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WELCOME

ADVENTURES in camping

"Sorry, folks. Park's closed. The moose out front should have told you."

Those lines from actor John Candy in the 1983 hit movie "National Lampoon's Vacation" were echoing in my brain as we pulled away from Mahoney State Park in Nebraska a few decades ago. Jolene and I drove about an hour to this campsite with our three young daughters, all packed in a minivan with a large tent, sleeping bags and more camping gear than any family could ever need.

But, I didn't make reservations, and the campsite was full. It was after 7 p.m. on a Friday night, and, one way or another, we were going camping. I asked the friendly guard at the gate if he could recommend another campground. He suggested one just down the road, and we immediately trucked the minivan to it.

We were in luck, as this campground had a few open spots. We all smiled as we pulled up to our site, only to open the doors and hear the deafening roar of stock car engines coming from a nearby race track. It wasn't the peaceful evening around the campfire we envisioned, but we made the best of it and pitched our tent, filled our air mattresses and rolled out the sleeping bags.

Eventually, the races ended — just in time for the rain to start. We huddled together as the wind whipped our tent around and the rain seeped inside. In time, we fell asleep, only to be awakened by the cold rain that flowed over our now-deflated air mattresses and into our sleeping bags. So, at midnight, I hastily packed up the family and our soaking-wet belongings and took the drive back home.

That was the end of our tent-camping adventures. Not too much later, we bought a pop-up camper. Then, we sold that and upgraded to a travel trailer. Then, we sold that and purchased a different travel trailer. Then, we sold that and dished out for a class C motorhome, which we still have today — along with that same aforementioned tent. With all the kids out of the house today, neither one gets used much now, but we still have many wonderful memories of RV camping and one not-so-wonderful memory in a tent.

In this month's magazine, we share the stories of local residents who are enjoying life in their RVs and creating camping adventures. You can bet that they make campground reservations in advance.

Thanks for reading. ■

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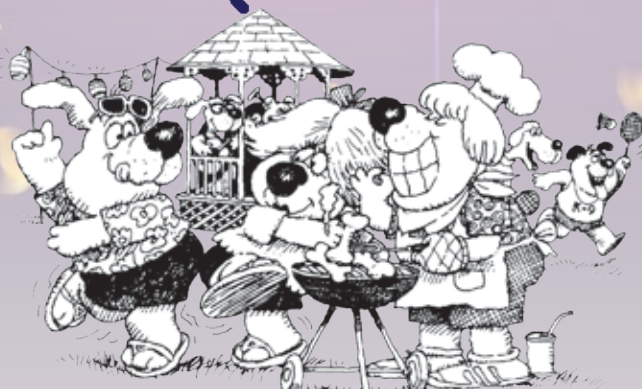


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CAMPING IN STYLE

Residents share the joy of traveling with the conveniences.

By Joe Baumgarten

Sitting around a campfire, toasting s'mores, telling stories and visiting with friends and family after a day of enjoying nature and exploring the big outdoors. Ah, the joys of camping! And you don't have to hike into the woods — covered in bug spray — and pitch a tent to partake in the fun. Those who prefer to make the trip with a camper share why they like to have some of the conveniences of home — bed, bathroom, air conditioner and more — on the trip with them.

Jeremy and Tara Feldmann picked a lakeside camping spot.

FEATURE

No more “roughing it”

Clayton Smith got hooked on camping as a teenager. As soon as one of his friends got a car, they would load it up with their camping gear and head to a nearby campground for a fun weekend away. As an adult, the idea of camping is still appealing to Clayton, but the idea of “roughing it”? Not so much.

Once he retired, Clayton’s first upgrade from the tent was to his Prius. Your first thought might be, “Who would be nuts enough to camp in a Prius?” However, Clayton says it was comfortable. He purchased a “habitant” — a three-sided tent that would extend from his opened hatchback. He would drop down the two back seats, set up a comfortable bed, and was all set.

“I traveled the entire Pacific Coast Highway in my Prius; it was a great camping vehicle. I rarely camped in a campground. I just boondocked. It was great fun,” he says.

As much as he enjoyed going solo in his Prius, there wasn’t enough room for his wife, Gayle Schreck, so his next upgrade was to a pickup truck with a camper in the trunk bed that extended over the top of the cab. They



Clayton Smith says his teardrop camper is just the right size for camping solo or with his wife.

traveled to Arizona, Florida and Louisiana and often traveled south in the winter months to get some relief from the cold at home. He found that he enjoyed camping in the official campgrounds just as much as boondocking.

“That lasted a few years,” he says, “until I got tired of having to take it on and off the truck.”

His next upgrade was to his current camper, a 15.5-foot FreeSolo tow-behind teardrop

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Jim and Joanne (not pictured) Elmer took a trip this spring to Thief River KOA.



Joanne and Jim (not pictured) Elmer pulled their camper to Washington for a spring trip this year.

camper from Braxton Creek. It is the perfect size for going solo, but Gale accompanies him from time to time, and it works fine for the two of them together as well.

"I love it," Clayton says. "It has all of the amenities that I need: a toilet, a shower, sink, stove, microwave, refrigerator, and a comfortable queen-sized bed for two."

Fully loaded, Clayton says it weighs about 3,200 pounds, so it is easy to tow behind his current truck. He says the new FreeSolos are around \$17,000, depending on the layout you want.

While Clayton enjoys camping with his wife, he still enjoys solo trips on occasion. These days, he typically stays closer to home, heading to campgrounds around Spirit Lake near Okoboji, Lake Red Rock near Pella, Backbone State Park in Delaware County, and Maquoketa Caves State Park in Delaware County, among others. Activities like hiking, fishing, photography and golfing draw him to his favorite spots.

"I'm trying to hit all of the state and county parks in Iowa," he says. "I absolutely enjoy being out in nature."

When asked how long he stays out for a trip, he laughs, "As long as Gayle lets me."

