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Living

MAGAZINE

'I Do'

Residents share their marriage proposal stories.



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WELCOME

A PROPOSAL in letters

It was 32 years ago when I asked Jolene to marry me. We had been dating for a few years, and we both seemed ready to tie the knot. We were not ones to travel the world or take on outlandish activities, so a simple proposal seemed fitting, at least to me. What we did do was play a lot of board games, especially during the cold winter months. That gave me an idea.



One evening, I carefully placed the engagement ring I purchased for her in the bag of letters in a Scrabble game. I asked her if she wanted to play. She didn't react positively, but I eventually talked her into it. I nervously unfolded the board and set up the racks. Then I drew my letters. She did the same.

As the game proceeded, Jolene kept drawing her replacement letters, and I kept looking at her face, awaiting her reaction when she would pull out the ring.

More rounds of play. More letters drawn. We were getting down to the end, and she still had not found the ring. Was it not there? Did I lose it? Or did she know my plan and was messing with me the entire time?

With her last draw, she felt something different in the bag and remarked, "What is in here?" Then she turned the bag upside down and shook it, bouncing the ring off the table and onto the floor. I, of course, quickly picked it up, dropped to one knee, and asked her to marry me. Fortunately, she said yes. And, fortunately, the ring was still intact.

Considering what we do in our jobs today with publishing and printing and journalism and words, maybe using the Scrabble game was a good fit. I would like to tell you I had that connection planned out, but I didn't. We simply liked playing Scrabble. And we like being married.

In this month's cover story, we share the engagement stories of local residents, telling how they gained the courage to ask for their partner's hand in marriage.

Have a great month and thanks for reading. ■

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I Do!

Residents share
their marriage
proposal stories.



Zach Jakalski proposed to
Madi Gremler at the Piazza
San Marco in Venice, Italy.

By Joe Baumgarten

Couples often celebrate the milestones of their relationships: the day they met, their wedding, anniversaries ... And the date of their engagement is often a highlight: an event often given much thought and planning. An occasion of romance, joy and anticipation of the journey ahead.

Lucky 7

If you ever go out to Prairie Meadows Racetrack and Casino to play the slots, you will certainly find one that says something like "Lucky 7s," where getting three 7s in a row wins you the jackpot. The number 7 certainly was Joyce and John Feddersen's lucky number, but more on that later.

John was attending the University of Illinois, and Joyce was working at the Sears department store in Clinton. They had been dating a while, and John was home for the summer. After a date, John was taking Joyce back to her parents' house where she was living. While parked in front of the house, John popped the question.

"I hadn't planned on it for that night," John says. "It was quite spontaneous. But, I was headed back to school soon."

And, so, they were engaged. The date was the 7th of September, 1954.

There was just one problem: John's father was not thrilled with the idea of him getting married while he was still in school.

"I was used to being the good girl," Joyce said. "I did all the right things. But, here I was causing all this ruckus because John's father didn't think he should get married until he was out of college."

Joyce is pretty sure John's father's sister intervened with her brother and softened him up a bit toward the idea. This was important, because, at the time, if the man was younger than 21, he had to have his father's signature on the marriage license.

"I feel like John's Aunt Tilly, bless her heart, saved my life," Joyce recalled. "I would just go up there and cry and talk to her."

Once they had the wedding license, they set the date for the seventh hour of the seventh day of the seventh month of 1957. Unfortunately, they had to move the wedding up due to John's financial needs. So, in the end, they married at 7 a.m. on July 7, 1955.

And that was 70 years ago.

A pond, a sunset and a man fishing

Some people just know they are meant to be together from the start.

Jacob Kuhns and Lauren McGuill have been dating for four and a half years. Lauren might argue they have also been engaged for four and half years.

"I didn't want to get into a relationship with



John and Joyce Feddersen married on the seventh hour of the seventh day of the seventh month.

someone who wasn't going to be there for the long run," she says. "Jacob felt the same way."

They even started planning their wedding day.

"Wouldn't it be fun to have it on the Fourth of July?" Jacob says. "There would be lots of fireworks, people would all have the time off, it would be a great party."

Eventually, they set the date for July 4, 2026, and started walking backwards from that day. They agreed the wedding would be a small, intimate gathering of family and only a few close friends. Rather than finding a church and a large reception hall, they decided to get married outside at Lauren's step-father's acreage. Lauren asked her uncle to be the presider. It was all coming together nicely.

Instead of spending tens of thousands on a large, extravagant wedding, Lauren made one thing clear to Jacob: She wanted a gold ring with a large diamond. The wedding day would just be a few hours, but she would wear the ring forever. Jacob agreed, and they went shopping for the perfect diamond. Once she found the diamond, she chose the ring.

"We picked out the parts together, but it would take some time for the jeweler to assemble the final ring," Jacob says.

This gave Jacob some time to plan his proposal.

A few weeks later, the jeweler called: The ring was ready. He and his future sister-in-law, Meghan, went to pick it up. They both agreed it was perfect. Jacob stashed it away, hiding it from Lauren until the right moment.



John Feddersen "doing it the right way" on their 50th anniversary.

Lauren knew that Jacob had picked up the ring, and even heard from her sister that it was stunning. Jacob, however, refused to let her see it.

"When the time is right, you'll see it," he told her.

From that point on, Lauren — and the rest of her family — waited and wondered when Jacob would pop the question. Days and weeks went by, but nothing.

Independence Day found all of Lauren's family and Jacob's family celebrating the holiday together at David's acreage. Surely, everyone agreed, this would be the perfect time for Jacob to take a knee and present the ring. The hours went by and... nothing.

"Everyone was expecting me to do it, everyone would be there watching it happen, but that isn't what I wanted," Jacob says.

