

URBANDALE

MAY 2025

Living

MAGAZINE

Pampered Pets

Residents share how they go the extra mile to spoil their critters

TRANSFORM YOUR LANDSCAPING WITH
Decorative Concrete Edging



Brilliant BORDERS
Landscape Design & Outdoor Solutions.

Call to set up your FREE estimate!
515-762-5584

Transforming Landscapes Since 2004



**Brick plaza, flagpole anniversary
and more celebrated
COMMUNITY**

**Asian ground turkey bowl
RECIPE**

**Meet Dan Davis
EDUCATION**

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



Live well, age well, and handle the *what-ifs* right at home.

WellAhead is an innovative membership program designed to enhance independence and well-being for those who intend to live at home as they age. WellAhead handles the major worry, ensuring your access to long-term care and covering 100% of its primary costs from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about WellAhead, join us for one of our upcoming seminars. To RSVP, call (515) 400-4715 or use this QR code.



Be Our Guest

Tuesday, May 27
10 a.m.

**Glen Oaks
Country Club**
in West Des Moines

Breakfast served.

Wednesday, May 28
12 p.m.

Biaggi's
in West Des Moines

Lunch served.

Thursday, May 29
12 p.m.

Biaggi's
in West Des Moines

Lunch served.

(515) 400-4715 | wesleylife.org/wellahead

This institution is an equal opportunity provider and employer.



WELCOME

A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■

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



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

Jim Jacobsen
Advertising Account Executive
515-953-4822 x323
jim@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

Congratulations 2025 Graduates!

Celebrating Your Success!

Chart Your Success With Us!

Johnston 5526 NW 86th St. 515-331-2265	Grimes Corner of Gateway & 1st St. 515-986-2000	Waukee Downtown Triangle 515-987-1000	Ankeny 2905 SW Oralabor Rd. 515-446-2265
--	---	---	--

www.CharterBanker.com

Member FDIC *Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD), penalty for early withdrawal. Rate as of 3/26/25 and subject to change.

Pampered Pets

Residents share how they go the extra mile to spoil their critters

By Joe Baumgarten

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Miriam Woods' dog, Ricky, is a beloved member of the family.

FEATURE

Three collie dogs

If your grocery bill for your pets is consistently more than your grocery bill for you and your spouse, you may have pampered pets. If you only feed your dogs organic foods and fill their water bowl from the reverse osmosis faucet, you may have pampered pets. If your dogs believe you are sitting in their leather recliner and whine until you give it to them, you may have pampered pets. If your dogs recognize the phrases: "Clear Lake," "golf cart" and "boat ride," you definitely have pampered pets.

Such is the life for Chula, 12; Nelli, 8; and Martini, 3, the three collies that own Candi and Ed Sherwood.

"They are more expensive than having kids," Ed says, though neither of them seem to mind.

"They are my fur kids," Candi says.



Candi and Ed Sherwood enjoy pampering their three collies, Chula, 12; Nelli, 8; and Martini, 3.

SPRING RAIN'S AHEAD IS YOUR BASEMENT IN CHECK?



BASEMENT WATERPROOFING

FOUNDATION REPAIR

CRAWL SPACE SOLUTIONS

CONCRETE LIFTING

EGRESS WINDOWS



GET A QUOTE!

LIFE-OF-THE-STRUCTURE WARRANTIES AVAILABLE



FREE CONSULTATION!

FINANCING OFFERED!

AW ANCHORED WALLS

CALL TODAY! 866-993-6315

WWW.ANCHOREDWALLS.COM

Family Owned and operated since 1978



Candi and Ed Sherwood take their collies on a variety of outings including boat rides.

While Ed says he is “three times retired,” Candi says she is “three times employed.” She teaches Spanish at an elementary school, teaches water aerobics at a local gym, and is the owner of Oily Solutions, for which she provides wellness consultations and is the local representative for Spring Living Essential Oils.

When it comes to her three collies, Candi certainly practices what she preaches.

“If I won’t put any unnatural chemicals on my body, why would I put it on theirs?”

As an example, she uses her own homemade flea spray to avoid the toxic chemicals in the store brands. Candi also makes essential oils a part of each dog’s daily diet.

It took a near-death experience for Candi to discover that her oils have medicinal and healing capabilities for dogs as well as humans. Chula became sick last year with a cough that would not go away. The vet discovered she had inflamed intestines and a large tumor in one of her lungs. The vet feared the situation would only worsen and offered to end her suffering. Candi wasn’t ready to accept that. She began studying materials published by veterinarians and attended various conventions to learn how they used oils on their animals. Soon, she devised a wellness cocktail of oils and vitamins for her pet. That was a year ago this March. Today, you would be hard-pressed to identify which of the three dogs almost died 12 months ago.

Feeling encouraged by her success with Chula, she began using her oils for other healing purposes. When Chula got stitches to close a small wound, Candi bathed the wound with oils until it healed; today, the scar is



Mr. Peanut’s equipment and supplies are kept organized and tidy in Rachel Boal’s room.

impossible to find.

As pampered as Candi’s collies are, each of them is well behaved and responds to her commands such as “come” and “sit.”

“I believe that it is the owner’s responsibility to teach their pets good behavior so that they can be a good part of the family,” she says.

“Collies are smart, loyal and great around kids and other pets,” Candi says. “The only bad thing about collies is that no one remembers who Lassie was anymore.”

Luxury for Mr. Peanut

Mr. Peanut is one pampered pet.

He is a Teddy Bear (Syrian) hamster that belongs to Rachel Boal. It is easy to see that Mr. Peanut gets just about anything he wants. He lives in an impressive ham-dominium with four bedrooms inter-connected with tubes and tunnels. When he wants to get a workout, he has a top-of-the-line racing wheel. He even has a sand bath when he needs a bit of freshening up. When he wants to explore the wide world outside of his home, he has his choice of four ham-o-biles that he can drive across the floor all on his own. When it is dinner time, his meals are served on his private ceramic dishware. He dines elegantly on whole peanuts, top-notch hamster food and carrots. For dessert, he prefers fresh strawberries.

Rachel, an Urbandale Elementary schooler, has had Mr. Peanut for almost a year.

“His birthday is May 12. We are going to have a birthday party for him, and all my friends are coming. He will even have his own birthday cake,” she says.

It won’t come as too much of a surprise that Mr. Peanut’s favorite food is... peanuts.

“That was the first food he ate when I brought him home,” Rachel explains. “That’s how he got his name.”

According to Hamsteropedia (hamsteropedia.com), while Syrian hamsters are undeniably cute on the outside, they also make great pets. Teddy Bear hamsters have a playful, amicable demeanor and a ton of otherwise wonderful attributes. They do require more care and attention than other hamsters, so they are not recommended for the very young or as a starter pet.

