

UNIQUELYE  
URBANDALE  
POWERING THE WINDSOR HEIGHTS CHAMBER

URBANDALE CHAMBER OF COMMERCE  
POWERING THE WINDSOR HEIGHTS CHAMBER OF COMMERCE  
CENTRAL IOWA'S BUSINESS CHAMBER™

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# URBANDALE CHAMBER OF COMMERCE

## Central Iowa's Business Chamber

### ◆ VALUES

#### Excellence

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

#### Service

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

#### Family

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

#### Connectedness

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

#### Character

We conduct ourselves with character every day.

#### Inclusion

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



### ◆ WHY

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

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

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

Affiliate of



### ◆ MISSION **Serve, Protect & Promote our Members**



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## URBANDALE CHAMBER OF COMMERCE

2830 100TH STREET  
SUITE #110

URBANDALE, IA 50322

P 515-331-6855

F 515-331-2987

[INFO@URBANDALECHAMBER.COM](mailto:INFO@URBANDALECHAMBER.COM)

## WHY URBANDALE CHAMBER? IT'S OUR BUSINESS TO HELP YOUR BUSINESS.



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



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



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



We believe businesses of all  
sizes have a voice.



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



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# 2026 URBANDALE CHAMBER OF COMMERCE INVESTORS

## CHAIRMAN'S CIRCLE INVESTOR



City of Urbandale



City of Windsor Heights



Polk County

## TRUSTEE INVESTORS



## ELITE PARTNERS



## PLATINUM INVESTORS

Berkley Technology Services  
 Bob Brown Chevrolet  
 Buenzow Insurance Group  
 Central Bank - 86th St. Branch  
 Compressor Controls Corporation  
 DMOS Orthopaedic Centers  
 Dunlap Remodeling  
 First Mid Bank and Trust

Grand View University  
 Homemakers Furniture  
 Hubbell Realty Company  
 Hy-Vee Urbandale  
 Iowa Bankers Association  
 John Deere ISG  
 KRM Development  
 MidAmerican Energy

Paychex HR  
 Pepsi Beverages Company  
 Prairie Meadows Racetrack & Casino  
 Urbandale Community School District  
 Wal-Mart Super Center - Windsor Heights  
 Worldwide Logistics

# NOT A MEMBER OF THE URBANDALE CHAMBER YET?

## We would love to have you!

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



## What does a chamber do?

### The Urbandale Chamber focuses on five pillars

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

Connections are at the heart of what we do, because people do business with those they know, like, and trust. The Chamber provides countless opportunities for members to meet, build relationships, and strengthen their professional networks. Education is equally important, as today's business environment changes rapidly. Through workshops, seminars, and professional development opportunities, we help our members stay informed, grow their skills, and remain competitive. Marketing is another powerful benefit of Chamber membership, with many opportunities working for members 24/7. Our online member directory features strong SEO that helps businesses improve their Google rankings, and every new member receives a custom 30-second radio commercial recorded by Cumulus Radio. The commercials are aired over two consecutive weekends, including statewide on La Q Buena, giving them an exciting way to introduce their business, promote an event, or share job openings. Through Advocacy, the Chamber works to represent and support the interests of our business community, ensuring their voices are heard. Finally, Workforce development is a priority, helping members connect with quality employees through free job postings on our website and social media, as well as resume distribution for candidates who reach out to the Chamber. Together, these five pillars create a strong foundation that supports the success of our members and the vitality of our community.

## 3 CHAMBERS FOR THE PRICE OF ONE



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

The merger is designed to help the organizations combine their resources to best serve members while still maintaining unique identities. The merger unites 900+ businesses that will operate together in an effort to provide more for their membership base by joining forces. Pooling the neighboring business organizations mobilizes the power of its total

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

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

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



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



# ELEVATE YOUR BUSINESS

The Central Iowa Business Conference is the premier business event in the state. Experience a full day of inspiration and education to help take your business to the next level.

Hear from some of the brightest minds in business speaking about cutting-edge topics designed to help you succeed.

If you are ready to lead, shift and transform your business for a better future, join us at the 2026 Central Iowa Business Conference.

## KEYNOTE SPEAKERS



**RICHARD BRYAN**

*Sharpening Your Leadership Edge*



**ALEXANDRA HUDSON**

*Civility & Civic Renewal*



**BRANDON CARLSON**

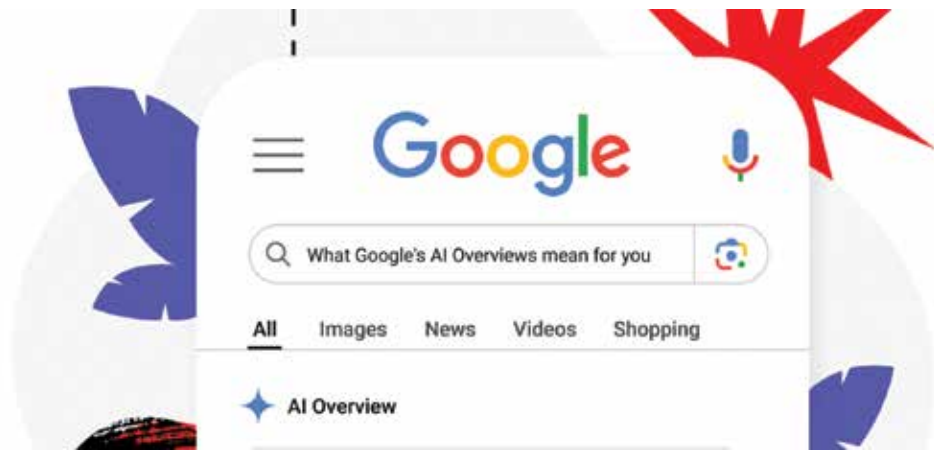
*Operationalizing AI in the Workplace*

**May 21, 2026**  
**Prairie Meadows**  
**Event Center**  
**8 a.m. — 5 p.m.**



# Google's AI Overviews are changing SEO

Here's what that means for your small business



Remember when you used to Google something and all you'd see were links to websites? Those days probably seem like ancient history. Now, more than ever, Google is giving the answer directly to you.

Type “how to fix a leaky faucet,” and Google writes you a five-step guide.

Type “why is my car not starting,” and Google lists nearly a dozen possibilities.

Ask “are the Iowa Hawkeyes or Cyclones better,” and it breaks down their head-to-head record (while very wisely sidestepping a direct answer.)

That little AI summary at the top of your search results page is called an “AI overview” (AIO), and it's profoundly changing how we interact with Google. It's also changing the game for businesses who want to be found online.

If you rely on Google searches to bring people to your business's website, you may wonder, “Is AI good or bad?” “Is it hurting my website traffic?” or “How can I make sure I'm showing up where it counts?”

If you're asking these questions, you're asking the right ones! Google search continues to change on a daily basis and it can be challenging to stay on top of it. Here's a quick guide to help you understand how AI is changing search, what it means for your business, and how you can stand out in the crowded online world.

## AI and Google search: a quick history

There are a ton of AI companies out there, so why are we specifically writing about Google? It's because online search is a David vs. Goliath game, and Google is still the champ. Google's market share for online searches is about 90%. That's a commanding lead over other search engines, one that continues even as people increasingly use AI chatbots like ChatGPT, Perplexity, and Grok to find information.

Google released AI overviews nationwide in May of 2024. It was a response to Microsoft's search engine, Bing, which had partnered with ChatGPT to include AI summaries next to search results several months earlier. Google is continuing to tweak how the overviews work, but today, they show up on top of many queries. Some estimates say it's between a quarter and one-third of all searches.

While these AI overviews are relatively new, the use of AI in Google search isn't. Google has been using AI to create search results since at least 2015, when it launched RankBrain, an AI system that helped it connect words with broader concepts.

The continuous evolution of AI has allowed Google to move away from simple keyword-matching (although relevant keywords are still important!) to the point where it understands related concepts, topics, and meaning in a larger sense. That's why old-school SEO tactics like “keyword stuffing” — repeating certain words over and over in your content to rank higher — don't work as well any more.

## How do Google's AI Overviews work?

Google's AI overviews currently run on a version of Gemini, Google's large language AI model. When the overviews appear, they typically show at the top of the search engine results page.

AI overviews include a written summary that incorporates links to websites it uses as sources. It also includes a sidebar of larger website links to the right of the overview.

Even if a website is used as a source in an AI overview, users are far less likely to click on a citation than if it were a normal search result. The reason is pretty obvious: Google is already synthesizing the information for the user right on the page, so there's no need to click unless the user needs to go deeper.

These overviews also often push everything else in the search results down, giving the top ranking website search result less visibility to the users who are just there for a quick answer.

Google has said these AI overviews are driving “higher quality clicks” to websites, but this is highly disputed by the digital marketing community, and the impact on the number of clicks is still evident. This is particularly true for keywords where people are looking purely for information (a search like “what are the best running shoes”), as opposed to looking to buy a product (“buy running shoes online”) or visit a specific business (“Nike store Des Moines”).



## How do AI Overviews affect SEO?

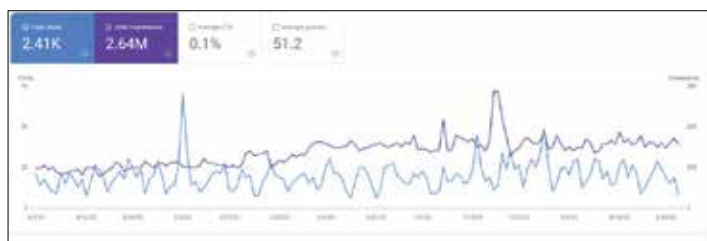
One of the biggest impacts of AI overviews is how businesses may be showing up in more search results but receiving fewer clicks.

Two common measurements we use to see how well a business website is performing include:

**Impressions:** The number of times someone searched for something and Google showed your website on a search results page.

**Clicks:** The number of times someone actually clicked on your website after searching on Google.

In the past, when a website was improving its visibility, it was common to see impressions rise, followed closely by clicks. The AI overviews disrupted that thinking — showing in some cases that impressions would rise while clicks would remain the same, or drop. Search engine marketers referred to it as the “great decoupling.” Here at Webspec, we saw lots of websites with changes like this:



## What can my business do to improve its visibility?

OK, we’ve talked about Google’s AI overviews and their impact. Now what should you do about it? Regardless of whether we think AI is good or bad, it’s here to stay, so it’s important to see what you can do to stand out.

Here are a few tips.

**Take advantage of all visibility opportunities — especially in local search.** A word you’ll often hear at Webspec is visibility. That’s because the Google search results page is crowded with features that your business can take advantage of. The goal isn’t just a No. 1 ranking on Google for a keyword — it’s being as visible to your users as possible in these different areas.

AI overviews are one of many ways Google shows users additional information. Here’s a quick look at some of the other types of results you might see, and how to help your business show up.

**The Local Pack (Maps).** If it’s a business search, like “donuts near me,” there could be a map with information on the closest donut shops and how to get there.

**Action:** Optimize your Google Business Profile and website to ensure you’re showing up in these relevant searches by including as much context for your products/services as possible not just on your website, but across the web.

**Paid Ads.** If it’s a keyword lots of users search in order to buy something, you’ll see sponsored ads at the top of the page, where businesses have paid to be there.

**Action:** Identify relevant keywords that your target audience is searching for and run ads to gain visibility. Ads are going to be introduced to AI Overviews soon, so using paid advertising to stay at the top of search results is key.

**Product Features.** If it’s a shopping search term, you might see small snippets of products that link to ecommerce websites.

**Action:** Ensure your product pages have the correct schema markup to show up in this prime location.

## Build your visibility in AI results

Users may not be clicking all the time, but AI overviews are a prominent part of the Google search results page. When you’re cited as a source in them, it means Google sees you as an authoritative source on your topic. This builds trust in your brand, and it’s worth shooting for.

The good news is, the principles for ranking your content in both traditional search results and in AI results are very similar.

One of the ways to do this is to build a reputation of being an authoritative source in your industry. When anyone can tell AI to consolidate the treasure trove of information on the web and write a 1,000-word blog post for them, it’s going to take more than just repackaging existing knowledge. You can do this by infusing your business’s unique, human insights into your content, or by publishing original information or research.

You can also structure your content so it’s easy for AI models like Gemini and ChatGPT to pull from. This also doesn’t require anything new. Subdividing your content using headings, writing with conversational language, breaking lists into bullet points, and more, is just good web writing.

## Continue shooting for No. 1

That said, don’t let all of your focus go to appearing in AI. The first few results under the AI overview are still gold for your business. Finding the Google searches that your most high-value users are searching will help your website be right there when it matters most.

This could include writing high-quality blog posts for topics that aren’t covered as well in the industry, or optimizing your service pages to appear for local searches for your products (like “shoe stores in Des Moines”).

Using a combination of these three strategies will help you stay relevant, no matter what Google does next with AI.

## Ready to tackle your website’s SEO in the age of AI?

If all of the change in AI and SEO seems overwhelming, don’t worry. Webspec is here to help you through the noise. Our digital marketing team helps small businesses in Iowa and across the United States optimize for search every day, helping them get the results they need to keep them relevant.

Check out our online portfolio to explore how we’ve helped many local businesses boost their online visibility and what we can do for you.

Article provided by



www.webspec.com

# URBANDALE'S YOUNG PROFESSIONALS GROUP: genYP

# genYP

## URBANDALE Chamber of Commerce YOUNG PROFESSIONALS

EXPAND  
YOUR NETWORK

VOLUNTEER  
OPPORTUNITIES

PROFESSIONAL  
DEVELOPMENT

INVEST IN  
YOURSELF

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

## 2026 genYP EVENTS

Twice the connections! Join us each month for a GenYPM and Sunrise Social! And while you're building your network, don't miss out on our professional development opportunities designed to help you grow.

### SEPT. 9 - YP2YP PANEL

(Presented by Spraytec Fertilizers)

Hear directly from fellow young professionals about real experiences, career growth, and lessons learned.

### NOV. 11 - STRONG SKILLS WORKSHOP

Build practical skills you can use immediately in your career.

## WHY genYP?

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

"Through genYP I have witnessed others and personally experienced growth as a young professional. Growth in professional hard skills that instill confidence as well as valuable interpersonal communication. Whether for business purposes or just connecting with someone over mutual interests, genYP is a place to feel welcomed and encouraged to try something new and invest in yourself."



**DAYCEN DOUGLASS**  
Associate Financial  
Planner  
A0 Wealth Advisory

## READY TO JOIN? DON'T WAIT!

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



# URBANDALE CHAMBER 2025 AWARDS

## BUSINESS OF THE YEAR:

### Midland Credit Union



Midland Credit Union exemplifies what it means to be a community-focused business. Through their commitment to financial coaching, strong local partnerships, and impactful initiatives like Coats for a Cause, Midland continuously invests in the success and well-being of both their members and the broader community. Their dedication goes beyond traditional banking, focusing on building relationships, providing guidance, and supporting those they serve. By consistently giving back and helping individuals and families thrive, Midland Credit Union has made a meaningful difference.

## CITIZEN OF THE YEAR: Todd Pettit

The Urbandale Chamber of Commerce proudly named Todd Pettit the 2025 Citizen of the Year. Todd Pettit exemplifies the values of service, dedication, and heart that make our community truly special. For more than three decades, he has been a cornerstone of the Urbandale School District, shaping generations of students with compassion, curiosity, and a deep sense of community. His impact extends far beyond the classroom through creative traditions that inspire growth, his years of service as a driver's education instructor, and his continued commitment to public safety as a reserve police officer. Todd has given tirelessly of his time and talents, building meaningful connections and strengthening the Urbandale community.



## genYP OF THE YEAR: Jessica Verwers

Jessica Verwers exemplifies the leadership, service, and dedication that define an outstanding young professional. Her commitment shines through in everything she does — from growing engagement in her work, at the HBA of Greater Des Moines, and earning national recognition in her field, to generously giving her time to support countless local causes. Within genYP, Jessica has made a meaningful impact by serving on the leadership team and contributing to the professional development committee, helping create valuable opportunities for fellow young professionals.



## SMALL BUSINESS OF THE YEAR:

### Shade Tree Auto - Urbandale

Shade Tree Auto represents the heart and dedication of a strong small business. While they are known for the excellent service they provide their customers, their impact reaches far beyond the shop. Shade Tree Auto supports the community by creating local jobs, partnering with and supporting area schools, and giving back through meaningful initiatives like their Jump S.T.A.R.T. Campaign for veterans. Their commitment to serving others and strengthening the community around them is what truly sets them apart.



## CONNECTOR OF THE YEAR:

### Mark Courter

Mark Courter is the kind of person every organization hopes to have — someone who shows up, steps in, and strengthens connections year after year. For decades, Mark has been a dedicated presence, offering his time, energy, and enthusiasm whenever there is a need, big or small. More than a volunteer, he has become a cornerstone of the organization and a familiar, trusted face in the community. His willingness to step forward and help others build meaningful relationships embodies what it truly means to be a connector.



## HALL OF FAME: Tiffany Menke

Tiffany Menke has made an undeniable and lasting impact on the City of Urbandale for more than 20 years. Tiffany has long been one of the community's strongest advocates and champions. She has proudly represented Urbandale across the Des Moines metro, throughout the State of Iowa, and even to Senators and Representatives in Washington, D.C. Known as a true cheerleader for local businesses and residents, Tiffany has rallied support for organizations like UCAN, the Urbandale Food Pantry, and countless nonprofits, while also helping the community come together during difficult times such as the Derecho and the recent tornado that impacted Urbandale. She has also been a driving force in re-establishing Leadership Urbandale, helping lift up and develop the next generation of community leaders.





Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.

## RESOURCES AND REFERRALS

### BOARD OF SUPERVISORS

515-286-3120

### ASSESSOR

515-286-3014

### BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-591-8111

### CONSERVATION

515-323-5300

### ELECTION OFFICE

2309 Euclid Ave Des Moines, 50310

515-286-3247

### GENERAL ASSISTANCE

515-286-3434

### GRANTS AND SPONSORSHIPS

COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS

515-286-2272

### HEALTH

515-286-3798

### VETERAN AFFAIRS

515-286-3670

### HUMAN RESOURCES

CAREER OPPURTUNITIES, EMPLOYEE  
BENEFITS AND WELLNESS

515-286-3200

DIVERSITY, EQUITY, INCLUSION, ACCESSIBILITY

515-286-3624

### PUBLIC WORKS

515-286-3705

### RECORDER

VITAL RECORDS

515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

ATV/BOATS/SNOWMOBILE

515-286-3160

### SHERIFF

POLK COUNTY JAIL

515-323-5400

LAW ENFORCEMENT (NON-EMERGENCY)

515-286-3306

### TREASURER

MOTOR VEHICLE

515-286-3030

PROPERTY TAX

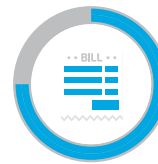
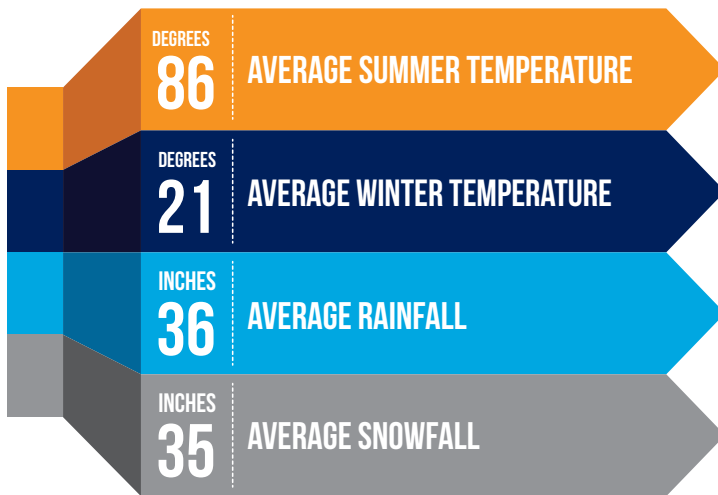
515-286-3060



[POLKCOUNTYIOWA.GOV](http://POLKCOUNTYIOWA.GOV)



# URBANDALE, IOWA AT A GLANCE



## SALES TAX

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



## INCOME TAX

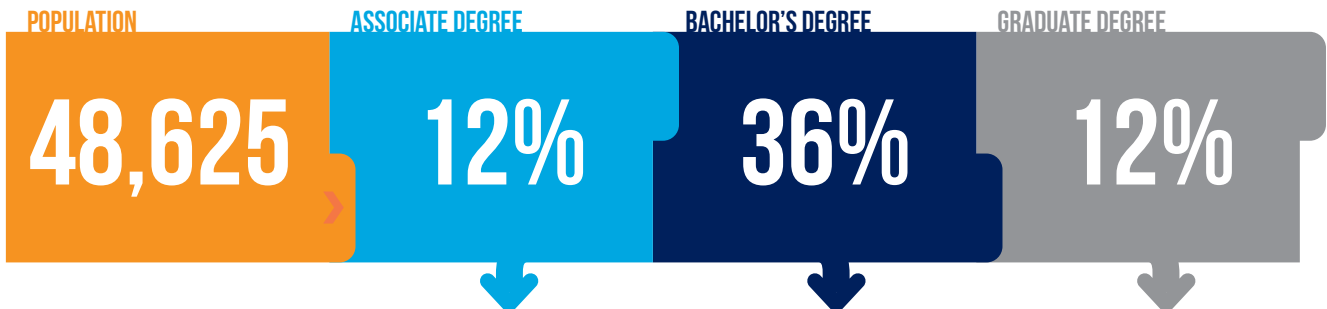
State of Iowa taxes, wages and compensation are subject to federal withholding. For more information regarding income tax rates, contact the Iowa Department of Revenue and Finance at 800-367-3388



## PROPERTY TAX

Urbandale continues to maintain one of the lowest city tax rates in Iowa with a population of 15,000 or more.