He left everyone, including Lauren, disappointed, but filled with suspense.

For the next two weeks, he kept looking for the right opportunity. Lauren could sense that it was coming, but Jacob kept his cards, and the ring, close to his chest.

One Saturday, Jacob had been disk golfing around the lake at DMACC. As he drove home, the idea came to him: This was the place; this was the time.

"The sunsets had been really nice on the pond lately, and we take Tilly (our dog) for walks there every once in a while, and she likes it down there," he says.

When he got home, he told Lauren that he had lost a disk somewhere by the pond and had

to go back looking for it.

"Why don't you come along, and we'll take Tilly," he said as calmly as he could with his heart beating a mile a minute.

"We rounded the end of the pond, and I said, 'Let's sit here for a bit,'" Jacob says.

Jacob sat on the grass next to Lauren while Tilly roamed nearby, at least as far as her leash would allow. Jacob, not being a man of many words, said, "Lauren, I like you a lot."

Lauren could see how nervous he was.

She replied, "I like you a lot, too."

Then Jacob said, "I don't think that I want to ever be with anyone else."

At this point, Lauren knew he was proposing and she said, "You have to get down on one knee."

"Yeah, I wanted the whole thing," she says with a laugh.

Jacob complied, got down on his knee, presented the ring and asked her to marry him. The answer was long ago given, but that didn't take anything away from the beauty of the moment there in the grass by the pond reflecting the setting sun.

A few other people walking on the other side

of the pond witnessed the whole thing.

"They yelled 'Congratulations' from across the pond," Lauren recalls.

With the words finally asked — and the ring on her finger — Lauren said, "Jacob, we need a picture!"

Jacob replied, "There's nobody around except that one guy fishing over there. We don't want to bug him."

Undeterred, Lauren walked up to the man and said, "Excuse me, we just got engaged, can you take our picture?"

The man said, "Of course, let me just wash off my hands in the pond here, they smell like fish."

"So, the man with the fish hands took my phone and snapped a few pictures," Lauren says.

It was a humorous ending to a story they will remember forever.



Jacob Kuhns and Lauren McGuill became engaged on an evening walk around a pond with their dog.

Zach proposed to Madi Gremler at the Piazza San Marco in Venice, Italy. It was night, so the crowd had died down, and the temperature had cooled. There was even a quartet playing music outside at a nearby cafe.

In the presence of Madi's mother, father and

Speechless

When it comes to impressing a hopeful fiancée, Zach Jakalski's proposal is hard to beat.

"Yeah, I set the bar very high for all my friends," Zach says proudly. "They're not too happy about it."

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FEATURE



On a trip to Italy, Zach Jakalski proposed to Madi Gremler in front of her family.

sister, Zach took a knee. He pulled out the ring box and opened the lid. The box had a built-in light that turned on when the lid opened, adding a spotlight-effect on the ring. Madi, her mother and her sister had no idea the proposal was going to happen. Madi's father was the only one in whom Zach had confided.

The only thing that did not go as planned was Zach's proposal speech. Zach had worked to craft the perfect proposal, one that declared his everlasting love and devotion. It was sure to be a memorable moment. Madi's father tried to advise Zach to keep it simple.

"He said not to come up with a whole elaborate speech 'because you are not going to remember it in the moment.'

Zach, however, was confident in his ability to deliver it flawlessly.

Like the verse in an Alanis Morissett song, it was the good advice that he just didn't take.

"I was just so nervous. All I could get out was 'Will you marry me?' and I think I even messed that up a little."

This was the moment. Everything had been carefully orchestrated for the perfect proposal: a classic Italian piazza, romantic Venice, a beautiful night, the ring. Even the quartet helped by spontaneously playing Elvis Presley's "Can't Help Falling in Love" for the perfect background music.

The question was popped, and everyone held their breath waiting for Madi's response.

They waited.

They waited.

Suddenly, tears swelled in Madi's eyes — but what did they mean?

They waited what felt like an eternity more.

Finally, Madi choked out a "Yes."

"I always have something to say," Madi said with a laugh, "I'm rarely speechless. But, I was so shocked I forgot what to say."

All in all, it was the perfect moment that Zach had hoped it would be. Even the patrons at the nearby cafe clapped and cheered for them.

"One guy came over and wanted to take a picture with us on his cell phone," Zach remembered.

The wedding will be in October, but the honeymoon will have to wait until Christmas. Madi teaches K-8, and Zach is busy starting up a Des Moines-based coffee roasting business called Black Silo Coffee Roasting.

The destination, of course, is Italy. ■



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BUILDING intergenerational relationships

Olmsted Elementary partners with Senior Suites.



Neyla Mesic, first grade, with residents at Senior Suites.

Student Council students at Olmsted Elementary School have had the opportunity to partner with Senior Suites and learn new communication and relationship-building skills this school year.

Mirela Enderton, a school counselor at Olmsted, helped facilitate an initiative to get students engaged in their community, and Senior Suites was chosen as the recipient of their time and efforts.

"When I was a teacher in the old Olmsted building, the counselor took a group of students around Thanksgiving to visit a senior living facility," Enderton recalls. "I absolutely loved it. It stuck with me and is a core memory for me. I wanted to do something similar with my students here. Intergenerational relationships are so important, and I think this experience will be a core memory for these students."

The partnership with Senior Suites was originally going to be just a few visits, but, after conversations with Olmsted administration, it was decided that a monthly visit throughout the school year would be good. Student Council students range from first to fifth grade, with one representative from each classroom. In rotating small groups of five to six students, they visit Senior Suites for about an hour during a school day to bring gifts to the residents and to engage in activities with them.