Rachel is Mr. Peanut’s fulltime caregiver. She cleans his cage, feeds him and makes sure he gets plenty of exercise during the day.

“Otherwise, he keeps me up at nights,” she says.

She even gives him a good grooming when he needs it. Demonstrating this, she retrieved a small brush and ran it across his golden-brown coat.

All ready for his photo shoot.

Teacher’s pet

You wouldn’t blame Miriam Woods if she had an inferiority complex. Every place she goes, all she hears is “Where is Ricky?” “We just came to see Ricky.” “Why didn’t you bring Ricky?” Just recently, her square dancing club sent her back home to bring Ricky to class on the one night she thought she would leave him behind.

For sure, Ricky, a 5-year-old Cavalier King Charles spaniel, has it going on. He is handsome and not so large that he scares you,

and not so small that he is scared of you. Ricky has big, dark eyes and a lustrous coat of fur. He looks stunning in the Urbandale High School tie he donned for our interview.

Is he a friendly dog? You'd better believe it. His calm charisma and cuddly charm make him perfect for his role as a licensed therapy dog.

"He works miracles wherever he goes," Miriam says. "He never met a human that he didn't like.

"Squirrels, however, are a different story," she whispers, as if merely uttering the word might set him off on a chase.

One of Ricky's favorite jobs is accompanying Miriam when she substitute teaches at the Urbandale, Waukee and Johnston high schools. He has a natural calming effect on the students, often sitting with them while Miriam teaches. When students are having a tough day, they will seek him out for a little "Ricky time" and often share what's on their minds with Miriam as they cuddle with Ricky.

During one of her classes, one of Miriam's students was having a hard time with a class assignment that required her to teach another student that day's lesson. Her student didn't want to work with any other students that day. Even after Miriam explained that she would fail the assignment, the student flatly refused. Then Miriam had an epiphany.

"Why don't you teach it to Ricky?"

The student was keen to do so. She perfectly explained the lesson to Ricky as he sat there, listening intently. The student got a passing grade, and Ricky knows all about the food pyramid. Win-win.

When he is not wearing one of his 40 ties, Ricky can often be seen sporting one of several Hawaiian shirts. On a rainy day, he wears his



Ricky enjoys it when owner Miriam Woods takes him for a ride in the convertible.

yellow rain suit adorned with ducks. When he rides in the convertible, he looks classic in his goggles and his hair blowing back in the breeze.

In a testament to how much the Urbandale High School students love Ricky, they have decided that his picture will be in their yearbook this year. Hopefully, the caption under his picture will be a little more thought-out than "Teacher's Pet," which he obviously is.

Might we suggest, "Most Likely to Brighten Your Day"? ■

Put a *SPRING* in your step!

Transform your home with **NEW FLOORS!**

- Carpet
- Luxury vinyl
- Hardwood
- Vinyl
- Laminate
- Natural stone
- Tile



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

Visit our website for details and restrictions.



Pet Friendly Flooring 
Options Available! 



Come check out our HUGE showroom!

4925 NW JOHNSTON DRIVE, JOHNSTON

515-508-0024 ★ www.theflooringguysdsm.com

Family-owned, local business operating since 1999.

PALLIATIVE care: What is it, and how does it help?

Q: My wife's nurse practitioner suggested we look into palliative care. I'm nervous, as this is not a type of care I'm familiar with. My wife has diabetes and suffers from congestive heart failure. While her care team says she could live with her conditions for several years, we would both like her to have a better quality of life.

What can palliative care do for her?

A: Great question. Palliative care is a specialized form of care focused on providing relief from the symptoms, pain, and stress of a serious illness. Rather than trying to cure the illness itself, palliative care is designed to improve the quality of life for both the person living with illness and their loved ones.

Here's what you should know about palliative care.

Anyone with a serious or chronic health condition, regardless of their prognosis, can take advantage of it. The goal is to alleviate suffering and improve comfort by managing physical symptoms while also addressing emotional, social, and spiritual needs.

A variety of specialists, such as physicians, nurses, social workers, chaplains, and therapists, make up a palliative care team. They will all work together to create a care plan that's tailored to your wife's needs.

It helps manage symptoms such as pain, fatigue, nausea, breathing



difficulties, and anything else that goes along with illness. If your wife is dealing with discomfort related to her chronic condition, palliative care can significantly help decrease that.

It also supports family members. Assistance offered with palliative care can include counseling, caregiver support and education, and help navigating health care systems and decisions.

Palliative care doesn't replace other treatments. It can be used alongside curative treatments, helping to manage the side effects or help cope with difficult symptoms during treatments like chemotherapy or dialysis.

It's offered anywhere. If receiving care at home is preferable to you and your wife, make sure you find a provider that offers home-based palliative care.

The overall aim will be to provide your wife with enhanced quality of life while managing the challenges presented by her conditions. Palliative care is highly personalized, and most families report that it enhances comfort and helps everyone navigate the health care journey more smoothly. Best wishes to you both. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit wesleylife.org/wellahead.

A+ IRRIGATION & LIGHTING
The Educated Experts

CALL NOW!
515-289-2020

50% OFF
SPRINKLER START UP
Up to 12 Zones. Not valid with any other offer. Expires 7/31/25.

CALL NOW!
515-289-2020

A+ IRRIGATION & LIGHTING
The Educated Experts

\$500 OFF
6 LIGHTS & CONTROLLER INSTALLED
REGULAR PRICE \$1995 Must present coupon at time of payment. Not valid with any other offer. Expires 6/30/25.



URBANDALE COUNCIL RECAP



April 15, 2025 - Council Meeting

The Mayor and City Council met on Tuesday, April 15, and began with several ceremonial recognitions. Council celebrated the award of the 2025 "Trees Please!" grant from MidAmerican Energy, supporting local tree-planting efforts. Proclamations were also made in recognition of Earth Day, Arbor Day, and National Public Safety Telecommunicators Week—underscoring the City's commitment to environmental stewardship and community safety.

The Council approved the operating budget for the upcoming fiscal year. The budget

covers everything from police to parks and helps make sure city services continue running smoothly. Urbandale's tax levy rate decreased by 5 cents to \$10.03 per \$1,000 of assessed value. For years, Urbandale has maintained one of the lowest property tax rates in the Des Moines metro area, balancing fiscal responsibility with high-quality services. The budget includes four new positions, with three dedicated to public safety and one in fleet services, ensuring the City continues to meet the needs of a growing community.

Transportation and connectivity were highlighted with the scheduling of a public hearing for the Aurora Avenue and 70th Street "Complete Streets" project. This initiative is a cornerstone of Urbandale's transportation vision, promoting safer, more accessible streets for all users while supporting the goals of the Sustainable Urbandale Action Plan and Complete Streets Plan.