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



## WORKFORCE STATISTICS: URBANDALE INDUSTRIES AT A GLANCE

Finance & Insurance



17.8%

Health Care & Social Assistance



11.7%

Retail



10.6%

Professional, Scientific & Tech Services



8.8%

Educational Services



8.3%



19,533 HOUSING UNITS



78% OWNER-OCCUPIED HOUSING UNITS



\$111,674 MEDIAN HOUSEHOLD INCOME



# Leadership Urbandale

Unlock Your Leadership Potential

Leadership Urbandale is a 10-month program of aspiring leaders that convene one day each month. Participants will experience a full day of leadership development and engaging demonstrations that will provide a comprehensive overview of the challenges and opportunities facing leaders and communities.

**Dynamic Workshops**

**Immersive Experiences**

**On-Location Tours**

Learn more and apply via the QR code



Presented by:



Proudly Sponsored by:





Celebrating Fifty Years of

# SERVING IOWA COMMUNITIES

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Clarinda  
Clear Lake  
Colfax  
Denison

Essex  
Fredericksburg  
Fremont  
Humboldt

Johnston  
Lawler  
Manilla  
New Hampton

Newton  
Oskaloosa  
Pella  
Red Oak

Schleswig  
Shenandoah  
Villisca  
Waucoma  
West Des Moines



Learn more about  
our history at  
[bankiowa50.com](http://bankiowa50.com)

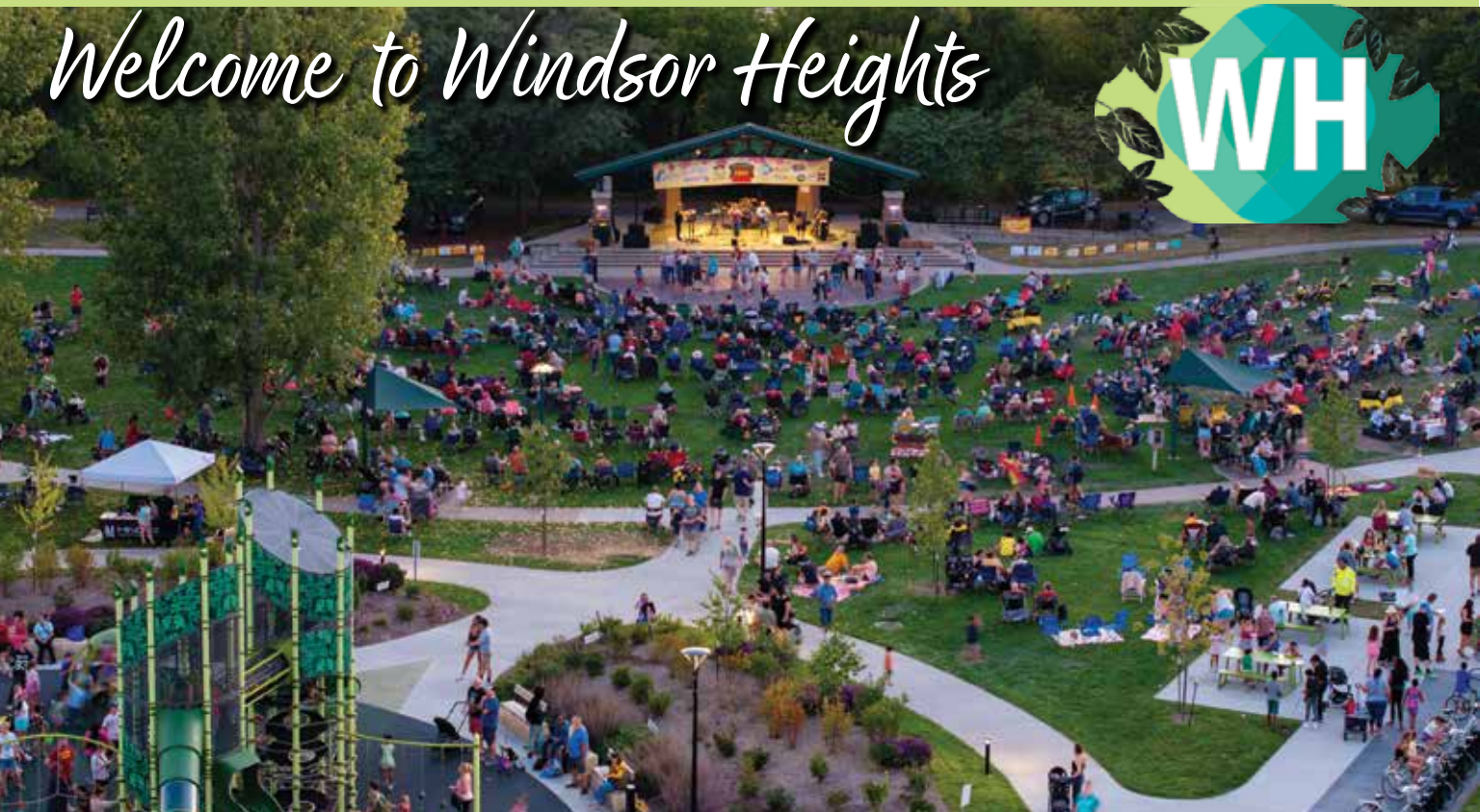


**Bank Iowa**

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# WINDSOR HEIGHTS RESIDENT GUIDE

## Welcome to Windsor Heights



*Neighbor,*

Welcome to Windsor Heights, the most distinctive community in the Des Moines Metro. For the early half of the 20th Century, the area was known for its coal mining, and it wasn't until 1941 that the city was formally incorporated, making it one of the youngest cities in the Metro. With a population of more than 5,000 residents, Windsor Heights boasts the highest population density in central Iowa. Here you will find sturdy mid-century brick homes, excellent schools, beautiful parks, acclaimed restaurants and every

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

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

*Mayor Mike Jones*

## CITY OF WINDSOR HEIGHTS ELECTED OFFICIALS



**Mayor** Mike Jones



Fletcher Barry



Lauren Campbell



Threse Harms



Joseph Jones



Susan Skeries

## IMPORTANT CONTACTS

### PUBLIC SAFETY

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

### TRASH/RECYCLING/YARD WASTE

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

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

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

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

## CITY SERVICES INFORMATION

### City Website

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

### Elected Officials

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



## 2025 Business of the Year Immanuel Pathways



## 2025 Citizen of the Year Bob Bishop



### City Council & Meetings

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

### Library Services

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

### Drop-Off Services

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

### City Special Events

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



## ELECTED OFFICIALS



Renee Hardman  
State  
Senator



Jennifer Konfrst  
State  
Representative



Matt McCoy  
District 1  
Supervisor

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

# ALPHABETICAL LISTING OF CHAMBER MEMBERS

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

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

## **A Davidson Insurance Advisors**

Insurance-Finance/Agents  
Allison Davidson Motoyama  
1251 73rd St.  
Windsor Heights, IA 50324  
(515) 800-8171  
www.adavidsonco.com

## **A New Look Exteriors**

Contractors/Siding  
Justin Williams  
1980 NW 94th St., Ste. H  
Clive, IA 50325  
(515) 276-1900  
www.anewlook.net

## **Advocacy Strategies**

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

## **Bankers Trust - Windsor Heights**

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

## **Barry Hesse, REMAX Concepts - BROKER Associate B11216000**

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

## **Bolton & Menk, Inc**

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

## **Bud & Mary's**

Health Care/Pharmaceuticals  
Lindsay Scheidler  
7239 Apple Valley Dr.  
Windsor Heights, IA 50324  
(515) 410-9100  
www.budmary.com

## **Caseys**

Retail-Shops-Stores/Convenience  
Jim Nolan  
6961 University Ave.  
Windsor Heights, IA 50324  
(515) 204-1943  
www.caseys.com

## **Centerfield Sports Bar**

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

## **CFO Accounting Services LLC**

Finance/Accountants  
Carla Ruble  
Windsor Heights, IA 50324  
(515) 770-5163  
www.cfoaccountingservices.com

## **City of Windsor Heights**

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

## **Clair Family Dental**

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

## **Colby Interests**

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

## **Deck and Drive Solutions**

Contractors/Remodeling  
Aaron Rouse  
2200 69th St.  
Windsor Heights, IA 50324  
(515) 480-5593  
https://deckanddrivesolutions.com

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

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

## **Dinner Dispatch**

Retail-Shops-Stores/Meal Preparation  
LeAnn Thongvanh  
6587 University Ave.  
Windsor Heights, IA 50324  
(515) 218-2522  
http://dinner-dispatch.com

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

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

## **GiGi's Playhouse Des Moines**

Organizations/Non-Profit  
John Claes  
6507 University Ave.  
Windsor Heights, IA 50324  
(515) 252-7529  
http://gigisplayhouse.org/desmoines

## **Heart Space Massage**

Wellness/Therapeutic Massage  
Gordon Reeder  
6500 University Ave., Ste. 203  
Windsor Heights, IA 50324  
(515) 519-0923  
www.heartspace515.com

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

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

## **Immanuel Pathways-Central Iowa**

Seniors/Services  
Shelby Burt  
7700 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 270-5000  
https://immanuel.com/pathways-pace

## **Infinity Home Care**

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

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

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

## **Jones, Joseph**

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

## **Jones, Mike**

Individual Membership  
(515) 238-5105

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

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

## **Koester Development Group**

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

## **KReate Business Brokers**

Business Services/Brokerages  
Ray Main  
6600 University Ave., Ste. 141  
Windsor Heights, IA 50324  
(515) 681-2907  
http://krbb.com

## **Lauren Campbell Photography**

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



## **Metro Waste Authority**

Environmental/Waste Management  
Cassie Riley  
300 E. Locust St., Ste. 100  
Des Moines, IA 50309-1864  
(515) 244-0021  
www.mwatoday.com

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

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

## **MidWestOne Bank - Windsor Heights**

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

## **Moonwake Collaborative | Virtual Assistant & Digital Marketing**

Business Services/Marketing  
Jen Speers  
1915 79th St.  
Windsor Heights, IA 50324  
(515) 422-3575  
www.moonwakecollaborative.com

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

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

## **Nate's Rock Shop**

Music/Instruments  
Nate Carlson  
6571 University Ave.  
Windsor Heights, IA 50324  
(515) 802-8247  
www.natesrockshop.com

## **Peterson Painting**

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

## **Premium Solutions**

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

## **Quester**

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

## CATEGORICAL LISTING OF CHAMBER MEMBERS

**RE/MAX Concepts - Marva McCarty**

Real Estate/Agents  
Marva McCarty  
6600 University Ave.  
Windsor Heights, IA 50324  
(515) 491-0107  
<https://marva-mccarty.remax-central.com>

**RE/MAX Concepts - Shannon Salmon**

Real Estate/Agents  
Shannon Salmon  
6600 University Ave.  
Windsor Heights, IA 50324  
(612) 327-6536  
[www.ShannonSalmon.com](http://www.ShannonSalmon.com)

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

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

**Sherwood Forest Event Center/The Ridgmont**

Facilities/Conference Centers & Banquet Facilities  
7400 Hickman Rd.  
Windsor Heights, IA 50324  
Dory Stevens  
(515) 249-6492  
[www.sherwoodforesteventcenter.com](http://www.sherwoodforesteventcenter.com)

**Silverstar Car Wash**

Automotive/Car Wash  
Scott Nelson  
15451 Hickman Rd.  
Clive, IA 50325  
(704) 870-0250  
[www.silverstarcarwashes.com](http://www.silverstarcarwashes.com)

**Smart Move Des Moines**

Real Estate/Agents  
Sarah Ingles  
(563) 513-8771  
<http://smartmovedsm.com>

**Soper Automotive Repair**

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

**SP Salon**

Health & Beauty/Salons-Spas  
Sarahpearl Followill  
1239 73rd St., Unit I  
Windsor Heights, IA 50324  
(515) 414-5877  
[www.spsalons.net](http://www.spsalons.net)

**St. Vincent de Paul of Des Moines Society**

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

**State Farm Insurance - Matt Cale**

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

**Stratus Building Solution**

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

**Suite Dreams, Bedrooms & Stuff for Kids**

Retail-Shops-Stores/Furniture  
Lisa Rea  
803 73rd St.  
Windsor Heights, IA 50324  
(515) 223-2337  
[www.suitedreamsforkids.com](http://www.suitedreamsforkids.com)

**Teriyaki Eats Japanese Grill**

Restaurants  
Angel Zou  
7238 University Ave.  
Windsor Heights, IA 50324  
(515) 255-9973  
<https://teriyakieats.com>

**The Bake Shoppe**

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

**Walmart Super Center - Windsor Heights**

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

**Walnut Creek YMCA**

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

**Wild Birds Unlimited**

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

**Windsor Heights Chamber of Commerce**

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

**Windsor Heights Foundation**

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

**Windsor Mower**

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

**Advertising/Specialties**

Premium Solutions

**Automotive/Car Wash**

Silverstar Car Wash

**Automotive/Service**

Soper Automotive Repair

**Business Services/Brokerages**

KReate Business Brokers

**Business Services/Consultants**

Qvester

**Business Services/Marketing**

Moonwake Collaborative | Virtual Assistant & Digital Marketing

**Cleaning-Maintenance/Janitorial**

Stratus Building Solution

**Communications/Public Relations**

Advocacy Strategies

**Contractors/Lawn Maintenance**

Windsor Mower

**Contractors/Painters**

Peterson Painting

**Contractors/Remodeling**

Deck and Drive Solutions

**Contractors/Siding**

A New Look Exteriors

**Dental/Dentists**

Clair Family Dental

**Distributors/Electrical**

3E (Electrical Engineering & Equipment Co.)

**Environmental/Waste Management**

Metro Waste Authority

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

Sherwood Forest Event Center/The Ridgmont

**Finance/Accountants**

CFO Accounting Services LLC

**Finance/Banks**

Bankers Trust - Windsor Heights

Midwest Heritage Bank - Windsor

Heights

MidWestOne Bank - Windsor Heights

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

Edward Jones - Kneifl Wealth Management

**Food-Beverage/Bakeries**

The Bake Shoppe

**Food-Beverage/Grocers**

Hy-Vee - Windsor Heights

**Government/City**

City of Windsor Heights

**Health & Beauty/Salons-Spas**

SP Salon

**Health Care/Home**

Infinity Home Care

**Health Care/Pharmaceuticals**

Bud & Mary's

**Human Services/Social Services**

St. Vincent de Paul of Des Moines Society

**Individual Membership**

Jones, Joseph

Jones, Mike

**Insurance-Finance/Agents**

A Davidson Insurance Advisors

State Farm Insurance - Matt Cale

**Music/Instruments**

Natels Rock Shop

**Organizations/Associations**

SBDC - Mid Iowa Small Business

Development Center

**Organizations/Chambers of Commerce**

Windsor Heights Chamber of Commerce

**Organizations/Foundations**

Windsor Heights Foundation

**Organizations/Non-Profit**

GiGi's Playhouse Des Moines

**Photography/Photographers**

Lauren Campbell Photography

**Professional-Design Services/Engineers**

Bolton & Menk, Inc

**Real Estate/Agents**

Barry Hesse, REMAX Concepts -

BROKER Associate B11216000

RE/MAX Concepts - Marva McCarty

RE/MAX Concepts - Shannon Salmon

Smart Move Des Moines

**Real Estate/Commercial**

Colby Interests

Knapp Properties, L.C.

Koester Development Group

**Restaurants**

Centerfield Sports Bar

Teriyaki Eats Japanese Grill

**Retail-Shops-Stores/Batteries**

Interstate All Battery Center - Des Moines

**Retail-Shops-Stores/Convenience**

Caseys

**Retail-Shops-Stores/Department**

Walmart Super Center - Windsor

Heights

**Retail-Shops-Stores/Furniture**

Suite Dreams, Bedrooms & Stuff for Kids

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

Wild Birds Unlimited

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

Dinner Dispatch

**Seniors/Services**

Immanuel Pathways-Central Iowa

**Transportation/Public**

Des Moines Area Regional Transit

Authority (DART)

**Travel/Agencies**

Mosaic Shores Travel Co., LLC

**Wellness/Fitness**

Walnut Creek YMCA

**Wellness/Therapeutic Massage**

Heart Space Massage

# 2026-2027 URBANDALE CHAMBER BUSINESS EVENTS

## APRIL 2026

- 7 **Maximize Your Membership 1.0**
- 8 **genYP CEO Roundtable**, Presented by Spraytec Fertilizers
- 8 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance Group
- 9 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 9 **Urban Loop - Beyond Our Boundary**, Presented by Dymin Systems
- 9 **West - Beyond Our Boundary**
- 9 **Central - Beyond Our Boundary**, Presented by Iowa Wolves
- 9 **North/East/South - Beyond Our Boundary**, Presented by Copy Systems, Inc.
- 14 **B.A.S.H. | Business And Social Hour**, Presented by Real Connections Counseling
- 15 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 16 **Leadership Urbandale**, Presented by heyGrace
- 21 **Maximize Your Membership 2.0**
- 22 **Women Empowerment Breakfast**, Presented by Aptitude Fitness
- 23 **genYP Sunrise Social** Hosted by Urbandale Eye Care
- 24 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 25 **Talk with Officials - April**
- 27 **Monday Contacts & Contracts**, Presented by U.S. Bank
- 28 **AM Exchange**, Presented by Allegra Marketing, Print, Mail, Signs
- 29 **Contacts & Contracts Wednesday PM**, Presented by KReate Business Brokers
- 30 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group

## MAY 2026

- 5 **Maximize Your Membership 1.0**
- 6 **MOXIE Business Owner Roundtable**
- 12 **B.A.S.H. | Business And Social Hour**, Presented by Real Connections Counseling
- 13 **genYP Sunrise Social**, Hosted by Wreck N' Roll Rage Room
- 13 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance Group
- 13 **Lunch & Learn**, Presented by Buena Vista University
- 14 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 14 **West - Beyond Our Boundary**
- 14 **North/East/South - Beyond Our Boundary**, Presented by Copy Systems, Inc.
- 14 **Central - Beyond Our Boundary**, Presented by Iowa Wolves
- 14 **Urban Loop - Beyond Our Boundary**, Presented by Dymin Systems
- 18 **Monday Contacts & Contracts**, Presented by U.S. Bank

- 19 **Maximize Your Membership 2.0**
- 21 **Central Iowa Business Conference**
- 26 **AM Exchange**, Presented by Allegra Marketing, Print, Mail, Signs
- 27 **Contacts & Contracts Wednesday PM**, Presented by KReate Business Brokers
- 27 **genYPM**, Hosted by Core Physical Therapy
- 28 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 29 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## JUNE 2026

- 3 **MOXIE Business Owner Roundtable**
- 10 **genYP Sunrise Social**, Hosted by Financial Architects
- 10 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance
- 11 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 11 **Urban Loop - Beyond Our Boundary**, Presented by Dymin Systems
- 11 **West - Beyond Our Boundary**
- 11 **Central - Beyond Our Boundary**, Presented by Iowa Wolves
- 11 **North/East/South - Beyond Our Boundary**, Presented by Copy Systems, Inc.
- 16 **Celebration of Business**, Presented by DMOS Orthopaedic Centers
- 24 **Contacts & Contracts Wednesday PM**, Presented by KReate Business Brokers
- 24 **genYPM**, Hosted by Escapology
- 25 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 26 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 29 **Monday Contacts & Contracts**, Presented by U.S. Bank
- 30 **AM Exchange**, Presented by Allegra Marketing, Print, Mail, Signs

## JULY 2026

- 1 **MOXIE Business Owner SOCIAL!**
- 7 **Maximize Your Membership 1.0**
- 8 **genYP Sunrise Social**, Hosted by Friedrichs Coffee
- 8 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance
- 9 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 9 **West - Beyond Our Boundary**
- 9 **Central - Beyond Our Boundary**, Presented by Iowa Wolves
- 9 **Urban Loop - Beyond Our Boundary**, Presented by Dymin Systems
- 9 **North/East/South - Beyond Our Boundary**, Presented by Copy Systems, Inc.
- 14 **B.A.S.H. | Business And Social Hour**, Presented by Real Connections Counseling

- 15 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 21 **Maximize Your Membership 2.0**
- 22 **genYPM**, Hosted by Kading Properties
- 27 **Monday Contacts & Contracts**, Presented by U.S. Bank
- 28 **AM Exchange**, Presented by Allegra Marketing, Print, Mail, Signs
- 29 **Contacts & Contracts Wednesday PM**, Presented by KReate Business Brokers
- 30 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 31 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse

## AUGUST 2026

- 4 **Maximize Your Membership 1.0**
- 5 **MOXIE Business Owner Roundtable**
- 11 **B.A.S.H. | Business And Social Hour**, Presented by Real Connections Counseling
- 12 **genYP Sunrise Social**, Hosted by Walk Your Plans Des Moines
- 12 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance
- 13 **Wake Up in Windsor Heights**, Presented by Colby Interests
- 13 **West - Beyond our Boundary**
- 13 **Urban Loop - Beyond our Boundary**, Presented by Dymin Systems
- 13 **North/East/South - Beyond our Boundary**, Presented by Copy Systems, Inc
- 13 **Central - Beyond our Boundary**, Presented by Iowa Wolves
- 18 **Maximize Your Membership 2.0**
- 19 **Membership Luncheon**, Presented by Matt Shaw with Caliber Realty
- 20 **Contacts & Contracts Thursday Group**, Presented by Buenzow Insurance Group
- 21 **New Member Coffee Club - EXCLUSIVE GROUP**, Presented by RE/MAX Concepts, Barry Hesse
- 25 **AM Exchange**, Presented by Allegra Marketing, Print, Mail, Signs
- 26 **Contacts & Contracts Wednesday PM**, Presented by KReate Business Brokers
- 26 **genYPM Hosted by Spare Time Entertainment**
- 27 **West Metro Golf Tournament**, Presented by Iowa Credit Union League, Midland Credit Union, Premier Credit Union and Serve Credit Union
- 31 **Monday Contacts & Contracts**, Presented by U.S. Bank

## SEPTEMBER 2026

- 1 **Maximize Your Membership 1.0**
- 2 **MOXIE Business Owner Roundtable**
- 9 **YP2YP Panel**, Presented by Spraytec Fertilizers
- 9 **Contacts & Contracts Wednesday AM Group**, Presented by Buenzow Insurance Group
- 9 **Lunch & Learn**, Presented by Buena Vista University