Camping evolution

Joanne and Jim Elmer are not novice campers. Both of them can trace their camping experiences back to vacations with their parents and siblings.

"It was always tent camping," Jim says.

They continued tent camping in the early

years of their marriage. When their daughter was born, she came along as well.

"We didn't have a lot of money then," Joanne says, "so we did tent camping to save money but still go on a vacation."

By the time their daughter was 5, they decided to ditch the tent and move into an RV, starting modestly with smaller campers with few frills. Over many miles and many nights, they learned what features they liked and disliked.

"We had a pop-up camper for a while, but it typically took us an hour just to get the thing set up," Jim says. "I got fed up with that on one trip and told Joanne that I was done doing all that setup. I wanted something that we could just pull in, park and be ready to relax."

They upgraded again, this time to a full-size Class A motor home.

When their daughter graduated and started a job in Owatonna, Minnesota, they took the RV up for a visit, thinking it would take some pressure off their daughter if they had their own place. They found a campground on I-35 just between Owatonna and Clear Lake and stayed there.

"We found out that we really liked it there," Jim says. "The location was perfect, the campground was pretty, and the owners were very nice. We decided to park the RV there for the entire year."

Rather than taking the RV to where they want to vacation, they take their vacation to where the RV already is. The campground is open for the summer months, and the Elmers go there often. Over the years, they have met many friends who also come back to the

campsite year after year.

"It even solves the problem of where to store the RV over the winter months," Jim says.

As much as they enjoy staying at the campground in Minnesota, they still feel the call of the open road. They purchased a smaller "teardrop" camper they can pull behind their Yukon. They will pick a destination, typically a National Park in a beautiful area, and head out in that direction.

Joanne's rule is, "Never drive more than 350 miles a day." She says that it makes the trip much more relaxing and less stressful.

"We go camping to avoid the stress," she says.

Jim echoes Joanne's statement, saying that just getting out of the house with all of its inherent chores and responsibilities is a stress reliever for him.

Being both semi-retired, they still have responsibilities with their jobs.

"When we go camping, I can still work," Joanne says. "As long as we have cell phone service, I have a device from Verizon that casts out a good Wi-Fi signal. That way, I can do all of my Zoom meetings from my RV."

"We've always enjoyed camping," Jim says. "In the early years, we would choose a state park in Iowa and camp there for a few days. Jester Park is one of the best in the state."

Becoming a campground host is another excellent method for camping on the cheap, they say. Most parks have volunteer host positions. Hosts get the camping spot for two weeks at no charge in exchange for assisting with the management of the local site.

Another tip from the Elmers is to purchase

some camping memberships in various programs.

“KOA is a good one,” Joanne says. “They give you 10% off the normal nightly rate.”

“Good Sam is another one that we use,” Jim says, adding it gives him peace of mind that they can get rescue service if they break down while towing the camper.

In order to make their reservations ahead of time, they use the internet and search for campsites in the area where they want to stay.

“If you don’t have a space reserved, you can be on the road for hours looking for something decent that still has an open spot,” Joanne says. “It can be very stressful, and we are on the trip to get away from stress.”

For those who are just getting started, the Elmers recommend renting different types of campers to find out what you like and don’t like. There is also an active used market where people are switching up models.

“There are RV shows all the time where people are buying and selling their RVs,” Jim says.

If you are in the market for a pull-behind, Jim says be aware of the tow capacity for your car or truck. “The closer you get to that limit, the less fun it is to travel,” he says.

Whether they are “roughing it” in a tent, or doing it up in style in their Class A motor home, Joanne and Jim have always been “happy campers.”

Old friends and new

“Just go.”

So says the license plates on Tara and Jeremy Feldmann’s Class-A Motor Coach that they affectionately call “The Bus.” The license plate accurately describes their travel philosophy. Unlike airline travel, where reservations often need to be made weeks or months in advance, if the Feldmanns feel the travel bug, they can be on the road to their destination in a matter of hours.

Most of their trips, however, are well thought out and planned ahead of time. They get out the road atlas and map out the route they want to drive and where they will stop along the way. The destinations are often nice campgrounds like KOA or state parks, but they will often do a quick overnight in a parking lot or in a truck stop.

“Truck stops aren’t as bad as most people think,” Jeremy says. “They offer a lot of conveniences that attract the truckers. It’s easy to get in and out, to park, and to fill up. Some



The Feldmanns’ RV provides them with the creature comforts of home — and their pets also have a bed to sleep on.

of them even have dog parks.”

They recently returned from a trip that started at Devil’s Lake in Wisconsin to camp for a few days with Tara’s family. Next, they went to Dubuque for a different family reunion. They made another stop in Illinois and then down to Ft. Lauderdale, where more family were gathered. At the last minute, they decided to head down to Biscayne National Park.

“That’s the best thing about the bus,” Jeremy says. “You can switch up your plans very quickly.”

Another perk is that they get to see family and friends more often because they work them in as stops on the trip.

While reconnecting with family is enjoyable, the Feldmanns also like making new friends at the campsite. RV campers are typically warm, open and social people, the Feldmanns say. The “social distancing” that everyone has adopted since COVID doesn’t exist at the campgrounds. To steal the tag line from a popular restaurant, “When you’re here, you’re family.”

Tara Feldmann shares a history of camping that seems prevalent among the RV community. She started camping at a young age, traveling the country with her parents and three siblings, sleeping six in a tent and cooking on tiny gas stoves.

“We had to use some pretty sketchy outhouses,” she says.

While she has mostly fond memories of those early tent-camping days, she was excited when the family graduated to a pop-up camper.

Now, as an adult, Tara wants a more refined camping experience with air conditioning, a stove and microwave, regular beds, and, best of all, a private bathroom. She and Jeremy purchased a fifth-wheel they tow behind their pickup that meets all of those requirements. Since Jeremy is a big NASCAR fan, they have

taken the fifth wheel to NASCAR races around the country.