April 1, 2025 - Council Meeting

The Mayor and City Council met on Tuesday, April 1, and began with the swearing-in of five new police officers, each introduced with personal and professional backgrounds that highlighted their dedication to public service and the diversity they bring to the force. Officers Kale Crimmins, Om Tiwari, Rocky Lutz, Ryan Brungardt, and Jackson Smith were formally welcomed to the Urbandale Police Department.

Mayor Andeweg issued three proclamations recognizing important observances. April was proclaimed as Fair Housing Month, reaffirming Urbandale's commitment to equal housing access. National Arab American Heritage Month was also recognized, celebrating the contributions of Arab Americans to the city's cultural and civic life. Lastly, the Mayor read the "All Are Welcome in Urbandale" proclamation, emphasizing the City's commitment to being a discrimination-free and inclusive community. This aligns closely with the City's Strategic Plan and its goals around inclusivity, public safety, and community health.

Three final plats were approved for Magnolia Heights, located north of Waterford Road and east of 156th Street. These plats are part of a multi-phase residential neighborhood that also supports walkability and access to Waterford Elementary.

Site plans were approved for two park improvements. Dunlap Park will see a new accessible restroom facility added, while a significant upgrade is planned at Walker Johnston Park with a new open-air shelter. This new shelter will include restrooms, storage, and ample seating space. The shelter will also include an adult changing table—enhancing accessibility for all residents.

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

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

BRICK PLAZA, flagpole and more celebrated

Urbandale Alumni Association to also present awards.

Many things at the Olmsted-Urban House are at least 100 years old. As you walk through the Urbandale Historical Society's museum, you will see an antique piano, a table-top radio, and even one of the dial-less phones that hung on the wall and connected to an operator when you picked up the receiver. Try explaining that concept to your I-have-to-have-my-own-cell phone kids.

One of the most celebrated items, however, is not even in the house: It is in the backyard. It is the 100-year-old flagpole that stood on the roof of the first Urbandale K-12 building. It is fashioned out of three separate cast-iron pipes that will still be standing proudly for the 200-year anniversary.

To celebrate the official 100-year anniversary of the flagpole, the Urbandale Alumni Association is planning an unveiling of

a new brick plaza surrounding the pole.

"For several months, we sold bricks as a fundraiser for the Urbandale Alumni Association that alumni and Urbandale citizens could purchase and put a message on them," Meribeth Haynes of the Alumni Board says. "We have selected a host and hostess for this event. The hostess will be Nona Wilson Warden, who graduated in 1954, and the host will be Kolson O'Donnell, who graduated in 2024. That's a 70-year span," she exclaims.

Nona Warden spent her entire K-12 years in the Urbandale school system during the 1940s and 50s.

"At that time, Douglas Avenue was the only paved street in Urbandale. Everything else was gravel," she says. "The entire city was only about six blocks in any direction from 70th and Douglas.



When the Urbandale Alumni Association dedicates the plaza at the 100-year-old flagpole that was originally atop the first K-12 school, the hosts for the event will be Kolson O'Donnell, Class of 2024, and Nona Wilson Warden, Class of 1954.

MARGARITA

YOUR WAY

Mix & match the flavor that's right for you.

10% OFF YOUR ENTIRE PURCHASE

*Must bring in this ad to redeem. Not applicable to beer & cigarettes.

LIQUOR LAND

Beers - Wine - Spirits - Vapes

Sun-Thu 10am-11pm • Fri & Sat 10am-2am

WE DELIVER ON UBER EATS & DOORDASH

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

THURSDAY- SUNDAY
JUNE 19-21

TERRA PARK * 6300 PIONEER PARKWAY
FOOD VENDORS • INFLATABLES • BEVERAGE GARDEN • LIVE MUSIC
JUNE 19: PARADE & FAMILY FUN AT TERRA PARK AFTER!
JUNE 21: BUSINESS EXPO & VENDOR FAIR WITH MUSIC FROM THE SHEET

MUSIC LINEUP!

Thursday, June 19
Mike Aceto

Friday, June 20
Flying Silos & Red Dirt Renegade

Saturday, June 21
Monkeyfour & Dick Danger Band

Fun for all ages! See you there!

www.johnstongreendays.org Johnston Green Days
Green Days is organized by the Johnston Chamber of Commerce.

BAGS TOURNAMENT!

SATURDAY, JUNE 21
 12pm Start Time!

Registration + more info scan here!



Denny and Jackie Frerichs are two of the Retired Teachers of the Year.



Wade and Sherry Winters are two of the Retired Teachers of the Year.



Audrey DeCarlo from the Class of 1964 will be honored as the Alumna of the Year.

"The dress code was dresses for girls and jeans or slacks for the boys," Nona continues. "Once we started high school, we would go to our assigned homeroom and sit in our assigned desk for roll call. You stayed in that spot for most of the day, and the teachers of the various subjects came to you."

Nona recalls the places she and her friends enjoyed.

"When we had free time, our gang liked to hang out at places like the roller rink or Mershon's Drugstore and Soda Fountain, both in the neighborhood of 70th and Douglas," she says. "We would catch movies at the Urban Theater on 69th and Douglas and, afterward, head over to Reed's Ice Cream kiosk on 69th and Douglas."

Nona's graduating class in 1954 had 19 students.

"Most of the girls went to work, and most of the boys went into the service," she says.

In fact, Charles Horner of her class became a Four-Star General in the Air Force and served the country during the first Iraq War.

While the kids of Nona's generation had to survive outbreaks of polio and measles, Kolson O'Donnell and other members of the

Class of 2024 endured the COVID pandemic of 2019.

"We had school in-person on just one day of the week," Kolson remembers. "Then we stayed at home and attended classes via Zoom meetings over the internet."

Using a creative combination of technical ingenuity and Ferris Bueller devilishness, Kolson recorded a looping video of himself staring at the computer's camera. He would then have video-Kolson attend class while he and some buddies talked on their cell phones and played video games.

By the time his sophomore year came around, classes were back to in-person, albeit with everyone in masks and practicing the required social distancing. Soon, however, things eased up and returned to the "new normal."

"We did everything you usually do as a high schooler. Me and my friends went to football games, school dances, ate lunch together, all that good stuff."

Kolson recognizes that his high school years were very different from Nona's.

"Most people in my generation have access to life-changing technology. We have super-computers that fit into our pants pocket,

we can find answers to homework and test questions with a Google search and can ask ChatGPT to write us a paper for our English class."

As amazing as all of that technology is, it comes at a price, Kolson observes.

"I feel like my generation is experiencing things at a much younger age than generations before us," he says. "With all this information overload, we don't know what is right and what is wrong."

Ice Cream Social and awards

During the Ice Cream Social on Sunday, June 29, the Alumni Association will be announcing the 2025 Urbandale Alumna of the Year and the Retired Teachers of the Year. Audrey DeCarlo from the Class of 1964 is the Alumna of the Year, and the Retired Teachers of the Year are Denny and Jackie Frerichs and Wade and Sherry Winters.