- 10 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 10 **West - Beyond our Boundary**
- 10 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 10 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc
- 10 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 15 **Maximize Your Membership 2.0**
- 17 **Sample Urbandale**
- 23 **genYPM,**  
Hosted by Home Builders Association of Greater DM
- 24 **Leadership Urbandale,**  
Presented by heyGrace
- 24 **Contacts & Contracts Thursday Group,**  
Presented by Buenzow Insurance Group
- 25 **New Member Coffee Club - EXCLUSIVE GROUP,**  
Presented by RE/MAX Concepts, Barry Hesse
- 28 **Monday Contacts & Contracts,**  
Presented by U.S. Bank
- 29 **AM Exchange,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 30 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers

## OCTOBER 2026

- 6 **Maximize Your Membership 1.0**
- 7 **MOXIE Business Owner Roundtable**
- 8 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 8 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 8 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 8 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc
- 8 **West - Beyond our Boundary**
- 13 **B.A.S.H., Business And Social Hour,**  
Presented by Real Connections Counseling
- 14 **genYP Sunrise Social,** Hosted by 5 Borough Bagels
- 14 **Contacts & Contracts Wednesday AM Group,**  
Presented by Buenzow Insurance Group
- 15 **Leadership Urbandale,**  
Presented by heyGrace
- 20 **Maximize Your Membership 2.0**
- 21 **Candidate Forum,**  
Presented by Matt Shaw with Caliber Realty
- 22 **Regional Breakfast ,**  
Presented by the Iowa Wild
- 26 **Monday Contacts & Contracts,**  
Presented by U.S. Bank
- 27 **AM Exchange,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 28 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers
- 28 **genYPM,** Hosted by Paws & Pints
- 29 **Contacts & Contracts Thursday Group,**  
Presented by Buenzow Insurance Group
- 30 **New Member Coffee Club - EXCLUSIVE GROUP,** Presented by RE/MAX Concepts, Barry Hesse

## NOVEMBER 2026

- 03 **Maximize Your Membership 1.0**
- 04 **MOXIE Business Owner Roundtable**
- 10 **B.A.S.H., Business And Social Hour,**  
Presented by Real Connections Counseling
- 11 **genYP Strong Skills Workshop**
- 11 **Contacts & Contracts Wednesday AM Group,**  
Presented by Buenzow Insurance Group
- 12 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 12 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 12 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 12 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc.
- 12 **West - Beyond our Boundary**
- 17 **Maximize Your Membership 2.0**
- 18 **genYPM Hosted by Austad's Golf**
- 19 **Leadership Urbandale,** Presented by heyGrace
- 19 **Contacts & Contracts Thursday Group,**  
Presented by Buenzow Insurance Group
- 20 **New Member Coffee Club - EXCLUSIVE GROUP,**  
Presented by RE/MAX Concepts, Barry Hesse
- 24 **AM Exchange,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 25 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers
- 30 **Monday Contacts & Contracts,**  
Presented by U.S. Bank

## DECEMBER 2026

- 1 **Maximize Your Membership 1.0**
- 2 **MOXIE Business Owner Roundtable**
- 8 **B.A.S.H., Business And Social Hour,**  
Presented by Real Connections Counseling
- 9 **Contacts & Contracts Wednesday AM Group,**  
Presented by Buenzow Insurance Group
- 9 **genYP Gift Wrapping Party Event,**  
Hosted by Walk Your Plans Des Moines
- 10 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 10 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 10 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 10 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc
- 10 **West - Beyond our Boundary**
- 15 **AM Exchange ,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 15 **Maximize Your Membership 2.0**
- 16 **Community for a Cause Membership Luncheon,**  
Presented by Matt Shaw with Caliber Realty
- 17 **Leadership Urbandale,**  
Presented by heyGrace
- 17 **Contacts & Contracts Thursday Group,**  
Presented by Buenzow Insurance Group
- 18 **New Member Coffee Club - EXCLUSIVE GROUP,**  
Presented by RE/MAX Concepts, Barry Hesse
- 21 **Monday Contacts & Contracts,**  
Presented by U.S. Bank
- 23 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers

## JANUARY 2027

- 5 **Maximize Your Membership 1.0**
- 6 **MOXIE Business Owner Roundtable**
- 12 **B.A.S.H., Business And Social Hour,**  
Presented by Real Connections Counseling
- 13 **Contacts & Contracts Wednesday AM Group,**  
Presented by Buenzow Insurance Group
- 14 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 14 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 14 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 14 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc
- 14 **West - Beyond our Boundary**
- 19 **Maximize Your Membership 2.0**
- 20 **Membership Luncheon,**  
Presented by Matt Shaw with Caliber Realty
- 25 **Monday Contacts & Contracts,**  
Presented by U.S. Bank
- 26 **AM Exchange,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 26 **genYP Kickoff Event,**  
Presented by Spraytec Fertilizers
- 27 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers
- 28 **Contacts & Contracts Thursday Group,**  
Presented by Buenzow Insurance Group
- 29 **New Member Coffee Club - EXCLUSIVE GROUP,**  
Presented by RE/MAX Concepts, Barry Hesse

## FEBRUARY 2027

- 2 **Maximize Your Membership 1.0**
- 3 **MOXIE Business Owner Roundtable**
- 9 **B.A.S.H., Business And Social Hour,**  
Presented by Real Connections Counseling
- 10 **genYP Sunrise Social,**  
Hosted by Des Moines Children's Museum
- 10 **Contacts & Contracts Wednesday AM Group,**  
Presented by Buenzow Insurance Group
- 11 **Wake Up in Windsor Heights,**  
Presented by Colby Interests
- 11 **Central - Beyond our Boundary,**  
Presented by Iowa Wolves
- 11 **Urban Loop - Beyond our Boundary,**  
Presented by Dymn Systems
- 11 **North/East/South - Beyond our Boundary,**  
Presented by Copy Systems, Inc
- 11 **West - Beyond our Boundary**
- 16 **Maximize Your Membership 2.0**
- 18 **Leadership Urbandale,** Presented by heyGrace
- 22 **Monday Contacts & Contracts,**  
Presented by U.S. Bank
- 23 **AM Exchange,**  
Presented by Allegra Marketing, Print, Mail, Signs
- 24 **Contacts & Contracts Wednesday PM,**  
Presented by KReate Business Brokers
- 24 **genYPM Hosted by Webspec**
- 25 **Contacts & Contracts Thursday Group ,**  
Presented by Buenzow Insurance Group
- 26 **New Member Coffee Club - EXCLUSIVE GROUP,**  
Presented by RE/MAX Concepts, Barry Hesse

# ADVOCATE FOR BUSINESS

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

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

## Urbandale Advocacy Events

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

June 3-5, 2026

**State of the City**

July 15, 2026

**Candidate Forum**

Oct. 21, 2026

**Joint Legislative Luncheon**

Nov. 18, 2026

**Opening Night Legislative Reception**

January 2027

**Talk with Officials - Open to the Public**

Jan. 30, 2027

Feb. 27, 2027

March 27, 2027

April 24, 2027



## ELECTED OFFICIALS

### Urbandale City Council Members



**Mayor**  
Robert Andrewew



Patricia Boddy



Joe Cacciatore



Bridget Carberry  
Montgomery



Amy Croll



Blake Rozendaal

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

### Urbandale State and County Representatives



**Senator**  
Matt Blake



**Senator**  
Jack Whitver



**Representative**  
Larry McBurney



**Representative**  
Eddie Andrews



**Representative**  
Dan Gehlbach



**Supervisor**  
Jill Altringer

# ALPHABETICAL LIST OF CHAMBER MEMBERS

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

## **&Harmony**

Wellness/Life Coach  
Lori Aldinger  
2001 Ashworth Rd.  
West Des Moines, IA 50265  
(515) 205-1022  
www.and-harmony.com

## **100th Street Corner Cafe**

Restaurants  
Jacki Cotter  
3017 100th St.  
Urbandale, IA 50322  
(515) 331-2343  
www.100thstcornercafe.com

## **1-Tom-Plumber**

Contractors/Plumbing  
Elizabeth Eggers  
550 S. 2nd St.  
Carlisle, IA 50047  
(515) 337-2207 ext. 704  
www.1tomplumber.com/desmoines

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

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

## **5 Borough Bagels**

Restaurants  
Sarah Chem  
11101 Plum Dr.  
Urbandale, IA 50322  
(515) 809-1807  
https://5boroughbagels.com

## **515 Wellness & Aesthetics**

Wellness/Nutrition-Foods-Vitamins  
Jenny Myers  
1830 SE Princeton Dr., Ste. E  
Grimes, IA 50111  
(515) 695-7195  
www.515wellness.com

## **900 Views LLC**

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

## **911 Restoration**

Cleaning-Maintenance/Disaster  
550 S. 2nd St.  
Carlisle, IA 50047  
(515) 489-0009 ext. 704  
www.911restorationdesmoines.com

## **A Davidson Insurance Advisors**

Insurance-Finance/Agents  
Allison Davidson Motoyama  
1251 73rd St.  
Windsor Heights, IA 50324  
(515) 800-8171  
www.adavidsonco.com

## **A King's Throne, LLC.**

Environmental/Mobile Toilets  
Rich Stricklett  
450 NE 44th Ave.  
Des Moines, IA 50313  
(515) 288-5464  
www.akingsthronel.com

## **A New Look Exteriors**

Contractors/Siding  
Justin Williams  
1980 NW 94th St., Ste. H  
Clive, IA 50325  
(515) 276-1900  
www.anewlook.net

## **A Tech Inc. / Easy Living Store**

Security-Safety/Systems  
Bill Corwin  
10401 Hickman Rd.  
Urbandale, IA 50322-3727  
(515) 276-5040  
www.atechels.com

## **Aaron Dolezal Photography**

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

## **Abendroth Russell Barnett Law Firm**

Legal Services/Attorneys  
Kathy Hoegh  
2560 73rd St.  
Urbandale, IA 50322  
(515) 278-0623  
www.abendrothandrussell.com

## **Ability Leads**

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

## **Abundant Health Massage & Bodywork**

Wellness/Therapeutic Massage  
Sharon Yin  
12871 University Ave., Ste. 180  
Clive, IA 50325  
(515) 499-0099  
www.abundanthealthspa.com

## **Academy Trophies & Awards**

Awards/Trophies & Plaques  
Amber Dalton  
3101 104th St., Ste. 6  
Urbandale, IA 50322-3884  
(515) 270-2704  
https://academytrophiesawards.com

## **Accurate Commercial**

Contractors/Commercial  
Jeff Rogers  
9500 University Ave., Ste. 2112  
West Des Moines, IA 50266  
(515) 333-5160  
www.accurate-commercial.com

## **Active Body Needs**

Wellness/Therapeutic Massage  
Andrea Burgess  
2978 99th St., Ste. 4  
Urbandale, IA 50322  
(515) 447-9460  
www.activebodyneeds.com

## **Active Edge Massage & Wellness**

Wellness/Therapeutic Massage  
Ann Riesberg  
2655 86th St.  
Urbandale, IA 50322  
(515) 412-0073  
www.activeedgemassage.com

## **Adamantine Spine Moving**

Moving/Services  
Emily Wallace  
4701 NW Urbandale Dr., Ste. 230  
Des Moines, IA 50322  
(515) 207-2727  
www.spinemoving.com

## **ADELMAN DISCOVERIES**

Travel/Agencies  
Chris Brough  
6980 N. Port Washington Rd., Ste. 127  
Milwaukee, WI 53217  
(559) 244-6600  
www.adelmandiscoveries.com

## **Adobe Acrobat**

Computer/Software Development  
Ellen Sartin  
345 Park Ave.  
San Jose, CA 95110-2704  
(408) 753-5826  
www.adobe.com

## **Advanced Chiropractic Urbandale**

Health Care/Chiropractors  
Kendra Allen  
9400 Plum Dr., Ste.140  
Urbandale, IA 500322  
(515) 410-1075  
www.advancedcaa.com

## **Advantage Physical Therapy and Rehab**

Health Care/Physical Therapists  
Angie Saskowski  
2844 104th St.  
Urbandale, IA 50322  
(515) 276-1111  
http://advantageprehab.com

## **Advocacy Strategies**

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



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**Acura of Johnston**  
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Tyler Van Weelden  
5138 Merle Hay Rd.  
Johnston, IA 50131  
(515) 446-3581  
www.acuraofjohnston.com

**Lithia Volkswagen of Des Moines**  
Automotive/Dealers  
Brent Schettler  
5200 Merle Hay Rd.  
Johnston, IA 50131  
(515) 253-0333  
www.volkswagenofdesmoines.com

**Audi Des Moines**  
Automotive/Dealers  
Brent Schettler  
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Johnston, IA 50131  
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# ALPHABETICAL LIST OF CHAMBER MEMBERS

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## After Shock Heating & Cooling

Contractors/Heating-Cooling  
Corissa Franken  
4661 121st St.  
Urbandale, IA 50323  
(515) 984-2665  
[www.aftershockia.com](http://www.aftershockia.com)

## Air Free Duct Cleaning

Cleaning-Maintenance/Ductwork  
B.J. Windhorst  
10301 Dennis Dr.  
Urbandale, IA 50322  
(515) 986-3424  
[www.airfreeductcleaning.com](http://www.airfreeductcleaning.com)

## AKC Marketing

Advertising/Consultants  
Shawn Brincks  
8961 Thomas Ave.  
Johnston, IA 50131  
(515) 661-5798  
[www.akcmarketing.com](http://www.akcmarketing.com)

## Aku Woodpanel

Retail-Shops-Stores/Home Furnishings  
Tiffany Sturmer  
1800 Hull Ave.  
Des Moines, IA 50313  
(515) 561-0054  
<https://akuwoodpanel.com>

## All Things Errands & Concierge

Business Services/Personal Assistance  
Janette Bronner  
112 10th St, Unit 108  
Des Moines, IA 50309  
(515) 301-2815  
[www.allthingserrand.net](http://www.allthingserrand.net)

## All Types Moving

Moving/Services  
Jen Paulsen  
10400 Hickman Rd., Ste.12  
Clive, IA 50325  
(515) 727-9116

## Allegra Marketing, Print, Mail, Signs

Marketing/Services  
Kevin McGuire  
4400 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 645-6060  
[www.allegradsm.com](http://www.allegradsm.com)

## Allender Butzke Engineers Inc.

Professional-Design Services/Engineers  
Matt Drummond  
3660 109th St.  
Urbandale, IA 50322  
(515) 238-3970  
[www.abengineers.com](http://www.abengineers.com)

## ALLO Business

Security-Safety/Services  
Qwynn Brown  
5000 Westown Pkwy., Ste. 440  
West Des Moines, IA 50266  
(515) 635-4612  
[www.allocommunications.com/business](http://www.allocommunications.com/business)

## Allstate Insurance - Matt Rainey

Insurance-Finance/Agents  
Matthew Rainey  
11131 Plum Dr.  
Urbandale, IA 50322  
(515) 554-4399  
<https://agents.allstate.com>

## Alpine Carpet and Upholstery

Cleaning-Maintenance/Carpet  
Matt Shaw  
1776 22nd St.  
West Des Moines, IA 50266  
(515) 282-3511  
<https://alpinecarpetandupholstery.com>

## American Alarms

Security-Safety/Systems  
Adam Jacobs  
1659 E. Euclid Ave., Ste. B  
Des Moines, IA 50313  
(515) 266-9888  
[www.american-alarms.com](http://www.american-alarms.com)

## American Legion Post 663

Organizations/Non-Profit  
Rob Stark  
6805 Westown Pkwy., Ste. 440  
Urbandale, IA 50322  
(515) 278-8940  
<https://urbandaleamericanlegion.org>

## American Republic Insurance Services

Insurance-Finance/Agents  
Alan Hansen  
950 Office Park Rd., Ste. 114  
West Des Moines, IA 50265  
(515) 223-5447  
[www.aris-secure.com/alanhansen](http://www.aris-secure.com/alanhansen)

## American Softwash

Cleaning-Maintenance/Services  
Connor Buchanan  
1300 NE 56th St., Ste. 57040  
Des Moines, IA 50317  
(515) 329-5157  
[www.asoftwash.com](http://www.asoftwash.com)

## Amish Haus Furniture

Retail-Shops-Stores/Furniture  
Tim Clark  
3201 100th St.  
Urbandale, IA 50322-3882  
(515) 270-1133  
[www.amishhausfurniture.com](http://www.amishhausfurniture.com)



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(515) 402-1745  
www.amplifieddsm.com



### Anderson Properties

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Michelle Bowden  
7002 SE Delaware Ave.  
Ankeny, IA 50021  
(515) 422-6674  
www.ankenysanitation.com

### Ann M. Hartz, CPA & Associates

Finance/Accountants  
Ann Hartz  
7109 Hickman Rd.  
Urbandale, IA 50322  
(515) 259-7779  
https://cpadesmoines.com

### Anna Mason Consulting

Business Services/Coaching  
Anna Mason  
619 40th St.  
Des Moines, IA 50312  
(612) 270-7206  
www.annamasonconsulting.com

### Anytime Fitness West Des Moines 22nd St.

Wellness/Fitness  
Ringo Kienitz  
1560 22nd St.  
West Des Moines, IA 50266  
(515) 903-3755  
www.anytimefitness.com

### AP Brokerage, LLC

Real Estate/Commercial  
Jeff Sadoris  
4451 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 270-6104  
www.theandersoncompanies.com



### AO Wealth Advisory

Finance/Investments & Retirement Planning  
Adam Obrecht  
2570 106th St., Ste. A  
Urbandale, IA 50322  
(515) 224-7849  
www.aowealthadvisory.com  
Don't just dream about financial freedom — plan for it. AO Wealth Advisory offers tailored strategies in investment and retirement planning to help you maximize your legacy.

### Applied Art & Technology

Internet/Web Site Design  
Ralph Compiano  
2430 106th St.  
Urbandale, IA 50322  
(515) 331-7400  
www.appliedart.com

### Aptitude Fitness

Wellness/Fitness  
Nikki Russell  
8033 University Blvd.  
Clive, IA 50325  
(515) 732-5744  
www.aptitudedsm.com

### Arbor Springs

Health Care/Nursing Homes  
Eric Klouse  
7951 EP True Pkwy.  
West Des Moines, IA 50266  
(515) 223-1135  
www.arborsprings.org

### Archadeck

Contractors/General  
Harold Cross  
2925 99th St.  
Urbandale, IA 50322  
(515) 266-8844  
http://central-iowa.archadeck.com

### Archive Iowa

Archival Products  
Sam Pace-Tuomi  
6781 Hickman Rd.  
Urbandale, IA 50322  
(515) 276-1090  
www.archiveiowa.com

### Ariyan

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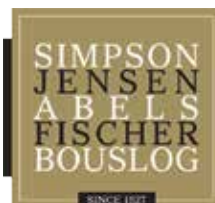


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JOHN BOUSLOG

400 Locust Street, Suite 400  
Des Moines, Iowa 50309

(515) 288-5000

[jbouslog@iowafirm.com](mailto:jbouslog@iowafirm.com)

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

## Arnold Motor Supply

Automotive/Parts  
Tom Meskan  
10827 Prairie Dr., Ste. B  
Urbandale, IA 50322-2012  
(515) 251-8905  
<http://arnoldmotorsupply.com>

## Art of Life Salon and Spa

Health & Beauty/Salons-Spas  
Shelley Bettis  
3270 100th St.  
Urbandale, IA 50322-3879  
(515) 252-8825  
[www.artoflifosalonspa.com](http://www.artoflifosalonspa.com)

## Assembled Products, Inc

Manufacturing/Packaging  
Matt Ulrich  
4651 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 278-7030  
[www.assembledproducts.net](http://www.assembledproducts.net)

## Aston Carter

Employment/Agencies and Staffing  
Chris Smith  
7545 Ashworth Rd., Ste. 200  
West Des Moines, IA 50266  
(515) 657-5458  
[www.astoncarter.com](http://www.astoncarter.com)

## Athletico Physical Therapy

Health Care/Physical Therapists  
Caleb Gilbertson  
8000 Douglas Ave.  
Urbandale, IA 50322-3223  
(515) 251-3700  
[www.athletico.com](http://www.athletico.com)

## ATW Training Solutions

Business Services/Training  
Hannah Schau  
4039 121st St.  
Urbandale, IA 50323  
(515) 727-0731  
[www.atwtraining.com](http://www.atwtraining.com)

## Austad's Golf

Retail-Shops-Stores/Golf  
Ken Landgrebe  
1580 22nd St.  
West Des Moines, IA 50266  
(515) 664-8015  
[www.austads.com](http://www.austads.com)

## AVI Systems

Audio-Visual/Equipment  
Ariel Minervini  
3001 104th St.  
Urbandale, IA 50322-3830  
(515) 323-7301  
[www.avisystems.com](http://www.avisystems.com)

## B&L Electric LLC

Contractors/Electrical  
Jordan Borts  
10861 Douglas Ave., Ste. B  
Urbandale, IA 50322  
(515) 212-3277  
<http://bandelectriciowa.com>

## Baker Electric, Inc.

Contractors/Electrical  
Cory Sloss  
111 Jackson Ave.  
Des Moines, IA 50315-1200  
(515) 288-6774  
[www.bakerelectric.com](http://www.bakerelectric.com)

## Ball Team, LLC

Contractors/General  
Matthew Karns  
10550 New York Ave., Ste. 200  
Urbandale, IA 50322  
(515) 440-4544  
[www.buildwithball.com](http://www.buildwithball.com)

## Bank Iowa - Johnston

Finance/Banks  
Jenni Buchanan  
5580 Merle Hay Rd.  
Johnston, IA 50131  
(515) 727-4484  
[www.bankiowa.bank](http://www.bankiowa.bank)

## Bank Iowa - West Des Moines

Finance/Banks  
Bill Fry  
1150 Jordan Creek Pkwy.  
West Des Moines, IA 50266  
(515) 225-0710  
[www.bankiowa.bank](http://www.bankiowa.bank)

