

URBANDALE

JUNE 2025

# Living

MAGAZINE

## Cheers to 70 Years

**Urbandale Fourth  
of July celebrates  
milestone July 2-4**

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WELCOME

## AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the one we write about in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. National Balloon Classic in Indianola. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is how to throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and thanks for reading. ■

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# Cheers to 70 Years

**Urbandale Fourth  
of July celebrates  
milestone July 2-4**

Urbandale's Fourth of July  
Celebration culminates  
with a fireworks show.

## **By Joe Baumgarten**

If you have ever attended the Fourth of July celebration in Urbandale, your biggest complaints were probably the traffic getting home after the fireworks show or finding a good spot for the parade. Making every celebration run without a hitch — or with a bang, depending on the event — is the passionate job of a team of 21 volunteers meeting at least once a month for a full year. Riley Schneekloth and Tim Mueller are two of those volunteers.



## FEATURE

"Our goal each year is to keep the cherished traditions but also to expand the celebration in some fun ways," Mueller, the committee's president, says.

"We want to bring the community together," Schneekloth adds.

According to the event's webpage (<https://urbandale4thofjuly.org>), the Urbandale Fourth of July celebration, July 2-4, is the largest in the Des Moines metro area. The organizers don't know how many people attend, but the event draws people from well beyond the Urbandale city limits. This year, however, the Urbandale Police Department will launch a drone to take pictures and estimate the size of the crowd.

"There's no party like an Urbandale Fourth of July party," Mueller says.

### Perennial favorites

Perennial favorites of the festivities include the 2-mile-long parade, the carnival, the Entertainment/Beverage Garden and fireworks show.

• **The parade is on July 4 and begins at 10 a.m.** at the Old City Hall on 70th Street north to Aurora Avenue finishing at 82nd and Aurora.



The Fourth of July Committee members volunteer their time to organize and carry out the celebration.

"People get out there four days early and stake out their favorite spot with blankets, chairs, even masking tape," Mueller says, jokingly adding, "We're not as big as the Macy's Thanksgiving Parade, but it's only a matter of time."

For the first time this year, WHO TV13

is providing live coverage of the parade. It will be broadcast on their app, which can be downloaded for free from the Google or Apple store.

• **The carnival will be held each of the three days of the celebration.** On July 2 and July 3, hours will be 4-11 p.m. On the Fourth

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The carnival is among the highlights of the Fourth of July.

of July, hours are noon to 11 p.m. Advance ride tickets can be purchased through July 2 at noon and are available at Urbandale Hy-Vee and Urbandale Medicap Pharmacy. Advance ride ticket pricing is 25 tickets for \$20. Starting July 2, you can purchase ride tickets at the carnival at the regular price of \$1 each. It takes three tickets for kids rides, four tickets for regular rides, and five tickets for super rides. On July 2 and July 3, wristbands will be sold at the carnival from 4-10 p.m. for \$30 for unlimited rides the evening of purchase.

• **The Entertainment/Beverage Garden is open July 2 and July 3,** featuring a DJ and live entertainment. The garden is open to all ages to enjoy the entertainment. Must be 21 or older to purchase alcohol.

Schneekloth is in charge of the “Bands and Beers” committee and says festival goers will have the chance to see three bands this year. Kick will play the evening of July 2, The Final Mix Show Band will play July 3, and the West Des Moines School of Rock and the Urbandale Community Band will wrap things up on the Fourth.

• **Urbandale’s Fourth of July Celebration highlights the end of the three-day event with a fireworks show.** The fireworks will be shot from the Walker Johnston Park. There’s nothing better than spending a warm summer night watching fireworks as we celebrate America’s Independence Day. Fireworks start at 10 p.m. The rain date for fireworks is July 5 at 10 p.m.

## Kids activities

“We are really expanding the events for kids this year,” Mueller says.

Many free activities are planned for July 2 and 3 at Lions Park. Hours are 4-7 p.m. July 2 and 5-8 p.m. on July 3.

There will be face painting, temporary tattoos, a petting zoo, Iowa Wild street hockey, arts and crafts and more. The rides and vendor food at the carnival are always big hits. The kids can also participate in the Chuck Silvey Kid’s Mile and Gary Page Tot Trot where they can show off



Businesses, organizations, nonprofits and more will have entries in the parade.

their running skills with the chance to earn medals and prizes.

In addition, the city is tentatively planning to have the splash pad open on July 2-4. The splash pad will turn off at 6 p.m.

## Games, run and tournaments

“We have a lot of great adult events as well,” Schneekloth adds.

Besides the ever-popular entertainment/beverage garden, attendees



## FEATURE

can enjoy a 5K run, cribbage tournament, bags tournament and bingo.

Since 1966, the William Courtney 5K Fun Run has been allowing runners the unique opportunity to race through the heart of Urbandale. This timed race starts at 7:30 a.m. on 86th Street in front of the library and takes runners through a tour of the community's bike paths, ending along the path behind the library. The race is followed up by the Chuck Silvey Kid's Mile and Gary Page Tot Trot where kids can show off their running skills with the chance to earn medals and prizes. Registration is online at <https://urbandale4thofjuly.org/information/>.

The bags tournament will be held July 4, at 5 p.m. at the Lions Park Tennis Courts. Register online at <https://urbandale4thofjuly.org/bags-tournament-entry/>.

The Lions Club will again host its Bingo Tent July 2 and 3 from 4-10 p.m. and July 4 from noon to 9 p.m.

The Bob Dabrieo Memorial Cribbage Tournament returns on July 4 with registration at noon at the Senior Citizen Recreation Center. The tournament starts at 1 p.m.