Audrey grew up a "sandbox kid," meaning she attended K-12 in Urbandale. She was a tireless supporter of Urbandale. Denny and Jackie Frerichs and Wade and Sherry Winters were nominated by former students who stated they were wonderful role models, supporters and great teachers for Urbandale. ■

GOOD news about estate taxes

Are you worried about your family paying taxes when you die? There is some good news that can affect your estate planning.

Every estate is liable for a few different kinds of tax. Whether it is federal estate tax, income tax, inheritance tax or capital gains tax, your heirs may be writing checks to the government. Iowa was one of six states that had inheritance tax. However, Iowa has now phased out its inheritance tax law with a complete exemption effective Jan. 1, 2025.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the state of Iowa. Some beneficiaries have always been exempt: a spouse, children, stepchildren,



grandchildren and parents all have a 100% exemption from inheritance tax.

Other beneficiaries previously had no exemption, like siblings, sons- or daughters-in-law, nieces and nephews, and friends. The tax rate could be as much as 15%. For this reason, some clients avoided leaving money to individuals because of the negative tax implications.

Legislation changed this in 2021 by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate was reduced by 20%. The rate continued to be reduced by 20% each subsequent year until Jan. 1, 2025, when the exclusion became 100%.

Now, no inheritance tax will be owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

Inheritance tax is still in effect — at the reduced rates — for deaths prior to 2025. The phase-out was not retroactive.

This change to the law presents an estate-planning opportunity for many clients. Clients can include a sibling or beloved son-in-law or daughter-in-law in their will or trust without worrying that the state of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a last will and testament or a revocable trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

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

PREPARE FOR THEIR FUTURE

DO YOU NEED TO UPDATE YOUR WILL?

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 38 YEARS



EXPERIENCED ATTORNEYS

— SINCE 1987 —

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



ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

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

CELEBRATING mom with purpose and preparedness

Mother's Day is a time to honor the incredible women who nurture, support and guide us through life. While there are traditional gifts of appreciation, this special day also offers an ideal moment to reflect on a more lasting gift: financial security and empowerment for moms and families alike.

Whether you're a new mom, a seasoned parent, or an adult child looking to support your mother's well-being, incorporating financial planning into the Mother's Day conversation can have long-term benefits.

Financial planning is about ensuring peace of mind, freedom and the ability to make empowered choices. For moms, especially those managing households, raising children or caring for aging parents, having a clear financial plan is crucial. Life can bring certain assumptions with it. We assume the sun will rise and set as programmed each day; we know that kids will always be curious to a dangerous level; and we assume that mom has her "financial house" in order. Maybe this is a good time to inquire.

Here are a few financial considerations particularly relevant on Mother's Day:

- **Budgeting and saving:** Whether managing the family budget or planning for personal goals, creating a detailed monthly budget can help moms stay on track and feel more in control. Tools like budgeting apps or spreadsheets can make it easier to monitor expenses and allocate funds for savings or emergencies.
- **Life insurance and estate planning:** While it's not the most glamorous topic, making sure there is a life insurance policy and a will in place is one of the most loving things you can do for your family.
- **Retirement planning:** Mothers, particularly those who take time out of the workforce to raise children, often fall behind in retirement savings. Mother's Day is a perfect reminder to review IRAs, 401Ks or other retirement investments.
- **Education savings:** For moms saving for their children's future, 529 college savings plans are a popular and tax-efficient way to invest in education. Having a dedicated savings plan reduces the pressure when college bills start to arrive.
- **Teaching financial literacy:** Moms are often the first financial role models in a child's life. Encouraging smart money habits from a young age: saving allowances, budgeting for a toy or opening a youth savings account can plant the seeds for lifelong financial health.

If you're in the position to give back to your mother this Mother's Day, consider a financial health check-in. It doesn't have to be intrusive, just a supportive conversation to make sure she's prepared for the future. Helping her organize paperwork, review insurance policies, or connect with a financial advisor can be a meaningful and lasting gesture of love.

Mother's Day is about showing appreciation, and one of the most powerful ways is by ensuring long-term financial well-being. Whether you're making sure your mom is financially secure or planning your own family's future, taking steps toward a solid financial foundation is a gift that lasts far beyond May.

This year, celebrate with heart...and a little strategy. It's the kind of love that pays dividends. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.



Join Us!

for a Social Security, Medicare,
& Retirement Seminar.

May 27th or 29th at 6:00pm

FFA Enrichment Center, DMACC Ankeny Campus
1055 SW Prairie Trail Pkwy, Ankeny, IA

CALL OUR OFFICE TO REGISTER!

RUNDAHL

FINANCIAL CONSULTANTS

Dan Rundahl
8230 Hickman Rd, Suite 300 Clive, IA 50325
Cell: 641-512-8597
Office: 515-355-3892
drundahl@rundahlfinancial.com

Securities and Advisory Services offered through CreativeOne Securities, LLC Member FINRA/SIPC and an Investment Advisor. LLP Financial Services and CreativeOne Securities, LLC are not affiliated.

WWW.RUNDAHLFINANCIALCONSULTANTS.COM

TRANSFORMING LANDSCAPES

ONE HOME AT A TIME!

LANDSCAPE DESIGN & INSTALLATION

- Concrete Edging • Retaining Wall • Patios
- Fire Features • Irrigation • Weed Control Programs

515-762-5584

www.brilliantborders.com • 1585 NW Vicksburg Ct, Waukee

BELIEVE AND LIVE

A sermon series in
JOHN'S GOSPEL
10:30 Sundays
starting May 18th

CREEKSIDE CHURCH

2743 82nd Pl • Urbandale • CreeksideDM.com

**WE MOW
LAWNS!
WE OFFER
AERATION!
WE DO
LANDSCAPING!**

Locally owned, operated and insured **515 Lawn Services**

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

2024 Neighborhood FAVES nextdoor

C&B
CHRISTOPHER AND BANKS®
VALID 5/8/25 - 6/30/25

Mention this ad to receive
**BUY ONE
GET ONE**
50% OFF
All Perfect Tee's
WITH PROMO CODE: **ILMAY50**
*Exclusions apply,
clearance **not** included.

Come shop at
1802 SE Delaware Ave.
#109, Ankeny
515-400-0063
Shop anytime online at
www.christopherandbanks.com

FAITH By Steve Smith

HIDING or heralding?

Mushroom hunting is a “thing” in our family, and it’s amazing how secretive fellow enthusiasts are about where they locate these elusive but edible delicacies.

By way of contrast, every parent or grandparent is shameless in declaring the accomplishments of their children or grandchildren.

When it comes to making known the righteousness, faithfulness and the glorious deliverance of our Heavenly Father, are Christ followers more like mushroom hunters or proud parents? Do we keep them secret or shout them out?