They enjoyed camping in the fifth-wheel for several years but ran into one problem: their pets. Tara and Jeremy like to travel with their two dogs and three cats, and it just didn’t feel right stowing them away in the camper while she and Jeremy rode up front in the truck. That is when they upgraded to a Class A RV. This way, Tara says, the pets can ride in the vehicle with her.

If the Feldmanns know that they will need a more convenient mode of transportation at their destination, they will hook one of their cars behind the RV. While this gives them more flexibility and freedom to explore, it adds more length to the RV, making it harder to find spots that will fit more than 60 feet of vehicles. When they travel with just the RV, they are more tightly locked in to their destination campground. Some sites provide shuttle buses that will take campers to local shopping centers and bring them back.

Like other RV-ers, the Feldmanns say they enjoy the journey as much as the destination. You can’t be in a hurry, they say; take your time, relax and see the sights.

“When I bought my first RV, my uncle gave me four words of advice: ‘Stay off the interstates.’”

Jeremy and Tara have whole-heartedly embraced this advice. It has enabled them to see interesting attractions, quaint small towns, and beautiful scenery they would have missed doing traveling the interstate.

“It makes for a much more relaxing trip,” Jeremy says.

When asked for their advice for other RV campers, their response was quite simple.

“Just go,” Tara says. ■

HOSPICE care focuses on quality of time spent together

For James' family, early fall had always meant tradition — a time to slow down, take in the changing colors, and gather for their annual apple orchard trip.

But last year was different. James's health was declining after a long journey with heart failure and COPD. Though he still looked forward to time with his family, he and his wife, Denise, weren't sure how he could fully take part in the outings they had always enjoyed.

Support from an in-home hospice team helped shift the focus from what James couldn't do to what he still could, giving the family space to create meaningful moments in a season they all cherished.

"Hospice began caring for James in late August," Denise recalls. "They helped manage his symptoms, and he was able to join us at the orchard one last time. That afternoon was



something special — peaceful, joyful. A real memory."

When you're exploring hospice care for someone you love, it may feel difficult to associate it with the idea of living. But that's exactly what hospice is meant to support: living well, with dignity and comfort, even as health declines.

Hospice care isn't one-size-fits-all. It can be provided at home, on a dedicated hospice campus, or as part of a blended approach — and the right option depends on your family's unique situation.

Whatever model you consider, an important question to ask is: "How can the care I'm looking for help my loved one live more fully during this time?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person is diagnosed with a life-limiting illness. Studies show that individuals who receive hospice care early experience greater comfort and improved quality of life. In fact, 80% of Americans say they would prefer to die at home, yet only about 30% do — and hospice can help

close that gap.

If you're supporting a loved one through serious illness, think about how you want the two of you to spend time together. Hospice providers often deliver care right in the home, helping preserve daily routines while supporting the person and their family.

Reaching out to a hospice team can feel daunting, but please keep in mind that compassionate, expert care can ease the burden and help families create moments of connection — especially during cherished seasonal traditions.

"Once hospice was involved, we could focus on the time we had," Denise says. "We didn't know how much we were holding until we could let go of the stress. That fall was a gift." ■

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

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SET free



Our celebration of Independence Day has come and gone, but I wonder if we know what it really means to be “set free” in our personal lives.

As a boy, I enjoyed the Fourth of July on my grandfather's farm, where I shot off bottle rockets and sat on the wooden bench watching the colorful fireworks from a distant town. I grew up celebrating and appreciating the blessings of living in a country free from tyranny. With age, I gained a deeper understanding of the sacrifices of countless people who have fought and died to keep us free. I am so grateful for the liberties we enjoy in this country.

As I got older, I learned a sobering fact — even free people aren't always free. There is sad truth in the statement, “Debt is the Slavery of the Free.” But the Bible tells us there is something even worse than monetary debt to which free people are enslaved.

Jesus told a group of His followers who had never been enslaved to anyone, “Truly, Truly, I say to you, everyone who commits sin is the slave of sin” (John 8:34). We all commit sin. Romans 5:12 says, “Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned” (became sinners). Every human being sins by nature and by choice and deserves God's just punishment — physical and spiritual death.

That's terribly bad news, but Jesus didn't leave people then or today without hope. There is good news. He said, “...you shall know the truth, and the truth shall set you free... If therefore the Son shall set you free, you shall be free indeed” (John 8:32,34). The secret to being set free is found in Jesus. He told us, “...for unless you believe that I am He, you shall die in your sins” (John 8:24). We must believe that in His death He took the punishment we deserve for our own rebellion.

My physical birth in America enables me to enjoy and celebrate living in a free country. Only through spiritual birth — active faith in Jesus — can we individually enjoy and celebrate being set free from the penalty of sin (spiritual death) and the power of sin (perpetual disobedience).

Ex-convict Harold Morris was twice pardoned — first by the state as a participant in a crime and secondly by the Savior as a slave of sin. I hope each of us is twice liberated — first from human tyranny as a citizen of this country, and secondly from sin's slavery as a citizen of Heaven. ■

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

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MORE than a pantry

Urbandale Food Pantry's new facility expands support.

This past spring, the Urbandale Food Pantry opened the doors of its new location at 7901 Douglas Ave. The two-story building includes more than 8,600 square feet of space — doubling the size of the previous pantry — and was remodeled to accommodate staff and more than 250 volunteers. The pantry was formerly located in a nearby strip mall.

The new second floor features community spaces and staff offices, key to collaborative partnerships like serving as a site for the Healthy Kids Iowa program, which provides free meals to children during summer months when school meals aren't available. In July alone, the program served more than 1,800 kids at the pantry.

Patty Sneddon-Kisting, the pantry's executive director, shares that the new facility came in response to growing community needs.

