor Heights Foundation

## Organizations/Fundraising

Urbandale Area Democrats

## Organizations/Non-Profit

American Legion Post 663 & VFW Post 9668  
Better Business Bureau Serving Greater Iowa  
Camp Fire Heart of Iowa  
Change Course  
Children's Cancer Connection  
Dress for Success Des Moines  
EveryStep  
Food Bank of Iowa  
Goodwill of Central Iowa  
Greater Des Moines Habitat for Humanity, ReStore  
Iowa International Center  
Japan America Society of Iowa (JASI)  
Kaitlin's Heart for Heroes  
LifeServe Blood Center  
Many Hands Thrift Market  
Mentor Iowa  
MS Moments  
National Kidney Foundation  
Puppy Jake Foundation  
Urbandale Community Action Network  
Urbandale Food Pantry  
Urbandale Historical Society  
Urbandale Republicans  
Women Lead Change

## Organizations/Service Clubs

Rotary Club of Northwest Des Moines

## Organizations/Youth

Big Brothers Big Sisters of Central Iowa

Girl Scouts of Greater Iowa

J-Hawk Soccer Club

Johnston Urbandale Soccer Club

## Photography/Photographers

Aaron Dolezal Photography

Brent Isenberger Photography

Lauren Campbell Photography

Mable Media

Matthew Putney Media

Midwest Pano, LLC

Pat Ward Photography

## Printing/Printers

Beeline and Blue

Copy Cat Prints and Legal Eagles

PC Print Center

Plaza Printers

## Private Clubs

Des Moines Embassy Club West

## Professional-Design Services/Architects

DLR Group Inc.

Walk Your Plans Des Moines

"As a Reiki Therapist, I believe energy is our most precious resource. To achieve meaningful progress, we must channel our energy and efforts toward our desired growth. My journey with the Urbandale Chamber exemplifies this belief. I joined a year and a half ago, but it wasn't until nine months in that I fully embraced my membership. After attending the 'Maximize Your Membership' event, I learned about the ways the Chamber could help me network and promote my business. Getting involved turned out to be much less daunting than I had imagined. I now aim to participate in at least one event each week.

Through the Chamber, I've not only found wonderful local businesses that I might never have discovered on my own but also established beneficial connections that have enriched my practice. For those contemplating joining, I can assure you that the effort you put in will yield great rewards. You truly get back what you invest!"



**SHEENA GREEN**

Flourishing Roots  
Wellness

## Professional-Design Services/Engineers

Allender Butzke Engineers Inc.

Bishop Engineering Company, Inc.

## Professional-Design Services/Engineers

Bluestone Engineering

Bolton & Menk, Inc

Braun Intertec Corporation

Civil Design Advantage, LLC

Civil Engineering Consultants, Inc.

HR Green, Inc

IMEG Corp

Lee Chamberlin Consultant Engineers

Short Elliott Hendrickson Inc.

StructSolve Engineering

Tometch Engineering, Inc.

## Professional-Design Services/Graphic Design

BWright Design

## Professional-Design Services/Landscape

Brilliant Borders Landscaping

## Real Estate/Agents

Barry Hesse, RE/MAX Concepts - BROKER

Associate B11216000

Brianna Graves - Realtor

Century 21 Signature Real Estate

EXIT Realty and Associates

Gonzales Realty Group

Guardian Real Estate Group

Iowa Realty - Aisha R. Syed Real Estate, LLC

Legacy Realty of Iowa - LPT Realty, LLC -

Shauna Smith

LPT Realty - Rob Mordini

Pennie Carroll & Associates

RE/MAX Concepts - Marva McCarty

RE/MAX Concepts - Shannon Salmon

RE/MAX Precision

RE/MAX Precision - Casee Woodley, Realtor

RE/MAX Real Estate Center - Urbandale

Realty One Group - Wayne Burkhart

Zlatka Real Estate

## Real Estate/Apartments

Glen Meadows Retirement Community

Walnut Lake Apartments

Westpointe Apartments & Townhomes

## Real Estate/Commercial

Anderson Properties

AP Brokerage, LLC

Caliber Realty

Colby Interests

Cushman & Wakefield

Ferguson Commercial Real Estate Services

JLL

Knapp Properties, L.C.

Koester Development Group

NAI Iowa Realty Commercial

Signature Real Estate Services, Inc

## Real Estate/Developers

Developers Realty Group

Landmark Companies, Inc.

R&R Realty Group

## Real Estate/Inspections

Residential Recon Home Inspections

## Real Estate/Property Management

Kading Properties

Premier Companies & Paramount Homes

Renters Warehouse

## Real Estate/Services

First American Home Warranty

## Restaurants

100th Street Corner Cafe

5 Borough Bagels

B-BOP'S

Basic Bird

Bennigan's Grill & Tavern

Blue Agave - Windsor Heights

Blue Shark Ale House

Cajun Belle

Cancun Grill and Cantina





# CATEGORICAL LISTING OF CHAMBER MEMBERS

## **Restaurants**

Centerfield Sports Bar  
Cheba Hut  
Coaches Kolaches  
Doug's Pub & Grub  
Felix & Oscars  
Flame Group  
Fresh Fit Meals  
GAMEDAY Kitchen, Cocktails, Sports, Fun  
Hungry Boyz  
IHOP

Marco's Pizza  
McAlister's Deli  
McDivot's Indoor Sports Pub  
McDonald's/Raccoon Valley Partnership  
Paris Banh Mi  
The Pelican Post  
Ruby Tuesday  
Sprockets Kitchen & Bar  
Texas Roadhouse  
The Urban Grill  
Tito's Lounge  
Wasabi Urbandale

## **Restaurants-Food Truck**

Food Trucks DSM

## **Retail-Shops-Stores/Alcohol**

Liquor Land  
WineStyles

## **Retail-Shops-Stores/Appliances**

NFM

## **Retail-Shops-Stores/Batteries**

Interstate All Battery Center - Des Moines

## **Retail-Shops-Stores/Clothing**

Enchantasy's Lingerie  
Simply Stella Rose  
Staceys Inc.