The Psalmist declared, “I have not hidden Your righteousness within my heart; I have spoken of Your faithfulness and Your salvation...” (Psalm 40:10a). What the Psalmist knew personally, he proclaimed freely.

His conduct prompts two questions in my mind. Do we know God’s righteousness, faithfulness and salvation personally? God’s righteousness is His moral purity that exposes our human depravity. The Psalmist was not silent about God’s sinlessness, just as proud parents of the class valedictorian won’t hesitate to declare his/her academic perfection.

The Psalmist eagerly spoke of God’s faithfulness to fulfill His promises, provide for and protect His people. He knew this firsthand because of God’s deliverance from his enemies and personal tragedy.

Knowing God’s righteousness necessitates an acute awareness of our own wickedness. That consciousness convinces us that we deserve punishment, but we desperately desire pardon. God’s faithfulness to holiness, justice and love is most clearly manifest in mercifully providing for our salvation — deliverance from His just wrath through Christ’s death in our place.

“Therefore, having been justified (declared righteous) by faith, we have peace with God through our Lord Jesus Christ... we shall be saved from the wrath of God through Him” (Romans 5:1,9).

If we know God’s righteousness, faithfulness and salvation personally because we are part of His family (John 1:12), are we silent or sharing them? These treasures are not to be hidden but heralded because, in declaring them, we point everyone to the only source of true satisfaction and eternal communion with God.

Human beings are seeking fulfillment in so many things: pleasurable pursuits, possessions, influence, fame and fortune that cannot bring true fulfillment. C.S. Lewis aptly stated, “If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.”

When Christ followers speak openly of God’s righteousness, faithfulness and salvation, we direct people to this other world where there is contentment, fulfillment and purpose now and for eternity.

“Let those who love Your salvation say continually, ‘The Lord be magnified,’” (Psalm 40:16) so others may come to know Him personally and join in the chorus with us. ■



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

A PLACE to belong

Holmquist marks three decades in Urbandale.

For the past 32 years, Carol Holmquist has called Urbandale home.

Her connection to the Des Moines metro area spans even longer — 46 years — but it was Urbandale's strong school district that drew her in when her daughter was getting ready to start kindergarten.

Over the years, Holmquist has lived within a 4-mile radius, starting in the Karen Acres area. After remarrying, she and her husband moved into a home just two blocks from Walker Johnston Park, where they stayed for 21 years. Eight years ago, after retiring and seeking a one-level home, they relocated again, this time to an area just south of Meredith Drive.

Holmquist appreciates what Urbandale has to offer: great schools, beautiful parks and the chance to enjoy a small-town feel within a large metro area. Growing up on the East Coast, she experienced how towns of similar size could still feel fragmented. In contrast, Urbandale has offered a sense of connection.

"That was important to me, and that's why we've stayed," she says.

As life evolved, so has Holmquist's relationship with the community. When her daughter was young, she was active in the schools and coached soccer.



Carol Holmquist has lived in Urbandale 32 years, and even though she and her husband moved during that time, they stayed in the community.

Now, later in life, Urbandale has continued to meet her needs.

"Urbandale has quite a bit to offer seniors," she says. "(The town) enhances all the phases of your life."

Holmquist and her husband volunteered after retirement, giving rides to fellow seniors through the Urbandale Community Action Network (UCAN). The organization aims to make a difference in the lives of all Urbandale residents, including youth and families.

Holmquist is also a regular patron of the Urbandale Public Library. Since walking has become more difficult for her, she takes full advantage of curbside pickup. Though she doesn't use it herself, she also appreciates that the library provides delivery services to folks who can't come in to get books for themselves.

"Those are things seniors might not be aware of, but those are all things that are available," she says.

For the past 10 years, Holmquist has also served on the Urbandale Public Art Committee, helping to beautify the city she lives in.

"That's my passion and my love, because I have an art background," she shares. "Even though I'm the oldest member of the committee, I still feel valuable."

Her commitment to Urbandale continues to bring her fulfillment.

"I feel like I have made my mark on the community," Holmquist says. "It's a beautiful city to live in." ■

OUR TRAVELING COCKTAIL PARTY IS BACK WITH TWO EVENTS THIS SUMMER!

10 DRINKS, JUST 25 BUCKS!

*\$25 PRE-PURCHASE ONLINE PRICE. \$35 AT THE DOOR.

DOWNTOWN DES MOINES
FRIDAY, JUNE 20, 2025
5-9 P.M.

DES MOINES' EAST VILLAGE
FRIDAY, JULY 25, 2025
5-9 P.M.

TICKETS AND INFORMATION AVAILABLE AT
SUMMERSTIRS.DMCITYVIEW.COM



COMMUNITY

By Wayne Bruns

SUCCESSES and challenges of recycling

Additional efforts needed to reduce waste.

Each year, the average American discards 1,800 pounds of garbage. Despite nationwide recycling efforts, 68% of that waste is still dumped in landfills, burned in incinerators or exported overseas. Recycling diverts waste from landfills. It can also reduce climate-changing gas emissions.

Emily Grier, community relations coordinator for Metro Waste Authority (MWA), says MWA recycles 31,000 tons of waste annually from Urbandale and 16 other communities.

“MWA also offers multiple drop-off sites for hazardous materials and electronics that further contribute to our recycling efforts,” she says.

Food waste is rarely recycled and constitutes 24% of landfill materials nationwide. When organics decompose, they emit methane, a 28-times more-potent greenhouse gas than carbon dioxide. To combat this, MWA uses a methane capture facility to generate enough electricity to heat 10,000 homes annually.

MWA’s recycling administrator, Dan Haag, says MWA’s composting program has also been highly successful, accepting 43,000 tons of yard waste in 2024. Haag says the process reduces waste going to landfills and allows MWA to make a high-quality product that residents can purchase.

Another highly recyclable item is aluminum. According to the International Aluminum Institute, recycling aluminum uses 95% less energy than producing new materials from bauxite ore. Haag says recycling companies highly value items like aluminum.

“We often have a bidding war on aluminum.”

In contrast, recycling plastic can be challenging. For instance, area residents can recycle plastic bags by returning them to local grocery stores. MWA collects those bags but currently lacks a nearby recycler, so they remain in storage until a buyer can be found.

Nina-Francesa Farc has been researching how plastics can be recycled effectively for the Minnesota-based Project Drawdown, a nonprofit research organization identifying and promoting practical climate change solutions for the planet.

Farc says plastics can be contaminated by food or other non-recyclable items and must be discarded instead of recycled. She says plastic recyclers must also consider how much additional greenhouse gases are created by transporting and eventually producing new plastic items.

According to Farc, “Plastics can be recycled a limited number of times until they become unusable. Plastics can be recycled, but caution must be taken so it doesn’t increase greenhouse gases.”