"We were serving so many more families," she says. "The demand was real. We needed more space, we needed more food, and we needed space to put that food. That was the spearheading behind the new facility. And while we don't know what the future holds, and I do anticipate it'll get worse before it gets better, I think this new facility will allow us to respond to whatever that need is in the community as we navigate the unknown moving forward."

With more room comes expanded impact. The pantry now serves around 2,200 families — or about 5,000 individuals — each month through in-person shopping.

Sneddon-Kisting hopes to change perceptions around who uses food pantries and why.

"The average person only comes to our pantry three times a year for our full monthly shopping," she says. "To me, that's not excessive."

Many clients are facing temporary hardships, like job loss or medical bills. Sneddon-Kisting recalls a 63-year-old woman who recently came in after receiving emergency custody of her 2-month-old grandniece and didn't know where to turn.

There's also been a surge in seniors needing support. The pantry now serves more than 750 seniors a month, compared to around 300 in 2021.



The new Urbandale Food Pantry has provided the space needed to serve more people and to expand collaborative partnerships.



"I was helping a gentleman one time who was a senior, and he flat out told me he'd outlived himself," Sneddon-Kisting shares. "He's like, 'I had a plan. I worked the plan, and I'm still here. So here I am.' And I'm like, 'Well, that's why we're here.' So much of what we do is situational, and there are so many other things going on behind the scenes."

It's just one example of how food insecurity affects every community, often quietly.

"I think we're all just one life experience away from needing support in some capacity," Sneddon-Kisting says. "And, if not you, then a loved one at some point in time will need support and services. Having something that is rooted in that compassion and dignity and a welcoming space says a lot about who we are in

our community and how we show up for other people."

The pantry is also leaning into its role as a community hub. In May, the Broadlawns WIC program began visiting the pantry weekly to serve families. Thanks to this collaboration, Urbandale now has a 95% redemption rate on WIC benefits.

"So, not only are they seeing more families, but they're actually using their benefits," she says.

To date, the Urbandale Food Pantry has raised \$3.1 million for the new facility through donors, foundations and local groups — just \$400,000 shy of its \$3.5 million goal. Folks interested in supporting the capital campaign are encouraged to reach out. ■

WHAT IS a trust protector?

A trust is a fantastic estate planning tool for managing assets and ensuring that your family is cared for after you die. If you are concerned about changes to the law or family dynamics in the future, you may want to consider naming a trust protector.

You can change a trust while you are alive to adapt to evolving circumstances. But, after you die, your trust becomes irrevocable. A trust protector can ensure the trust continues to reflect your original goals and wishes.

A trust protector is a third party who is given the authority to interpret and modify the terms of a trust to comply with your initial intent. The trust protector has the ability to change parts of the trust document, give instructions to the trustee, and monitor the use of trust assets.

A trust protector is different from the trustee. A trustee has a fiduciary duty to follow the directions outlined in the trust. As



protector is in place to extend your oversight after death.

Trust protectors can monitor the trustee's actions to ensure they are managing the trust correctly. They can intervene if a trustee engages in misconduct, removing and replacing the trustee to protect trust assets.

A trust protector can help safeguard inheritance from creditors, lawsuits or divorce. A trust protector can adjust trust provisions to adapt to changes in the law, such as Medicaid rules or federal estate tax updates.

fiduciaries, trustees are strictly bound by the terms of the trust and are required to carry out the terms exactly as written. A trust protector doesn't owe a duty to the beneficiary; the trust

A trust protector can interpret trust provisions to react to unforeseen changes in beneficiaries' lives, such as special needs requirements, that were not anticipated when the trust was established. Benefit programs like Title XIX and Social Security change frequently, and a trust protector can help respond to new laws.

A trust protector can act as a liaison between a corporate fiduciary trustee (like a bank) and the beneficiaries. A trust protector can be your voice, telling the trustee what the beneficiary needs.

A trust protector can prevent or solve a multitude of problems. To save money, preserve your assets, and prevent family conflict, consult with an attorney to see if your trust needs a trust protector. ■

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

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GOVERNMENT policy can affect retirement planning

The “One Big Beautiful Bill” Act, signed into law on July 4, is one of the most sweeping economic overhauls in recent history. Whether you’re a working parent, a retiree, or a small business owner, this legislation is likely to affect your household budget, tax strategy and long-term financial planning.



At the heart of the law is an extension of the 2017 tax cuts, now made permanent. This extension will create certainty for many as the discussion of qualified retirement funds and their taxation in the future has created much doubt and urgency to timely tax planning. This legislation includes lower income tax rates, an expanded standard deduction including a \$6,000 per person additional deduction for those over 65, and a boost to the Child Tax Credit increasing from \$2,000 to \$2,200 per child starting in 2025. A new rule also disqualifies children and parents without Social Security numbers, which will particularly impact mixed-status households.

One of the most talked-about features of the bill is the introduction of “Trump Accounts” — a \$1,000 tax-deferred investment account automatically opened for every child born between 2025 and 2028. These accounts are invested in a U.S. stock index fund and roll into a traditional IRA when the child turns 18. Parents can contribute up to \$5,000 annually, and employers may add an additional \$2,500 per year. For families focused on building generational wealth or setting their children up for a strong financial future, these accounts present a unique new saving tool.

To balance the cost of tax relief and new programs, the law makes deep cuts to Medicaid and food assistance programs. Medicaid faces more than \$900 billion in reductions over the next decade, and new work requirements could result in millions losing coverage. For those in rural areas, where hospitals often rely on Medicaid funding, this could lead to service reductions or even closures.

The bill also shifts national energy priorities, expanding oil, gas and coal development on federal lands while reducing credits and deductions of clean energy choices. If your investment portfolio includes renewable energy or ESG-focused holdings, these changes could impact long-term performance and risk profiles. In the effort of balanced investment portfolio design that has leaned on energy primary and subsidiary companies for nearly a decade, a transition to different investment holdings will need to be considered.