### And finally...

One of the cherished traditions is the annual button fundraiser. Each year since 1982, the committee has designed a new button. Each button is \$5 and enters one in the raffle for prizes. This year, area businesses have donated more than 75 prizes, ranging from gift cards to hotel stays.

"Many people actually collect the buttons from year to year," Mueller says.

Given that this year is the 70th Anniversary of the event, the committee has chosen "Cheers to 70 Years" as the new button design.

The Police Command Post will be located at the Lions Park Shelter House if assistance is needed. Visit during the celebration for lost and found or information regarding a lost child. For after-hours requests, contact the non-emergency number at 515-222-3321.

Despite all the planning that goes into the celebration, the one thing that Mueller's committees are not in control of is the weather.

"We've been really lucky over the last few years. We had a short storm last year, but people showed up in droves once it cleared up," he says.

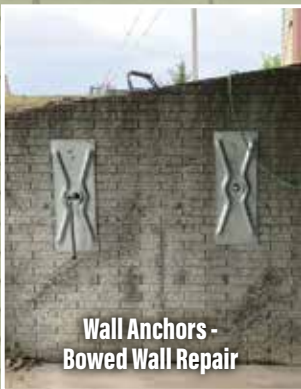


The 2025 Fourth of July button celebrates the 70th anniversary of the event.

All activities are held rain or shine, except in the case of a severe weather event. Live updates will be available on the Urbandale Fourth of July Facebook page.

For a complete schedule of all events, see either the event website at <https://urbandale4thofjuly.org/> or the Facebook page, [www.facebook.com/urbandale4thofjuly](https://www.facebook.com/urbandale4thofjuly). ■

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# HELP ensure continued independence as you age

Sandra, 68, is committed to aging in place. She's active, eats a balanced diet, and enjoys good health. But her son and daughter, both living out of state, can't help but worry.

What if something

changes — and she suddenly needs care?

Their concern is valid. Staying at home as we grow older can be a fulfilling choice, but it isn't always the most practical. Health conditions can develop, and the cost of in-home assistance can become overwhelming.

So, what are the options if moving into a community isn't the right fit — but planning for potential health needs is still top of mind?

One increasingly popular solution is



a Continuing Care at Home (CC@H) membership. Typically offered by organizations that specialize in aging services, CC@H programs are designed to help older adults remain in their homes longer, with a strong focus on proactive health and financial planning for future care.

If you're considering a CC@H membership — for yourself or a loved one — be sure to ask the right questions:

Does the program offer personalized well-being support? A good program should provide guidance such as wellness coaching to help you stay independent and thrive. Research shows people achieve better outcomes with the support of a dedicated advocate.

Are future care costs covered? Quality programs help pay for services you may

need later, whether it's home health care or a transition to a senior living community.

Who's behind the program? Look into the organization offering it. Do they have a strong track record in the aging services space? Longevity and a solid reputation matter — they're signs the program will be there when you need it.

The bottom line: Not all CC@H programs are alike. Choose one that fits your current lifestyle and supports your future — while offering peace of mind for you and your family. ■

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](http://wesleylife.org/wellahead).

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# URBANDALE COUNCIL RECAP



## May 20, 2025 – Council Meeting

At the start of the meeting, the Mayor signed a proclamation spotlighting National Public Works Week and recognizing the vital role of Urbandale's public works professionals.

A public hearing was held for the draft Urbandale Downtown Master Plan. The plan outlines eight major recommendations to revitalize the eastern Douglas Avenue corridor by making it more pedestrian-friendly, encouraging mixed-use development, and improving stormwater infrastructure. Notable proposals include converting Douglas to a three-lane road, targeting redevelopment at

key intersections like 70th and 67th Streets, and integrating public green spaces. The project reflects the goals outlined in the Comprehensive Plan, the Sustainable Urbandale Action Plan, and the Strategic Plan. The plan will return for Council consideration on Tuesday, June 17.

The Council also approved bids for the Aurora Avenue and 70th Street project. This project aims to enhance safety by converting four-lane roads to three-lanes, reducing speed limits, and modifying street parking near intersections.

The Council approved intergovernmental agreements with Clive to expand shared fire and EMS services, unify equipment maintenance, and exchange apparatus, showcasing a model of regional collaboration and cost efficiency.

Additionally, the City Council voted to acquire property at 4786 86th Street for a potential new Fire Station 41, based on study findings that the relocation would enhance service coverage and emergency response times.

## May 5, 2025 - Council Meeting

The Mayor and City Council met on Monday, May 5, and four proclamations were read recognizing May as National Police Week, Asian-Pacific American Heritage Month, Building Safety Month, and Bike Month.

Public hearings were set for a voluntary annexation request from Des Moines Christian School, shelter and restroom improvements, and the upcoming Downtown Master Plan. The Council also approved a new economic analysis for the Merle Hay Reinvestment District and staff shared details about the City's progress in applying to become an Iowa Thriving Community.

## Newsletter Sign-Up



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

[www.urbandale.org/news](http://www.urbandale.org/news)

*This is a custom publication from the City of Urbandale. The Council Recap is not the official minutes of the Council meeting, it's an easy-to-read and easy-to-understand digest of the Council Meetings specifically designed for residents.*

*You can watch all the City Council meetings on YouTube and download Council agendas on the City's website.*

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## SLOW to anger

I sat at the red light waiting to turn left onto a one-way street, and the person in the car behind me went ballistic, honking their horn, making hand gestures for me to proceed. I wasn't convinced that it was legal for me to make that turn (although it was) so I waited until the light was green to go.