"We involve the rest of the school with the project," Enderton shares. "August and September were months of planning. In October, our preschoolers made suncatchers for the Senior Suites residents. In November, the kindergarteners made placemats. One grade level per month will make something to send with our Student Council students when they make their visit."

In a recent visit, students decorated cookies and gingerbread houses with the senior residents. In upcoming months, activities may include reading with and singing to their new friends. At the beginning of the school year, the Student Council students came up with ideas of activities they could do. Enderton shared them with Debbie, the activity coordinator at Senior Suites, and the two communicate each month to determine what will be chosen from the list of original ideas for the next visit.

The last time the Student Council group visited, there was a resident arriving at the same time.

"I loved seeing her excitement that the Olmsted kids were there," Enderton says. "It is so sweet to see the relationships being built with a variety of generations. My favorite aspect of the partnership is the excitement of the students going to the visit not quite knowing what to expect and then building communication skills and relationships. I also



Emery, fifth grade; Reese, second; Neyla, first; Paxton, third; and August, fourth; made gingerbread houses with residents at Senior Suites.



Lia S., third grade, enjoys time with senior citizens.



Simon M., fifth grade, and Emmett R., first grade, were among the students who planned activities with their senior friends.

love their giddiness when they return to school, talking about everything that happened during the visit. I supervise the students alongside Mrs. Cloe, our ELP teacher and my partner on this project, and Dr. Bordenaro, our principal. We love seeing the genuine connections the students are building."

Enderton observes that most people often get immersed in their own daily activities and find it easy to forget to reach out to others in the community, and that is why she feels this partnership between the students and Senior Suites residents is so important and valuable. She says, if others in the community are interested in creating similar partnerships with groups like Senior Suites, the simplest way to get started is to make a call to ask if they would be interested in a partnership. ■

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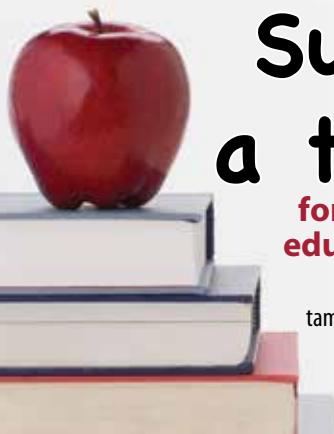
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INVESTMENT

By Daniel Rundahl

A FEBRUARY message to our loved ones



February is often associated with love — cards, flowers and gestures meant to remind the people in our lives that they matter. For many of us, love is expressed more in preparation. As a financial advisor, I see every day that one of the ways we care for others is by planning well on their behalf.

As January transitions into February, most households are focused on financial housekeeping. W-2s and 1099s begin to arrive, tax documents are organized and attention turns to what the past year looked like on paper. While this process is necessary, February also presents a valuable opportunity to look forward. It's a time to evaluate how our financial decisions reflect what — and who — we love.

One area to review is giving. Many churches and charitable organizations send annual contribution summaries early in the year. Changes to tax law have reduced the number of people who benefit from charitable deductions, but generosity was never meant to be transactional. February is a good time to reassess the causes you support and consider whether there are new organizations you would like to include in your giving plan.

Next is saving, which often feels overwhelming because it touches so many parts of life. Short-term goals might include upcoming travel, celebrations or home projects. Long-term goals could involve retirement, education funding or future care for loved ones. The key is clarity. When you understand what you are saving for — and when you'll need it — you can build a plan that balances today's needs with tomorrow's priorities. February is an ideal time to review current savings habits and make adjustments before the year gets away from you.

Then comes planning, where structure turns intention into progress. Think through your goals by answering a few simple questions: Who is this for? What does success look like? When does it need to happen? Where does it take place? And, most importantly, why does it matter now? That "why" is the emotional driver. It is what keeps a plan moving when discipline is required or tradeoffs need to be made.

Finally, there is the how — and this is where working with a financial advisor can make a meaningful difference. A good advisor doesn't just manage numbers and boast gains when the stock market is up; they help connect financial strategies to real life. They walk alongside you through decisions, help identify risks and adjust plans as life changes. They advise about potential roadblocks and assist with variables that may deter your long-term course.

As Valentine's Day approaches, I encourage you to ask one question: Are you in love with your financial plan? If not, February is a perfect time to revisit it, refine it and ensure it reflects the people and priorities you care about most. ■

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NEWS BRIEF

THIRD Jump START vehicle giveaway



Staff of Shade Tree Auto present a vehicle to the Dalton and Kelsey Bright family as part of the business' Jump Start program to benefit veterans in need of transportation.

In January, Shade Tree Auto's Ankeny location hosted its third Jump START vehicle giveaway to Dalton and Kelsey Bright. Dalton is a local veteran currently serving his country on deployment. Kelsey and their son, Dean, were able to receive the Nissan Pathfinder on his behalf.

The inspiration behind the giveaway came from Shade Tree Auto's belief that reliable transportation is essential to stability and success in Central Iowa. "It can be difficult for veterans to ask for help. We employ a number of veterans here and see it every day," Dan Kline, COO of Shade Tree Auto and veteran himself, says. "Jump START exists to help veterans get back on their feet when transportation is the missing piece."

The giveaway was made possible through the donation of the vehicle from a customer of the local shop and the collective effort of Shade Tree Auto's technicians, advisors and leadership team, who inspected, repaired and prepared the vehicle to ensure it was dependable and ready for daily use. Local vendors such as Arnold's Motor Supply and Factory Motor Parts also played a role by supporting the Jump START mission through donations and helping spread awareness of the program. Non-profit partnerships with 1-800-Charity Cars and 214Life.org helped with the taxable donation and title transfer.