Finally, the law raises the debt ceiling and is projected to add between \$3 and \$5 trillion to the national deficit. All this said, and awaiting announcements from the FED on interest rate considerations in September, we hold our breath on the short-term outlook to borrowing and interest-bearing investments, in whole.

The bottom line? The “One Big Beautiful Bill” offers answers to concerning questions about taxes and brings forward concerns to the “Main Street” effect on the short-term economy. As we have recently announced in our office, “Taxes were on sale” the last few years... now the “sale has been extended.” If you haven’t reviewed your financial strategy recently, now is the time. Enjoy the rest of the summer. ■

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.



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MEET Katherine Hanson

For the joy of student growth

Just out of college, Katherine Hanson landed a job at Urbandale High School as a science teacher, primarily teaching chemistry. After several years, she was presented with the opportunity to become an instructional coach.

"I was excited about the opportunity to step into a role that meant collaborating with my colleagues and impacting more students throughout the school," Hanson shares. "I loved the idea of working with teachers to develop new strategies and explore new ways of teaching students."

Hanson has worked as an instructional coach for the last two years, and she is excited to begin her third year this month. As an instructional coach, her main objective is to support student learning by working with teachers to implement instructional strategies that help students learn the best. This year, she looks forward to continuing the growth she and her colleagues have made in their building.

"We've been trying new curriculum in math that seems to be a good fit," she says. "I also look forward to seeing student growth."

On an average day (if you can call any day average), Hanson typically spends time in classrooms with students, partnering with teachers to provide feedback, and working with each teacher to develop strategies for continued growth and effectiveness in learning for each student.

"I am usually in three to five classrooms a day," Hanson states. "I also provide professional learning for our teachers and offer support to each of them as they need it."

Hanson says the most challenging part of her job is also something she enjoys.

"Each child learns uniquely as an individual. I enjoy the challenge of learning and discovering what inspires the spark to learn for each student and helping them find success and enjoyment in their learning," she says.

Of the many standout memories she has made in the last couple of years, one shines brightly.

"I've been lucky to support our high school Student Senate, which is like the student council," Hanson recalls. "I love how they've come together for things like homecoming and connected with the community. I also love to see everyone come out to support the students and see what they're up to."

Moving forward, Hanson will step out of this role while she pursues graduate school but says she has fond memories of doing it the past two years. She says she has chosen to remain a part of the Urbandale High School team because she feels lucky to work in a community that values the students and their schools.

"It is the people that make it a unique, amazing school community," she explains.

Hanson advises other educators who may be interested in the role of instructional coach to continue to find joy in learning and trying new things.

"Allow yourself to take the risks because the reward of seeing students find success is worth it," she says. ■



Katherine Hanson has been an educator at Urbandale High School since the beginning of her career.

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Who will be voted favorite in the Northwest Metro?

Includes Grimes, Dallas Center, Johnston, Clive and Urbandale

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Make your voice be heard and cast your votes in the 2025 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center, Johnston, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES AUG. 29, 2025.

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

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FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy

HEALTH/BEAUTY

- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling Contractor
- Exterior Contractor (siding, roofing, windows, doors)
- Pest Control
- Tree Service

GARDEN fairy tales

Shays bring the magic each season.

Don't tell Kris and Kevin Shay of Urbandale that fairies aren't real, because, if you do, they'll simply take you outside and prove you wrong.

Years ago, an article appeared in the local daily newspaper about a fairy door that someone placed against a tree at Gray's Lake where Kevin went running frequently.

"The article described how the door opened so that people could leave messages behind the door for interested people to read," Kris says. "The large cottonwood tree at the back of our yard seemed perfect for a fairy door, and the bike path running past it would provide plenty of traffic."

And so it began, their life with fairies. First it was one door.

"But the whole 'message inside the door thing' never really caught on," Kris recounts. "The fairy garden, however, started to grow."

And grow. And grow.

Now, there are 30 houses, 13 doors against various tree trunks, five rope bridges, 22 ladders, 75 fairies, 19 gnomes, and even a residential and a commercial section. The garden is just four feet in depth but stretches more than 50 feet in length.

It's a world of fun for the Shays, both of whom are retired dentists.



The Shays' fairy garden stretches for 50 feet.

It's no coincidence, then, that one of their favorites is the Tooth Fairy. Kris, a violinist, is particularly fond of the Concert Hall as well.

"I had to work particularly hard to find fairies with musical instruments for the orchestra, plus a music director and three gold music stands," she says.

The entire fairy garden is dismantled each year in the fall, and everything is stored in totes until the following spring. There is upkeep required as well.

"Every day, the wind has knocked this or that over, squirrels run through the area, branches fall from the tree and can break things, ladders and rope bridges need to be repaired or remade every couple of years," Kris says.

The magical area has drawn the interest of many others as well.

"We frequently see people stopping to take pictures of the fairy garden, or walking up to it with their extended family who are visiting from out of town and wish to show the fairy garden off to them," Kris says. "The route for the July 4 5K race passes by the fairy garden, and, this year, as Kevin was on the deck to watch them, a woman called to him that she looks forward to seeing the fairy garden every year as she runs by and thanked him for making it." ■



The Shays' fairy garden has numerous fairy homes and fairy-owned businesses.

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DANE is a veteran of serving others

Organizing blood drives for a quarter of a century

Bill Dane is a veteran. He served his state and his country from 1975 to 1999 as a first sergeant in the Iowa National Guard.

Bill Dane is also a veteran of volunteer service. He serves as the blood drive coordinator at New Hope Assembly of God Church in Urbandale. He has done this four times a year for the last 25 years.

“That’s 100 drives where we collected 2,365 units of blood from 2,200 donors,” Bill says. “Some donors choose to give double red cells, which are counted as two units instead of the regular one unit.”