The upset driver behind me became unhinged, tailgated me briefly, then pulled up beside me and verbally assaulted me before speeding off angrily.

Fortunately, the good Lord gave me reasonable restraint so that I resisted my natural inclination to respond in like kind to this outrageous behavior.

While it's easy for me to be critical of another person's "over the top" anger, the incident stirred within me a realization of an increased proliferation of and proclivity towards hostile overreaction on the part of many individuals in our world.

Social media posts, news reports and unacceptable behavior on the part of others seem to spark frustration, fuel outrage and stimulate seething quite easily these days. When high profile criminals aren't held accountable, price hikes continue, children disobey their parents, the store clerk can't answer our question, or our neighbors don't clean up their dog's messes, we find ourselves immediately angry and vent our frustration hastily.

Christ followers are commanded to do better. In speaking to "my beloved brethren"—spiritual siblings by virtue of their personal faith in Christ's death and resurrection to secure their pardon and prevent God's eternal condemnation — James commanded, "But let everyone be... slow to anger..." (James 1:19). James didn't say that God's children never get angry, but that we are not to do so quickly.

The reason James gave for being slow to anger is because "the anger of man does not produce the righteousness of God" (James 1:20) either in the person who is angry or the one with whom they are upset. God's righteousness here is upright conduct consistent with the morally upright character of those who are God's children through faith in Christ (Ephesians 5:1-2; 2 Corinthians 5:21).

"The Lord is...slow to anger" (Psalm 103:8) and His children should be, too. When our response to an unmet expectation, unwanted interruption, or unpleasant situation is immediate hostility, it hampers our progress towards Christ-like maturity.

Slowness to anger begins by realizing that evil jealousy, insecurity and inability to control others or outcomes often fuel our fury. Repenting and relying upon the Lord deprives our fury of the oxygen it needs to burn.

Being slow to anger promotes our spiritual maturity and is one way "Christ...is exalted in our body" (Philippians 1:20). ■



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



# PROUD to be home

## Why Nyberg chose Urbandale

Angelina Nyberg and her fiancé have lived in Urbandale for a couple of years now, but her grandmother and grandfather, Arlene and Roger, a local chiropractor, lived in town her entire life.

“We’ve always lived in Des Moines on the north side or south side, but my fiancé and I wanted to live closer to my grandma,” Nyberg shares. “We finally found our apartment that we moved to two years ago, and we’ve loved every bit of it.”

Renting in Urbandale has been a “huge blessing” in Nyberg’s life.

“We do plan to buy our future home in Urbandale,” she says. “Once you go Urbandale, you’ll never go back.”

One of the things she likes about where she currently lives is the management at Urbangreen Apartments.

“They are always nice, understanding and all-around great people,” Nyberg says. “I’ve always highly recommend moving to any of their apartment communities to anyone.”

Another thing that stood out to Nyberg when she was choosing Urbandale was the dog park.



One aspect of Urbandale that Angelina Nyberg especially appreciates is the dog park.



Angelina Nyberg and her grandmother visit the grave of her grandfather. Her visits with her grandparents grew her fondness for Urbandale.

“Urbandale takes pride in making sure all pet owners are responsible, and they prove that with making sure dog parks require all vaccines,” she says. “Urbandale makes sure to make everything beautiful and enjoyable for everyone.”

Growing up with grandparents in Urbandale, Nyberg felt the community was welcoming and inviting.

“Community events are always welcoming, making sure there is something to do for everyone,” she says. “I’ve never had a bad time or been disappointed.”

Both Nyberg’s grandfather and grandmother were part of the Rotary Club of Northwest Des Moines, the American Legion, and several car show clubs in the area. Now, Nyberg herself plans to start looking into joining one of the many organizations and clubs in Urbandale.

“I will always and forever highly recommend moving to Urbandale to anyone wanting a change,” she says. “My family and I want to extend our biggest thanks to the Urbandale Police Department, Fire Department, EMS and more.” ■

# THE ABLE Act helps parents plan for a disabled child's future

Planning for a disabled child's future care is challenging for parents. Whether the children are minors or adults, family members often have to balance putting money aside for their children's future while maintaining much-needed government benefits.



To be eligible for programs such as Medicaid and Supplemental Security Income (SSI), an applicant must have less than \$2,000 in countable resources. Not only are there limits to assets, many government programs have income restrictions as well. For example, if an applicant has too much monthly income, it can negate Medicaid eligibility.

The maximum monthly amount of SSI paid to a disabled beneficiary is \$967 in 2025. It can be difficult to locate safe and secure housing with this income; however, if

family and friends contribute to basic living expenses — such as rent — it can be considered “in-kind” support and reduce monthly benefit. Luckily, there is an option.

The Achieving a Better Life Experience (ABLE) Act of 2014 created a way for disabled individuals and their families to save money for expenses relating to the disability. This is a client-directed account, established through the Iowa Treasurer's portal, which can be used by the beneficiary to supplement basic needs.

An ABLE account can only hold cash assets, such as paychecks or monetary gifts from family. While there are limits to the yearly amount of money contributed to the account, an individual can accrue up to \$100,000 without losing benefits.

Money from an ABLE account can be used to pay for education, transportation, health services and employment-related expenses. Additionally, unlike some Medicaid trusts, funds from an ABLE account can be used for

housing and basic living expenses. The disabled individual is also allowed to have direct access to the money.

Currently, to be eligible for an ABLE account, an individual must be disabled, and the disability occurred before the age of 26. However, recent adjustments to the law will raise the age limit to individuals found disabled up to 46 years old. The new law goes into effect Jan. 1, 2026.