## Bankers Trust - Windsor Heights

Finance/Banks  
Amin Ekalino  
7000 University Ave.  
Windsor Heights, IA 50324  
(515) 271-1000  
[www.bankerstrust.com](http://www.bankerstrust.com)

## Bankers Trust Company - Merle Hay Office

Finance/Banks  
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Finance/Investments & Retirement  
Planning  
Jack Fries  
12345 University Ave., Ste. 200  
Clive, IA 50325  
(515) 457-1276  
www.financialarchitectsiowa.com

## Finch Marketing

Advertising/Agencies  
Nicolle McClure  
501 SW 7th St., Ste. D  
Des Moines, IA 50309  
(515) 280-2913  
www.finchmarketingsolutions.com

## Firefly Building Performance

Environmental/Energy Analysis  
David Lewis  
400 SE Gateway Dr., #139  
Grimes, IA 50111  
(218) 821-5653  
http://fireflybp.com

## First American Home Warranty

Real Estate/Services  
Dee Mable  
(515) 330-5719  
www.firstamrealestate.com

## First Interstate Bank - Clive

Finance/Banks  
Almedina Music  
13150 Hickman Rd.  
Clive, IA 50325  
(515) 440-6300  
www.firstinterstatebank.com

## First Mid Bank & Trust

Finance/Banks  
Jeff Burkhardt  
11881 Hickman Rd., Ste. 100  
Urbandale, IA 50323  
(515) 223-3500  
www.firstmid.com

## First Mid Bank & Trust

Finance/Banks  
Igor Cavlovic  
3025 Ingersoll Ave.  
Des Moines, IA 50312  
(515) 222-4300  
www.firstmid.com

## First Onsite

Cleaning-Maintenance/Disaster  
Steve Stone  
2130 Delaware Ave.  
Des Moines, IA 50317  
(800) 622-6433  
www.firstonsite.com

## Fish Window Cleaning

Cleaning-Maintenance/Services  
Eric Gardner  
2041 Grand Ave., Ste. E  
West Des Moines, IA 50265  
(515) 223-6480  
www.fishwindowcleaning.com/3061

## Fit and Fierce 515

Wellness/Fitness  
Aly Davis  
724 SE Alices Rd.  
Waukee, IA 50263  
(515) 238-6872  
www.fitandfierce515.com

## Five Rings Financial

Finance/Investments & Retirement  
Planning  
Mike Martin  
(515) 314-0636  
www.fiveringsfinancial.com

## Flame Group

Restaurants  
Arturo Mora  
5765 Merle Hay Rd., Ste. 9  
Johnston, IA 50131  
(515) 205-6912  
www.flamedsm.com

## Flanker Media

Advertising/Agencies  
Amber Weltha  
(515) 210-9699  
www.attackopportunity.com

## Flix Brewhouse

Entertainment-Recreation/Theaters  
Emily Verke  
3800 Merle Hay Rd., Ste. 1300  
Des Moines, IA 50310  
(515) 612-9200  
www.flixbrewhouse.com/des-moines

## Flooring America Iowa

Retail-Shops-Stores/Flooring  
Holly Birkey  
10200 Hickman Ct., Suite 300  
Clive, IA 50325  
(515) 331-4613  
www.iowaflooringamerica.com

## Flourishing Roots Wellness LLC

Wellness/Life Coach  
Sheena Green  
8565 Harbach Blvd., Unit 303  
Clive, IA 50325  
(515) 661-7657  
www.flourishingrootswellness.com

## Food Bank of Iowa

Organizations/Non-Profit  
Dawne Garvey  
2220 E. 17th St.  
Des Moines, IA 50316  
(515) 957-2898  
www.foodbankiowa.org

## Food Trucks DSM

Restaurants-Food Truck  
Cory Mitchell  
www.foodtrucksdsm.com

## Forbes, John

Individual Membership  
(515) 778-7699

## Force Fitters

Business Services/Uniforms  
Justin Schoen  
11277 Aurora Ave.  
Urbandale, IA 50322  
(515) 992-0363  
www.forcefitters.com

## Forge Financial & Management Consulting

Finance/Accountants  
Benjamin Winters  
1245 Jordan Creek Pkwy., Ste. 100  
West Des Moines, IA 50266  
(515) 620-3050  
www.ForgeAhead.com

## Fortress Bank

Finance/Banks  
Graham Garlach  
5000 Westown Pkwy., Ste. 420  
West Des Moines, IA 50266  
(515) 706-4210  
www.bankfortress.com

## Foster Group

Finance/Investments & Retirement  
Planning  
Tom Hendricks  
6601 Westown Pkwy., Ste. 100  
West Des Moines, IA 50266  
(515) 226-9000  
www.fostergrp.com

## Foundation Recovery Systems

Contractors/Concrete  
Bayleigh Stelling  
2401 SE Creekview Dr.  
Ankeny, IA 50021  
(515) 373-8491  
www.foundationrecoverysystems.com

## Freedom for Youth Ministries

Organization/ Non-Profit  
Elli Harrell  
2301 Hickman Rd.  
Des Moines, IA 50310  
(515) 282-4822  
https://freedomforyouth.org

## Freedom Tire

Automotive/Service  
Quentin Crowner  
10065 Hickman Rd.  
Urbandale, IA 50322  
(515) 252-1900  
www.freedomtire.com

## Fresh Fit Meals

Restaurants  
Aaron Anderson  
11881 Hickman Rd., Ste. 300  
Urbandale, IA 50323  
(515) 822-9559  
http://freshfitmeals.com

## Fresh House Cleaning

Cleaning-Maintenance/Services  
Angelica Gallardo  
(515) 991-1878  
www.freshhousecleaningllc.com

## Friedrichs Coffee

Coffee Houses  
Gary Meyer  
2781 NW 99th St.  
Urbandale, IA 50322-3889  
(515) 278-5050  
www.friedrichscoffee.com

## Fully Promoted Urbandale

Advertising/Specialties  
Doug Jakobitz  
2974 99th St.  
Urbandale, IA 50322  
(515) 532-7507  
https://fullypromoted.com

## GAMEDAY Kitchen, Cocktails, Sports, Fun

Restaurants  
Eric La Clair  
3800 Merle Hay Rd., Ste. 1205  
Des Moines, IA 50310  
(515) 635-0705  
www.gamedaykcsf.com

## Garage Force of Des Moines LLC

Contractors/Flooring  
Aaron Gobert  
3311 11th St., Ste. 202  
Urbandale, IA 50322  
(515) 612-7013  
http://desmoines.garageforce.com

## Gardiner + Company CPAs

Finance/Accountants  
Dennis Gardiner  
10555 New York Ave., Ste. 200  
Urbandale, IA 50322-3748  
(515) 270-1446  
www.gardinercpa.com

## Gardner Law Firm, P.C.

Legal Services/Attorneys  
Matthew Gardner  
2900 100th St., Ste. 101  
Urbandale, IA 50322  
(515) 421-4411  
www.gardnerlawpc.com

## GiGi's Playhouse Des Moines

Organizations/Non-Profit  
John Claes  
6507 University Ave.  
Windsor Heights, IA 50324  
(515) 252-7529  
http://gigisplayhouse.org/desmoines

## Giovannetti, E.J.

Individual Membership  
(515) 244-0111

**Girl Scouts of Greater Iowa**

Organizations/Youth  
Beth Shelton  
10715 Hickman Rd.  
Urbandale, IA 50322  
(515) 278-2881  
www.girlscoutsiowa.org

**Glen Meadows Retirement Community**

Seniors/Real Estate  
Neal Vavrek  
850 S. 60th St., Bldg. 1000  
West Des Moines, IA 50266  
(515) 422-5998  
www.glenmeadowsretirement.com

**Gold Key Construction**

Construction/Management  
Cameron Hansen  
1526 Timber Ridge Ct.  
Van Meter, IA 50261-8598  
(515) 867-6674  
www.goldkeybuild.com

**Golden Heart Senior Care**

Seniors/Services  
Stephen Stegall  
2400 NW 86th St., Ste. 6  
Urbandale, IA 50322  
(515) 218-1534  
https://goldenheartdesmoines.com

**Goldfinch Laboratory**

Health Care/Services  
Tiffani Milless  
4637 121st St.  
Urbandale, IA 50323  
(515) 655-7080  
www.goldfinchlaboratory.com

**Gonzales Realty Group**

Real Estate/Agents  
Gilbert Gonzales  
(641) 691-2642  
https://gilbertgonzales.realestate

**Goodwill of Central Iowa**

Organizations/Non-Profit  
Mary Hunter  
Corporate Headquarters  
5355 NW 86th St.  
Johnston, IA 50131  
(515) 265-5323  
www.dmgoodwill.org

**Gossen, Michael**

Individual Membership  
6401 College Ave.  
Windsor Heights, IA 50324-1800  
(515) 242-7818

**Graham Collision**

Automotive/Repair  
Matt Keller  
4730 Merle Hay Rd.  
Urbandale, IA 50322  
(515) 278-1243  
www.grahamcollision.com

**Grand View University**

Education/Colleges-Universities  
Rick Eftink  
1200 Grandview Ave.  
Des Moines, IA 50316  
(515) 263-2830  
www.grandview.edu

**Graze Craze Charcuterie Boards and Boxes**

Food-Beverage/Catering  
Krista McCleish  
3816 100th St.  
Urbandale, IA 50322-2048  
(515) 304-3538  
www.GrazeCraze.com/urbandale-ia

**Great Southern Bank - Clive**

Finance/Banks  
Patti George  
12257 University Ave., Ste. 100  
Clive, IA 50325  
(515) 453-2265  
www.greatsouthernbank.com

**Greater Des Moines Habitat for Humanity, ReStore**

Organizations/Non-Profit  
Dana Folkerts  
4033 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 309-0224  
www.dmrestore.org

**Greater Des Moines Partnership**

Organizations/Chambers of Commerce  
Tiffany Tauscheck  
700 Locust St., Ste. 100  
Des Moines, IA 50309-3717  
(515) 286-4950  
www.dsmpartnership.com

**Greater Iowa Credit Union**

Finance/Credit Unions  
Julie Willse  
1630 22nd St.  
West Des Moines, IA 50266  
(515) 225-1809  
www.greateriowacu.org

**Green Home Solutions**

Cleaning-Maintenance/Services  
Mike Murtha  
245 Railroad Ave.  
West Des Moines, IA 50265  
(515) 805-6398  
www.greenhomesolutions.com/west-des-moines-ia

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(515) 222-1550  
www.rahdsm.com

Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

## Green Tree Care & Habitat Restoration

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

## GreenState Credit Union

Finance/Credit Unions  
Karla Rangel  
4205 Merle Hay Rd..  
Des Moines, IA 50310  
(515) 608-5962  
www.greenstate.org

## Grei Matter LLC

Communication/Consultants  
Shadley Grei  
3300 Meadow Ln.  
West Des Moines, IA 50265  
(515) 229-6835  
www.greimatter.com

## Greiner Construction

Construction/Management  
Josh Miltenberger  
801 Grand Ave., Ste. 1900  
Des Moines, IA 50309  
(515) 468-8482  
www.greinerconstruction.com

## Group Benefits, Ltd.

Insurance-Finance/Brokerages  
Megan Wood  
12006 Ridgemont Dr.  
Urbandale, IA 50323-2317  
(515) 453-8207  
www.thegblstory.com

## Guardian Real Estate Group

Real Estate/Agents  
Lyndsey Lamb  
5003 70th St.  
Urbandale, IA 50322  
(712) 789-1007  
www.guardianrealestategrouppllc.com

## Haggerty Windows and Siding

Contractors/General  
Mike Haggerty  
10202 Douglas Ave.  
Urbandale, IA 50322  
(515) 953-6999  
www.haggertywindowsandsiding.com

## Halcyon Fencing

Contractors/Fencing  
Connor Milligan  
2312 E. Caulder Ct.  
Des Moines, IA 50320  
(641) 840-2241  
www.halcyoniowa.com

## Halo Capital

Finance/Mortgage  
David Baker  
3839 Merle Hay Rd., Ste. 274  
Des Moines, IA 50310  
(515) 974-6908  
www.closedin30.com

## Hampton Inn & Suites

Lodging/Hotels-Motels  
Jennifer Headington  
8811 Plum Dr.  
Urbandale, IA 50322  
(515) 421-0416  
www.hilton.com

## HartSmart Products

Manufacturing/Printing Equipment  
Brandon Hart  
9850 Douglas Ave., Ste. 200  
Urbandale, IA 50322  
(515) 305-3353  
www.hartsmartproducts.com

## Hawkeye Bin Cleaning

Cleaning-Maintenance/Services  
Stone Smith  
(515) 537-8995  
www.hawkeyebincleaning.com

## Health Hope Harmony

Health Care/Mental Health  
Sabrina Rogers  
7025 Hickman Rd., Ste. 5  
Urbandale, IA 50322  
(319) 382-2077  
www.healthhopeharmony.com

## Health Insurance Advisor, LLC

Insurance-Finance/Agents  
Betheny Wilson  
5870 Merle Hay Rd., Ste. A  
P.O. Box 1070  
Johnston, IA 50313  
(515) 225-9994  
http://health-insadvisor.com

## Hear Again America

Health Care/Hearing  
Clinton Ellis  
14111 Douglas Pkwy., Ste. 102  
Urbandale, IA 50323  
(515) 398-9616  
https://hearagainamerica.com

## HearingLife

Health Care/Hearing  
Ian Anderson  
8449 Hickman Rd.  
Urbandale, IA 50322  
(515) 278-5500  
www.hearinglife.com/hearing-aids-centers/iowa/urbandale

## Heart Space Massage

Wellness/Therapeutic Massage  
Gordon Reeder  
6500 University Ave., Ste. 203  
Windsor Heights, IA 50324  
(515) 519-0923  
www.heartspace515.com

## Heartland Roofing Siding and Solar

Contractors/Roofing-Gutters  
Ben Coy  
2519 NW 66th Ave.  
Des Moines, IA 50313  
(515) 981-3838  
www.heartlandroofingandsiding.com

## Helgemo, Bradford

Individual Membership  
(515) 689-0004

## Heneke Business Consulting Services

Finance/Accountants  
Erich Heneke  
300 Walnut St., Unit 93  
Des Moines, IA 50309  
(507) 460-0337  
www.hbcs.us

## Heritage Interiors

Retail-Shops-Stores/Flooring  
Dave Starman  
10870 Douglas Ave.  
Urbandale, IA 50322  
(712) 210-1100  
http://heritageints.com

## Herrick Outdoor Solutions

Contractors/Landscape  
Casey Herrick  
2204 NE Little Beaver Dr.  
Grimes, IA 50111  
(515) 344-5596  
www.herrickoutdoorsolutions.com

## Hidalgo Mexican Bar and Grill

Restaurants  
Jesus Hernandez  
2675 100th St.  
Urbandale, IA 50322  
(515) 276-4159  
http://hidalgomexicanbarandgrill.iowa.com

## Higgins Plaza Service LLC

Automotive/Service  
Nick Neese  
7425 Douglas Ave.  
Urbandale, IA 50322  
(515) 276-0886  
www.higginsplazaservice.com

## Highspring

Business Services/Sales Development  
Taylor Comstock  
(515) 203-3316  
www.hightspring.com

## Hive Marketing House

Advertising/Digital  
Annie Klatt  
(712) 330-8652

## Holiday Inn Express & Suites Plum Dr.

Lodging/Hotels-Motels  
Jennifer Headington  
8789 Plum Dr.  
Urbandale, IA 50322  
(515) 278-9000  
www.ihg.com/holidayinnexpress

## Holiday Inn Hotel & Suites DM Northwest

Lodging/Hotels-Motels  
Greg Fontanini  
4800 Merle Hay Rd.  
Urbandale, IA 50322-1900  
(515) 278-4755  
www.holidayinn.com/desmoinesia

## Holt Plumbing, Heating, Cooling & Electrical LLC

Contractors/Heating-Cooling  
Sarah Reyes  
1202 Thomas Beck Rd., Ste. 101  
Des Moines, IA 50315  
(515) 255-8888

## Home Builders Assoc. of Greater DM

Organizations/Associations  
Jessica Verwers  
6751 Corporate Dr.  
Johnston, IA 50131-1659  
(515) 270-8500  
www.dsmhba.com

## Home Sweet Des Moines - Realty ONE Group Impact

Real Estate/Agents  
Nora Crosthwaite  
140 S. 68th St., Ste. 1105  
West Des Moines, IA 50266  
(515) 783-9815  
www.homesweetdesmoines.com

## Homemakers Furniture

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

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

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

### Homewood Suites

Lodging/Hotels-Motels  
Jennifer Headington  
8901 Plum Dr.  
Urbandale, IA 50322  
(515) 650-4400  
www.hilton.com

### Honest Wrenches

Automotive/Service  
Melanie Jacobs  
2401 Westown Pkwy.  
West Des Moines, IA 50265  
(515) 526-5346  
www.honestwrenches.com

### Horizon Events Center

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

### Hotel Renovo

Lodging/Hotels-Motels  
Shaun Goldsworth  
11167 Hickman Rd.  
Urbandale, IA 50322-3741  
(515) 276-1126  
http://hotelrenovo.com

### Hotworx - Urbandale

Wellness/Fitness  
Max Chedester  
8078 Douglas Ave.  
Urbandale, IA 50322  
(515) 444-4019  
www.hotworx.net/studio/urbandale

### Howard Insurance Agency

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

### Howard Seniors Sports Cinema

Photography/Photographers  
John Howard  
2600 72nd St., Ste. N  
Urbandale, IA 50322  
(515) 450-9281  
www.howardssc.com

### HR Excellence Consulting

Employment/Human Resources  
Melissa McCoy  
(515) 227-7050  
www.hrexcellenceconsulting.com

### Hubbell Realty Company

Real Estate/Developers  
Tim Coonan  
6900 Westown Pkwy.  
West Des Moines, IA 50266  
(515) 991-3916  
www.hubbellrealty.com

### Hungry Boyz

Restaurants  
Lisa Stav  
3070 100th St.  
Urbandale, IA 50322-3865  
(515) 254-9474  
www.thehungryboyz.com

### Hy-Vee - Urbandale

Food-Beverage/Grocers  
Rick Morr  
8701 Douglas Ave.  
Urbandale, IA 50322-2299  
(515) 270-2572  
www.hy-vee.com

### Hy-Vee - Windsor Heights

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

### Hy-Vee Fast & Fresh Express

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

### Hy-Vee Health Exemplar Care

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

### IHMVCU Credit Union - Merle Hay

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

### IHOP

Restaurants  
Edie Linnett  
6301 Douglas Ave.  
Urbandale, IA 50322-3311  
(515) 331-0556  
www.ihop.com

### ILC Resources

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

### Illahee Hills

Seniors/Real Estate  
Greg Peterson  
8308 Colby Pkwy.  
Urbandale, IA 50322-7006  
(515) 251-4604  
www.holidayseiorliving.com

### Illuminated

Marketing/Services  
Michael Bartos  
(515) 219-8893  
www.illuminatedagency.com

### Image360

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

### IMEG Consultants Corp

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

### Immanuel Pathways-Central Iowa

Seniors/Services  
Shelby Burt  
7700 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 270-5000  
https://immanuel.com/pathways-pace

### Imperfect Pathways

Health Care/Mental Health  
Jane Nady  
(515) 414-2306  
https://imperfectpathways.com

### IN the BAG Corporate Cuisine

Food-Beverage/Catering  
Luke Essing  
79 University Ave., Ste. B  
Des Moines, IA 50314-3119  
(515) 222-9338  
www.inthebag-lunches.com



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

### Infinity Home Care

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

### Infomax Office Systems, Inc.

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

### Insperity

Employment/Human Resources  
Ricky Vanderpool  
(515) 943-3159  
www.insperity.com/bpa/joleen.mahaffey

### International Veterinary Supplies Inc.

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

### Interstate All Battery Center - Des Moines

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

### Iowa - Des Moines Supply, Inc.

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

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

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

### Iowa Association of Electric Cooperatives

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

### Iowa Ballet Academy

Dance-Gymnastics  
Ami Yaro  
3890 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 334-5510  
www.iowaballetacademy.com

# ALPHABETICAL LIST OF CHAMBER MEMBERS

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## Iowa Bankers Association

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

## Iowa Demon Hawks

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

## Iowa Events Center

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

## Iowa Floor Trader

Retail-Shops-Stores/Flooring  
Mike Melone  
4444 NW Urbandale Dr.  
Urbandale, IA 50322  
(515) 672-2000  
www.iowafloortrader.com

## Iowa Fractional Human Resources

Business Services/Consultants  
Mitchell Wilson  
3821 43rd St.  
Des Moines, IA 50310  
(515) 259-0406  
www.if-hr.com

## Iowa International Center

Organizations/Non-Profit  
Miya Davis  
3839 Merle Hay Rd., Ste. 259  
Des Moines, IA 50310  
(515) 282-8269  
http://iowainternationalcenter.org

## Iowa LGBTQ Chamber of Commerce

Organizations/Chambers of Commerce  
Chad Johnston  
2643 Beaver Ave. #326  
Des Moines, IA 50310  
(515) 306-5700  
www.iowalgbtqchamber.org

## Iowa Living Magazines

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

## Iowa Orchard and Pie Bakery

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

## Iowa Ortho

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

## Iowa Public Radio, Inc.

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

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

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

## Iowa Restaurant Association

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

## Iowa Sign Company

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

## Iowa State Bank - Banking & Trust Services

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

## Iowa Urban Media

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

## Iowa Wild

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

## Iowa Wolves

Entertainment-Recreation/Sports Teams  
Dustin Hall  
665 Grand Ave., Ste. 300  
Des Moines, IA 50309  
(515) 564-8550  
https://iowa.gleague.nba.com

## Ironside Axe Club LLC

Entertainment-Recreation/Attractions  
Scott Gardner  
2700 University Ave., Ste. 100  
West Des Moines, IA 50266  
(515) 630-0319  
www.ironsideaxeclub.com