LifeServe Blood Center, which collects the blood, estimates that this has either saved or sustained an amazing 7,100 lives in the parts of Iowa they supply. Take a look around you the next time you are out shopping. Chances are fair that the person ahead of you in the checkout line either donated blood or received the donated blood.

Bill is passionate about his program and the many ways that it serves those in need. He quickly recites some sobering facts:

Cancer patients need up to eight platelet units per week.

Burn victims need up to 10 plasma units.

Organ transplant patients need 25 plasma, 30 platelets and 40 red blood cell units.

Premature babies require up to five units of red blood cells.

Someone needs blood in the United States every two seconds, and there is no substitute for human blood. Unfortunately, only 10% of the eligible population donates.

At each donation event, LifeServe comes with all of the personnel and equipment. All Bill needs to do is organize the event. He uses a paper sign up sheet so each person has a specific appointment time. He also has access to the scheduling software at LifeServe.

“The people at LifeServe are fantastic to work with,” Bill says. “I would highly recommend that any organization contact them to set up an event, whether it is a one-off or regularly scheduled.”

Originally, Bill scheduled blood drives on Saturday mornings, but he received a rather anemic response. Working with Diana Davis, his coordinator at LifeServe, they came up with a better plan: holding the events Wednesday evenings when people were at the church anyway for classes, services, and so on. After that, Bill had much more success. Today, he easily fills up his sheet of 40 open time slots.

“Our next drive is not for another six weeks, and my sheet is already almost full. There are only seven spots left,” Bill says. “I probably have 25 people who sign up for each drive. Some of them have donated 10 gallons or more.”

After every donation, the donor is asked to sit in the “canteen” area for a few minutes to rest. Normally, each donor gets the standard glass of juice and a cookie or two supplied by LifeServe. Not Bill’s donors, though. Bill has established a long-standing relationship with Papa John’s Pizza on Douglas Avenue in Urbandale. They have been providing free pizzas at every one of Bill’s events for the last 20 years.

“One of our members here at the church is the owner of Chic-fil-A in West Des Moines. He has donated a gift card to every donor for the last 10 years,” Bill says, adding that he feels a very spiritual benefit every time



Ryan Mehalovich of Edward Jones presents the Neighbor Spotlight certificate to Bill Dane.

he donates. “It is the ultimate gift: your life blood given to a total stranger who will never be able to thank you. I get a little emotional when I think about that.”

The next blood drive at the church is Wednesday, Aug. 27, from 3-7 p.m. ■

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ANTICIPATORY grief

Anticipatory grief is the kind of grief that occurs before a death. While this is our body's way of preparing for the loss, it does not necessarily mean that the grief experienced when the death does occur will be easier. For some, it might still feel surreal or even shocking when the death finally occurs because it has been long-anticipated. That long period of anticipation may lead to heightened anxiety for some. For others, the time to prepare makes the death feel less impactful when it does occur.

It is important to remember that grief reactions are highly individual and vary for each loss experienced. Feelings that may be more pronounced include anxiety and guilt. There may be additional layers added to grief, like the emotional toll of being a caretaker. And there are many secondary losses grieved along the way, like changes in abilities and cognition.

A few tips for coping with anticipatory grief: Give yourself permission to feel whatever you are feeling, especially contradictory feelings. Take care of yourself and find adaptive coping strategies that work for you. Seek out support and respite when you need it. Be as present as possible with the person who is dying and utilize this time for memory making and reminiscing.

It is easy to forget that dying is actually very hard work. Being present to someone doing the hard work of dying can be a powerful experience. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666. For more information, resources or support visit: www.HamiltonsFuneralHome.com/academy-of-grief-and-loss.



URBANDALE Public Library events

Sundays in the Summer.

Catch the final free public piano performance on the library's patio on Aug. 24 from 1:30-2:15 p.m.

All Urbandale Reads Book Discussion and Featured Speaker. The

All Urbandale Reads series

concludes in September, with a book discussion of "The Light Pirate" by Lily Brooks-Dalton on Tuesday, Sept. 9 at 6 p.m., followed by an in-depth examination of the larger themes with Chris Gloninger on Tuesday, Sept. 16 at 6 p.m. "Forecasting the Future" examines how "The Light Pirate" blends science with storytelling and examines the escalating consequences of sea level rise, extreme weather and community resilience. Chris will connect the novel's narrative arc with real-world projections, lived experiences and urgent adaptation efforts.

Chris has 18 years' experience as a broadcast meteorologist and has earned three EMMYs, two NBC Gem awards, and two Wisconsin Broadcasters Association awards in recognition of his news coverage throughout his career. Chris currently serves as a senior scientist in Climate and Risk Communication at Woods Hole Group in Bourne, where he continues to contribute his expertise to the field of meteorology and climate science. Reading the book is encouraged but not necessary for attending this program.

New Resource: Mometrix. Mometrix eLibrary offers digital access to study materials for more than 1,500 different standardized exams. Our subscription provides full access to the entire database. The study materials include comprehensive study guides, interactive flashcards and practice tests. Find Mometrix and other databases under the Discover tab on our website.

Ten Beautiful Things Photo Contest. The library is holding a Ten Beautiful Things photo contest for ages 18 and older. Submit your photo(s) by Sept. 30 via the Google form on our website to be considered. Ten photos will be selected to be featured in our lobby display case during the month of October. The photo contest was inspired by "Ten Beautiful Things" by Molly Beth Griffin, featured at Walker-Johnston Park's StoryWalk® through September.

Library Card Sign-Up Month. September is Library Card Sign-Up Month. A library card is small but packs a punch, providing access to the Adventure Pass, Donna Kessler Seed Library, and our entire print and digital collection. Explore the library's other resources such as computers, printing, WiFi, study and meeting rooms, and free programs for all ages and interests. The possibilities are endless with your library card. Stay tuned for an opportunity to win some free library swag. ■

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.