ABLE accounts can be used in conjunction with other Medicaid trusts. They are a useful tool that assists disabled children and adults in planning for their future. If you have questions about how an ABLE account can complement your estate planning, contact an attorney who specializes in estate planning for individuals with disabilities. ■

Information provided by Gail Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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## ENJOY the season while staying on track

This time of year brings me to the outside and spending more time in my garden. Summer brings longer days, warmer weather and opportunities to enjoy the freedom that retirement offers. Whether it is traveling, spending time with family, or simply relaxing at home, the season invites us to embrace a slower pace and savor the moment. But, just like any season, summer also has its own financial considerations. As a financial advisor working with retirees, I've seen how planning ahead can make this season both enjoyable and financially secure.



Here are a few key financial tips to help retirees make the most of summer — without putting long-term goals at risk.

**1. Adjust your spending plan for the season.** Summer often brings a shift in spending. You may travel more, host family gatherings, or take on home improvement projects. These extra costs can add up quickly. Review your monthly budget and ensure that any added expenses still align with your overall retirement income strategy — whether it's from Social Security, pensions or retirement account withdrawals. Planning ahead helps you enjoy summer guilt-free and reduces the chance of overspending.

**2. Travel smart and save.** One of the great perks of retirement is the flexibility to travel during off-peak times. You can take advantage of midweek or last-minute deals and avoid the crowds. Don't forget to use any rewards points or senior discounts and be sure to budget for expenses like travel insurance, medical care abroad or currency exchange fees. Planning your trip around your financial comfort zone keeps vacations more enjoyable and stress-free.

**3. Stay on top of required minimum distributions (RMDs).** If you're 73 or older, you're required to take annual distributions from traditional IRAs or 401(k)s. Summer is a good time to check how much you've taken out so far and whether taxes are being withheld properly. Waiting until year-end to take your full RMD can increase the risk of missing the deadline and facing a penalty. Spreading it out over the year may be easier to manage and better for your tax planning.

**4. Prioritize health and wellness.** Summer heat and increased activity can impact your health and your finances. Make sure your Medicare coverage is current and understand what your plan includes if you're traveling. Schedule those checkups now and consider setting aside funds for unexpected health needs. Staying proactive about health is not just good for your body — it's good for your budget, too.

**5. Review your financial plan.** With the year halfway over, take time to revisit your retirement strategy. Are you on track with your goals? Do you need to rebalance your investments, update your estate plan or reassess your income needs? Summer can be a quieter time to organize your finances and hold important family conversations about legacy planning or end-of-life wishes.

Retirement is about enjoying the life you've worked hard to build. A bit of planning ensures summer is filled with joy, not financial stress. This would be a good time to reach out to a financial advisor to talk about summer plans and yearly goals. ■

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.

## June is the Perfect Time to Plan Ahead.

As the days get longer, take a moment to look beyond the beach—and toward your financial future. Our experienced financial advisors are here to help.

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## Polk County Invests in Affordable Housing Initiatives & Homeless Shelter

Polk County Board of Supervisors distributing more than \$44 million on Affordable Housing initiatives & investing in critical infrastructure repairs at Central Iowa Shelter & Services' downtown Des Moines Homeless Shelter. Below are some initiatives Polk County has invested in using one-time federal funding.

### Monarch Apartments (4845 Merle Hay Rd, Des Moines)



Anawim Housing converted a former hotel into permanent housing for those experiencing homelessness & offering wrap-around services

42 total housing units

**Polk County's commitment: \$1 million**

### Goldfinch Lofts (3404 Ingersoll Ave, Des Moines)



Cutler Development's Goldfinch Lofts will be the first in the country that is carbon neutral certified and Iowa's first Passive House certified (for extremely high-efficient operational systems).

28 total housing units

**Polk County's commitment: \$1 million**

### Central Iowa Shelter & Services' Downtown Des Moines Homeless Shelter (1420 Mulberry St, Des Moines)



Supporting critical repairs including HVAC, plumbing, electrical, kitchen repairs, and security upgrades

**Polk County's commitment: \$817,333.93**

"Access to affordable housing is one of the single most important issues facing this country," said Board Chair Matt McCoy. "Polk County is fortunate to have this one-time federal funds to invest in affordable housing initiatives and those experiencing homelessness, because wherever you're at in life, everyone deserves to have a roof over your head."

- Matt McCoy







# Community Highlights

## Anawim Supportive Hotel-to-Housing Initiative Launches in Des Moines

Polk County Supervisors Matt McCoy and Angela Connolly joined other community leaders to celebrate the grand opening of The Monarch Apartments, the latest achievement in supportive housing spearheaded by Anawim Housing. This innovative hotel-to-housing conversion aims to offer stable, long-term accommodation to 40 individuals who are currently experiencing homelessness. By leveraging funds from the American Rescue Plan Act (ARPA), Polk County has played a pivotal role in bringing this project to fruition. These efforts not only provide residents with much-needed housing but also offer a pathway toward enhanced independence and overall well-being.



## Polk County and Ankeny Inaugurate Fourmile Creek Wetland Project

The Fourmile Creek Watershed Management Authority proudly dedicated the Creekview Stormwater Wetland, a landmark collaborative initiative between Polk County and the City of Ankeny. This ambitious project introduces a vast stormwater wetland meticulously crafted to manage urban runoff from approximately 423 acres of pre-regulation developments. Spanning 15 acres, the wetland incorporates key design features, including a precisely sized forebay, intricate micro-topography, and an innovative stream diversion structure. The dedication ceremony offered attendees a unique perspective with a hayrack ride tour, providing an up-close look at the transformational new wetland.



