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# Fresh

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WELCOME

# A FRESH take on farmers markets

For years, I dismissed farmers markets as little more than roadside produce stands — tables of fruits and vegetables, nothing more. I didn't cook. I didn't grocery shop. I didn't care.

Then, a few years ago, I wandered into a local farmers market — and my view changed. There was honey, still sweet from the hive. Bread, warm and crusty. Homemade jelly. Even wine. But the real surprise wasn't what was for sale. It was the atmosphere.

Farmers markets aren't just about food. They are about people. Music drifts through the aisles. Vendors chat with regulars. Shoppers linger instead of rushing. It is part market, part gathering — and entirely its own experience.

At its heart, a farmers market is a place where producers sell directly to consumers. But "farmer" is a broad label, and that is the point. Alongside fresh produce, you will find plants, baked goods, prepared foods and more.

Some markets are small and unassuming. Others take over entire city blocks. They are not permanent. They don't last all year. And that's exactly why they matter. Much like the Shamrock Shake I seem to seek out each spring, their short season makes them something to look forward to.

Farmers markets have been around for centuries, long before modern grocery stores reshaped how we shop. But, in recent decades, demand for fresh, local food has brought them back.

And for the grammar-minded: It is "farmers market," not farmer's or farmers'. The Associated Press keeps it clean — no possessive — so we do, too.

In this month's cover story, we take you inside your local farmers market and introduce you to the people who make them worth the trip. ■



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# Fresh FINDS

Local farm extends farmers market season to year-round.

By Joe Baumgarten

Longer days and warmer nights can only mean one thing — farmers market season is back. With fresh-picked produce, handcrafted goods and sweet treats, these weekly gatherings provide a place for both vendors and visitors. While farmers markets abound in the metro, Urbandale has its own “farm market” open year-round.

Anatasiia and Bryan Etchen continue the family business, Iowa Orchard and Pie Bakery in Urbandale.

## Rooted in Urbandale

For half a century, one family has tended trees, baked pies and grown something rarer than apples — a true neighborhood institution. Iowa Orchard and Pie Bakery, 9875 Meredith Drive, Urbandale, provides seasonal fresh produce as well as making products such as pies and cider available at its farm market long after farmers markets have closed.

When you turn onto the property on a breezy spring morning, the first thing you notice is that the apple trees don't look quite as you would expect — at least not by any conventional standard. They are slender and close together, lined up in tight rows along wire trellises, their branches pruned to precise widths. They look, as more than a few passersby have reportedly asked, like hops. Or maybe a nursery. Certainly not a working orchard in the middle of Urbandale.

But that's exactly the point. This is not a conventional orchard. And the people who have been building it for 50 years wouldn't have it any other way.

Iowa Orchard and Pie Bakery recently changed its name to better reflect what it has always been: a place where fruit and baked goods go hand in hand. The Urbandale location sits on about 3 acres — roughly 4,000 trees planted in a high-density European style that is slowly transforming the American apple industry. A second, larger property in Granger off Highway 141 holds another 8,000 to 9,000 trees on 6 acres, plus a few rented orchards that round out an impressive volume of fruit through the season.

Trees are planted just two and a half feet apart — far closer than traditional American orchard spacing — trained vertically along wire trellises, growing 12 feet tall but only 2.5 feet wide. When it rains, they dry within an hour. Since moisture is the primary driver of disease and pest pressure, that quick drying time means far fewer interventions are needed.

“The old days were calendar spraying,” owner Bryan Etchen says. “Every 10 days, every two weeks, you'd go out and spray regardless of what was happening. That's not how we operate.”

Instead, the orchard has refined an approach called integrated pest management — a data-driven method that tracks disease cycles, monitors insect populations through seven traps, and only applies treatments when the data says the benefit outweighs the cost. Some summers, when drought keeps pressure low, there are stretches of six weeks without a single spray.

Scattered throughout the rows, yellow-and-black dispensers hang like lanterns. These are mating disruption devices — releasing synthetic pheromones that confuse codling moths, the culprit behind the classic “worm in the apple.” Males, overwhelmed by signals coming from every direction, never locate females. They live out their cycle and die without reproducing. No kill, no chemical residue, no harm to beneficial insects.

About half the products used on the trees are organically registered. The rest are modern, low-impact chemistries that bear little resemblance to the broad-spectrum pesticides of past decades. Even timing is carefully managed: no spraying when winds are up, no weekends if avoidable, never at night due to noise ordinances.

“We want to be as respectful as we can,” Etchen says. “Our neighbors are great, and we want to keep it that way.”

Harvest runs from late July through Nov. 1, with dozens of varieties ripening in sequence so the hand-picking can be spread across the season.



Connie Bronnberg and Chelsa Bronnberg of Spring Valley Honey Farms, one of the vendors with fresh products at Iowa Orchard and Pie Bakery.