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Children/Foster Homes  
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(423) 518-3760  
https://isaiah117house.com/iowa

## iSPACE Environments

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

## Istanbul Grill

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Urbandale, IA 50322  
(515) 207-1292  
www.istanbulgrilliowa.com

## J. Thompson Builders

Contractors/Home Builders  
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5291 Stoney Creek Ct.  
Johnston, IA 50131  
(515) 202-1500  
www.jthompsonbuilders.com

## J2 Audio Video & Lighting

Audio-Visual/Equipment  
Josh Wingert  
(515) 800-2532  
http://J2AVL.com

## Jacob Hicks Coach

Business Services/Coaching  
Jacob Hicks  
(515) 257-6270  
www.jacobhickscoach.com

## Japan America Society of Iowa (JASI)

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

## JC Toland Painting

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Jeremy Toland  
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Des Moines, IA 50313  
(515) 954-5041  
www.jctoland.com

## Jeffries Cleaning

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

## J-Hawk Soccer Club

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

## JLL

Real Estate/Commercial  
Justin Lossner  
1465 SW Park Square Dr., Ste. 201  
Ankeny, IA 50023  
(515) 218-7010  
www.jll.com/des-moines/en-us

## JLW Travel Group

Travel/Agencies  
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P.O. Box 65503  
West Des Moines, IA 50265  
(515) 829-0811  
http://jlwtravelgroup.com

## JM Services of Iowa

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1210 Van Fossen Ln.  
Adel, IA 50003  
(657) 488-8868  
www.JMServicesofIowa.com

## John Deere Intelligent Solutions Group

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

**Johnston Urbandale Soccer Club**

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

**Jones, Joseph**

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

**Jones, Mike**

Individual Membership  
(515) 238-5105

**JP Party Rentals**

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2302 Southeast Creekview Dr., Ste. 1  
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(515) 444-2302  
www.jppartyrentals.com

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www.jtsproppressurewashing.com

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Urbandale, IA 50322  
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www.kandvhomes.com

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7008 Madison Ave.  
Urbandale, IA 50322  
(515) 276-9384  
www.kadingproperties.com

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West Des Moines, IA 50266  
(515) 493-6941  
http://tiffanyamen.com/agent/ketsie-osterberg

**Kids United Urbandale**

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Urbandale, IA 50323  
(515) 259-0395  
www.kidsunited.com/urbandale

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Urbandale, IA 50322  
(515) 276-6728  
www.kidzcornercare.com

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Urbandale, IA 50322  
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www.kinmanglass.com

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Urbandale, IA 50322  
(515) 895-7433  
http://kirbysmovingco.com

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5000 Westown Pkwy., Ste. 400  
West Des Moines, IA 50266  
(515) 223-4000  
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www.knapperfinancialcoaching.com

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www.koesterdevelopment.com

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http://krbb.com

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10640 Justin Dr.  
Urbandale, IA 50322  
(515) 243-1191  
http://krmcustomhomes.com

**Kroll, Heidi**

Individual Membership  
(515) 650-3342

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(515) 270-2554  
https://kshdesignstudios.com

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Retail-Shops-Stores/Convenience  
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Urbandale, IA 50322  
(515) 645-0601  
www.kwiktrip.com

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www.lmcompanies-inc.com

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6400 Douglas Ave.  
Urbandale, IA 50322  
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www.lanesfastlube.com

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3024 104th St.  
Urbandale, IA 50322  
(515) 243-0167  
www.launchitcorp.com

**LaunchIT MSP**

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2900 Justin Dr., Ste. A  
Urbandale, IA 50322  
(515) 512-4814  
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www.laurencampbellphotography.com

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Grimes, IA 50111  
(561) 889-2447

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9131 Northpark Dr.  
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(515) 518-8060  
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(515) 255-6321  
www.leaseconsultants.com

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Professional-Design Services/Engineers  
Mark L Lee  
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(515) 669-4188  
https://leechamberlinengineers.com

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12345 University Ave., Ste. 100  
Clive, IA 50325  
(515) 720-7252

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Legal Services/Identity Theft Protection  
Aisha R. Syed  
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(515) 371-8646  
www.rae365.com

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Urbandale, IA 50322  
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https://lenzmechanical.com

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Urbandale, IA 50323  
(515) 461-9738  
www.levelsfamilychiropractic.com

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(515) 207-2765  
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Johnston, IA 50131  
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www.libertynationalonline.com

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16112 Sharon Ct.  
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5625 NW Johnston Dr.  
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(515) 309-4968  
www.lifeservebloodcenter.org

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www.marykay.com/angiebtaylor

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www.mylsb.com

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5946 Ashworth Rd.  
West Des Moines, IA 50266  
(515) 422-1995  
www.littledogtech.com

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Elizabeth Sedrel  
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Urbandale, IA 50322  
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www.livinghistoryfarms.org

## **Logan Contractors Supply Inc.**

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Urbandale, IA 50322-7949  
(515) 253-9048  
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(515) 276-5200  
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www.mmdiowa.com

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www.manpower.com

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www.manyhandsthrift.com

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## **Matthew Putney Media**

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www.MatthewPutney.com

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(515) 331-7804  
http://mcalistersdeli.com

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www.mcburneyforiowa.com

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http://mediacombusiness.com

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2332 Rocklyn Dr.  
Urbandale, IA 50322  
(515) 277-9797  
www.mentoriowa.org

**Meridian Business**

Business Services/Systems  
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14301 FNB Pkwy., Ste. 305  
Omaha, NE 68154  
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www.meridianbusiness.com

**Merit Management Group**

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8850 NW 62nd Ave., Ste. 100  
Johnston, IA 50131  
(515) 461-9373  
www.meritmtg.com

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**Merkley Wealth Associates**

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(515) 259-3571  
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www.mwatoday.com

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www.business.metronetinc.com

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**Midwest Heritage Bank - Windsor Heights**

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www.missioncancer.com

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## **Mobile Spot**

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Clive, IA 50325  
(515) 223-7719  
https://mymobilespot.com

## **Modern Heating & Air**

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

## **Modern Woodmen of America**

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

## **Moe's Southwest Grill**

Restaurants  
Jay Kakade  
4206 Merle Hay Rd.  
Urbandale, IA 50322  
(515) 259-0019  
www.moes.com

## **Moonwake Collaborative | Virtual Assistant & Digital Marketing**

Business Services/Marketing  
Jen Speers  
(515) 422-3575  
www.moonwakecollaborative.com

## **Moriarity, Angela**

Individual Membership  
(515) 971-8854

## **Morris Lare Interior Design**

Professional-Design Services/Interior  
Design  
Jillian Lare  
501 5th St.  
West Des Moines, IA 50265  
(515) 823-8348  
www.morrislare.com

## **Mosaic in Central Iowa**

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

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

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

## **Movement & Artistic Dance**

Expressions LLC  
Dance-Gymnastics  
Jenn Hennessy  
4131 121st St.  
Urbandale, IA 50323  
(515) 270-2790  
www.madedancecompany.com

## **MS Moments**

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

## **Mulder Consulting**

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

## **Mullins Renovation & Construction**

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

## **MWI Health**

Health Care/Mental Health  
Evie Downs  
3737 Woodland Ave., Ste. 410  
West Des Moines, IA 50266  
(515) 500-6082  
https://mwihealth.org

## **Myriad Advisor Solutions**

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

## **NAI Iowa Realty Commercial**

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

## **Nakata Dojo**

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

## **Nate's Rock Shop**

Music/Instruments  
Nate Carlson  
6571 University Ave.  
Windsor Heights, IA 50324  
(515) 802-8247  
www.natesrockshop.com

## **NCMIC/Professional Solutions**

Insurance-Finance/Services  
Traci Galligan  
14001 University Ave.  
Clive, IA 50325-8258  
(800) 321-7015  
www.ncmic.com

## **Nead Inspiration - Liz Nead**

Business Services/Training  
Liz Nead  
(515) 664-6881  
www.neadinspiration.com

## **New Heights Counseling Resources, Inc.**

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

## **New Horizon Academy**

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

## **New View Autism LLC**

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

## **Next Level Senior Advisors**

Seniors/Health Care  
Keli Robinson  
(515) 556-8053  
www.nextlevelsenior.com

## **NFM**

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

## **Night Shift Commercial Cleaning of Central Iowa**

Cleaning-Maintenance/Janitorial  
Ryan Cooley  
206 SW Linden St.  
Ankeny, IA 50023  
(515) 343-9780  
www.nightshiftcentraliowa.com

## **Northwest Bank**

Finance/Banks  
Travis Simpson  
5700 University Ave., Ste. 100  
West Des Moines, IA 50266-8225  
(515) 327-5102  
www.nw.bank

## **Northwestern Mutual - Jordan Wishman**

Finance/Investments & Retirement  
Planning  
Jordan Wishman  
1245 Jordan Creek Pkwy., Ste. 200  
West Des Moines, IA 50266  
(515) 360-7265  
www.northwesternmutual.com/  
financial/advisor/jordan-wishman1

## **Northwestern Mutual - Urbandale**

Finance/Investments & Retirement  
Planning  
Brandon Coleman  
12421 Meredith Dr., Ste. 190  
Urbandale, IA 50323  
(515) 697-4685  
www.northwesternmutual.com/  
financial/advisor/brandon-coleman

## **Olson, Jason**

Individual Membership  
(515) 334-3877

## **OnMedia**

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

**Optimize Wellness**

Health & Beauty/Salons-Spas  
Christina Ferrer  
9250 University Ave., Ste. 110  
West Des Moines, IA 50266  
(515) 985-2676  
[www.chooseoptimizewellness.com](http://www.chooseoptimizewellness.com)

**Optimum Chiropractic P.C.**

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

**Owl Accounting Services**

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

**Oxygen Yoga & Fitness - Urbandale**

Wellness/Yoga  
Amy Johannsen  
4820 100th St., Ste. 201  
Urbandale, IA 50322  
(515) 499-2835  
[www.oxygenyogaandfitness.com/urbandale](http://www.oxygenyogaandfitness.com/urbandale)

**Pat Ward Photography**

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

**Pavone, Ash**

Individual Membership  
(319) 981-1735

**Paws & Pints**

Animal/Grooming & Boarding  
Jamie Lamb  
6218 Willowmere Dr.  
Des Moines, IA 50321  
(515) 969-2275  
[www.pawsandpintsdsm.com](http://www.pawsandpintsdsm.com)

**Pawsitive Vibes Pet Salon**

Animal/ Grooming & Boarding  
Kayla Cook  
8082 Douglas Ave.  
Urbandale, IA 50322  
(515) 744-8612  
<https://pawsitivevibespetsalon.square.site/>

**Paychex HR**

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

**Payteva**

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

**PC Print Center**

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

**PCA Real Estate**

Real Estate/Agents  
Pennie Carroll  
3232 Hubbell Ave.  
Des Moines, IA 50317  
(515) 490-8025  
[www.penniecarroll.com](http://www.penniecarroll.com)

**Pelham, Randy**

Individual Membership  
(515) 707-7514

**People-Friendly Tech**

Computer/Software Development  
Erin Rollenhagen  
1275 NW 128th St., Ste. 205  
Clive, IA 50325  
(515) 318-5350  
<https://peoplefriendlytech.com>

**Pepp's Pizzeria**

Restaurants  
Michael Hanstad  
4640 86th St.  
Urbandale, IA 50322  
(515) 675-0564  
[www.peppspizzeria.com](http://www.peppspizzeria.com)

**Pepsi Beverages Company**

Distributors/Food & Beverage  
Rose Hanke  
3825 NW 106th St.  
Urbandale, IA 50322-2043  
(515) 254-3100  
[www.pepsico.com](http://www.pepsico.com)

**Per Mar Security Services**

Security-Safety/Systems  
Scott Easter  
3001 99th St.  
Urbandale, IA 50322  
(515) 244-5660  
<https://permarsecurity.com/location/des-moines-iowa/>

**Personal Best Massage (PBM)**

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

**Pet Medical Center of Urbandale**

Animal/Veterinarians  
Kristin De Vries  
12905 Hickory Dr.  
Grimes, IA 50111  
(515) 331-9035  
<http://petmedicalcenterofurbandale.com>

**Peterson Painting**

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

**PHARM-ASSIST**

Health Care/Services  
Jen James  
(515) 278-4332  
<https://thejohnstonsoapbox.com>

**phClean**

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

**Phillips Stafford Insurance Group**

Insurance-Finance/Agents  
Brad Phillips  
4566 114th St.  
Urbandale, IA 50322  
(515) 978-9010  
[www.phillipsstafford.com](http://www.phillipsstafford.com)

**Pittman & Company, LLP**

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

**Planet Fitness Urbandale**

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

**Platinum Electric Service**

Contractors/Electrical  
(515) 414-4231  
[www.platinumelectricservice.com](http://www.platinumelectricservice.com)

**Platinum Information Services**

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

**Plaza Dental Group**

Dental/Dentists  
Lisa Thornton  
14111 Douglas Pkwy., Ste. 103  
Urbandale, IA 50323  
(515) 224-5999  
<http://DMsmiles.com>

**Plaza Printers**

Printing/Printers  
Cindy Gross  
6762 Douglas Ave.  
Urbandale, IA 50322-3316  
(515) 278-4695  
[www.plazaprinters.net](http://www.plazaprinters.net)

**Pogge, Ron**

Individual Membership  
2700 Grand Ave., Ste. 111  
Des Moines, IA 50312-5215  
(515) 697-4268

**Polk County Iowa**

Government/County  
Mandi Nelsen  
111 Court Ave., Ste. 300  
Des Moines, IA 50309  
(515) 286-3120  
[www.polkcountyiowa.gov](http://www.polkcountyiowa.gov)  
Polk County strengthens Central Iowa's growth and influence. We proudly support unified efforts and initiatives that advance our community and improve overall quality of life.

**Prairie Meadows Racetrack & Casino**

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

**Premier Automotive Service**

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

**Premier Ceiling Systems LLC**

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

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

## Premier Companies & Paramount Homes

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

## Premier Credit Union

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

## Premier Electric of Iowa

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

## Premier Personal Training

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

## Premium Solutions

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

## PRIMERICA - Karen Seidl - West Des Moines

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

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

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

## Principal Charity Classic

Events/Special Events  
Karena Ries  
(515) 279-4653  
www.principalcharityclassic.com

## Pro Network Solutions

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

## ProbioFerm

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

## Profit Quiver

Internet/Services  
Kacy Webster  
21107 K Ave.  
Minburn, Iowa 50167  
(515) 423-7197  
www.profitquiver.com

## Project Iowa

Organizations/Non-Profit  
Julie Fugenschuh  
4801 Franklin Ave., Room 106  
Des Moines, IA 50310  
(515) 336-6873  
www.projectiowa.org

## Protex Central

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

## Pump It Up

Entertainment-Recreation/Indoor  
Playground  
Jeff Collier  
4069 121st St.  
Urbandale, IA 50323-2309  
(515) 270-5017  
www.pumpitupparty.com/urbandale-ia

## Puppy Jake Foundation

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

## Quality Resource Group, Inc.

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

## Quester

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

## QuikTrip Corporation

Retail-Shops-Stores/Convenience  
Mary Beth Biga  
3185 99th St.  
Urbandale, IA 50322-3824  
(515) 276-5010  
www.quiktrip.com

## R Productions

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

## R&A Risk Professionals

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

## R&R Realty Group

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

## R3 Heating & Air

Contractors/Heating-Cooling  
Sandy Molina  
11156 Aurora Ave.  
Urbandale, IA 50322  
(515) 216-3350  
https://r3hvac.com/

## Raccoon Valley Bank

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

## Radiate Light LLC

Wellness/Life Coach  
Staci Allison  
2819 100th St., Ste. 1  
Urbandale, IA 50322  
(515) 707-7780  
www.radiatelight.org

## Raecker, Scott

Individual Membership  
(515) 360-2095

## RainyDayPal

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

## Ramada Tropics Resort & Conference Center

Lodging/Hotels-Motels  
Melanie Robinson  
5000 Merle Hay Rd.  
Des Moines, IA 50322-1969  
(515) 864-7502  
www.ramadatropicsresort.com

## Ramsey Subaru Mazda of Des Moines

Automotive/Dealers  
Tyler Van Weelden  
9625 Hickman Rd.  
Urbandale, IA 50322-5317  
(515) 346-8933  
www.ramseyauto.com

## RE/MAX Concepts - Marva McCarty

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

## RE/MAX Concepts - Shannon Salmon

Real Estate/Agents  
Shannon Salmon  
6600 University Ave.  
Windsor Heights, IA 50324  
(612) 327-6536  
www.ShannonSalmon.com

## RE/MAX Precision - Casee Woodley, Realtor

Real Estate/Agents  
Casee Woodley  
2202 Woodlands Pkwy.  
Clive, IA 50325  
(515) 783-9272  
http://caseewoodley.com

## RE/MAX Real Estate Center - Urbandale

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

## Real Connections Counseling

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

**Realty One Group - Kathy Millikan**

Real Estate/Agents  
Kathy Millikan  
(515) 631-8628  
<http://Kathymillikan.com>

**Realty One Group - Lisa (Qiaoyan) Li**

Real Estate/Agents  
Lisa (Qiaoyan) Li  
140 S 68th St., Ste. 1105  
West Des Moines, IA 50266  
(515) 771-3005  
[www.qiaoyanli.myrealtyonegroup.com](http://www.qiaoyanli.myrealtyonegroup.com)

**Realty One Group - Wayde Burkhart**

Real Estate/Agents  
Wayde Burkhart  
140 S 68th St., Ste. 1105  
West Des Moines, IA 50266  
(515) 770-3895  
[www.waydeburkhart.myrealtyonegroup.com](http://www.waydeburkhart.myrealtyonegroup.com)

**Re-Bath Des Moines**

Contractors/Kitchen & Bath  
Travis Clark  
10635 Justin Dr.  
Urbandale, IA 50322  
(515) 262-9075  
[www.rebath.com/location/desmoines](http://www.rebath.com/location/desmoines)

**Rebel Wellness**

Wellness/Therapeutic Massage  
Tammy Renaud  
1441 29th St., Ste. 210  
West Des Moines, IA 50266  
(720) 256-9981  
<https://rebelwellness.site>

**Reliable Bookkeeping & Accounting Service LLC**

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

**Reliable Garage Services**

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

**Renewal by Andersen**

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

**Renters Warehouse**

Real Estate/Property Management  
Randy Earles  
10306 Douglas Ave.  
Urbandale, IA 50322  
(515) 528-4429  
<http://RentersWarehouse.com>

**Repinned Luxury Upholstery**

Contractors/Furniture  
Riana LeJeune  
3811 56th St.  
Des Moines, IA 50310  
(515) 778-3749  
<https://repinnedupholstery.com>

**Restoration Chiropractic**

Health Care/Chiropractors  
Luke Sesker  
3737 Woodland Ave., Ste. 130  
West Des Moines, IA 50266  
(515) 267-8851  
[www.restorationchirodsm.com](http://www.restorationchirodsm.com)

**Revel Hotel - Tapestry Collection by Hilton**

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

**Revol One Financial**

Finance/Investments & Retirement Planning  
Cindy Pearce-Karrick  
11259 Aurora Ave.  
Urbandale, IA 50322  
(800) 701-4250  
[www.revolonefinancial.com](http://www.revolonefinancial.com)

**Rewired**

Contractors/Electrical  
John Senn  
2612 E. 48th St.  
Des Moines, IA 50317  
(515) 822-8132  
[www.rewirediowa.com](http://www.rewirediowa.com)

**Right at Home Des Moines**

Seniors/Services  
Stephanie Humphries  
2600 University Ave., Ste. 210  
West Des Moines, IA 50266  
(515) 222-1550  
[www.rahdsm.com](http://www.rahdsm.com)

**Right Roofing & Siding, Inc.**

Contractors/Roofing-Gutters  
Ryan Johnson  
3051 99th St.  
Urbandale, IA 50322  
(515) 729-0770  
[www.rightroofing.com](http://www.rightroofing.com)

**Robbins Creative**

Internet/Web Site Design  
Liz Robbins  
(515) 207-0142  
[www.robbinscreativeia.com](http://www.robbinscreativeia.com)

**Roberto's Foods**

Manufacturing/Food  
Bryce Tiffany  
307 N. 12th St.  
Dunlap, IA 51529  
(402) 214-2148  
[www.robertospizzas.com](http://www.robertospizzas.com)

**Robinson, Greg**

Individual Membership  
(515) 276-9200

**Robison Roofing**

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

**RockWay Wealth Partners**

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

**RODAN Office Cleaning**

Cleaning-Maintenance/Janitorial  
Zach Vander Ploeg  
2730 49th St.  
Des Moines, IA 50310-2933  
(515) 276-1618  
[www.rodancleaning.com](http://www.rodancleaning.com)

**Root + Branch**

Employment/Human Resources  
Kaylee Tanner  
(217) 737-8212  
[www.rootandbranchllc.com](http://www.rootandbranchllc.com)

**Rooted Insights, PLC**

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

**Rotary Club of Northwest Des Moines**

Organizations/Service Clubs  
Bill W. Corwin  
P.O. Box 3715  
Urbandale, IA 50323-0715  
(515) 480-2584  
<https://portal.clubrunner.ca/1664>

**Royal Rides LLC**

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

**Royale Flush Gaming**

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

**Rush Rolloffs**

Cleaning-Maintenance/Services  
Craig Mohr  
8805 Chambery Blvd.  
Johnston, IA 50131  
(515) 344-3437  
<https://rushrolloffs.com>

**S&C Automotive, Inc.**

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

**Saf, Ron**

Individual Membership  
(515) 419-8660

**Sage + Strands**

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

**Salas Enterprises**

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

**Salon 86**

Health & Beauty/Salons-Spas  
Jennifer Staack  
8066 Douglas Ave.  
Urbandale, IA 50322  
(515) 721-9973  
[www.salon86.net](http://www.salon86.net)