## Open House Held for Center at Sixth Development

Polk County Board Chair Matt McCoy had the honor of speaking at the unveiling of the Center at Sixth Development, located along the vibrant 6th Ave. corridor in Des Moines. Proudly backed by Polk County's funding, this unique development aims to empower local minority entrepreneurs. The 9,000-square-foot space will blend innovation and community by offering live/work units alongside a dynamic mixed-use incubator tailored for local artists, chefs, and retailers. This groundbreaking project is poised to serve as a catalyst for revitalizing Des Moines' 6th Avenue corridor, fostering growth and opportunity in the area.



## Polk County Gifts Adaptive Bikes to Ankeny Schools

Polk County Supervisor Mark Holm proudly awarded a Polk County Community Betterment Grant to Ankeny High School, marking a significant step towards inclusivity. The grant will fund the introduction of adaptive bikes, designed to empower students who are wheelchair-bound or have other special needs, enabling their active participation in school activities. This initiative underscores a commitment to ensuring accessibility and inclusivity for all students, fostering a more supportive and engaging educational environment.



## Character Counts Expansion Supported by Community Funding

Polk County Supervisors are thrilled to back the expansion of the Character Counts initiative, made achievable through generous grants and support from local organizations such as Prairie Meadows and Polk County. This expansion aims to extend the program's influence, reaching more than 30% of classrooms statewide. The program offers early childhood kits centered around the six pillars of character, provided at no cost to classrooms. These kits include comprehensive lesson plans, family guides, music, and posters. Educators can benefit from on-site training at the Robert D. and Billie Ray Center at Drake University or participate in convenient webinars, ensuring impactful and widespread character education.





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## COMMUNITY

By Darren Tromblay

# KOLLMORGEN Legacy Society established

Endow Urbandale provides funds for charitable projects.

Marilyn Kollmorgen would be proud.

The longtime Urbandale resident, who was often referred to as “Ms. Urbandale” before her passing in 2022, is being honored with the establishment of the Kollmorgen Legacy Society.

Kollmorgen, who served on the Urbandale School Board, the Urbandale City Council, and many other boards, was a primary force in the creation of Endow Urbandale, which was established in 2001 by a group of Urbandale citizens to facilitate charitable giving in the community.

And give they have.

“To date, we have given 85 grants totaling more than \$250,000,” says board member and attorney Steve Lytle. “And, because it is an endowment fund, everything that goes in, stays in.”

The interest earned is used to fund projects.

Lytle was a long-time friend of Kollmorgen, having lived in Urbandale for 45 years and raised his family here.

“I knew Marilyn very well,” he says.

“She was passionate and persistent about all things Urbandale. One of her most passionate dreams was to create an Urbandale-specific community endowment fund, and I was a young lawyer when she recruited me to ‘just help with some paperwork.’”

Lytle and Kollmorgen then began meeting with the CEO of the Community Foundation of Greater Des Moines, and, in 2001, with an initial board of Urbandale citizens, created the Urbandale General Community Endowment Fund. Urbandale was the first suburban community to establish an endowment under the auspices of the Community Foundation of Greater Des Moines.

Thus far, Endow Urbandale has provided grants for the initial funding for the Make a Connection summer program for at-risk children; the expansion of the Urbandale Food Pantry, which included the purchase of a walk-in food freezer and trailer to support food donation; Urbandale Historical Society Urban house repairs; Miracle League equipment and uniforms; an all-inclusive playground construction; Make-A-Difference teacher grants; winter coats for Urbandale school children in need; Veterans Christmas baskets; Police Department outreach programs and many more.

“Marilyn would be so proud to learn that her dream has now resulted in an endowment of over half a million dollars and has permitted Endow Urbandale to make 85 charitable and civic grants totaling over a quarter of a million dollars,” Lytle says. “She would be humbled to know that we have chosen to name our Legacy Society in her name and excited to know that Legacy Society gifts will help to continue to grow the fund to ever-increasing amounts, all to the benefit of Urbandale and its citizens.” ■



Endow Urbandale has helped provide grants for the initial funding of many Urbandale projects, including an all-inclusive playground.



# STEIER and team a hit at Cubs games

Volunteers make St. Pius concession stand a success.

Slinging bags of peanuts, expertly constructing a Chicago Dog, and handing someone an ice-cold beer on a sultry night doesn't sound too much like work. Perhaps that is why Paul Steier rarely has trouble rounding up a team of people to work the St. Pius concession stand at the Iowa Cubs home games.

He gets volunteers from the church's Holy Name Men's Society. Sometimes their spouses and kids join in as well.

"Many members work several games throughout the season since they enjoy it so much," Steier says.

"I coordinate working concessions at the Iowa Cubs baseball games," he says. "This consists of determining which games are available to work and in what locations within the ballpark. I then solicit volunteers from the Holy Name members and make sure we have enough people to work the specific games. From there, it's getting to the ballpark and going to work."

He explains that many responsibilities must be handled before customers enter the ballpark.

"Conducting inventory is an important part of preparation and takes time to complete. From there, it's cooking hot dogs and brats, preparing beverages, making popcorn, and making sure all the supplies and condiments are ready.

"Once customers enter the ballpark, we might be working non-stop for a couple of hours, which makes the time go by fast but is tiring for the workers," Steier continues. "Concession stands are in a variety of sizes and offer a variety of items. The smaller stands can be slow at times, making for a long game."

When asked what inspired him to take over the program, Steier says, "I enjoy meeting Holy Name members and interacting with them outside of normal parish-related events. Since my day job normally consists of sitting behind a computer and talking with people virtually, this is a fun way to talk with people in-person in a relaxing and exciting atmosphere. It also allows me to give back to the community and provides a sense of accomplishment that we are doing something good for our friends and neighbors."