She emphasizes the importance of reducing the use of single-use plastics and other disposable items as much as possible if we genuinely want to affect climate change.

For a list of items that can be recycled, see MWA’s recycling guide at www.mwatoday.com/waste-recycling/recycling-disposal-guide. Also, visit www.recyclenow.com/how-to-recycle/how-to-reduce-waste for ways you can personally reduce waste. ■



MWA staff separate recyclables like aluminum, plastics, cardboard and glass.

May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

Hepatitis A

- Spread through contaminated food and drink.
- It’s very contagious and you can spread the virus even if you don’t have symptoms.

Hepatitis B

- Spread through contact with an infected person’s blood or other bodily fluids.
- There’s no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

Hepatitis C

- There isn’t a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis

IOWA
Health and
Human Services

Ask your healthcare
provider about hepatitis
vaccines and testing.

Source: cdc.gov 4/25

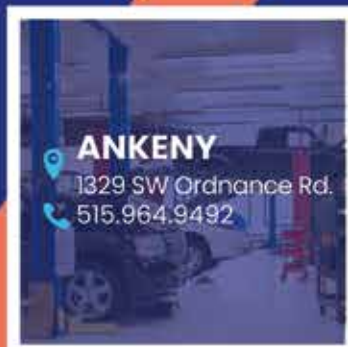
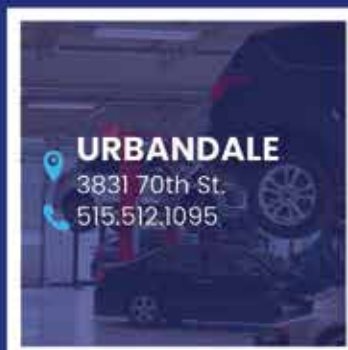


SHADE TREE AUTO

TRANSPARENT, FULL SERVICE
AUTO REPAIR
IN GRIMES, URBANDALE & ANKENY

- CityView's Best Local Auto Shop
- Free Service Loaner
- Free Shuttle Service
- 4 Year 40,000 Mile Warranty
- Jump S.T.A.R.T. Program for Veterans

ASK ABOUT OUR
4/40
WARRANTY



SHADETREEAUTO.BIZ

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT

GET 8 FREE BURGERS
A \$22 value!

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

Butcher's Classic Pack **SAVE 57%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

78237XDS separately \$300.93 **\$129.99**
SPECIAL INTRODUCTORY PRICE

Scan Now To Order

ORDER NOW! **OmahaSteaks.com/ClassicPack7199 | 1.833.897.4133**
Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC

LIBRARY

By Staci Stanton, Programming and Outreach Manager

URBANDALE Public Library news

Interlibrary loan and home delivery

Did you know you can request to borrow an item in your preferred format from another library if it is not in our collection? Items that have been published more than one year ago can

be ordered through ILL for a \$3 service fee to cover postage.

Did you know the library offers home delivery service to Urbandale residents? Any adult patron who is unable to visit the library due to illness, disability or special circumstances and has a library account in good standing is eligible for home delivery. With the addition of volunteers, library materials are now delivered weekly rather than monthly.

You can find more information on these services on our website under the "Borrow" tab.

Urbandale Public Library

3520 86th St., Urbandale

515-278-3945

www.urbandalelibrary.org

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

Friday – Saturday: 9 a.m. to 6 p.m.

Sunday: noon to 6 p.m.

T-shirts

A Raygun site with four T-shirt design options was just launched. A portion of the proceeds will be donated to the UPL Foundation. Visit our website to view the designs and purchase your shirt to show your support of the library.

Adventure Pass

We are excited to share an update on the Adventure Pass. A new ticketing system has been selected, and development of a new website vendor is in progress. The new system is anticipated to launch in late May or early June, just in time for summer break. We will share as soon as the new program is ready and appreciate your patience as we navigate through this process.

Summer kickoff

Are you ready for another fun summer with our reading challenge and programs for all ages? Join us on Thursday, May 29 from 4:30-6:30 p.m. in the Charles Gabus Memorial Tree Park for crafts, bubbles and the ever-popular foam blaster. Enjoy popcorn and sno-cones from the Lions Club and fill your water bottle (or rinse off) at the Des Moines Water Works mobile water station. Special guests include Avengers of the Knight superheroes and real-life superhero and Urbandale Police Officer Ten Haken. The Iowa Wild will also be joining the fun and providing information for their Wild About Reading program. Grab a reading log and calendar so you don't miss out on upcoming events we have in store this summer. The Summer Reading Challenge is open to all ages, and participants who successfully log 15 and 30 days of reading will receive a book prize. Anyone who completes 30 days of reading will be entered in a grand prize drawing. ■

WE'RE HIRING

An opportunity is waiting for you in the Johnston Community School District. Join the Dragon team!

- Full and part-time opportunities
- Competitive pay
- Great benefits
- Year-round or school year schedules

APPLY TODAY!

Available Positions:

- ★ Nutrition Workers
- ★ Custodians
- ★ Bus Drivers*
- ★ Aquatics Workers
- ★ Special Education Associates
- ★ Building Associates
- ★ Bus Associates
- ★ KTC Child Care Providers

The Johnston Community School District is an Equal Opportunity Employer. Scan QR code or apply at johnstoncsd.org/careers

*Bus drivers apply with Student Transportation of America at STACareers.com or call 515-278-8149

MEET Dan Davis

Practically connecting students to the community

Watching his dad teach at the high school he attended in Carroll, Dan Davis got a sense of what it was like to be a teacher. What he observed sparked his desire to be a teacher himself. He toggled between wanting to teach science or math until he had the opportunity during his senior year to tutor several freshmen in algebra.

"I liked it, and I decided to pursue a degree in math education," he recalls. "I also wanted to be a coach, and that fit in nicely with being a teacher."

Dan finished his college degree in December after a fall semester and spent the following spring substitute teaching. His sister lived in Des Moines, so he came down this way to substitute teach in local area schools.

"I had the chance to sub a few times at Urbandale High School," he shares. "I liked that, despite being a large school that is in the top level in the state, it still had a smaller feel to it."

Dan has now been teaching at Urbandale High School for 27 years. He teaches geometry and consumer math.

"My favorite class to teach is consumer math because I'm teaching real world math that the kids will use," Dan says.

He has also had the opportunity to coach over the years, spending 24 years as a girls' cross country coach for teams that saw a lot of success. He also coached track and bowling. Though he no longer coaches, he has many fond memories of those years, including helping coach Lolo Jones at Roosevelt High School in Des Moines prior to joining the Urbandale district.

Next school year, Dan will transition into a new role at Urbandale High School as a work-based learning teacher.