Ultimately, the Ankeny Jump START giveaway reflects a larger commitment to community involvement and service. By providing the vehicle at no cost, Shade Tree Auto aimed to remove financial barriers and offer genuine support during a critical moment.

"Everyone goes through times where they need a little help," Clint Dudley, owner of Shade Tree Auto, says. "We're fortunate to have these talents and resources to provide a reliable vehicle that can improve someone's situation."

For more information on the Jump START program, to donate or nominate a veteran, visit www.shadetreeauto.biz/jump-start. ■

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Living^{IOWA}
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AGING at home

Why a broad care network matters.

Ellen, 72, has every intention of staying in her Des Moines-area home for as long as she can. She is active, social and generally healthy. Still, she is realistic. Aging well at home is not just about what you need today; it's about having the right support if change occurs.

For many older adults and families, home-based services begin with a single need: help after a hospital stay, assistance with medications, or support with daily tasks. What often gets overlooked is what comes next. Needs can evolve and health conditions can change. Care can become more complex, sometimes quickly.

That reality raises an important question: When you choose a home health provider, are you choosing a service ... or a network?

Home-based care works best when it is connected. A provider that operates within a broad network of services can help ensure continuity, coordination and confidence over



time. Rather than start over each time a new need arises, a network allows care to adjust and expand.

A comprehensive home health network typically includes a range of services that address physical health, personal support and overall well-being. Skilled clinical care, such as nursing or therapy, may be needed for a season. Wellness-focused services can play a role in prevention, safety and long-term planning.

The advantage of a connected network is not just convenience; it's communication. When providers share information, align goals and understand one another's roles, care tends to be more responsive and less fragmented. That can mean fewer gaps, clearer expectations, and better outcomes for the person receiving care.

It also offers peace of mind for families. Adult children and caregivers often are balancing work, family responsibilities and concern for a loved one's well-being. Knowing that services are coordinated (and that additional support is available if needed) can reduce stress.

When evaluating home health options, it

helps to look beyond the immediate need and ask a few key questions:

- Does this provider offer access to multiple types of services, or will I need to find new support if I need it later?
- How are services coordinated if needs change?
- Is there a focus on long-term independence, not just short-term care?
- Does the provider have experience supporting people across different stages of aging?

Aging at home is rarely a straight line; it's a series of adjustments, decisions and transitions. Choosing a home health provider that is part of a broad, well-integrated network can make those transitions smoother and more manageable. ■

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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FAITH By Steve Smith

HE TOUCHED me

On the exam table, the doctor crossed my arms over my chest, took hold of my wrists and gave me a totally unexpected and unannounced firm yank. His "touch" didn't heal my double ear infection and strep throat.

Jesus' touch completely cured the leper in the first chapter of the Gospel of Mark. This encounter contains four necessary ingredients for the man's physical healing that parallel those elements essential for us to be cured of our spiritual ailment that separates us from God.

The leper came to Jesus saying, "You can make me clean" (Mark 1:40). Just as the leper realized his disease and desperately wanted to be made well, so, too, our spiritual healing begins by realizing our spiritual sickness and desiring wellness. The Bible declares that every human being suffers from the spiritual disease of moral depravity (sin). "There is none righteous, no not one" (Romans 3:10).

Humans are naturally reluctant to admit our depraved condition that deserves God's just condemnation. Jesus said, "Men love darkness (wickedness) rather than light (goodness) because their deeds are evil" (John 3:19). Unless and until we see the depth and destruction of our depravity, we won't realize our need for a remedy.

The leper also recognized and relied upon Jesus' ability to heal him — "You can make me clean." Spiritual cleansing requires that a person rely completely upon Jesus who said, "Nobody comes to the Father but through Me" (John 14:6). "Christ died for sin once for all, the just for the unjust that He might bring us to God..." (1 Peter 3:18). We deserved God's judgement, but all who accept Christ's death as their payment are forgiven and given eternal life. "He who believes in the Son has eternal life..." (John 3:36a).

The leper expressed his reliance by requesting that Jesus heal him. "Imploring Him... If you will..." (Mark 1:40). For us to be liberated from our wicked spiritual condition, we must also express our trust in Jesus. "Whoever will call upon the name of the Lord will be saved" (Romans 10:13).

Once the leper realized his lamentable condition and relied upon Jesus completely by requesting the cure, Jesus "touched him... and he was made clean" (Mark 1:41-42).

Jesus touched the leper and our Lord was not contaminated, but the man was physically cleansed. Likewise, when a person places their faith in Christ, Jesus' touch brings spiritual cleansing.

Realize our spiritual disease deserves judgment, rely upon Jesus, receive cleansing and rejoice that...

Shackled by a heavy burden,
'Neath a load of guilt and shame;
Then the hand of Jesus touched me,
And now I am no longer the same. ■

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



UPCOMING FUN IN URBANDALE!



Browse the City of Urbandale's upcoming spring and summer programs on Monday, February 16, and registration will open Monday, March 2nd! Look at our listing of Youth Programs, Adult Programs, Adaptive Programs, and Senior Programs online at www.urbandale.org/programs.

YOUTH PROGRAMS

Kids Kamp (ages 6-9)

A weekly themed day camp where kids will experience field trips, games, arts and crafts and much more!

Youth Tennis

Art in the Park

Art Exploration

Tie Dye Camp

All Sports Youth Camp

ADULT PROGRAMS

Mat Pilates

Yoga with Beth

Archery

Cooking classes

ISU Extension programs

And much more!

**MARK IT IN YOUR CALENDARS
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URBANDALE'S PROGRAMS!**



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www.urbandale.org

PLAN AHEAD

By Sarah Masteller

WHY would I prepay funeral expenses?