Is it really worth the effort? On a good night, he says his crew can raise several hundred dollars in fees and tips. The Holy Name Society uses the money raised to support various activities and projects taking place at the St. Pius X Parish and throughout the community.

"This support is critical for the St. Pius X Parish to accomplish their mission of maintaining quality services and facilities for the parish and community," Steier says.

Of course, not every game is a money-maker. It often depends on the size of the crowd and the position of the concession stand, he says.

"The worst night, we only sold two beers; that was it. Fortunately, we were near the bleachers on the first base side so we could watch the game."

In contrast to that night, he says that working the two Savannah Bananas games was a huge success, not to mention a lot of fun.

"The atmosphere around the packed ballpark was pure joy, with people traveling from all over the Midwest to see the game. The costumes worn by both the players and fans were so much fun to see. We didn't get to see much of the game because we were so busy working. I hope they come back again." ■



Ryan Mehalovich of Edward Jones presents Paul Steier with the Neighbor Spotlight certificate.


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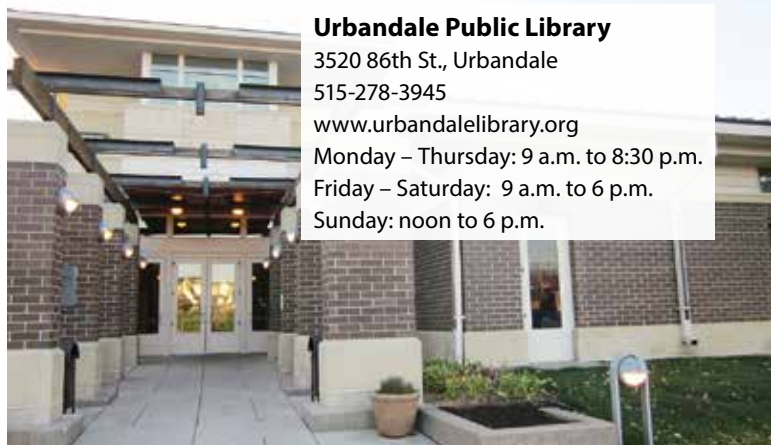
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## LIBRARY

By Staci Stanton, Programming and Outreach Manager

## SUMMER Reading: Level Up at Your Library



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515-278-3945

[www.urbandalelibrary.org](http://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.

Summer is in full swing and we have some great programs in store for all ages. Hands-on Play is every Monday afternoon from 2:30-4 p.m. This drop-in event is recommended for ages 1-7 with a focus on tactile activities. Afternoon Fun is held on Tuesdays from 3-4 p.m. for ages 5 and older, with a different theme each week — LEGO, crafts, STEM and board games. Wednesday mornings are for Music & Movement with two sessions at 9:30 a.m. and 10:30 a.m. for ages 2-7.

Creativity Quest on Thursdays from 10-11:30 a.m. is a chance for youth age 5-12 to experiment with STEAM activities. We will also offer Storytime in the Parks on Tuesday mornings at 10 a.m. and Thursday evenings at 6 p.m. Find us at a different park each week and pick up a passport to see how many parks you can visit this summer. Siblings are welcome to attend any of these events, and all children younger than 10 must be supervised by an adult.

In addition to our regular weekly events, we'll have special guests and performers throughout the summer. Our featured performers for June include one-woman Cirque du Soleil Laura Ernst on Friday, June 13 at 10 a.m. and a special magic show with Mikayla Oz on Friday, June 20, at 10 a.m. We'll finish the month with a special storytime extravaganza featuring the Blue Zoo and special guest (a pirate!) on Saturday, June 28, at 10:30 a.m.

### Planning Your Fall Garden

While we're enjoying the sunshine and heat of the summer, gardeners know to always stay a step ahead in their planning. Join us on Tuesday, July 1, at 6 p.m. with Shelby Antelman from Iowa Family Gardens to get a start on your fall garden.

### New library website

The library recently migrated to a new website with improved features for functionality and user experience. The change provides staff with the capability to make updates, providing a more responsive website.

### Adventure Pass update

The new ticketing system for the Adventure Pass is live, just in time for summer. Find more information under the "Discover" tab on our website. ■

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## 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](mailto:tammy@iowalivingmagazines.com) with your experiences enjoying the cool feeling of grass beneath your feet.

**RV Camping:** Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.



## NEWS BRIEF

### URBANDALE Food Pantry serves more than 2,000 families in first month at new facility

The Urbandale Food Pantry's new facility, which opened on April 1, has already made a significant impact in the community. In its first month, the pantry served more than 2,000 families and welcomed more than 5,000 visits to its new Anytime Room, which redistributes rescued food from local grocery stores and partners.

"We designed our new space to be more than just a pantry," Patty Sneddon-Kisting, CEO of the Urbandale Food Pantry, says. "It's about reimagining food support and creating a space where people feel valued and empowered — not just served."

One guest shared, "I never thought I'd need a food pantry, but coming here didn't feel like asking for help." Comments like these reflect the Pantry's mission to offer not just food, but dignity and hope. "They serve as a powerful reminder why this space matters," Sneddon-Kisting says.

As part of its mission, the pantry is expanding its role as a community hub. Its partnership with Project Iowa brings career support and workforce development directly into the facility, and, starting this month, Broadlawns WIC (Women, Infants & Children) will provide on-site health and nutrition services to young families.