"I'll be teaching kids skills in the classroom that they'll use in the workforce, then send kids out on internships in the community," he shares. "We currently have this program, but we're redesigning it, so, in a way, we're starting from scratch. The difference is the connection with the community by partnering with local businesses. One of the classes will do projects for businesses in the community. The kids will work on the projects, present them to the business owners, and then the owners will decide if they want to use it."

Dan looks forward to seeing increased connections between the school and local businesses and to getting kids out of the classroom so they can learn firsthand from real-world experiences with the businesses they partner with as they go. He says a lot of training and preparation has already happened to make the new class design a reality, and that preparation and development will continue through the summer. The school has established expected partnerships with a few businesses already but look forward to increasing that number before the 2025-2026 school year begins.

"We think we'll see the program build as we go," Dan anticipates. "We feel the students will enjoy the class and tell their friends about it." ■



Next year, Dan Davis will transition into a new role at Urbandale High School as a work-based learning teacher.

Experience senior living
at it's finest



Walnut Ridge | Mill Pond

Independent and assisted living apartments are now available at two of Iowa's finest senior living communities — Walnut Ridge in Clive, Iowa and Mill Pond in Ankeny, Iowa. Start your journey toward a supportive lifestyle in a Presbyterian Homes & Services senior living community, today!

Walnut Ridge



Newly renovated apartments | Refreshed common areas | Updated amenities

For more details, scan the QR code, visit walnut-ridge.seniorliving-phs.com or call 515-457-1111.

Mill Pond



Beautiful grounds | On-site rehab services
Private movie theater

For more details, scan the QR code, visit mill-pond.seniorliving-phs.com or call 515-964-2273.



Senior Apartments | Assisted Living
Memory Care | Long Term Care

Equal housing opportunity. All faiths welcome. © 2025 Presbyterian Homes and Services



**Ann M. Hartz CPA
AND ASSOCIATES**

7109

PAYROLL OR BOOKKEEPING TOO MUCH?

LET US HANDLE IT!

*Schedule your free business
consultation today.*

- ✓ **Small Business Assistance**
Payroll Services, Accounting, and Bookkeeping
- ✓ **Tax Services**
- ✓ **Tax Problem
Resolution**



Ann M. Hartz, 32 years experience





**Ann M. Hartz CPA
AND ASSOCIATES**

CPADesMoines.com

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

EVENTS IN THE AREA

Check for cancellations

Upcoming in Urbandale Living magazine:

Yards: Enjoying the green spaces around your home: Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email tammy@iowalivingmagazines.com with your experiences enjoying the cool feeling of grass beneath your feet.

Urbandale Historical Society events

Second Sunday events, 2 p.m.

Urbandale Public Library, 3520 86th St.

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

- **May 18:** A Tour of Urbandale presented by Pat Finnerty at the library.
- **June 8:** Urbandale Schools by Dr. Doca and Dean Hatch.

Food Drive

May 17, 10 a.m. to 2 p.m.

The American Legion, 6805 Douglas Ave., Urbandale

A food drive is being held by VFW Post 9668 of Urbandale/Johnston, Urbandale American Legion 663, Boy Scout Troops 43 and 98 and Urbandale Food Pantry. There will be curbside drop off. Monetary support is also appreciated. Checks can be made to Urbandale Food Pantry. The greatest need is for personal hygiene items, such as toilet paper, shampoo, laundry detergent, body wash and soap, toothpaste, deodorant, diapers and wipes, and cash. Food needed includes meals in a can, canned fruit, peanut butter, tuna and canned meats, cereal, canned vegetables and pasta sauce.

Urbandale Summer Concert Series

Various dates, 6:30-8 p.m.

Charles Gabus Memorial Tree Park, next to the Urbandale Public Library

Enjoy free, high-quality music in a family-friendly setting. Bring your lawn chair or blanket, and feel free to pack a cooler.

- **Tuesday, May 27:** Jake Doty and the Swensongs
- **Tuesday, June 10:** Major Blues and Mugshots
- **Tuesday, June 24:** Tommy Doggett
- **Sunday, June 29:** Wind and Strings - Flute and Harp Duo
- **Thursday, July 10:** Brass Blast Brass Band
- **Tuesday, July 29:** June Bugs DSM
- **Tuesday, Aug. 26:** River City Opry

Iowa Take Steps Walk for Crohn's and Colitis Foundation

Saturday, June 14, 9 a.m. check in

Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

Enjoy a day at the Blank Park Zoo (admission will be included for all walk participants) while supporting a good cause.

EVENTS IN THE AREA

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

Check for cancellations

DMPA Free Outdoor Family Events

Various dates and parks

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- **May 2-26:** OPTIK, Cowles Commons
- **June 14-17:** Bindlestiff Family Circus, parks across the metro
- **July 21-22:** Dupont Brass, parks across the metro
- **June 11, July 9, Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons
- **June 21, July 12, Aug. 23:** Dancing on Cowles Commons

For more information including times and park locations, visit www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events.

'Light Within Ourselves: Haitian Art in Iowa'

Through Sunday, Sept. 7

Des Moines Art Center, A.H. Blank Gallery, 4700 Grand Ave., Des Moines

This exhibition explores the vibrant diversity of Haitian artwork, featuring paintings, metalwork, sculpture and drapos (beaded and sequined banners). The exhibition is accompanied by a complimentary 16-page gallery guide, featuring colorful artworks, a history of the WCA's Haitian art collection, and a description of the themes and symbols often depicted in Haitian artwork. The gallery guide has been translated into Haitian Kreyòl, the first language of nearly 11 million people worldwide.



Bands, Brews and Bikes

Every Sunday, through October, 1-3 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

Bike, family and pet-friendly, Bands, Brews and Bikes returns to the biergarten this summer. Ride your bike, grab a cold brew and enjoy live music. ■



Concrete Cruizers Charity Car Show

Saturday, May 17

Deery Chevrolet, 6000 E.

University Ave., Pleasant Hill

Registration is from 8-11 a.m. with awards starting at 3 p.m. Cost is \$25 without a T-shirt. The event will include an auction, music, food and goodie bags for the first 100 registrants. For more information, call 515-299-3165 or 515-360-8257.

Only people can **GIVE BLOOD.**
Only people can **SAVE LIVES.**

“I owe a lot of thanks to people that gave blood. You don't know whose life you're saving, but it could be somebody you know.”

-Nathan Levang, who received lifesaving blood after a motorcycle crash



Schedule your lifesaving appointment today
scan | 800.287.4903 | lifeserve.info/schedule

Ankeny | Des Moines | Johnston | Urbandale | West Des Moines
lifeserve.info/centraliowa

Life Saved!

1 ACCIDENT **12** SURGERIES **222** HOSPITAL DAYS

LifeServe
BLOOD CENTER

140
units of
blood



Providing one-on-one care to alleviate your pain and dizziness to get you back to the activities you love.