## **Retail-Shops-Stores/Consignment-Thrift**

Changing Places Consignment Shop  
Design Consign  
Play it Again Sports

## **Retail-Shops-Stores/Convenience**

Hy-Vee Fast & Fresh Express  
Kwik Star  
QuikTrip Corporation

## **Retail-Shops-Stores/Department Store**

Walmart Super Center - Windsor Heights

## **Retail-Shops-Stores/Educational Supplies**

The Learning Post

## **Retail-Shops-Stores/Electronics**

Mobile Spot

## **Retail-Shops-Stores/Embroidery**

KSH Design Studio LLC

## **Retail-Shops-Stores/Flooring**

Carpet One Floor & Home  
Floor Trader Outlet  
Flooring America  
Heritage Interiors

## **Retail-Shops-Stores/Florists**

Boesen the Florist  
Trendy Gardener

## **Retail-Shops-Stores/Furniture**

Amish Haus Furniture  
Homemakers Furniture

## **Retail-Shops-Stores/Gift Items**

Wild Birds Unlimited  
Zedoda K-Pop

## **Retail-Shops-Stores/Golf**

Austad's Golf  
Broheim's Indoor Golf and Pub  
**Retail-Shops-Stores/Hardware**  
Home Depot #2115 - Urbandale

## **Retail-Shops-Stores/Home Furnishings**

A&G Home

## **Retail-Shops-Stores/Jewelers**

Christopher's Fine Jewelry & Rare Coin

## **Retail-Shops-Stores/Lawn & Garden**

Deck Central, LLC  
Van Wall Equipment

## **Retail-Shops-Stores/Lighting**

Spectrum Lighting & Interiors

## **Retail-Shops-Stores/M Meal Preparation**

Dinner Dispatch

## **Retail-Shops-Stores/Organic**

Campbell's Nutrition West

## **Retail-Shops-Stores/Outdoor Equipment**

AE Outdoor Power

## **Retail-Shops-Stores/Photo Equipment**

Christian Photo

## **Retail-Shops-Stores/Shopping Centers**

Merle Hay Mall

## **Retail-Shops-Stores/Window Treatments**

Des Moines Blinds and Shutters

## **Retail-Shops-Stores/Windows & Doors**

America's Best Choice  
Renewal by Andersen

## **Security-Safety/Services**

ALLO Business  
A Tech Inc. / Easy Living Store  
Per Mar Security Services  
Strauss Security Solutions

## **Seniors/Real Estate**

Deerfield Retirement Community - Immanuel  
Illahee Hills  
The Arbordale  
Walnut Ridge Senior Community

## **Seniors/Services**

Immanuel Pathways Central Iowa

## **Signage**

Image360  
Iowa Sign Company  
Signarama-Ankeny / YESCO Sign & Lighting Service

## **Small Business Assistance**

Elevate by Principal  
Myriad Advisor Solutions

## **Storage/Warehouses**

Just Storage

## **Transportation/Limousines**

Royal Rides LLC

## **Transportation/Public**

Des Moines Area Regional Transit Authority (DART)

## **Transportation/Services**

WorldWide Logistics

## **Travel/Agencies**

ADELMAN DISCOVERIES  
Bernbach Travel - Karen Jackson  
BWK Travel  
JLW Travel Group

Mosaic Shores Travel Co., LLC

## **Trucking/Motor Freight**

Express Logistics Inc.

## **Utilities/Utility Companies**

MidAmerican Energy Company

## **Utilities/Water**

Urbandale Water Utility

## **Wellness/Fitness**

Anytime Fitness Urbandale  
Aptitude Fitness  
Farrell's eXtreme Bodyshaping - Urbandale  
Planet Fitness Urbandale  
Premier Personal Training  
Pride Fitness DSM

Reset Wellness Retreats

Stretch Zone Waukee

Tactical Fitness LLC

Team Temple Training

Tuel Shed Training

Walnut Creek YMCA

Westside Strength & Conditioning

## **Wellness/Life Coach**

Firefly Wellness  
Flourishing Roots Wellness LLC  
Radiate Light LLC

## **Wellness/Nutrition-Foods-Vitamins**

CIV Plus

Fierce Nutrition

HW CBD + Nutrition

The U Nutrition

## **Wellness/Therapeutic Massage**

Abundant Health Massage & Bodywork  
Active Body Needs  
Active Edge Massage & Wellness  
Personal Best Massage (PBM)

Serenity Massage

Urbandale Massage Therapy

## **Wellness/Weight Loss**

Des Moines Weight Loss LLC

## **Wellness/Yoga**

Oxygen Yoga & Fitness - Urbandale





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**4/40**  
WARRANTY



**GRIMES**

1750 SE 11th St.  
515.986.5241

**URBANDALE**

3831 70th St.  
515.512.1095

**ANKENY**

1329 SW Ordinance Rd.  
515.964.9492

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**Darci Vasiljevic**

VP, North Branch Manager

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