While the new space is already having a measurable impact, the pantry's Nourishing Our Community Capital Campaign is still underway. Community donations are crucial to ensuring the continued success and sustainability of expanded services.

"We've made meaningful progress, but our work is far from complete," Sneddon-Kisting says. "This space was built with the community's support, and every contribution ensures that we can continue meeting the needs of families now and in the future."

To learn more or to contribute, visit [www.urbandalefoodpantry.org](http://www.urbandalefoodpantry.org) or email [info@urbandalefoodpantry.org](mailto:info@urbandalefoodpantry.org). ■



# EVENTS IN THE AREA

Check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## Urbandale Summer Concert Series

Various dates

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, June 24, 6:30-8 p.m.: Tommy Doggett
- Sunday, June 29, 1:30-3 p.m.: Wind and Strings - Flute and Harp Duo
- Thursday, July 10, 6-8 p.m.: Brass Blast Brass Band
- Sunday, July 13, 1:30-2:15 p.m.: Public Piano Sunday Series
- Sunday, July 20, 1:30-2:15 p.m.: Public Piano Sunday Series
- Sunday, July 27, 1:30-2:15 p.m.: Public Piano Sunday Series
- Tuesday, July 29, 6:30-8 p.m.: June Bugs DSM
- Sunday, Aug. 3, 1:30-2:15 p.m.: Public Piano Sunday Series
- Sunday, Aug. 10, 1:30-2:15 p.m.: Public Piano Sunday Series
- Sunday, Aug. 17, 1:30-2:15 p.m.: Public Piano Sunday Series
- Sunday, Aug. 24, 1:30-2:15 p.m.: Public Piano Sunday Series
- Tuesday, Aug. 26, 6:30-8 p.m.: River City Opry

## U-Fest 2025

Saturday, June 21, 5-9 p.m.

Walker Johnston Park, Giovannetti Shelter House, 8900 Douglas Ave.

This fundraiser for the Urbandale Schools and Alumni Foundation is an evening of live music by Faculty Lounge, food sample bites, and refreshing beverages — all in support of Urbandale students and educators. \$10 adults, \$5 ages 5–20, Kids under 5 are free.

## State of the City Address

Thursday, June 26, 5:30-6:30 p.m.

Urbandale Public Library, 3520 86th St.

This year's State of the City is a story of resilience, smart growth, and the people who show up when it matters most. Refreshments will be served before the address. The mayor will begin his presentation at 5:30 p.m. This event is free, but RSVP online at <https://events.urbandale.org/stateofthecity/>. All are welcome to attend. If you have any questions, email [communications@urbandale.org](mailto:communications@urbandale.org) or call 515-331-6871.

## The Music of John Williams

Various dates and locations

The Greater Des Moines Community Band announces the schedule for its 2025 summer concert series, The Music of John Williams. Summer concert selections run the gamut from movie themes to music for major athletic events.

- June 23, 7 p.m. Walnut Ridge, 1701 Campus Drive, Clive
- July 7, 7 p.m. First Baptist Church, 8250 N.W. 62nd St., Johnston
- July 21, 7 p.m. Woodlands Creek, 12675 Woodlands Parkway, Clive
- Aug. 4, 6:30 p.m. Rieman Music, 6501 Douglas, Urbandale
- Aug. 9, 11 a.m. Iowa State Fair, Knapp Stage

## Urbandale Library Events

Urbandale Public Library, 3520 86th St., Urbandale

- **Adult Recreational Chess**, Saturday, June 21, 1-4 p.m.
- **Bonus: Scavenger Hunts Off the Page! Cartoon Stand-Up**

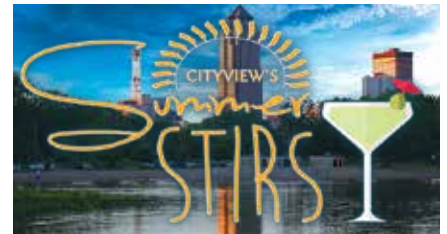
**Figures.** Drop into the library and hunt down nine cartoon cardboard stand-ups throughout the Youth Area. Don't forget to sign the champion's log after you've found them all.

## CITYVIEW Summer Stirs

Friday, June 20, 5-9 p.m., Downtown Des Moines

Friday, July 25, 5-9 p.m., East Village, Des Moines

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>. ■



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# THE SCOTCHEROOS that became a family tradition

"My mom's Scotcheroos are the best!"

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, "They were good, but yours are the best!"

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

## Now, the secrets:

**1. Use Special K cereal** — it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

**2. Don't skimp on the topping** — use one full bag each of semi-sweet chocolate chips and butterscotch chips.

**3. Watch the syrup closely** — this step can make or break the batch. Don't overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

**Here's a tip:** Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com). Happy snacking! ■

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



## Scotcheroos

### Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips



### Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!

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# MEET Jocelyn Mulder

## A calculated career choice

When Jocelyn Mulder began her college career, she started out studying criminal justice. After a year, she decided that she wasn't enjoying that path and began considering what she was passionate about.

"I knew I always loved kids and math," she says. "I thought maybe I'd like to be a math teacher. I also loved middle school, so I knew that was the building I wanted to be in."

Mulder began teaching in Spirit Lake 10 years ago and remained there for seven years.

"When I was living in Okoboji and teaching in Spirit Lake, I decided I wanted to get closer to my family, so I began looking for open positions in Des Moines."

She found one, and, for the past three years, she has been at Urbandale Middle School. Mulder says she likes that Urbandale schools have cohesive buildings.

"It has a small-school feel, though on a larger scale," she says. "I love the diversity, and that is something I was looking for."