Physical therapy for those struggling with dizziness, vertigo, lightheadedness, headaches, imbalance and frequent falls.



Schedule your consultation today.



f @ mountainlaurelphysicaltherapy

515-520-8037

Located in Clive

WELLNESS

By Annette Smith

BALANCE problems? It might be your inner ear

Have you ever stood up quickly and felt dizzy? Or turned your head and lost your sense of balance? While these sensations may seem harmless when occasional, frequent dizziness or unsteadiness can be a sign of a vestibular issue — often stemming from the inner ear.



Your vestibular system, housed deep in your inner ear, works with your brain, eyes and body to keep you steady and oriented. When it is not functioning properly, you might feel like the world is spinning (vertigo), experience a floating sensation, or notice that your balance feels “off.” Common causes include inner ear infections, head injuries like concussions, or even age-related changes. Some people also experience symptoms after illnesses or due to conditions like benign paroxysmal positional vertigo (BPPV), vestibular neuritis or Meniere’s disease.

Fortunately, help is available. Vestibular rehabilitation — led by specially trained physical therapists — uses targeted exercises and hands-on techniques to retrain the brain and body to process balance signals correctly. These treatments are non-invasive and highly effective.

If dizziness or imbalance is interfering with your daily life or making you feel anxious or cautious, don’t wait it out. Seek help from a vestibular-trained physical therapist to regain your confidence and stability. You don’t have to live with dizziness. ■

Information provided by Annette Smith, Mountain Laurel Physical Therapy, 10888 Hickman Road, Suite 2B, Clive, Iowa, 50325, 515-520-8037, mountainlaurelpt.com.

PLAN AHEAD

By Dave Cortner

WHAT IS a circle of protection?

So many times we deal with families that indicate their loved one had “everything taken care of” only to find out that everything was not taken care of. Maybe the loved one had their cemetery arrangements handled in advance but had never visited with the funeral home. Or, maybe they had talked with a funeral home but never decided on a cemetery.



What we know is that this can leave a family with an unexpected burden and/or unexpected expenses at what can otherwise be a very emotional and stressful time.

Complete arrangements often involve the selection of services and merchandise from two separate entities: the cemetery and the funeral home. A funeral home and cemetery can help you with completing this “circle of protection” so you can protect your family from having to make these decisions when they are grieving.

It truly is the difference between the question, “What would Dad have wanted?” and the confident statement, “This is what Dad wanted.” Do your family a favor and start the conversation today. Reach out to your cemetery and funeral home of choice. You will be glad you did, and it will be a gift for your family. ■

Information provided by Dave Cortner, Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681

PLAN AHEAD FOR

PEACE of MIND

One of our five Advanced Planning consultants will take you every step of the process to lessen the emotional stress when the need arises.



Scott Eriksen



Dave Cortner



Kathy Dunbar



Robert Christensen



Sarah Masteller

Contact Hamilton’s to start your plan.

www.HamiltonsFuneralHome.com 515-243-5221



HAMILTON’S
FUNERAL & AFTER LIFE SERVICES

6 Area Locations • Funerals • Cremation • Advanced Planning
Academy of Grief & Loss • Pet Services • Memorial Gift Shop

ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■



Asian ground turkey bowl

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

Directions


- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.


- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.





Get an extra
25¢/gal
cash back

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



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

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

AMP

CONSTRUCTION



CONCRETE PROFESSIONALS

MAKING YOUR IDEAS COME TO LIFE




GET 5% OFF!

- Concrete Tear Out & Replacement
- Decorative Concrete
- Concrete Driveways
- Concrete Patios
- Joint & Crack Sealing

20+ Years of Concrete Experience!

MIKE PARDUBSKY
515-321-2469 | ampconland@gmail.com



CHAMBER BASH

Urbandale Chamber of Commerce
BASH was held April 8 at Primerica
Financial, 3220 100th St., Urbandale.



Jayne Armstrong and Minerva Cord



Sean Gilliland and Zach Bouslog



Rafael Verduzco, Kayli Mernka and Elisa Bryant



Alec Cashman and Debborah Harp



Bridget Zeman, Julie Deutmeyer and Paige Wilson



Norm and Janet Trentmann



Adam Lenze and Jayden Moore



Peter Stockdale and Mackenzie Scacci



Steve Ames and Ethan Montag



Andy Negrete and Laura Chavez



Phil Fisher and Michael Olson

OUT & ABOUT



Reonna Snyder, Deborah Harp and Sara Fuller



Becca Tunink and Aaron Anderson



Justin Landolt and Jacob Reis



Logan Floyd and Louie Currier



Elisa Bryan and Lisa Hollis-Keene



Mistene Nugent and Ringo Kienitz



Ron and Meg Knapper



Andrew and Evie Neller



Rafael Verduzco and Sean Odeen



Kyle Lee and Ray Main



Elisabeth Thornton and Chad Cardani-Trollinger



Adriana Meyer and Riley McLaughlin

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

WANT TO BUY

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

ADOPTION

Adoption. Young Christian couple eagerly awaits newborn. Offers a safe, loving home in the country on a farm with animals. Friendly neighbors. Excited grandparents, aunts and uncles. Contact attorney: (319)338-7968. (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

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

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

CABLE/INTERNET

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

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

FINANCIAL

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)

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

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE!

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

HOME SERVICES

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

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4410. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1480. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-462-2330. (mcn)

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

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-787-0248 (mcn)

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

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-833-641-6779. (mcn)

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

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

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many

options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

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

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

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

REAL ESTATE

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

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-833-641-6646. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-833-641-7028. (mcn)

AUTOS/MISC

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

HEALTH/MISC.

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$119.00! Shipped discreetly to your home. 100% guaranteed. 24/7 CALL NOW! 800-709-3080 (ACP)

MISCELLANEOUS

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

SunSetter. America's number one awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-914-1148 (ACP)

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

Inflation is at 40 year highs. Interest rates are way up. Credit cards. Medical bills. Car loans. Do you have \$10k or more in debt? Call National Debt Relief and find out how to pay off your debt for significantly less than what you owe! Free quote: Call 1-844-955-4930 (ACP)

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

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home.

Call AmeriGlide today! 1-833-399-3595 (ACP)

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

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 6/30/25. 1-844-501-3208 (ACP)

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

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

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

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

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

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

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

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

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

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

SERVICE DIRECTORY

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-887-0117. Have zip code of service location ready when you call! (ACP)

HELPING FAMILIES GROW!

We treat
your
family like
our own!



**Only trust your family
with THE BEST!**

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



Waggoner Pediatrics of Central Iowa

Schedule your child's appointment today! (515) 987-0051
2555 Berkshire Pkwy, Suite A, Clive • waggonerpediatrics.org



PREOWNED VEHICLES WITH THE QUALITY YOU EXPECT.



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

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



Together
let's drive™

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