A dedicated crew handles the upper reaches; pick-your-own visitors handle what they can reach. Fruit cycles through the cooler continuously — sell some, press some into cider, load in fresh-picked apples, repeat.

The bakery is what makes Iowa Orchard genuinely year-round. Pies are always in production, and, unlike most orchards that close by Thanksgiving, this one stays open through winter, spring and into the next season — closed only on Mondays.

And those pies are something else entirely. The bakery offers 40 different varieties: fruit pies, cream pies, nut pies and seasonal specialties — available every day the doors are open. Several styles of crust are offered, every one of them hand-made and perfectly flaky. Pies are purchased frozen and baked fresh in your own oven.

“No canned fruit ever enters our kitchen,” Anatasia Etchen says. “Every filling is made from scratch with real fruit.”

The orchard approaches its half-century mark with plans that match its history. A new facility — designed to replace and dramatically upgrade the current buildings — has been a decade-long dream drawing close to reality. The owners expect to break ground within two years, on the very same Urbandale site, with expanded cooler capacity and a building worthy of the next 50 years.

“We are never leaving here,” Bryan says. But they are ready to grow. New varieties are coming into production — Snapdragon, Ludacrisp and others from the Midwest Apple Improvement Association, selected

## FEATURE

for natural keeping ability and pick-your-own orchards.

“We want people to have more choices when they come to us in winter,” Anatasia says. “We have apples all winter, pies year-round — we’re always doing this.”

### Busy as a bee

Iowa Orchard and Pie Bakery also features products from area vendors to expand its offerings. Honey is one such item, produced by Spring Valley Honey Farms.

On a quiet stretch of Iowa countryside, surrounded by the steady hum of thousands of wings, this family legacy continues to thrive — one hive at a time.

For Chelsa Bronnberg, beekeeping isn’t just a business. It’s a way of life rooted in generations of hard work and a deep respect for the land.

“My dad’s actually a second-generation beekeeper,” Bronnberg says. “He started his business about 40 years ago. We began with around 100 hives and grew to a peak of 5,000.”

Today, that operation remains one of the



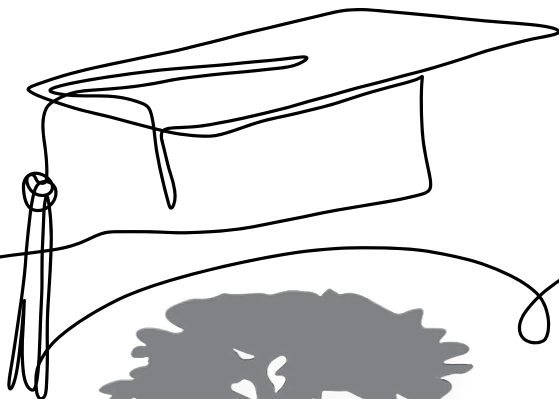
Spring Valley Honey Farms also provides bees to area orchards to help pollinate the trees.

largest in the region, with thousands of colonies spread across roughly 20 counties and 100 locations throughout Iowa. In a good year, the family produces nearly a quarter-million pounds of honey. But like many agricultural ventures, success depends heavily on the seasons.

“Last year was kind of a rough year for everyone,” Bronnberg explains. “We lost quite a few hives, so we’re hoping for a better year.”

Despite the challenges, the Bronnberg family continues to expand both their reach and their offerings. What began as a traditional honey operation has grown into a diverse

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product line that reflects both creativity and craftsmanship.

“We bottle pure clover honey, but we also make infused varieties like hot honey with habanero, cayenne and crushed red pepper,” Bronnberg says. “It’s really popular on pizza or grilled foods.”

They’ve also found success with creamed honey, blending freeze-dried fruits into smooth, spreadable varieties. Beyond honey, the family produces beeswax candles and a wide range of bath and body products — from lip balms to lotions and magnesium body butters.

“The list kind of goes on,” Bronnberg says. “We’ve just been expanding more and more.”

At the heart of it all is a true family operation. Bronnberg works full-time alongside her parents, while her sisters contribute in various ways — from part-time production to marketing and design. “We all kind of play a role in the business,” she says.

Their products can be found at select farmers markets as well as in local grocery stores and specialty markets throughout central Iowa. The family also partners with orchards,

providing essential pollination services during blooming seasons.

“We move our bees into orchards when the trees are starting to bloom and then move them out when they’re done,” Bronnberg explains.

Innovation continues to drive the business forward. In addition to honey and skincare products, the Bronnbergs are branching into beverages, offering honey lemonades, popsicles, and even honey sodas. They’ve also teamed up with local breweries.

“Twisted Vine Brewery has a brown ale right now that uses our clover and fallflower honey,” Bronnberg says. “It’s really good.”