Mulder is an eighth-grade math teacher, and she teaches one section of Algebra I for high school credit. Mulder is the middle school cheerleading coach, runs the yearbook club, and is the upcoming PLC (Professional Learning Community) Lead for her math group at the school. She also helps plan their field trips.

Running the yearbook club is a job that seemed to fall into her lap.

"They were looking for someone to help, and I thought it would be an easy way to get to know more students and to give back to the school," Mulder explains.

Coaching the middle school cheerleaders also seemed to be a natural fit.

"I was a cheerleader when I was in school," she says. "When the position opened up last year, I felt it would be a good way to build up girls' confidence and help them prepare for high school cheer."

The PLC Lead position is new to the school and will begin for Mulder next year.

"I've always been very organized," she says. "In Spirit Lake, I was a team of one. Here, I am on a team of three, and it felt natural to take the lead in this group, especially since many of the tasks are things I was already doing."

Mulder likes seeing her students' math skills develop through the year and seeing them become more confident, watching them transition from struggling with a math problem to being able to help their peers with the same math problem. Some of her favorite memories since coming to Urbandale Middle School involve the end-of-the-year field trip.

"I love our Adventureland field trip at the end of the year," she shares. "I get to see different sides of many of the students, and I even get to know other students that I didn't have during the year. It's also an 'Ahhh...made it to the end of the year' event."

Mulder's advice to aspiring math teachers is to find a way to bring joy and excitement into the math classroom.

"Find a way to make it fun and enjoyable, and students will respond well to the fun." ■



Jocelyn Mulder chose to become a teacher because she enjoyed working with kids and enjoyed math.



## HPV VACCINATION

### Help Protect Against Cancer

Human papillomavirus (HPV) infections may be common. Fortunately, the HPV vaccine prevents the virus and the cancers it can cause.

#### WHO SHOULD GET VACCINATED?

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine for boys and girls, starting as early as age 9 and through age 26.

**IOWA**  
Health and  
Human Services



**Ask your child's  
healthcare provider  
about the HPV vaccine.**

Source: cdc.gov 4/25



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## WELLNESS

By Annette Smith

### NECK pain and headaches

Neck pain is more than just a daily annoyance — it can impact your entire well-being. Many people don't realize that neck stiffness or tension can contribute to headaches, jaw pain and even dizziness. That's because the muscles and joints in your neck are deeply connected to the nerves responsible for balance, posture and focus. When those areas become tight or irritated, the effects can show up in surprising ways — like persistent tension headaches, difficulty concentrating or a constant feeling of needing to stretch or crack your neck.



It's common to reach for over-the-counter pain relievers or muscle relaxers for quick relief. But while these options might dull the discomfort temporarily, they often don't address what's actually causing the pain. That's where physical therapy can make a lasting difference.

As such, your physical therapist should look at the bigger picture, focusing on identifying and treating the root cause of your neck pain. Gentle stretches, hands-on techniques and simple posture adjustments can reduce tension and improve mobility. Many patients find that, when their neck moves better, their headaches ease up, their sleep improves, and they feel more clear-headed throughout the day.

If you find yourself constantly rubbing your neck, stretching to find relief, or depending on medication to get through the day, it might be time to try something different. Relief is possible — and your physical therapist can help you get there. ■

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 Kathy Dunbar

### THE GIFT of funeral preplanning

As you enjoy the beautiful Iowa summer and time with family and friends, think about giving them the gift of having your final arrangements planned. There are so many things that can be done, whether or not you choose to take advantage of your funeral home's prepayment options.



Determine how you want your life to be celebrated and get those wishes on file with your funeral home of choice.

Get your personal information recorded and on file with your funeral home of choice.

Write your own obituary. You have lived a full life, and there are things you may want mentioned that others may not remember when a funeral home's services will be needed. Get that information on file with your funeral home of choice.

As we like to say to the folks who we have the privilege to serve, we will take as much information as you will give us. Even if you have that special file in your own home where all your important information resides, get that information on file with the funeral home. The funeral home is the place where this information will be needed, and it helps make things so much easier for the family when the funeral home already has these important pieces of information at their fingertips.

I will say it again...planning ahead is a gift. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, 515-697-3681

## PLAN AHEAD FOR

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## OUT & ABOUT



Logan Floyd and Cody Smith at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Joe Meyers and Kelli Close at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Dana Cox and Andrew Neller at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Jason Vander Zyn and Nathan Kneifl at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Theresa Gehrels and KayDee Kinning at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Jen Paulsen and Lucas Nerhus at the Urbandale Chamber AM Exchange held at Triplett Office Solutions on April 29.



Kelli Close and Kris Howard at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



Tammy Renaud and Melisha Pals at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



Randi Gustason and Shirley MacLeod at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



Andrew Neller, Edgar Ortiz and David Russell at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



Christy Jones and Carter Frick at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



Eric Gates and Dale De Jong at the Urbandale Chamber New Member Coffee on May 30 at Hotel Renovo.



# RIBBON Cutting

A ribbon cutting was held for Des Moines Emergency Dentist on April 22.



The Urbandale chamber, along with the Grimes and Johnston chambers, celebrated a ribbon cutting for the opening of Des Moines Emergency Dentist at 4800 100th St. on April 22.



BobbiJo Wolfe and Chad Allison



Creighton Cox and Brian Bueth



Brandon Thompson and Dan Fitzgerald



Giorgio Rossi and Will Thomson



Nicole Berger and Mark Courter



Rhonda Mock and Keith Riden



Andrea Hodapp, Sharm Sisler and Brenda Ballard



Aaron Coyer, Hasten Hashemi-Toroghi and Zach Bouslag



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