Preplanning one's final arrangements is something everyone should do. While it is not necessarily an easy topic to address, having arrangements in place can provide a great deal of peace of mind, both for the person making the arrangements and for those loved ones who will be left behind.



No one comes through the doors of the funeral home on the day that their loved one has died and regrets that the plans have already been made. In fact, it is quite the opposite. Families experience great relief knowing that plans are in place, decisions have been made and, perhaps, the expenses have already been handled.

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about. There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today. Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.

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PEACE of MIND**

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Scott Eriksen Dave Cortner Robert Christensen Sarah Masteller

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www.HamiltonsFuneralHome.com 515-243-5221



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Academy of Grief & Loss • Pet Services • Memorial Gift Shop

LIBRARY

By Staci Stanton, Programming and Outreach Manager

URBANDALE Public Library news

Read to achieve with the Iowa Wolves

Join us for a special storytime with the Iowa Wolves on Monday, Feb. 23 at 4:30 p.m. Players and coaches will read stories followed by a Q & A. Families can stick around for a photo/signing session with Alpha, the Wolves' mascot, at the conclusion of the program. This program is recommended for families with children in kindergarten and up. Registration is encouraged.

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.



Art Day

Mark your calendars for Saturday, Feb. 28 to bring your family to the library from 10 a.m. to noon. During this free, drop-in event, explore different art projects including a Bluey collage, watercolor techniques and beaded crafts. Enter to win a spot with our face paint or caricature artists as a special memento. All ages are welcome. Art Day is brought to you in partnership with the Urbandale Public Library and Art Gallery and the City of Urbandale Public Art Committee. All children younger than 10 must be supervised by an adult.

“Amazing Iowa Women”

Join “Amazing Iowa Women” author Katy Swalwell to learn about some of these significant women, the systemic barriers they faced, the contributions they made, why their stories aren’t better known, and what is being done to keep their legacies alive. Katy will demonstrate how women from all backgrounds in Iowa have been powerful influences on their communities, even when denied access to formal positions of authority. Visit the library website to register to attend on Thursday, March 5 at 6 p.m.

Urbandale Historical Society: Fraud and Courage

Join us on Sunday, March 8, at 2 p.m. for a presentation about Eddie Tipton and the largest attempted lottery fraud case, presented by Terry Rich. Terry Rich will share experiences as the former CEO of the Iowa Lottery and stories about Tipton from “The \$80 Billion Gamble,” which he co-authored with Perry Beeman. Registration is encouraged.

Spring Break

Be sure to check out our calendar for a week of fun activities during spring break for all ages. We’re especially excited for a K-Pop Demon Hunters Family DIY on Thursday, March 19, from 5:30-7 p.m. We’ll have crafts, airbrush tattoos from Airbrush Body Creations, and a special appearance from Derby. Registration is encouraged. ■

DO I need a revocable trust?

A revocable living trust is an estate planning document that manages your assets. A trust is a good option for transferring inheritance. After death, a trust avoids probate, protects the privacy of the beneficiaries, and minimizes estate taxes. But what about during your lifetime? A properly drafted trust allows you to own, invest and spend your assets as you see fit with few, if any, restrictions. But to accomplish that, trusts require more work upfront to create. You will need to re-title key assets. You will also need to transfer real estate to your trust.



Can I sell my home if it is in a trust?

Yes, you can still sell your house. In general, a revocable living trust will allow you the flexibility to move assets in and out of it. This includes real estate. There is nothing in a trust preventing you from selling the home that you own.

Do I have to worry about the due-on-sale clause in my mortgage?

No, the transfer to a trust does not trigger your mortgage's due-on-sale clause. If you have a loan against your home, it is probable the mortgage

document contains a provision that, if you sell the real estate, the entire loan becomes due. But there is a federal statute — 12 U.S. Code § 1701j-3(d)(8) — that contains a preemption of due-on-sale prohibitions. A transfer to a revocable living trust is specifically excluded from title transfers that trigger the due-on-sale clause.

If I refinance my home, will I have to take it out of the trust?

Maybe. A revocable trust can give the trustee the ability to borrow against the home owned by the trust. However, some lenders have a policy of not making loans to a trust. This comes up frequently with home equity loans or home equity lines of credit (HELOC). In that situation, you may need to deed the property from the trust back to yourself. Remember to re-convey the home to the trust after the loan is completed.

A revocable living trust shouldn't be a burden. It should be a device that you use for your benefit to ensure your assets are managed according to your wishes. If you have questions about how trusts work, contact an attorney who specializes in estate planning. ■

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

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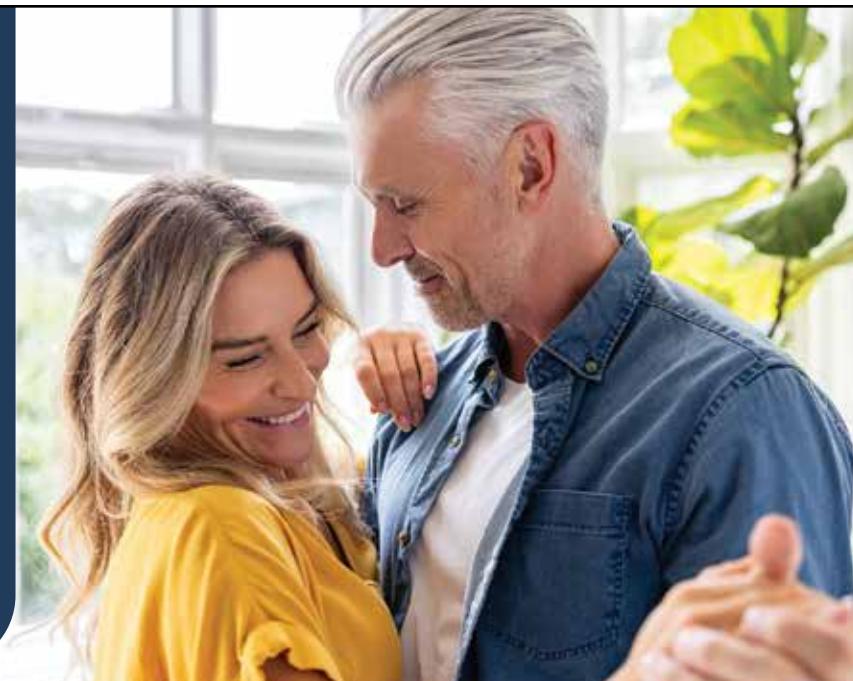
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HUITT marks 20 years as a docent