**Salon SevenO**

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

**Samuels Group**

Construction/Management  
Shelley Rowe  
2929 Westown Pkwy., Ste. 200  
West Des Moines, IA 50266  
(515) 720-3862  
[www.samuelsgroup.net](http://www.samuelsgroup.net)

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

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

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

## **Schlievert Plumbing Inc.**

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

## **Sears Insurance**

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

## **Security Equipment Inc. (SEI)**

Security-Safety/Systems  
Karen Goldsworth  
4659 NW 121st St.  
Urbandale, IA 50323-2311  
(515) 276-7030  
www.seisecurity.com

## **Senior Helpers**

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

## **Senior Suites of Urbandale**

Health Care/Assisted Living  
Demaris Luttenegger  
4700 84th St.  
Urbandale, IA 50322-7352  
(515) 270-9700  
www.seniorsuitesofurbandale.com

## **Serenity Massage**

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

## **Serve Credit Union**

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

## **ServiceMaster by Rice**

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



## **Shade Tree Auto - Grimes**

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

## **Shade Tree Auto - Urbandale**

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

## **Shade Tree Auto - Ankeny**

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

## **Shaul & Associates PLC**

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

## **Shelter Insurance - Bone Kyaw**

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

## **Shelter Insurance - Jennifer Conard**

Insurance-Finance/Agents  
Jennifer Conard  
5721 Merle Hay Rd., Ste. 16A  
Johnston, IA 50131  
(515) 253-9400  
www.shelterinsurance.com/CA/agent/JCONARD

## **Shelter Insurance - Monica Hoover**

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

## **Sheraton West Des Moines Hotel**

Lodging/Hotels-Motels  
DeLaine Burken  
1800 50th St.  
West Des Moines, IA 50266  
(515) 223-1800  
http://marriott.com/dsmisi

## **Sherwood Forest Event Center/ The Ridgemoor**

Facilities/Conference Centers & Banquet Facilities  
Dory Stevens  
7400 Hickman Rd.  
Windsor Heights, IA 50324  
(515) 249-6492  
www.sherwoodforesteventcenter.com

## **Short Elliott Hendrickson Inc.**

Professional-Design Services/Engineers  
Katie Kinsey  
5414 NW 88th St., Ste. 140  
Johnston, IA 50131-1701  
(515) 608-6000  
www.sehinc.com

## **SIG Health**

Education/Private  
Christi Hokel  
14225 University Ave., Ste. 130  
Waukee, IA 50263  
(515) 252-0000  
http://mysighealth.com

## **Signarama-Ankeny / YESCO Sign & Lighting Service**

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

## **Signature Real Estate Services, Inc**

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

## **Silverstar Car Wash**

Automotive/Car Wash  
Scott Nelson  
15451 Hickman Rd.  
Clive, IA 50325  
(704) 870-0250  
www.silverstarcarwashes.com

## **Silverwings Productions, Inc.**

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

## **Simple Clean Out**

Cleaning-Maintenance/Services  
Pat Pithan  
697 19th St.  
Des Moines, IA 50314  
(515) 238-8509  
www.simplecleanout.com

## **Simplified Planning and Investments**

Finance/Investments & Retirement Planning  
Ben Geiger  
6165 NW 86th St.  
Johnston, IA 50131  
(515) 216-4442  
www.simplifiedplanning.com

## **Simply Golden Solutions**

Seniors/Services  
Sherrie Nelson  
(515) 528-4119  
www.SimplyGoldenSolutions.com

## **Simply Sophisticated Wealth Planning, LLC**

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

## **Simply Stella Rose**

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

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

Legal Services/Attorneys  
John Bouslog  
400 Locust St., Ste. 400  
Des Moines, IA 50309-3731  
(515) 288-5000  
www.iowafirm.com

## **Sink Paper and Packaging**

Distributors/Paper  
Shane Ketcham  
12044 Ridgemoor Dr.  
P.O. Box 3746  
Urbandale, IA 50323-0746  
(515) 331-9000  
www.sinkpaper.com

## **Sips On Main**

Entertainment-Recreation/Bars-Clubs  
Amy Anderson  
104 SE Main St.  
Grimes, IA 50111  
(515) 330-9928  
www.facebook.com/p/Sips-on-Main

### **Sit Means Sit Dog Training Des Moines**

Animal/Training  
Ryan Day  
6806 Douglas Ave.  
Urbandale, IA 50322  
(515) 303-0473  
<https://sitmeanssit.com/dog-training-mu/des-moines-dog-training>

### **Smart Move Des Moines**

Real Estate/Agents  
Sarah Ingles  
(563) 513-8771  
<http://smartmovedsm.com>

### **Smash Room Iowa/Splatter Room Iowa**

Entertainment-Recreation/Attractions  
Chadwick Lambert  
3800 Merle Hay Rd., Ste. 932  
Des Moines, IA 50310  
(515) 635-3985  
[www.smashroomiowa.com](http://www.smashroomiowa.com)

### **Social Era Marketing**

Marketing/Services  
Brandon Uding  
(515) 418-3843  
[www.socialeramarketing.com](http://www.socialeramarketing.com)

### **Solle Solutions**

Business Services/Marketing  
Laura Nguyen  
(515) 650-3379  
[www.sollesolutions.com](http://www.sollesolutions.com)

### **Soper Automotive Repair**

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

### **SP Salon**

Health & Beauty/Salons-Spas  
Sarahpearl Followill  
1239 73rd., Unit I  
Windsor Heights, IA 50324  
(515) 414-5877  
[www.spsalons.net](http://www.spsalons.net)

### **Spare Time Entertainment**

Entertainment-Recreation/Attractions  
Gared Hassel  
340 Jordan Creek Pkwy.  
West Des Moines, IA 50266  
(515) 414-2824  
[www.sparetimeentertainment.com/desmoines](http://www.sparetimeentertainment.com/desmoines)

### **SpeakFluence**

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

### **Spectrum Lighting & Interiors**

Retail-Shops-Stores/Lighting  
Jennifer Robinson  
2540 104th St., Ste. 1  
Urbandale, IA 50322-3828  
(515) 276-5088  
[www.spectrumlighting.biz/](http://www.spectrumlighting.biz/)

### **Spraytec Fertilizers, LLC**

Agribusiness/Products  
Renato Firmento  
3255 99th St.  
Urbandale, IA 50322  
(515) 252-7777  
[www.spraytec.com](http://www.spraytec.com)

### **SPW Bookkeeping, LLC**

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

### **Squeegee Squad**

Cleaning-Maintenance/Services  
Bobby Severtson  
14503 Holcomb Ave.  
Urbandale, IA 50322  
(515) 612-8712  
<https://squeegeesquad.com/locations/des-moines-ia>

### **SSI Solutions, LLC**

Computer/Services  
Cari Wooton Fuller  
3311 100th St., #3513  
Urbandale, IA 50323  
(515) 221-9922  
[www.ssicomputing.com](http://www.ssicomputing.com)

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

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

### **Staceys Inc.**

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

### **Stack Wellness Cafe**

Restaurants  
Hannah Coyle  
8535 Hickman Rd.  
Urbandale, IA 50322  
[www.stackwellness.com](http://www.stackwellness.com)

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

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

### **State Farm Insurance - Kelli Kerton**

Insurance-Finance/Agents  
Kelli Kerton  
8818 Swanson Blvd.  
Clive, IA 50325  
(515) 277-7227  
[www.kertoninsurance.com](http://www.kertoninsurance.com)

### **State Farm Insurance - Margo Kromminga**

Insurance-Finance/Agents  
Margo Kromminga  
4541 86th St.  
Urbandale, IA 50322  
(515) 270-9090  
[www.margoinsurance.com](http://www.margoinsurance.com)

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

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

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

Automotive/Dealers  
Drew Taylor  
12103 Hickman Rd.  
Urbandale, IA 50323-1801  
(515) 331-2900  
[www.stewhansens.com](http://www.stewhansens.com)

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

Lodging/Hotels-Motels  
LeAnn Culver  
5291 Stoney Creek Ct.  
Johnston, IA 50131-2852  
(515) 334-9000  
[www.stoneycreekhoteles.com](http://www.stoneycreekhoteles.com)

### **Stormy's**

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

### **StoryPoint Urbandale**

Health Care/Assisted Living  
Lisa Eastman  
8525 Urbandale Ave.  
Urbandale, IA 50322  
(515) 331-0970  
[www.storypoint.com/community/urbandale-ia](http://www.storypoint.com/community/urbandale-ia)

### **Strategic Retirement Partners**

Finance/Investments & Retirement Planning  
Jack Lohman  
2900 100th St., Ste. 106  
Urbandale, IA 50322  
(515) 230-7503  
[www.srpretire.com](http://www.srpretire.com)

### **Stratus Building Solution**

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

### **StructSolve Engineering**

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

### **Studio Ember**

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

### **Suite Dreams, Bedrooms & Stuff for Kids**

Retail-Shops-Stores/Furniture  
Lisa Rea  
803 73rd St.  
Windsor Heights, IA 50324  
(515) 223-2337  
[www.suitedreamsforkids.com](http://www.suitedreamsforkids.com)

### **Sunflower Chef Catering**

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

### **Sunflower People & Culture Solutions, LLC**

Business Services/Coaching  
Connie Fiscus  
(515) 321-6427  
[www.coachconniefiscus.com](http://www.coachconniefiscus.com)

### **Superior Exteriors**

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

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

## Superior Printing & Promotions

Advertising/Specialties

Laura Davis

P.O. Box 65548

West Des Moines, IA 50265

(515) 229-8237

[www.superiorprintingpromo.com](http://www.superiorprintingpromo.com)

## Swoops 'N Scoops

Restaurants-Food Truck

Danielle Somsy

(515) 363-1974

## T&H Financial Coaching, LLC

Finance/Debt Counseling

Suzanne Ryan

5335 Merle Hay Rd., Ste. 4

Johnston, IA 50131

(612) 849-0611

[www.tandhfinancialcoaching.com](http://www.tandhfinancialcoaching.com)

## Tax Edge

Finance/Tax Services

Shanya Burton

699 Walnut St., Ste. 400

Des Moines, IA 50309

(515) 401-3988

[www.tax-edge.com](http://www.tax-edge.com)

## Team Temple Training

Wellness/Fitness

Garrett McFarland

3129 NE Prairie Ln.

Des Moines, IA 50313

(641) 414-9185

[www.facebook.com/team.temple.training](http://www.facebook.com/team.temple.training)

## TeamLogic IT of Des Moines

Computer/Services

Eric Summers

2401 SE Tones Dr., Ste. 8

Ankeny, IA 50021

(515) 318-7411

[www.teamlogicit.com/NDesMoinesIA](http://www.teamlogicit.com/NDesMoinesIA)

## Tech Stack Digital Solutions

Business Services/Marketing

Ramya Prasad

9436 Cedarwood Ct.

West Des Moines, IA 50266

(515) 855-6499

<https://get.thetechstack.org>

## TechPro Solutions

Finance/Services

Anthony Junk

7002 Peckham St.

Johnston, IA 50131

(515) 612-6004

[www.techproit.solutions](http://www.techproit.solutions)



## Ted's Body Shop

Automotive/Repair

Kyle Lee

1007 8th St. SW

Altoona, IA 50009

(515) 967-8332

5571 NW 2nd St.

Des Moines, IA 50313

(515) 280-6500

[www.tedsbodyshop.com](http://www.tedsbodyshop.com)

Family owned and operated. Proudly serving the Des Moines metro area since 1981. A full-service auto collision center offering paintless dent repair and auto detailing. We work with all insurance companies.



## R&B Auto Glass

Automotive/Glass

Kyle Lee

4431 E 50th St., Ste 400

Des Moines, IA 50317

(515) 240-2652

Family owned and locally operated. R&B Auto Glass specializes in fleet management. Repairing everything from your personal vehicle to semis and construction equipment. Rock chip repairs to full window/windshield replacement. Certified technician with more than 23 years experience.



## Truman's Automotive & ADAS Calibrations

Automotive/Service

Kyle Lee

4431 E. 50th St., Ste. 400

Des Moines, IA 50317

(515) 240-2652

[www.trumansautomotive.com](http://www.trumansautomotive.com)

Full-service auto repair facility plus state-of-the-art ADAS Sensor Calibrations including module replacement and programming. Let us take the hassle out of Fleet Maintenance with our Red-Carpet Service! Collision repair/mechanical repair - one call does it all!

## Teknion

Manufacturing/Contract

Jackie Kempainen

N51 W17111 Shagbark Rd.

Menomonee Falls, WI 53051

(262) 844-8864

<http://Teknion.com>

## Teriyaki Eats Japanese Grill

Restaurants

Angel Zou

7238 University Ave.

Windsor Heights, IA 50324

(515) 255-9973

<https://teriyakieats.com>

## Texas Roadhouse

Restaurants

Tim Terhune

8744 Northpark Dr.

Johnston, IA 50131-3092

(515) 251-4597

[www.texasroadhouse.com](http://www.texasroadhouse.com)

## Texturious Designs

Professional-Design Services/Interior Design

Jen Munoz

2670 106th St., Unit 170

Urbandale, IA 50322

(515) 520-1897

<http://texturiousdesigns.com>

## The Arbordale

Seniors/Real Estate

Tracy Locher

2727 82nd Pl.

Urbandale, IA 50322

(515) 727-5927

<https://thearbordale.com>

## The Bake Shoppe

Food-Beverage/Bakeries

Lisa Kannapel

6611 University Ave., Ste. 102

Windsor Heights, IA 50324

(515) 255-2253

[www.thebakeshoppe.org](http://www.thebakeshoppe.org)

## The Dana Company

Insurance-Finance/Services

Cory Holland

12345 University Ave., Ste. 300

Des Moines, IA 50325

(515) 224-4391

[www.thedanaco.com](http://www.thedanaco.com)

## The Des Moines Group at Morgan Stanley

Finance/Investments & Retirement Planning

Zach Bouslog

1080 Jordan Creek Pkwy., Ste. 400N

West Des Moines, IA 50266

(515) 283-7069

<https://advisor.morganstanley.com/the-des-moines-group>

## The Ducktail Lounge

Entertainment-Recreation/Bars-Clubs

Bryan Moon

1809 NW 86th St.

Clive, IA 50325

(515) 822-4617

[www.theducktailoungeidsm.com](http://www.theducktailoungeidsm.com)

## The Family Company

Real Estate/Apartments

Kevin Troxel

3512 Ingersoll Ave.

Des Moines, IA 50312

(515) 822-4750

[www.familycompanyapts.com](http://www.familycompanyapts.com)

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

Health Care/Clinics

Madeline Skellenger

4323 NW Urbandale Dr.

Urbandale, IA 50322

(515) 875-9000

[www.iowaclinic.com](http://www.iowaclinic.com)

## The Learning Post

Retail-Shops-Stores/Educational Supplies

Kym Howe

2761 100th St.

Urbandale, IA 50322-3862

(515) 331-8008

[www.learningpostltd.com](http://www.learningpostltd.com)

## The Meridian Event Center

Facilities/Conference Centers & Banquet Facilities

Brad Harbert

7001 Westtown Pkwy., Ste. 100

West Des Moines, IA 50266

(515) 777-8321

<https://lhgroupdsm.com>

## The Outside Scoop - Grimes

Retail-Shops-Stores/Ice Cream

Drew Woodley

1601 NE 12th St., Ste. 100

Grimes, IA 50111

(515) 783-5126

## The Results Group LLC

Business Services/Training

Jennifer Erickson

1370 NW 114th St., Ste. D

Clive, IA 50325

(515) 330-2866

[www.resultsgroupplc.com](http://www.resultsgroupplc.com)

**The Salvation Army**

Organizations/Non-Profit  
Tamyra Harrison  
1400 NW 100th St.  
Clive, IA 50325  
(515) 282-3599  
www.salvationarmyusa.org

**The Tea Room**

Facilities/Conference Centers & Banquet Facilities  
Lori Konzen  
713 Walnut St., Ste. 600  
Des Moines, IA 50309  
(515) 336-1317  
www.thetearoomdsm.com

**The Tree Service**

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

**The U Nutrition**

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

**The Urban Grill**

Restaurants  
Dave Thompson  
3651 NW 86th St.  
Urbandale, IA 50322-4007  
(515) 278-1016  
http://theurbangrilldm.com

**The Vernon Company - Digital Sales Team**

Advertising/Specialties  
Rhonda Mock  
(641) 791-8589  
www.vernonpromotions.com

**The Whole Health Way**

Wellness/Life Coach  
Susan Lunning  
(515) 724-4024  
https://thewholehealthway.com

**Thrive Family Chiropractic**

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

**Tidy Butterfly, LLC**

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

**Tint World**

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

**Tire Heroes**

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

**Titan Roofing and Exteriors**

Contractors/Roofing-Gutters  
Gary Waters  
3405 SE Crossroads Dr., Ste. C  
Grimes, IA 50111  
(515) 635-4168  
www.titanroofingandexteriors.com

**Tito's Lounge**

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

**Toggle Space**

Real Estate/Commercial  
Wade Laughridge  
2323 Grand Ave., Ste. 215  
Des Moines, IA 50312  
(641) 426-0184  
https://toggle-space.com

**Tometich Engineering, Inc.**

Professional-Design Services/Engineers  
Beth Krehbeil  
10501 Buena Vista Ct.  
Urbandale, IA 50322-3783  
(515) 280-8022  
www.tometichengineering.com

**Top Gun Contractors of Grimes**

Contractors/ Roofing-Gutters  
Thomas Walker  
(515) 418-6408  
www.tgcofgrimes.com

**Top Job Services**

Cleaning-Maintenance/Janitorial  
Joel Hartzler  
3084 104th St.  
Urbandale, IA 50322  
(515) 331-1300  
www.topjobservices.com

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

Lodging/Hotels-Motels  
Tomas Romero  
8800 Northpark Dr.  
Johnston, IA 50131-3018  
(515) 727-4066  
www.marriott.com/dsmur

**Transworld Business Advisors**

Business Services/Brokerages  
Carl Shivers  
(888) 290-5232  
www.tworldnorthstar.com

**Trentmann, Norm**

Individual Membership  
(515) 276-3383

**Tri-City Group - Tri-City Electric Co.**

Contractors/Electrical  
Nocona Dayton  
1821 Ingersoll Ave.  
Des Moines, IA 50309  
(515) 288-7181  
www.tricitygroup.com

**Triplett Office Solutions**

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

**Trixies Salon & Spa**

Health & Beauty/Salons-Spas  
Tricia Rivas  
4118 University Ave.  
Des Moines, IA 50311  
(515) 274-9981  
www.trixiessalon.com

**Truth Family Chiropractic**

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

**Twin Spires Holdings LLC**

Business Services/Consultants  
Kate Corrigan  
(312) 513-3350  
www.twinspiresholdings.com

**Twisted Bean Coffee Company**

Coffee Houses  
Tim Ruhnke  
4504 Merle Hay Rd.  
Des Moines, IA 50310  
www.twistedbean.com

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

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

**U.S. Bank**

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

**U.S. Small Business Administration**

Government/Federal  
Lori Day  
210 Walnut St., Ste. 749  
Des Moines, IA 50309-2186  
(515) 284-4026  
www.sba.gov

**UMB Bank**

Finance/Banks  
Amy Heston  
13101 University Ave., Ste. 3  
Clive, IA 50325  
(515) 381-7955  
www.umb.com

**Unimovers Des Moines**

Moving/Services  
Dylan McLaren  
324 E. Jefferson St.  
Iowa City, IA 52245  
(515) 400-4975  
www.unimovers.com/movers/ia/des-moines

**UNITS of Central Iowa**

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

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

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

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

Health Care/Clinics  
Jacqueline Kleppe  
2901 86th St.  
Urbandale, IA 50322  
(515) 457-2960  
uihc.org  
University of Iowa Health Care specialists offer services in the Des Moines area to provide greater convenience for your pediatric and adult care needs.