Even as the operation grows, the family remains connected to the broader beekeeping community. Each year, they supply hundreds of “package bees” to hobbyists and backyard beekeepers.

“We had around 850 packages go out this year,” Bronnberg notes. “There’s a lot of interest from people who want to get into beekeeping and understand how important bees are.”

That passion — for bees, for community, and for carrying on a family tradition — is



A variety of honey flavors are offered by Spring Valley Honey Farms.

what keeps the Bronnbergs moving forward, season after season. And as their hives continue to buzz across Iowa, so does a story of resilience, growth, and a sweet connection to the land. ■

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## HEALTH By Annette Smith

# THE REASON your shoulder pain won't go away

Shoulder pain can be frustrating because it affects so many daily activities. Reaching into a cupboard, fastening your seatbelt, carrying groceries or even sleeping can suddenly become uncomfortable.

Many people assume shoulder pain will go away with time, but that is not always the case. One reason is that we continue using our shoulders throughout the day, even when they are irritated. Another reason is that shoulder pain often develops gradually. It may come from repetitive reaching, lifting, weakness, stiffness or poor movement patterns rather than one specific injury.

In many cases, the problem is not just the shoulder joint itself. Tight muscles, irritated tendons, weakness around the shoulder blade and limited mobility can all play a role. That is why total rest does not always fix it. In fact, avoiding movement too much can sometimes make the shoulder feel even stiffer.

It is smart to pay attention if shoulder pain lasts several weeks, wakes you at night, or makes it difficult to lift your arm normally. Shoulders usually respond best to the right kind of movement, along with strength and mobility. ■

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



## WELLNESS By Dr. Jody England

# ARE YOU burdened with hormonal/fertility issues?

Bodies can give off warning signals for many years that there is a weakness in the hormonal system. Recognizing these signals as early as possible and knowing there is something that can be done are two of the best defense mechanisms you can have.

Herbs and whole food remedies that nourish the liver can assist its function so the hormones may be expelled from the body instead of coming out as acne when the liver is overwhelmed.

A deficiency in males may affect the production of sperm and its motility, low libido, erectile dysfunction, testicular lumps or trouble with urination. Early thinning of hair can occur in both genders.

Menstrual cramping, headaches and low back pain, the inability to maintain a pregnancy, not going into labor, going into labor too soon, intense back pain during your cycle or during labor are warning signs that something is not functioning optimally. Muscles contract and pain can occur when there is a nutritional deficiency.

Having ample nutrients stored up in the body allows all organs to function at their peak. Nutritional biofeedback is a tool that can be used to help restore nutritional balance without guesswork. ■

Information provided by Dr. Jody England, DC, Urbandale Chiropractic, 10437 Hickman Road, 515-278-4594, [www.urbandalechiro.com](http://www.urbandalechiro.com).



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# URBANDALE COUNCIL RECAP

## May 5, 2026 - Council Meeting

The meeting began by recognizing service, safety, sustainability, and community well-being through several proclamations. Mayor Robert Andeweg honored Bruce Bernard for his induction into the Iowa Volunteer Hall of Fame, recognizing more than 25 years of volunteer service, including his work with UCAN, the Urbandale Miracle League Field, and the All-Inclusive Playground. The Council also recognized May as Bike Month, encouraging residents to enjoy Urbandale's 50+ miles of paved trails and participate in Bike to Work Day on May 15. Additional proclamations recognized National Police Week, including Peace Officers Memorial Day on May 15, and Building Safety Month, highlighting the people and standards that help keep homes, businesses, and public spaces safe. Police Officer Caleb Blair also took the oath of office.

The Council also approved plans, specifications, and an estimate of costs for the Merle Hay Road and Meredith Drive traffic signal replacement project. This \$597,000 project is being completed in collaboration with the City of Des Moines, with Urbandale's share costing about \$75,000.

The Council also took up the 2026 Series A General Obligation Capital Loan Note Sale, authorizing documents related to about \$7.8 million in notes for public improvement projects planned for 2026. In simple terms, selling these notes is how the City borrows money for major capital projects, such as streets, facilities, traffic signals, and other long-lasting public improvements. Instead of paying the full cost of those projects all at once from the annual operating budget, the City receives funding upfront and pays it back over time. That approach helps match the cost of a long-term improvement with the many years residents and businesses will benefit from it. The "general obligation" part means the repayment is backed by the City's taxing authority.

## April 21, 2026 - City Council Meeting

The Urbandale City Council opened with a full slate of presentations that reflected both community pride and long-term City values. The Mayor announced the All Urbandale Reads 2026 book as *The Soul of Civility* by Alexandra Hudson, acknowledged the MidAmerican Energy Trees Please Grant Award, and issued proclamations for Earth Day and Arbor Day. Council also heard a BRAVO presentation focused on the local and regional impact of arts and culture, including strong participation by Urbandale residents and students.