Has a passion for history and the community



Norm Huitt, Urbandale Historical Society's docent extraordinaire, is a living encyclopedia of knowledge about the Olmsted Urban House and its history. With more than two decades of volunteering, he has become an invaluable resource for visitors.

However, his journey to becoming a docent was not without challenges.

"I joined the Urbandale Historical Society when I retired, possibly even before then," he recalls. "I expressed my desire to volunteer and filled out the application. A year passed, and I never received any response. I assumed they didn't want my help and decided not to renew my membership."



Ryan Mehalovich presents the Neighbor Spotlight certificate to Norm Huitt.

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The story could have ended there, but fate intervened. "A couple years later, my wife said, 'Oh, they're having their Christmas open house. You should go up and see the house.' So, I came up here and walked in."

This serendipitous visit marked the beginning of his 20-year "career" as a volunteer docent.

Watching Norm guide visitors through the house reveals his deep passion for history, particularly the history of Urbandale. His exceptional talent lies in making historical facts captivating and engaging. Every picture on the wall, piece of furniture, item on a shelf, and architectural detail of the house is a story that Norm can share with visitors.

Norm encourages visitors to interact with the exhibits. They can browse through a 1942 issue of Life Magazine, play a tune on the piano, or even try to make a call on the old phone on the wall. Norm will even teach you how to play a record on the old Victrola.

If you're seeking wholesome, educational and entertaining activities for yourself or your family, visit the Olmsted Urban House at 4010 70th St. The house is open on the first Sunday of every month from 2-4 p.m. Alternatively, you can contact Norm at urbandalehistory@gmail.com to arrange a private tour. ■

Do you know a neighbor who deserves recognition?

Nominate by emailing tammy@iowalivingmagazines.com.



DISCOVER YOUR

J-Hawk Spirit

Why is it great to be a J-Hawk? Who better to tell you than our students...

- The amount of different classes that a kid can take to learn more about what they want to do in life.
- Plenty of sports and extracurriculars, variety of classes, and our music program.
- Multilingual support is available for families from different cultural backgrounds.
- Small graduating class, good teachers & students.
- There is a great community here at UHS and it's very nice here.

- Amazing football games/basketball/spirit.
- We won state in soccer recently.
- A lot of clubs to join.
- Trusted and experienced.
- The empathy here.
 - Shared by Urbandale High School students enrolled in 'Succeeding in the World of Work' classes

We couldn't have said it better ourselves! With so many opportunities for students to get involved, develop friendships, and feel a true sense of belonging, we invite you to Discover Your J-Hawk Spirit and Discover U! **Register for the 2026-2027 school year!**

**Preschool Preregistration is open!
K-12 Registration opens March 2, 2026!**

Open enroll to Urbandale! For students going into 1st-12th grade, applications due March 1. For incoming kindergarten students, applications due September 1, 2026!

urbandaleschools.com/learn



EVENTS IN THE AREA

Be sure to check for cancellations

Note about calendar events: This magazine is delivered the third Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

Upcoming in Urbandale Living magazine:

Rescue animals: Do you have a beloved rescue animal in your family? Share your story of how you came to find your pet — or it came to find you! Email tammy@iowalivingmagazines.com.

Celebrating heritage: What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing tammy@iowalivingmagazines.com.

Spring Cleanup

On your regular collection day during the week of April 13, the city will collect items that do not fit in your waste container. This collection is available to all Urbandale residents who are eligible for city-provided solid waste collection. The annual curbside cleanup allows residents to dispose of almost anything. The city rents large trucks, equipment, and employs temporary workers to help collect all the items.

Help our crews by putting smaller items into tied trash bags and try not to overload bags. Don't set your items out early. Place your items out by 6 a.m. on your regular collection day or the night before.

No appliances (such as refrigerators, dehumidifiers, microwaves, water heaters, trash compactors, furnaces, freezers, air conditioners, dishwashers, light ballasts, washers, dryers, stoves and garbage disposals). Appliances are collected through a separate city program called Bulk Item Collection. Urbandale residents can also drop-off large items for no-charge at the Urbandale Parks & Public Works Maintenance Facility on the second Saturday of every month. Learn more about Bulk Item Drop-Off at www.urbandale.org/1105/Bulk-Item-Drop-off.

No construction debris or building materials. All garbage must be bagged or boxed and secured. One pick-up truck load limit per household, items must be able to be collected by a two-person crew. Be sure to fill your container first with anything that fits. Only leave items at the curb intended for city collection.

Examples of accepted items include chairs, file cabinets, computers, tables, couches, grills (no tank), recliners, televisions, desks, mattresses, shelves, toilets, dressers, monitors, sinks, TV stands, etc. Consider donating your old bicycle rather than putting it out to the curb.

For more information about Spring Clean-Up, or questions about accepted items call 515-278-3950 or email engpw@urbandale.org.