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EVENTS IN THE AREA

Check for cancellations

Upcoming in Urbandale Living magazine:

Home Improvement: Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email tammy@iowalivingmagazines.com with your stories.

Sample Urbandale: A Celebration of Business

Thursday, Sept. 25, 5-8 p.m.

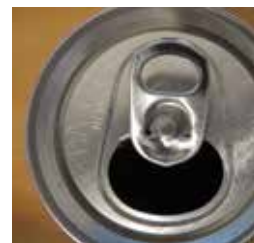
Holiday Inn Hotel & Suites DM Northwest, 4800 Merle Hay Road, Urbandale

Sample Urbandale, a Celebration of Business is the Chamber's annual event organized to recognize and celebrate Urbandale businesses and community. Enjoy samples of local food vendors, live music, samples of drinks and networking. A silent auction and raffle will be held before the evening grand finale awards: Citizen of the Year, Urbandale Business of the Year, Small Business of the Year, Young Professional of the Year, Connector of the Year, and the Best in Class awards. Tickets are \$39 with registration link at <https://businesses.uniquelyurbandale.com/events/details/sample-urbandale-a-celebration-of-business-15811?calendarMonth=2025-09-01>.

5-cent redeemable cans and bottles drop off

St. Pius Parish Center, 3663 66th St., Urbandale

5-cent redeemable cans and bottles can be dropped off from 9-11 a.m. on the second Saturday every month through December.



Martini Fest

Friday, Sept. 19, 5-9 p.m.

West Glen Town Center

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating stop for a sample-size martini. Reserve your tickets at www.eventbrite.com/e/cityview-martini-fest-2025-tickets-1291852588869 now so you can avoid registration lines at the event.

Halfway to St. Pat's Charity Car Show

Sunday, Sept. 14

Charlie's Filling Station,
305 Grand Ave., West Des Moines
www.friendlysonsiowa.com



The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. Vendors and food will be available.

Check for cancellations

Urbandale Summer Concert Series

Tuesday, Aug. 26, 6:30-8 p.m.
Charles Gabus Memorial Tree
Park, 3600 86th St.

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

'Blithe Spirit'

Oct. 3-12
Ankeny Community Theatre, 1932 S.W.
Third St., Ankeny

"Blithe Spirit," by Noël Coward, will be presented by Ankeny Community Theatre. This comedy is perfect for the Halloween season. When a group of friends hosts a seance that goes wrong, Charles' first wife comes back to haunt him and his new wife with hysterical results. Tickets available at ankenycommunitytheatre.com.

Urbandale Historical Society Programs

Urbandale Public Library, 3520
86th St., Urbandale

- Sept. 14, 2 p.m. Library 25th Anniversary at Its Current Campus by Staci Stanton
- Oct. 12, 2 p.m. History of St. Pius X and St. Gabriel Monastery by Joanne Kuster and Msgr. Beeson
- Nov. 9, 2 p.m. Open
- Dec. 14, 2 p.m. Christmas Open House at Olmsted-Urban House
- Jan. 11, 2 p.m. Living History Farm and The Flynns by Elizabeth Keest Sedrel

The World Food & Music Festival

Friday, Aug. 22, to Sunday, Aug. 24
Western Gateway Park, 1205 Locust St., Des Moines

The World Food & Music Festival has announced its 2025 programming. Festival attendees can look forward to more than 50 food vendors representing 25 countries and culinary regions. In addition, enjoy a wide range of live music, activities, cooking demonstrations, unique merchants, nonprofit organizations and more. The Main Stage, sponsored by Prairie Meadows, will feature headlining acts Dirty Rotten Scoundrels on Friday night and Son Peruchos on Saturday night. For more information, visit www.dsmpartnership.com/worldfoodandmusicfestival.



Ingersoll Live

Saturday, Aug. 23, 3-10 p.m.
2300 Ingersoll Ave.

Ingersoll's block party is back with live entertainment, family-friendly fun, local vendors, food, drink and more. Two stages of live entertainment and street performers will also be featured. For more information, visit www.theavenuesdsm.com/ingersoll-live-2025. ■

RECIPE

By Jolene Goodman

MOM'S Chicken Salad

Lately, I've been hooked on chicken salad — making a fresh batch every week for quick, satisfying lunches and the occasional no-fuss dinner. It is incredibly convenient to have a flavorful, ready-to-eat meal waiting in the fridge. I love its versatility, too, as it is perfect to pile on toast, toss over greens, or simply enjoy by the spoonful.

This version (I can't really call it a recipe) is more of a method passed down from my mother. She never measured anything, but just added a bit of this and a scoop of that, adjusting as she tasted. I have kept that spirit but added a few of my own touches along the way. I sometimes swap out the mayo for Greek yogurt, skip the onions (some family members are not fans), and change up the nuts depending on what I have on hand. I also ditched the sugar in favor of honey or a splash of lemon juice for brightness. Personally, I leave out mustard — but if you love that tangy kick, try stirring in a tablespoon of Dijon for a bold, earthy note.

It's a flexible formula that can be adjusted to your tastes — and your family's. Enjoy! ■



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

Lois' Chicken Salad

Ingredients:

- 3 cups chicken, diced
- ½-1 cup celery, diced
- ¼-½ cup onion, minced (optional)
- ½-1 cup of red grapes, cut in half (or use mandarin oranges)
- ¼-¾ cup pecans, chopped (or use walnuts or almonds)
- 2 tablespoons honey (or a splash of lemon juice)
- 1-¼ cup mayonnaise (or low-fat Greek yogurt), add more if needed
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- ½ teaspoon salt

Directions

- Add first five ingredients to a medium-sized bowl. In a smaller bowl, combine the last 5 ingredients and add to the first bowl. Mix. Chill for one to two hours so flavors blend. Enjoy on bread, toast, bed of greens or on its own. Makes six to eight servings.