# ALPHABETICAL LIST OF CHAMBER MEMBERS

Gold • Platinum • Elite • Trustee • Community Partner • Chairman's Circle

## Uplift Realty

Real Estate/Agents  
Eva Madren  
(515) 363-9878  
[www.upliftrealty.homes](http://www.upliftrealty.homes)

## Upper Iowa University

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

## Urban Pet Hospital

Animal/Veterinarians  
Anil Regmi  
3601 NW 104th St.  
Urbandale, IA 50322-3827  
(515) 727-0607  
[www.urbanpethospital.com](http://www.urbanpethospital.com)

## Urbandale Area Democrats

Organizations/Non-Profit  
Holly Thayer  
(319) 361-8728  
<https://urbandaleareademocrats.com>



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

## Urbandale Community Action Network

Organizations/Non-Profit  
Eileen Boggess  
7501 Douglas Ave., Ste. 16  
Urbandale, IA 50322  
(515) 334-2632  
[www.urbandalenetwork.org](http://www.urbandalenetwork.org)

## Urbandale Community School District

Education/Public  
Dena Claire  
11152 Aurora Ave.  
Urbandale, IA 50322-7903  
(515) 457-5000  
[www.urbandaleschools.com](http://www.urbandaleschools.com)

## Urbandale Eye Care

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

## Urbandale Family Dentistry

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

## Urbandale Food Pantry

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

## Urbandale Golf & Country Club

Entertainment-Recreation/Golf Courses  
Bev Atkins  
4000 NW 86th St.  
Urbandale, IA 50322-2358  
(515) 276-5496  
[www.urbandalegolf.com](http://www.urbandalegolf.com)

## Urbandale Historical Society

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

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

Events/Special Events  
Tim Mueller  
P.O. Box 3656  
Urbandale, IA 50323  
[www.urbandale4thofjuly.org](http://www.urbandale4thofjuly.org)

## Urbandale Lawn Solutions, Inc.

Contractors/Lawn Maintenance  
Ryan Jacobs  
P.O. Box 42511  
Urbandale, IA 50323  
(515) 771-7674  
[www.urbandalelawnsolutions.com](http://www.urbandalelawnsolutions.com)

## Urbandale Public Library

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

## Urbandale Republicans

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

## Urbandale Schools and Alumni Foundation

Organizations/Foundations  
Nicole Berger  
(515) 457-5036  
<https://urbsaf.org>

## Urbandale Water Utility

Utilities/Utility Companies  
Neil Weiss  
3720 NW 86th St.  
Urbandale, IA 50322  
515-278-3940  
[www.urbandalewater.org](http://www.urbandalewater.org)

## Valpak of Central Iowa

Advertising/Direct Mail  
Matthew Goodman  
1000 73rd St., Ste. 8  
West Des Moines, IA 50265  
(515) 441-0460  
[www.valpak.com/advertise/des-moines](http://www.valpak.com/advertise/des-moines)

## Van Meter, Inc.

Distributors/Electrical  
Cory Haberl  
4040 121st St.  
Urbandale, IA 50323  
(800) 247-1410  
[www.vanmeterinc.com](http://www.vanmeterinc.com)

## Van Wall Equipment

Retail-Shops-Stores/Outdoor Equipment  
Mike Schechinger  
10100 Dennis Dr.  
Urbandale, IA 50322-3893  
(515) 253-9005  
[www.vanwall.com](http://www.vanwall.com)

## Vermillion Midwest Valuations

Real Estate/Appraisers  
Logan Street  
2341 NW 75th Ave.  
Ankeny, IA 50315  
(641) 660-6033  
[www.vmwappraisal.com](http://www.vmwappraisal.com)

## VernCo Roofing

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

## Vernon, Rick

Individual Membership  
1 Promotion Pl.  
P.O. Box 600  
Newton, IA 50208-0600  
(515) 238-6500

## Vero Health Center

Health Care/Chiropractors  
Shanda Boehnke  
630 S. 50th St.  
West Des Moines, IA 50265  
(515) 422-9552  
[www.verohealthcenter.com](http://www.verohealthcenter.com)

## Vibrant Insurance Group

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

## Vibrant Music Hall

Entertainment-Recreation/Attractions  
Andrew Pauley  
2938 Grand Prairie Pkwy.  
Waukee, IA 50263  
(515) 205-4120  
[www.vibrantmusic hall.com](http://www.vibrantmusic hall.com)

## Vintage Road Coffee Co.

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

## Vision Park Family Eye Care

Health Care/Optometrists  
Melissa Billings  
2699 NW 86th St.  
Urbandale, IA 50322-4309  
(515) 270-2490  
[www.vision-park.com](http://www.vision-park.com)

## VisionBank - Waukee

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

**Viva La Beauty**

Health & Beauty/Salons-Spas  
 Perla Islas  
 3005 86th St.  
 Urbandale, IA 50322  
 (515) 777-8329  
[www.vivalabeautyvlb.com](http://www.vivalabeautyvlb.com)

**Vivid Wellness**

Health & Beauty/Salons-Spas  
 Amanda Kramme  
 1980 NW 94th St., Ste. E/F  
 Clive, IA 50325  
 (515) 415-1550  
<https://vividwellnesslounge.com>

**Wagoner Roofing**

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

**Walk Your Plans Des Moines**

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

**Walmart Super Center - Windsor Heights**

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

**Walnut Creek YMCA**

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

**Walnut Ridge Senior Community**

Seniors/Health Care  
 Ann-Marie Habhab  
 1701 Campus Dr.  
 Clive, IA 50325-6621  
 (515) 457-1111  
[www.preshomes.org/our-communities/walnut-ridge](http://www.preshomes.org/our-communities/walnut-ridge)

**Walter Roofing**

Contractors/Roofing-Gutters  
 Chris Jones  
 8450 Hickman Rd., Ste. 27  
 Clive, IA 50325  
 (515) 343-6955  
[www.walterbuilds.com](http://www.walterbuilds.com)

**Wasabi Urbandale**

Restaurants  
 Jay Wang  
 2301 Rocklyn Dr.  
 Urbandale, IA 50322  
 (515) 381-0064  
<http://Wasabidsm.com>

**Waukee Community School District - Career Services**

Education/Public  
 Sarah Enfield  
 560 SE University Ave.  
 Waukee, IA 50263  
 (515) 987-5161  
[www.waukeeschools.org](http://www.waukeeschools.org)

**WayPoint Resources**

Human Services/Social Services  
 Melissa Stimple  
 1155 SE Boone Dr.  
 Waukee, IA 50263  
 (515) 987-5523  
[www.waypoint.care](http://www.waypoint.care)



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

**Welgaard CPA's & Advisors**

Finance/Accountants  
 Darlene Danielson  
 10550 New York Ave., Ste. 110  
 Urbandale, IA 50322  
 (515) 253-0099  
[www.welgaardcpa.com](http://www.welgaardcpa.com)

**Wells Fargo Advisors- Johnston**

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

**Werner's Elite Auto LLC**

Automotive/Service  
 Brandy Werner  
 506 1/2 E. Euclid Ave.  
 Indianola, IA 50125  
 (515) 259-0122  
[www.wernerseliteauto.com](http://www.wernerseliteauto.com)

**WesleyLife at Home**

Health Care/Home  
 Regina Hoeksma  
 4328 114th St.  
 Urbandale, IA 50131  
 (515) 978-2777  
[www.wesleylife.org](http://www.wesleylife.org)

**West Bank**

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

**Weston Companies- Construction Services**

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

**Westside Appliance Repair**

Appliance Repair  
 Misty Trogdon  
 2877 99th St.  
 Urbandale, IA 50322-3858  
 (515) 276-8899  
[www.westsideappliance.com](http://www.westsideappliance.com)

**Westside Auto Pros**

Automotive/Service  
 Joe Jerkins  
 1901 NW 92nd Ct.  
 Clive, IA 50325  
 (515) 225-9090  
[www.westsideautopros.com](http://www.westsideautopros.com)

**Westside Strength & Conditioning**

Wellness/Fitness  
 Calvin Ridlen  
 3896 NW Urbandale Dr.  
 Urbandale, IA 50322  
 (515) 664-0401  
[www.westsidestrength.com](http://www.westsidestrength.com)

**What A Blast Rentals**

Events/Rental Services  
 Chadwick Lambert  
 (515) 585-0775  
[www.whatablastrentals.com](http://www.whatablastrentals.com)

**Wild Birds Unlimited**

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

**Wildwood Lodge**

Lodging/Hotels-Motels  
 Renee Nash  
 11431 Forest Ave.  
 Clive, IA 50325  
 (515) 222-9876  
<http://thewildwoodlodge.com>

**Willcockson, Amy**

Individual Membership  
 (612) 227-8887

**Wilson Wealth Management**

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

**Win Urbandale Bowls**

Restaurants  
 Aye Win  
 2731 100th St.  
 Urbandale, IA 50322  
 (515) 694-3697  
[www.facebook.com/p/Win-Urbandale-Bowls](https://www.facebook.com/p/Win-Urbandale-Bowls)

**Windsor Heights Chamber of Commerce**

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

**Windsor Heights Foundation**

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

**Windsor Mower**

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

**Women Lead Change**

Organizations/Non-Profit  
 Missy Starr  
 3106 Ingersoll Ave.  
 Des Moines, IA 50312  
 (515) 229-0667  
[www.wlcglobal.org](http://www.wlcglobal.org)

# ALPHABETICAL LIST OF CHAMBER MEMBERS

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## Wonderfully Made Family Camp

Organizations/Non-Profit  
Erin Hefner  
3837 Union Ave.  
Dayton, IA 50530  
(515) 490-6332  
www.wonderfullymadefamilycamp.org

## Woof Pack Resort & Spa

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

## Woodharbor Kitchen, Bath & Home Remodeling

Contractors/Kitchen & Bath  
Cheryl Arganbright  
10627 Aurora Ave.  
Urbandale, IA 50322-3808  
(515) 278-1531  
www.woodharbordm.com

## WorkEAI

Internet/AI Services  
Mazen Arawi  
(515) 214-0525  
www.workeai.com

## WorldWide Logistics

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

## Woodward Community Based Services

Health Care/Mental Health  
Madison Bates  
6200 Aurora Ave., Ste. 400W  
Urbandale, IA 50322  
(515) 274-9607  
www.wcb scares.com

## WOW Windowboxes - Des Moines

Professional-Design Services/  
Landscape  
Chad Roethler  
16205 Brookshire Dr.  
Urbandale, IA 50323  
(515) 207-9690  
https://wowwindowboxes.com/des-  
moines

## Xtreme Roofing & Siding

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

## Wreck N' Roll Rage Room

Entertainment-Recreation/Attractions  
Anna Ito  
5900 SE 14th St., Ste. 102  
Des Moines, IA 50320  
(515) 561-7551  
http://wrecknrollrage.com

## Zedoda K-Pop

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

## ZenBusiness

Business Services/Consultants  
Cody Brooke  
5511 Parkcrest Dr., Suite 103  
Austin, TX 78731  
(512) 765-4985  
www.zenbusiness.com

## xMachina

Business Services/Consultants  
Dave Makin  
4907 Valley View Ln.  
West Des Moines, IA 50265  
(515) 850-0890  
www.xmachina.digital

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# RESOURCE GUIDE

## **Elevate by Principal**

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

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

## **Des Moines SCORE**

(515) 274-8593 | [www.desmoines.score.org](http://www.desmoines.score.org)

SCORE is a nonprofit organization that provides free business mentoring services to entrepreneurs. The organization also presents business workshops and seminars for a fee. Business mentoring services are provided by both active and retired business executives and entrepreneurs who donate their time and expertise as mentors to assist new and established small businesses. SCORE is a resource partner with the U.S. Small Business Administration.

## **IASourceLink**

(866) 537-6052 | [www.iasourcelink.com](http://www.iasourcelink.com)

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

## **Iowa Center for Economic Success**

(515) 283-0940 | [theiowacenter.org](http://theiowacenter.org)

Originally founded in 1987, a group of leaders committed to addressing the social and economic issues of Iowans in creative ways formed the Institute of Social & Economic Development. The group runs the only SBA-funded Women's Business Center in Iowa and partners with the Iowa Department of Human Services and the IRS to offer free tax prep and planning programs. In 2014, the group joined forces with Iowa Economic Development Authority to manage its microloan portfolio. Today, the Iowa Center for Economic Success offers education, resources, credit, lending, advocacy and networking programs.

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

(515) 725-3000 | [opportunityiowa.gov](http://opportunityiowa.gov)

The IEDA works to engender and promote economic development policies and practices which stimulate and sustain Iowa's economic growth, climate and integrate efforts across public and private sectors. Programs for entrepreneurs and business owners include financial assistance, tax incentives, regulatory assistance, export trade advising, consultation and marketing assistance.

## **Iowa Small Business Development Centers**

(515) 331-8954 | [iowasbdc.org](http://iowasbdc.org)

The Small Business Development Centers (SBDC) provide business counseling and training on specific business needs including, but not limited to: new business guidance, loan assistance, market research services, cash flow projections, human resource management, strategic planning, business continuity planning, accounting and QuickBooks, writing a business plan, business planning and modeling, financing opportunities, export assistance, business succession strategies, business growth strategies, disaster recovery, market planning and strategy and pricing. On the second Wednesday of every month, SBDC has office hours at the Urbandale Chamber. Call the Chamber to set up an appointment.

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

(515) 212-0182 | [iowamicroloan.org](http://iowamicroloan.org)

Iowa Foundation for Microenterprise and Community Vitality (IFMCV) is a nonprofit foundation created for the purpose of initiating and operating model programs that assist Iowa's community foundations, other tax-exempt organizations and agencies of government. The foundation created IowaMicroLoan, a program for small businesses that are considered on the fringe of riskbearing capacity for most traditional financial institutions.

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

[www.iowajpec.org](http://www.iowajpec.org)

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

## **Linked Investments for Tomorrow**

(515) 281-6878 | [lift@iowa.gov](mailto:lift@iowa.gov) | [www.iowalift.gov](http://www.iowalift.gov)

Linked Investments for Tomorrow provides capital for small businesses owned and operated by Iowans. Half of its funds are available for businesses that are 51% or more owned, operated and actively managed by one or more women, minority persons or persons with disabilities.

# CATEGORICAL LISTING OF CHAMBER MEMBERS

## Advertising/Agencies

Bing Bang  
Blue Compass  
Finch Marketing  
Flanker Media

## Advertising/Consultants

AKC Marketing

## Advertising/Direct Mail

Valpak of Central Iowa

## Advertising/Outdoor

Lamar Advertising

## Advertising/Specialties

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

## Agribusiness/Farming

Iowa Orchard and Pie Bakery

## Agribusiness/Feed Ingredients

ILC Resources

## Agribusiness/Products

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

## Animal/Grooming & Boarding

Canine Clean  
Paws & Pints  
Pawsitive Vibes Pet Salon  
Woof Pack Resort & Spa

## Animal/Training

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

## Animal/Veterinarians

Pet Medical Center of Urbandale  
Urban Pet Hospital

## Appliance Repair

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

## Archival Products

Archive Iowa

## Audio-Visual/Equipment

AVI Systems  
CLE Productions  
CTi  
J2 Audio Video & Lighting

## Audio-Visual/Video-Film Production

R Productions  
Silverwings Productions, Inc.

## Automotive/Car Wash

Silverstar Car Wash

## Automotive/Dealers

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

## Automotive/Glass

R&B Auto Glass

## Automotive/Parts

Arnold Motor Supply

## Automotive/Repair

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

## Automotive/Security-Sound

S&C Automotive, Inc.  
Tint World

## Automotive/Service

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

## Awards/Trophies & Plaques

Academy Trophies & Awards

## Business Products/Copiers

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

## Business Products/Furniture

iSPACE Environments

## Business Products/Supplies

Iowa - Des Moines Supply, Inc.  
Triplett Office Solutions

## Business Services/Brokerages

KReate Business Brokers  
Transworld Business Advisors

## Business Services/Coaching

Anna Mason Consulting  
berniestone.com  
Clarity Business Coaching  
Clegg Consulting Group  
Jacob Hicks Coach  
Mulder Consulting  
SpeakFluence  
Sunflower People & Culture Solutions, LLC

## Business Services/Consultants

900 Views LLC  
Bâton Global  
C12 Central Iowa  
Compensation Designs, LLC  
Cornflower Studio  
Cutting Edge Success  
EOS Worldwide Implementer - Rob Taylor  
ExecOne Consulting  
Iowa Fractional Human Resources  
Life Made Simple, LLC  
Quester  
Twin Spires Holdings LLC  
ZenBusiness

## Business Services/Management

Merit Management Group

## Business Services/Marketing

Moonwake Collaborative | Virtual Assistant & Digital  
Marketing  
Solle Solutions  
Tech Stack Digital Solutions

## Business Services/Personal Assistance

All Things Errands & Concierge

## Business Services/Sales Development

Highspring

## Business Services/Systems

Meridian Business

## Business Services/Training

ATW Training Solutions  
Dale Carnegie Norman and Associates  
Entrepreneurs of Iowa  
Nead Inspiration - Liz Nead  
The Results Group LLC

## Business Services/Translation Services

Caracas Language Solutions, LLC

## Business Services/Uniforms

Force Fitters

## Children/Day Care

Cadence Academy Preschool  
Kidz Corner  
New Horizon Academy

## Children/Foster Homes

Isaiah 117 House

**Cleaning-Maintenance/Carpet**

Alpine Carpet and Upholstery

**Cleaning-Maintenance/Disaster**911 Restoration  
First Onsite**Cleaning-Maintenance/Ductwork**Air Free Duct Cleaning  
Dryer Vent Wizard of West Des Moines**Cleaning-Maintenance/Janitorial**Jeffries Cleaning  
Night Shift Commercial Cleaning of Central Iowa  
RODAN Office Cleaning  
Stratus Building Solution  
Top Job Services**Cleaning-Maintenance/Services**American Softwash  
City Wide Facility Solutions Des Moines Iowa  
Fish Window Cleaning  
Fresh House Cleaning  
Green Home Solutions  
Hawkeye Bin Cleaning  
JT's Pro Pressure Washing  
phClean  
Rush Rolloffs  
Simple Clean Out  
Squeegee Squad  
Tidy Butterfly, LLC**Coffee Houses**Barista's Bouquet  
Friedrichs Coffee  
Twisted Bean Coffee Company**Communication/Consultants**

Grei Matter LLC

**Communications/Cable TV**

OnMedia

**Communications/Podcast**

Amplified

**Communications/Public Relations**

Advocacy Strategies

**Communications/Publishing**Business Publications Corporation  
Iowa Living Magazines  
Iowa Urban Media**Communications/Radio**Cumulus Media  
Des Moines Media Group  
Iowa Public Radio, Inc.  
La Q Buena**Computer/Recycling**

Electronic Asset Security

**Computer/Services**Dymin Systems/Computer Repair of Des Moines  
Deploy-Tech  
LaunchIT MSP  
Little Dog Tech  
Milbach Technology Consulting  
Platinum Information Services  
Pro Network Solutions  
Salas Enterprises  
SSI Solutions, LLC  
TeamLogic IT of Des Moines**Computer/Software Development**Adobe Acrobat  
Berkley Technology Services  
L. Grace Brands  
LaunchIT Corp.  
Lean TECHniques  
People-Friendly Tech**Construction/Elevators**

Metro Elevator

**Construction/Management**Breiholz Construction Company  
DCI Group  
Gold Key Construction  
Greiner Construction  
Samuels Group**Construction/Materials**Logan Contractors Supply Inc.  
Martin Marietta**Contractors/Commercial**Accurate Commercial  
Boyd Jones  
DSM Property Services LLC  
Edge Commercial  
L. A. Fulton & Sons Inc.  
McGough Construction  
Premier Ceiling Systems LLC**Contractors/Concrete**Foundation Recovery Systems  
Midwest Polyfoam**Contractors/Electrical**B&L Electric LLC  
Baker Electric, Inc.  
Custom Electrical Services  
Mid-Iowa Electric, Inc.  
Platinum Electrical Services  
Premier Electric of Iowa  
Rewired  
Tri-City Group - Tri-City Electric Co.**Contractors/Fencing**

Halcyon Fencing

**Contractors/Flooring**Barnum Floors  
Garage Force of Des Moines LLC**Contractors/Furniture**

Repinned Luxury Upholstery

**Contractors/General**Archadeck  
Ball Team, LLC  
Haggerty Windows and Siding  
Weston Companies-Construction Services**Contractors/Glass**

Kinman Glass Inc.

**Contractors/Heating-Cooling**After Shock Heating & Cooling  
Dalton Plumbing, Heating, Cooling, Electric and  
Fireplace  
Dayton Heating & Air Conditioning, LLC.  
Holt Plumbing, Heating, Cooling & Electrical LLC  
Kohles & Bach Heating & Cooling - Fireplaces  
Lenz Heating and Cooling  
Modern Heating & Air  
R3 Heating & Air**Contractors/Home Builders**D.R. Horton Iowa  
J. Thompson Builders  
K and V Homes, Inc.  
KRM Development LLC**Contractors/Kitchen & Bath**Re-Bath Des Moines  
Woodharbor Kitchen, Bath & Home Remodeling**Contractors/Landscape**CLK Landscape Construction  
Edwards Landscaping LLC  
Herrick Outdoor Solutions**Contractors/Lawn Maintenance**Colby's Lawn & Landscape  
Mfitz Services LLC  
Urbandale Lawn Solutions, Inc.  
Windsor Mower**Contractors/Mechanical**

DPT Companies, Inc.

**Contractors/Millwork**

JR Carpentry Inc

**Contractors/Overhead Doors**

Reliable Garage Services

**Contractors/Painters**Budget Pro Painting  
CertaPro Painters of Des Moines  
Ekman Painting  
JC Toland Painting  
Peterson Painting**Contractors/Plumbing**1-Tom-Plumber  
Schlievert Plumbing Inc.

# CATEGORICAL LISTING OF CHAMBER MEMBERS

## Contractors/Remodeling

Better Builders  
Buresh Home Solutions  
Compelling Homes  
CPIA Home Renovations  
Deck and Drive Solutions  
Design 2 Build  
Dunlap Remodeling  
JM Services of Iowa  
Mullins Renovation & Construction

## Contractors/Roofing-Gutters

Big Roofing  
Apple Roofing  
Heartland Roofing Siding and Solar  
Mighty Dog Roofing of Greater Des Moines  
Right Roofing & Siding, Inc.  
Robison Roofing  
Titan Roofing and Exteriors  
Top Gun Contractors of Grimes  
VernCo Roofing  
Wagoner Roofing  
Walter Roofing  
Xtreme Roofing & Siding

## Contractors/Siding

A New Look Exteriors  
Superior Exteriors

## Contractors/Tree Service

Green Tree Care & Habitat Restoration  
The Tree Service

## Contractors/Water Removal

ServiceMaster by Rice

## Dance-Gymnastics

Iowa Ballet Academy  
Movement & Artistic Dance Expressions LLC

## Dental/Dentists

Cedar Ridge Esthetic and Family Dentistry  
Clair Family Dental  
Davidson Family Dentistry  
McDonald Family Dentistry  
Plaza Dental Group  
Urbandale Family Dentistry

## Dental/Insurance

Delta Dental of Iowa

## Distributors/Alcohol

Blue Ox Spirits

## Distributors/Electrical

3E (Electrical Engineering & Equipment Co.)  
Crescent Electric Supply  
Van Meter, Inc.