In Urbandale, not all residents get their garbage collected on the same day. Knowing the day your garbage is usually collected will help you know when to set out your items for Spring Cleanup.

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

Parks & Recreation spring/summer programs

Registration starts Monday, March 2, for spring and summer recreation programs. Sign up for the Parks and Recreation newsletter, and you will receive a reminder: <https://city-of-urbandale.read.axioshq.com/signup/parks-recreation-monthly>



Elks Annual St. Patrick's Day Celebration

Saturday, March 14, 5:30 p.m.
West Des Moines Elks #2752,
2060 N.W. 94th St., Clive

The Elks St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:30 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes, \$12 per serving.

CITYVIEW's Chocolate Walk

Friday, Feb. 27, 5-9 p.m.
The Breakfast Club, 5525
Mills Civic Parkway, Suite
100, West Des Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. CITYVIEW and West Glen Town Center again bring the Chocolate Walk to West Glen Town Center. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues and will receive chocolate treat samples. Make it a date night or a night out with friends. Look for more details at chocolatewalk.dmcityview.com.



Ports of Call, Music of The Mediterranean

Sunday, Feb. 22, 2 p.m.
Valley High School Staplin Auditorium, 3650 Woodland Ave., West Des Moines

The Des Moines Community Orchestra presents the 2026 50th Anniversary Season Winter Concert, Ports of Call, Music of The Mediterranean. With Guest Conductor Joshua Barlage, and cello soloist Curtis Barr. Admission is free but donations are always welcome.

Friendly Sons of St. Patrick Pre-Party and Parade

March 14 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 14, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Fat Tuesday, a live auction, food trucks and cash bar for an at-will donation. The parade is on Tuesday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit www.friendlysonsiowa.com for more information.



EVENTS IN THE AREA

Urbandale Public Library Events

Urbandale Public Library, 3520 86th St., Urbandale

- Weekday Storytime Schedule: The February break (which will include Dinomite Bookmarks) will be the week of Feb. 23-27; however, you can check out Block Party instead on Tuesday evening and Wednesday morning of the break. Storytimes resume on Monday, March 2.

- Storytime Explorers: Friday, Feb. 20, 10-11 a.m.

- Baby Bounce: Saturday, Feb. 21, 9:30-10:15 a.m.

- Family Storytime: Saturday, Feb. 21, 10:30-11 a.m.

- Adult Recreational Chess: Saturday, Feb. 21, 1-4 p.m.

- Afterschool Fun Board Games: Tuesday, Feb. 24, 4:15-5:15 p.m.

- Block Party: Tuesday, Feb. 24, 6-7:15 p.m., Wednesday, Feb. 25, 9:30-11 a.m.

- 2026 Winter Reading Challenge ends Feb. 28. To learn more, visit www.urbandalelibrary.org/winter-reading-challenge/.

- **February Jigsaw Puzzle Competition** ends Feb. 28. Teams can drop into the library to assemble a designated 500-piece puzzle. A prize

will be awarded to the quickest team, and all participating teams will be entered in a drawing. Teams can assemble a 1,000-piece puzzle for an additional challenge. The fastest team will win a prize. (The same team is not eligible to win both categories.) Check in at the front desk to pick up the puzzle and a challenge form to record your time. Puzzles must be returned 15 minutes prior to the library's closing. Only one attempt is allowed per team to complete the puzzle, and teams will not be allowed to resume progress on a puzzle if they are unable to complete it in a single session.

• **Celebrate Black Stories Scavenger Hunt:**

Feb. 16 to March 2. Drop into the library any time we're open to look for hidden pictures of amazing books that help us celebrate Black History Month. Don't forget to sign the champion's log after you've found them all.

• **Adult DIY: Dream Board:** Tuesday, Feb. 24, 4:15-5:15 p.m. Ready to get clear on what you actually want from 2026? Join Carrie Blackburn, professional home organizer and owner of Tidy Butterfly, LLC, for this inspiring session that combines practical goal-setting

with creative visualization. This hands-on workshop offers an opportunity for you to design a powerful visual roadmap for your goals and dreams. Leave with a personalized dream board to keep you focused and inspired all year long.

• **Double Booked Afternoon Book Club:**

Wednesday, Feb. 25, 1-2 p.m. Double Booked Afternoon meets every fourth Wednesday at 1 p.m. This month's title is "The Heaven and Earth Grocery Store" by James McBride.

• **Family Fun Night: Cool STEAM:**

Thursday, Feb. 26, 5-6:30 p.m. Drop in anytime between 5-6:30 p.m. for cool experiments and crafts. Target age: Families with children ages 5 and up. Registration is encouraged but not required.

• **Classic Cinema: "The Outsiders":** Friday, Feb. 27, 1-2:30 p.m. "The Outsiders" (1983, Crime/ Thriller, 1h 31m, Rated PG-13 for violence, teen drinking and smoking, and some sexual references). In Tulsa, Oklahoma in 1964, the rivalry between two gangs, the poor Greasers and the rich Socs, heats up when one gang member accidentally kills a member of the other. Based on the novel by S. E. Hinton. ■

RECIPE

By Jolene Goodman

PAIR simplicity and flavor with seafood pasta

(Family Features) Some recipes come from a well-worn family card, and others are born on a busy weeknight when you need dinner to feel special without being complicated. Shrimp spaghetti falls squarely into that second category for me. It's the kind of meal that looks impressive on the plate but comes together quickly — perfect for those evenings when you want something comforting, a little indulgent, and absolutely reliable.



I love shrimp because it cooks fast and pairs beautifully with simple ingredients. Toss it with garlic, olive oil, a hint of heat, and a squeeze of lemon, and suddenly an ordinary box of spaghetti feels elevated. This is the dish I reach for when I want a break from heavy sauces but still crave big flavor. It's light enough for warmer months, yet cozy enough to enjoy year-round.