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WELLNESS

By Annette Smith

LIVING with dizziness, imbalance and visual sensitivity?

If you have spent years dealing with dizziness, unsteadiness, or visual sensitivity and haven't found answers, you're not alone. These symptoms are often dismissed, misdiagnosed or treated in isolation. But they can stem from complex issues involving the inner ear (vestibular system), eyes, neck and brain. A skilled physical therapist trained in vestibular rehabilitation can play a vital role in uncovering the root causes and guiding recovery.



Vestibular physical therapists perform detailed evaluations that go far beyond routine balance or neurological checks. They assess how your inner ear, vision and body work together to maintain stability and orientation. This includes testing eye movements, balance reactions, posture, and head/neck coordination.

Over time, your brain may compensate poorly for a vestibular issue, leading to chronic symptoms like motion sensitivity, fogginess in busy environments, or difficulty walking in the dark. A targeted therapy plan can retrain the brain and body to work together again.

Even if you have had symptoms for years, it's not too late. With the right approach, many patients see significant improvements in stability, confidence and quality of life. If this sounds familiar, consider seeking out a physical therapist who specializes in vestibular rehabilitation. ■

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

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HEALTH

By Dr. Jody England

WHY choose nutritional wellness?

Wellness is making choices that lead you to optimal health physically, mentally, spiritually, emotionally, socially and environmentally. It is not just an absence of sickness and disease. A Harvard study showed that for every \$1 you spend in wellness care, you can save up to \$6 in sick care.

Nutritional biofeedback has helped many families do just that, and patients feel safe knowing their natural immune system can keep them well. Nutritional biofeedback uses your body's strength as a tool to determine if you react to stressors like viruses, parasites, bacteria, metals, chemicals, etc. If your body goes weak in relation to the stressor, then we identify specific whole foods, herbs and homeopathic remedies that make your body strong again. The stronger the body is, the more it is able to resist these stressors. With less stress, the organs and tissues have an opportunity to heal. If you were running up a hill all by yourself, you may become easily fatigued, but if someone was running behind you and pushing you, your body would be less tired when it got to the top. Giving specific nutritional supplements keeps the body from getting worn out from daily stressors.



Choose to be well for a lifetime. ■

Information provided by Dr. Jody England, DC, Urbandale Chiropractic, 10437 Hickman Road, 515-278-4594, www.urbandalechiro.com.

URBANDALE COUNCIL RECAP

August 4, 2025 – Council Meeting

The City Council met on Monday, August 4, and began with a proclamation recognizing Tuesday, August 5, 2025, as National Night Out in Urbandale. The festivities include live music, food, games, K9 demonstrations, bounce houses, and the return of the Blackhawk helicopter. The celebration is part of a national initiative that highlights the importance of neighborhood engagement.

Council then approved a preliminary plat for 31 single-family homes near 147th Street and Waterford Road, and a final plat 50 single-family homes at 142nd Street and Coyote Drive.



Mayor Andrew Weg with Police Chief Rob Johansen

The City Council approved the continuation of the annual Special Bow Hunting of Antlerless Deer program, now entering its 27th year. The program helps manage the local deer population and reduce vehicle collisions, particularly in areas in western Urbandale where development is still growing. Police Chief Rob Johansen noted that the program has maintained a perfect safety record and works in conjunction with HUSH to provide high-quality protein to residents in need. During the 2023-2024 hunting season, 3,022 deer were donated through the HUSH program in Iowa, generating nearly 530,000 meals to Iowa's less fortunate.

The next City Council meeting is scheduled for Tuesday, August 19, 2025. Residents are encouraged to attend in person or watch online via the city's YouTube channel.

July 15, 2025 – Council Meeting

The City Council met on Tuesday, July 15, approving a \$213,000 bid to replace the Library's chiller system and setting two future public hearings for creekbank stabilization projects on Golfview and Walnut Creeks. In closing comments, the Mayor and Councilmembers expressed their condolences to the family and loved ones of the individual who lost their life in a bicycle accident along a trail in Urbandale. The next City Council meeting is scheduled for Monday, August 4, at 6:00 p.m. Meetings can be streamed on the City's YouTube channel.



Officer Dunk Tank Station at National Night Out



Bio-One Officer Dunk Tank Station at National Night Out

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

CHAMBER BASH

Urbandale Chamber BASH was held at Electronic Asset Security, 4331 112th St., on July 8.



Melissa Chavas-Miller and Jessica Drury



Tom Zinny and Cam Hansen



Amanda Mulcahy and Nichole Schwegler



Andrew Pauley and Michael Bartos



Jill Ellsworth and Gina Battani



Kate Thomas and Kyle Younker



Ethan Haller, James White, Ed Reynolds and Marc Kerns



Kris Howard and David Russell



Anna Ito and Fletcher Barry



Monique Elgersma and Susan Lunning



Garrett McFarland, Josh Barson and Michael Fitzwater

OUT & ABOUT



Kelly Troxel and Mark Courter at Urbandale BASH, held at Electronic Asset Security on July 8.



Pat Ward and Andrew Neller at Urbandale BASH, held at Electronic Asset Security on July 8.



Jane Nady and Sheena Green at Urbandale BASH, held at Electronic Asset Security on July 8.



Ann Riesberg, Jane Nady and Creighton Cox at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Amanda Porter and Matt Nuetzman at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Ashley and Dominick Carapella at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



LeAnn Thongvanh, Jen Paulsen and Jill Ellsworth at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Christine Giberson, Shirley MacLeod and Norm Boaz at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Alex Shcharansky and Jon Bianchi at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Randy Pelham, Zach Vander Ploeg and Cameron Hansen at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Taylor Ruoho, Keith Riden and Kyle Lee at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.



Meg Knapper and Tom Zimny at the Urbandale AM Exchange hosted by Ann Hartz CPA & Associates on July 29.

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