## Distributors/Food & Beverage

Pepsi Beverages Company

## Distributors/Paper

Sink Paper and Packaging

## Education/Colleges-Universities

Buena Vista University  
DMACC Business Resources  
Grand View University  
Upper Iowa University

## Education/Preschool

Everbrook Academy

## Education/Private

SIG Health

## Education/Public

Urbandale Community School District  
Waukee Community School District - Career Services

## Employment/Agencies and Staffing

Aston Carter  
Career Search Associates  
Infinite Resources  
Leverage4  
ManpowerGroup  
Midwest Professional Staffing  
QPS Employment Group

## Employment/Benefits

Employee & Family Resources (EFR)

## Employment/Human Resources

ConnectifyHR  
Decoding HR  
HR Excellence Consulting  
Insperity  
Paychex HR  
Root + Branch

## Entertainment-Recreation/Art

Studio Ember

## Entertainment-Recreation/Attractions

Des Moines Children's Museum  
Escapology  
Ironsides Axe Club LLC  
JP Party Rentals  
Living History Farms  
McDivot's Indoor Sports Pub  
Prairie Meadows Racetrack & Casino  
Smash Room Iowa/Splatter Room Iowa  
Spare Time Entertainment  
Wreck N' Roll Rage Room  
Vibrant Music Hall

## Entertainment-Recreation/Bars-Clubs

Cottontail Lounge  
Sips On Main  
Stormy's  
The Ducktail Lounge

## Entertainment-Recreation/Disc Jockey

Dapper DJs - DJ Riled Up

## Entertainment-Recreation/Gaming

Royale Flush Gaming

## Entertainment-Recreation/Golf Courses

Beaver Creek Golf Course  
Elevation Golf Club, LLC  
Urbandale Golf & Country Club

## Entertainment-Recreation/Indoor Playground

Pump It Up

## Entertainment-Recreation/Martial Arts

Farrell's Martial Arts  
Nakata Dojo

## Entertainment-Recreation/Sports Teams

Des Moines Buccaneers  
Iowa Demon Hawks  
Iowa Wild  
Iowa Wolves  
Kids United Urbandale

## Entertainment-Recreation/Theaters

Flix Brewhouse

## Entertainment-Recreation/Visitor Information

Catch Des Moines! Greater Des Moines Convention & Visitors Bureau

## Environmental/Energy Analysis

Firefly Building Performance

## Environmental/Mobile Toilets

A King's Throne, LLC.  
Best Portable Toilets

## Environmental/Pest Control

Miller Pest & Termite

## Environmental/Waste Management

Ankeny Sanitation  
Metro Waste Authority

## Events/Rental Services

Des Moines Event Rentals  
What A Blast Rentals

## Events/Special Events

Principal Charity Classic  
Urbandale, Iowa 4th of July Committee, Inc.

## Facilities/Conference Centers & Banquet Facilities

Horizon Events Center  
Sherwood Forest Event Center/The Ridgemont  
The Meridian Event Center  
The Tea Room

## Facilities/Convention Centers

Iowa Events Center

## Finance/Accountants

Ann M. Hartz, CPA & Associates  
CFO Accounting Services LLC  
Creative Planning, formerly BerganKDV  
De Hamer Accounting Services LLP  
Digits & Decimals  
Forge Financial & Management Consulting  
Gardiner + Company CPAs

### **Finance/Accountants**

Heneke Business Consulting Services  
Owl Accounting Services  
Pittman & Company, LLP  
Reliable Bookkeeping & Accounting Service LLC  
Shaul & Associates PLC  
SPW Bookkeeping, LLC  
Welgaard CPA's & Advisors

### **Finance/Banks**

Bank Iowa - Johnston  
Bank Iowa - West Des Moines  
Bankers Trust - Windsor Heights  
Bankers Trust Company - Merle Hay Office  
Central Bank - 86th St. Branch  
Central Bank - West Des Moines  
Chase Bank  
Community State Bank  
Fidelity Bank  
First Interstate Bank - Clive  
First Med Bank and Trust - Hickman  
First Med Bank and Trust - Ingersoll  
Fortress Bank  
Great Southern Bank - Clive  
Iowa State Bank - Banking & Trust Services  
Liberty National Bank  
Lincoln Savings Bank - University Avenue  
Midwest Heritage Bank  
Midwest Heritage Bank - Windsor Heights  
MidWestOne Bank - Windsor Heights  
Northwest Bank  
Raccoon Valley Bank  
U.S. Bank  
UMB Bank  
VisionBank - Waukee  
West Bank

### **Finance/Credit Card Processing**

Payteva

### **Finance/Credit Unions**

Collins Community Credit Union  
Dupaco Community Credit Union - Grimes  
Greater Iowa Credit Union  
GreenState Credit Union  
IHMVU Credit Union - Merle Hay  
Midland Credit Union - Bondurant  
Midland Credit Union - Urbandale  
Premier Credit Union  
Serve Credit Union

### **Finance/Debt Counseling**

Knapper Financial Coaching  
T&H Financial Coaching, LLC

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

AO Wealth Advisory  
Edward Jones - Cody Smith  
Edward Jones - Kneifl Wealth Management  
Edward Jones - Lucas Nerhus  
Envision Wealth  
Financial Architects  
Five Rings Financial  
Foster Group  
Merkle Retirement Planning  
Merkley Wealth Associates  
Modern Woodmen of America

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

Northwestern Mutual - Jordan Wishman  
Northwestern Mutual - Urbandale  
Revol One Financial  
RockWay Wealth Partners  
Simplified Planning and Investments  
Simply Sophisticated Wealth Planning, LLC  
Strategic Retirement Partners  
The Des Moines Group at Morgan Stanley  
Wells Fargo Advisors- Johnston  
Wilson Wealth Management

### **Finance/Leasing Services**

Lease Consultants Corporation

### **Finance/Mortgage**

Halo Capital  
Midwest Family Lending Corp.

### **Finance/Services**

Corpay  
TechPro Solutions

### **Finance/Tax Services**

Tax Edge

### **Finance/Venture Capitalists**

Bison Equity Group

### **Fire/Alarm Systems**

Protex Central

### **Food-Beverage/Bakeries**

Boards by Heidi  
Cha Cha's Hiland Bakery  
Cyd's Catering  
Donutland  
Elevated Spreads  
Graze Craze Charcuterie Boards and Boxes  
IN the BAG Corporate Cuisine  
Sunflower Chef Catering  
The Bake Shoppe

### **Food-Beverage/Coffee**

Vintage Road Coffee Co.

### **Food-Beverage/Delivery**

Eat Futi

### **Food-Beverage/Grocers**

Fareway Stores, Inc.  
Hy-Vee - Urbandale  
Hy-Vee - Windsor Heights

### **Food-Beverage/Vending Machines**

LD Vending

### **Funerals/Services**

Caldwell Parrish Funeral Home & Crematory  
Merle Hay Funeral Home & Chapel Hill Gardens

### **Government/City**

City of Urbandale  
City of Windsor Heights

### **Government/County**

Polk County Iowa

### **Government/Federal**

U.S. Small Business Administration

### **Health & Beauty/Consultants**

Lifestyle with Angie

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

Art of Life Salon and Spa  
Clean Slate Laser Services LLC  
Miss Vie Beauty - Braiding Salon and Beauty Supply  
Optimize Wellness  
Sage + Strands  
Salon 86  
Salon SevenO  
SP Salon  
Trixies Salon & Spa  
Viva La Beauty  
Vivid Wellness

### **Health Care/Assisted Living**

Edencrest at Beaverdale  
Edencrest at Timberline  
Senior Suites of Urbandale  
StoryPoint Urbandale

### **Health Care/Chiropractors**

Advanced Chiropractic Urbandale  
Capital Health  
Levels Family Chiropractic  
Optimum Chiropractic P.C.  
Restoration Chiropractic  
Thrive Family Chiropractic  
Truth Family Chiropractic  
Vero Health Center

### **Health Care/Clinics**

Doctors Now  
New View Autism LLC  
The Iowa Clinic, P.C. - Urbandale  
UnityPoint Clinic - Sports Medicine and Physical Therapy  
University of Iowa Health Care

### **Health Care/Hearing**

Hear Again America  
HearingLife

### **Health Care/Home**

Infinity Home Care  
Senior Helpers  
WesleyLife at Home

### **Health Care/Mental Health**

Calm Tree Therapy  
Diamond Heart Therapy  
Health Hope Harmony  
Imperfect Pathways  
MWI Health  
Rooted Insights, PLC  
Woodward Community Based Services

### **Health Care/Nursing Homes**

Arbor Springs

# CATEGORICAL LISTING OF CHAMBER MEMBERS

## Health Care/Oncology

Mission Cancer + Blood, a part of University of Iowa - Des Moines, E Court Ave.  
Mission Cancer + Blood, a part of University of Iowa Health Care

## Health Care/Optometrists

Lumen Eyecare  
Urbandale Eye Care  
Vision Park Family Eye Care

## Health Care/Orthopedic

DMOS Orthopaedic Centers  
Iowa Ortho

## Health Care/Pharmaceuticals

Bud & Mary's

## Health Care/Physical Therapists

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

## Health Care/Physicians

Hy-Vee Health Exemplar Care

## Health Care/Services

Goldfinch Laboratory  
PHARM-ASSIST

## Human Services/Counseling

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

## Human Services/Social Services

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

## Individual Membership

Andeweg, Robert  
Blake, Matt  
Brownell, Robert  
Courter, Mark  
Cronin, Caitlin  
Deutmeyer, Julie  
Dolezal, Monica  
Forbes, John  
Giovannetti, E.J.  
Gossen, Michael  
Helgemo, Bradford  
Jones, Joseph  
Jones, Mike  
Knueven, Pat  
Kroll, Heidi  
Lett, Kira  
Mathes, Jay  
McBurney, Larry  
McGonegle, Pat

## Individual Membership

Moriarity, Angela  
Olson, Jason  
Pavone, Ash  
Pelham, Randy  
Pogge, Ron  
Raecker, Scott  
Robinson, Greg  
Saf, Ron  
Stav, Lisa  
Trentmann, Norm  
Vernon, Rick  
Willcockson, Amy

## Insurance-Finance/Agents

A Davidson Insurance Advisors  
Allstate Insurance - Matt Rainey  
American Republic Insurance Services  
Buenzow Insurance Group  
Colonial Life  
Comparion Insurance Agency, a Liberty Mutual Company  
Country Financial - Consiglio Group  
Farm Bureau Financial - Elliott Milakovich  
Health Insurance Advisor, LLC  
Howard Insurance Agency  
Phillips Stafford Insurance Group  
R&A Risk Professionals  
Sears Insurance  
Shelter Insurance - Bone Kyaw  
Shelter Insurance - Jennifer Conard  
Shelter Insurance - Monica Hoover  
State Farm Insurance - James Walford  
State Farm Insurance - Kelli Kerton  
State Farm Insurance - Margo Kromminga  
State Farm Insurance - Matt Cale  
Vibrant Insurance Group  
The Dana Company

## Insurance-Finance/Brokerages

Business Tree Benefits  
Capitol Benefits Group  
Group Benefits, Ltd.

## Insurance-Finance/Services

PRIMERICA - Karen Seidl - West Des Moines  
Primerica Financial - Tom Reis & Associates - 100th St.  
NCMIC/Professional Solutions  
RainyDayPal

## Internet/AI Services

CMIT Solutions  
WorkEAI  
xMachina

## Internet/Services

Fidium  
Mediacom Business  
Metronet  
Profit Quiver

## Internet/Web Site Design

Applied Art & Technology  
Robbins Creative  
Webspec

## Legal Services/Attorneys

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

## Legal Services/Identity Theft Protection

Legal Shield & ID Shield - Aisha R. Syed  
Legal Shield & ID Shield - Ruth and Terry Ebke

## Libraries-Museums

Urbandale Public Library

## Lodging/Hotels-Motels

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

## Manufacturing/Chemicals

Camlin Fine Sciences

## Manufacturing/Contract

ProbioFerm  
Teknion

## Manufacturing/Equipment

Denso Manufacturing

## Manufacturing/Food

Roberto's Foods

## Manufacturing/Packaging

Assembled Products, Inc

## Manufacturing/Printing Equipment

HartSmart Products

## Manufacturing/Turbo Machinery Process Controls

Compressor Controls Corporation

## Marketing/Internet

Hive Marketing House

## Marketing/Services

Allegra Marketing, Print, Mail, Signs  
Eppo Fractional Marketing  
Farmboy  
Illuminated  
Social Era Marketing

## Moving/Services

Adamantine Spine Moving  
All Types Moving  
Kirby's Moving Company  
TWO MEN AND A TRUCK - Des Moines  
Unimovers Des Moines  
UNITS of Central Iowa

## Music/Instruments

Nate's Rock Shop

## Organizations/Associations

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

## Organizations/Chambers of Commerce

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

## Organizations/Foundations

Urbandale Schools and Alumni Foundation  
Windsor Heights Foundation

## Organizations/Non-Profit

American Legion Post 663  
Better Business Bureau Serving Greater Iowa  
Camp Fire Heart of Iowa  
Change Course  
Children's Cancer Connection  
Discover Ames  
Dress for Success Des Moines  
EveryStep  
Food Bank of Iowa  
Freedom for Youth Ministries  
GiGi's Playhouse Des Moines  
Goodwill of Central Iowa  
Greater Des Moines Habitat for Humanity, ReStore  
Iowa International Center  
Japan America Society of Iowa (JASI)  
LifeServe Blood Center  
Many Hands Thrift Market  
Mentor Iowa  
MS Moments  
Project Iowa  
Puppy Jake Foundation  
The Salvation Army  
Urbandale Area Democrats  
Urbandale Community Action Network  
Urbandale Food Pantry  
Urbandale Historical Society  
Urbandale Republicans  
Women Lead Change  
Wonderfully Made Family Camp

## Organizations/Service Clubs

Rotary Club of Northwest Des Moines

## Organizations/Youth

Big Brothers Big Sisters of Central Iowa  
Girl Scouts of Greater Iowa  
J-Hawk Soccer Club  
Johnston Urbandale Soccer Club

## Photography/Photographers

Aaron Dolezal Photography  
Brent Isenberger Photography  
Howard Seniors Sports Cinema  
Lauren Campbell Photography  
Matthew Putney Media  
Michael & Ryley  
Pat Ward Photography

## Printing/Printers

Copy Cat Prints and Legal Eagles  
PC Print Center  
Plaza Printers

## Private Clubs

Des Moines Embassy Club West

## Professional-Design Services/Architects

DLR Group Inc.  
Walk Your Plans Des Moines

## Professional-Design Services/Engineers

Allender Butzke Engineers Inc.  
Bishop Engineering Company, Inc.  
Bluestone Engineering  
Bolton & Menk, Inc  
Braun Intertec Corporation  
Civil Design Advantage, LLC  
Civil Engineering Consultants, Inc.  
IMEG Consultants Corp  
Lee Chamberlin Consultant Engineers  
Short Elliott Hendrickson Inc.  
StructSolve Engineering  
Tometich Engineering, Inc.

## Professional-Design Services/Graphic Design

BWright Design  
City Design  
DE Designs Inc.  
Morris Lare Interior Design  
Texturios Designs

## Professional-Design Services/Landscape

Brilliant Borders Landscaping  
WOW Windowboxes - Des Moines

## Real Estate/Agents

Barry Hesse, REMAX Concepts - BROKER Associate  
B11216000  
Century 21 Signature Real Estate  
EXIT Realty and Associates  
Gonzales Realty Group  
Guardian Real Estate Group  
Home Sweet Des Moines - Realty ONE Group Impact  
Iowa Realty - Aisha R. Syed Real Estate, LLC  
Keller Williams - Ketsie Osterberg Residential Realtor  
Legacy Realty of Iowa - LPT Realty, LLC - Shauna Smith  
Realty One Group - Lisa (Qiaoyan) Li  
PCA Real Estate  
RE/MAX Concepts - Marva McCarty  
RE/MAX Concepts - Shannon Salmon  
RE/MAX Precision - Casee Woodley, Realtor  
RE/MAX Real Estate Center - Urbandale  
Realty One Group - Kathy Millikan  
Realty One Group - Wayde Burkhart  
Smart Move Des Moines  
Uplift Realty

## Real Estate/Apartments

Brixin Townhomes at Magnolia Heights  
Calia Capital, LLC (The View on Hickman)  
The Family Company

## Real Estate/Appraisers

Vermillion Midwest Valuations

## Real Estate/Commercial

Anderson Properties  
AP Brokerage, LLC  
Caliber Realty  
Colby Interests  
Cushman & Wakefield  
Ferguson Commercial Real Estate Services  
JLL  
Knapp Properties, L.C.  
Koester Development Group  
NAI Iowa Realty Commercial  
Signature Real Estate Services, Inc  
Toggle Space

## Real Estate/Developers

Developers Realty Group  
Hubbell Realty Company  
Landmark Companies, Inc.  
R&R Realty Group

## Real Estate/Property Management

Kading Properties  
Premier Companies & Paramount Homes  
Renters Warehouse

## Real Estate/Services

First American Home Warranty

## Restaurants

5 Borough Bagels  
100th Street Corner Cafe  
Ariyan  
B-BOP'S  
Bennigan's Grill & Tavern  
Blockbuster Pizza  
Blue Shark Ale House  
Boss' Pizza & Chicken  
Cajun Belle  
Cancun Grill and Cantina  
Centerfield Sports Bar  
Cheba Hut  
Coaches Kolaches  
Doug's Pub & Grub  
Flame Group  
Fresh Fit Meals  
GAMEDAY Kitchen, Cocktails, Sports, Fun  
Hidalgo Mexican Bar and Grill  
Hungry Boyz  
IHOP  
Istanbul Grill  
Maccabee's Glatt Kosher Deli  
McAlister's Deli  
McDonald's/Raccoon Valley Partnership  
Moe's Southwest Grill  
Pepp's Pizzeria  
Teriyaki Eats Japanese Grill  
Texas Roadhouse  
The Urban Grill  
Tito's Lounge  
Wasabi Urbandale  
Win Urbandale Bowls  
Stack Wellness Cafe

## Restaurants-Food Truck

Food Trucks DSM  
Swoops 'N Scoops

# CATEGORICAL LISTING OF CHAMBER MEMBERS

## Retail-Shops-Stores/Appliances

NFM

## Retail-Shops-Stores/Batteries

Interstate All Battery Center -  
Des Moines

## Retail-Shops-Stores/Clothing

Enchantasy's Lingerie  
Simply Stella Rose  
Staceys Inc.

## Retail-Shops-Stores/Consignment-Thrift

Changing Places Consignment Shop

## Retail-Shops-Stores/Convenience

Caseys  
Hy-Vee Fast & Fresh Express  
Kwik Star  
Love's Travel Stops  
QuikTrip Corporation

## Retail-Shops-Stores/Department

Walmart Super Center - Windsor Heights

## Retail-Shops-Stores/Educational Supplies

The Learning Post

## Retail-Shops-Stores/Electronics

Mobile Spot

## Retail-Shops-Stores/Embroidery

KSH Design Studio LLC

## Retail-Shops-Stores/Flooring

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

## Retail-Shops-Stores/Florists

Boesen the Florist

## Retail-Shops-Stores/Furniture

Amish Haus Furniture  
Homemakers Furniture  
Suite Dreams, Bedrooms & Stuff for Kids

## Retail-Shops-Stores/Gift Items

Wild Birds Unlimited  
Zedoda K-Pop

## Retail-Shops-Stores/Golf

Austad's Golf  
Broheim's Indoor Golf and Pub

## Retail-Shops-Stores/Home Furnishings

Aku Woodpanel

## Retail-Shops-Stores/Ice Cream

The Outside Scoop - Grimes

## Retail-Shops-Stores/Jewelers

Christopher's Fine Jewelry & Rare Coin

## Retail-Shops-Stores/Lawn & Garden

Deck Central, LLC

## Retail-Shops-Stores/Lighting

Spectrum Lighting & Interiors

## Retail-Shops-Stores/Meal Preparation

Dinner Dispatch

## Retail-Shops-Stores/Outdoor Equipment

Van Wall Equipment

## Retail-Shops-Stores/Photo Equipment

Christian Photo

## Retail-Shops-Stores/Shopping Centers

Merle Hay Mall

## Retail-Shops-Stores/Window Treatments

Des Moines Blinds and Shutters

## Retail-Shops-Stores/Windows & Doors

Renewal by Andersen

## Security-Safety/Services

ALLO Business

## Security-Safety/Systems

A Tech Inc./Easy Living Store  
American Alarms  
Per Mar Security Services  
Security Equipment Inc. (SEI)

## Seniors/Health Care

Next Level Senior Advisors  
Walnut Ridge Senior Community

## Seniors/Real Estate

Deerfield Retirement Community - Immanuel  
Glen Meadows Retirement Community  
Illahee Hills  
The Arbordale

## Seniors/Services

Golden Heart Senior Care  
Immanuel Pathways-Central Iowa  
Right at Home Des Moines  
Simply Golden Solutions

## Signage

BDI Signs  
Image360  
Iowa Sign Company  
Signarama-Ankeny/YESCO Sign & Lighting Service

## Small Business Assistance

Elevate by Principal  
Myriad Advisor Solutions

## Storage/Warehouses

Just Storage

## Transportation/Limousines

Royal Rides LLC

## Transportation/Public

Des Moines Area Regional Transit Authority (DART)

## Transportation/Services

Enterprise Truck Rental  
WorldWide Logistics

## Travel/Agencies

ADELMAN DISCOVERIES  
Bernbach Travel - Karen Jackson  
BWK Travel  
Epperson Travel  
JLW Travel Group  
Mosaic Shores Travel Co., LLC

## Trucking/Motor Freight

Express Logistics Inc.

## Utilities/Utility Companies

MidAmerican Energy Company  
Urbandale Water Utility

## Wellness/Fitness

Anytime Fitness West Des Moines 22nd St.  
Aptitude Fitness  
Discover Strength West Des Moines  
Farrell's eXtreme Bodyshaping - Urbandale  
Fit and Fierce 515  
Hotworx - Urbandale  
Planet Fitness Urbandale  
Premier Personal Training  
Team Temple Training  
Walnut Creek YMCA  
Westside Strength & Conditioning

## Wellness/Life Coach

&Harmony  
Flourishing Roots Wellness LLC  
Radiate Light LLC  
The Whole Health Way

## Wellness/Nutrition-Foods-Vitamins

515 Wellness & Aesthetics  
Campbell's Nutrition West  
CIV Plus  
The U Nutrition

## Wellness/Therapeutic Massage

Abundant Health Massage & Bodywork  
Active Body Needs  
Active Edge Massage & Wellness  
Heart Space Massage  
Personal Best Massage (PBM)  
Rebel Wellness  
Serenity Massage

## Wellness/Yoga

Oxygen Yoga & Fitness - Urbandale

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