Simple, satisfying, and full of flavor. This shrimp spaghetti is proof that a good meal doesn't have to be complicated to feel special. Find more quick dinner solutions by visiting Culinary.net. ■

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

Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach
- bread, for serving



- Cook spaghetti noodles according to package instructions. In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
- Add chicken broth, Parmesan cheese, heavy cream, remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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WELLNESS

By Dr. Jody England

WHY choose nutritional wellness?

Taking care of your heart holistically

I think we all would agree the heart is very important. Your heart is a contender for one of the top three strongest muscles in your body. Although the heart is the only organ that can function on its own without the assistance of other organs, no organ can function indefinitely without blood that is pumped from the heart. Toxins, like parasites and mold, can affect the heart. Stress and thyroid function can also affect the heart muscle, causing it to wear out more quickly when not nourished with the right kind of nutrients. So, how can we take care of it? With nutritional biofeedback, we are able to test specific food and herbal nutrients, like cardiotrophin pmg or fat soluble B vitamins, that it will take to improve the heart energy and heal the heart.



We have had many patients whose doctors were able to remove their cholesterol and heart medications after being on a nutritional biofeedback wellness program. Love yourself and take care of your heart. ■

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



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HEALTH

By Annette Smith

PELVIC floor physical therapy

Pelvic floor physical therapy is a specialized area of rehabilitation focused on the muscles, nerves and connective tissues that support the bladder, bowel and reproductive organs. These muscles work with the diaphragm, abdominal wall and hips to support continence, sexual function, core stability and efficient movement.



When the pelvic floor is overactive, underactive or not coordinating well, people may notice urine leakage with coughing or exercise, rushing to the bathroom or frequent bathroom trips, constipation, pelvic or tailbone pain, pressure or heaviness, or discomfort with intimacy. Symptoms can occur after pregnancy, with sports and lifting, after surgery, or alongside conditions like endometriosis.

An evaluation with a skilled pelvic floor physical therapist typically begins with a history and a conversation about goals and routines. The therapist may assess breathing, posture, hip and low-back mobility, core control, and movement strategies that can influence pelvic floor function. Treatment is individualized and may include strengthening, relaxation and coordination retraining, biofeedback and a home program.

Pelvic symptoms can feel personal, but they're also treatable — and you don't have to "just live with it." If something feels off, scheduling a pelvic floor evaluation can be a practical first step toward getting back to daily life with more comfort and confidence. ■

Information provided by Annette Smith, Mountain Laurel Physical Therapy, 974 73rd St., Suite 33, West Des Moines, IA 50265, 515-520-8037, www.mountainlaurelpt.com.

26 YEARS in Urbandale

Saliers says there is lots to love about the community.



Charlotte and Ted Saliers are part of the safety patrol for the Fourth of July parade.

For Charlotte Saliers and her husband, Ted, the best part of living in Urbandale is the strong sense of community they feel. The couple has lived in town for 26 years, which certainly contributes to that feeling.

They initially chose Urbandale because of the neighborhood where they found their home.

"We enjoy our neighborhood because we like our neighbors, and it is in a good location," Charlotte Saliers says. "We are close to shopping and restaurants and, with our proximity to the Interstate, it is pretty easy for us to get to other parts of town."

When choosing their home all those years ago, the couple toured properties in a few areas. They settled on their current home because it felt comfortable.

"We like that our house is a good size — not too small, not too big," Saliers says.

A few years ago, they made the home feel even more like their own by updating and remodeling the living room and kitchen.

Within the community, the Saliers have made their mark. They have volunteered for the Urbandale Library's Art Gallery for several years and have helped with Safety Patrol at the Urbandale Fourth of July Parade (driving the golf carts used to keep kids out of the street) for three years.

Recently, Saliers also began volunteering for Urbandale's Public Art Committee. And, in spring 2025, the couple started creating art with Art Is Rad — a local organization dedicated to making art accessible, exciting and fun for everyone — and have volunteered at several of their events.

Together, they have found many ways to give back to the place that has given them so much.

"We love that Urbandale has the feeling of a small town, even though it is part of a big city," Saliers says. ■

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OUT & ABOUT



Drew Woodley and Melisha Pals at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Brett Guy and Kris Klabunde at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Taylor Ruoho, Mistene Nugent and Marcus Christensen at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Dee Mable and Kris Howard at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Aaron Colyer and Rhonda Mock at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Anne Triplett and Kelly Troxel at the Urbandale Chamber Beyond Our Boundary event at Cheba Hut, Johnston, on Jan. 8.



Tony Ekman and Christy Jones at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.



Randi Gustason, Aaron Colyer and Kris Klabunde at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.



Ashley Carapella and Dominic Carapella at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.



Evan Edwards, Ben Geiger and Marty Trepp at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.



Amanda Mulcahy and Bridget Zeman at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.



Jill Ellsworth and Sarah Inges at the Urbandale Chamber B.A.S.H. Jan. 13 at Graze Craze.

AM Exchange

Urbandale Chamber AM Exchange was held Jan. 27 at Amish Haus Furniture.



Amy Lutter, Amanda Mulcahy and Kirsten Radke



Ben Geiger, Nichole Spangler and Karen Hall



Roger Fenton and Eileen Tomberlin



Megan Shipley and Denise Clark



Matt Kiernan and Amy Soper



James Machamer and Erin Rollenhagen



Liz Robbins and Bridget Zeman



Bob Murphy and Shane Hoffman



Dominick Carapella and Ashley Ruppert



Dale DeJong and Nicole Berger



Jen Paulsen and Rich Green

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