A key item on the agenda was the FY2026-2027 operating budget, and one of the biggest takeaways is that the City would lower the tax levy again. The proposed levy drops from \$10.03 to \$9.98 per \$1,000 of taxable valuation, continuing a recent pattern of property tax relief while still funding City operations, quality services, and capital projects.

Council also had several development and zoning items that point to how Urbandale continues to grow and change. One of the most notable was Magnolia Heights Plat 9 at 153rd Street and Bentwood Drive. That final plat would add 35 townhomes on 3.25 acres, made up of a mix of 3-plex, 5-plex, and 6-plex buildings. As a townhome phase within the larger Magnolia Heights and Waterford Creek area, it shows ongoing growth on the city's west side while also adding a smaller-format housing option that can help improve affordability and expand housing choice.

The last item of the night was an overview of the 2026-2027 Strategic Plan process, signaling the next round of Council goal-setting around infrastructure and planning, public safety, and administration and governance.

# STAYING the course during market volatility



As a child, I remember a conversation on the farm with my grandfather about listening to and learning from animals. Growing up on a dairy farm in southwest Wisconsin, I absorbed lessons about patterns, patience and the steady rhythms of life — lessons that apply surprisingly well to investing.

Market volatility often reveals more about investor psychology than about underlying fundamentals. When prices swing sharply, many investors abandon long-term strategies in favor of short-term reactions driven by fear or greed. While markets evolve, human behavior tends to repeat itself.

During downturns, panic selling is a common response. Investors see losses and rush to “cut” them, often locking in declines that might have been temporary. This was evident during the 2008 financial crisis or the dot-com bubble, when enthusiasm for high-growth technology stocks quickly turned to fear, and many exited after prices had already fallen.

On the other side of volatility, strong market rallies can lead to overconfidence and “herd behavior.” Investors often chase performance, buying assets that have already risen significantly. This fear of missing out can inflate bubbles and increase risk, reinforcing the inverted cycle of buying high and selling low.

One of the strongest arguments for disciplined investing is the importance of staying invested to capture the market’s best days. Historically, a large portion of long-term returns comes from a small number of strong trading days — often occurring during periods of heightened uncertainty. Missing even a few of these days can significantly reduce overall returns. During the COVID-19 market downturn, some of the strongest gains occurred shortly after the greatest losses, making it difficult for those who left the market to re-enter at the right time.

This creates a paradox: The days that feel the most uncertain are often the ones that deliver the greatest growth. Because these moments are unpredictable and often staggered around market lows, attempting to time the market becomes extremely challenging — even for professionals.

History consistently supports the value of “staying the course.” Investors who maintained diversified portfolios through major downturns, such as the 2008 crisis, generally recovered and benefited from the market’s long-term upward trend. Similarly, those who continued investing during the volatility of 2020 not only experienced the recovery, but also had the opportunity to buy investments “on sale.”

Strategies like dollar-cost averaging reinforce this disciplined approach. By investing consistently regardless of market conditions, investors naturally purchase more shares when prices are low and fewer when prices are high. This reduces the emotional burden of timing decisions and helps smooth out market fluctuations over time.

Ultimately, successful investing is less about predicting short-term movements and more about maintaining exposure to long-term growth. Volatility is inevitable, but missing the market’s strongest periods can be more damaging than enduring temporary losses. Patience, diversification and consistency remain key principles — much like the steady lessons learned from life on the farm. ■

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

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# MEET Holly Russell

Making a difference through music

Music speaks to everyone in one capacity or another, often lifting listeners' spirits and bringing joy. Holly Russell recalls her own middle school teacher, Mr. Lee Buchholz, as someone who was always joyful to be around.

"No matter what kind of day I was having, when I left his classroom, I always felt better," she says.

Russell knew she wanted to give that same sense of joy to children. Her music career, however, began long before middle school.

"I started piano lessons at 5 years old on the recommendation of my kindergarten music teacher," Russell says. "I kept it up into my 20s. I was blessed that my parents made room in their budget to provide lessons for me. Between what my parents did and what teachers instilled in me, I wanted to pass that on to others."

After college, Russell taught high school music for two years, including directing show choir. During that time, she met her husband, Jon. After they married, they moved to Urbandale. She then taught K-8 music for 13 years at St. Pius X Catholic School, where she also helped direct several musicals. She and Jon welcomed two daughters. She later took a position in Ankeny, teaching elementary music to K-5 students for seven years.

"When my youngest daughter was ready to start middle school here in Urbandale last school year, I took a choir teacher position at Urbandale Middle School," Russell says. "I direct the sixth- and eighth-grade choirs and teach sixth- through eighth-grade skills classes, including piano, guitar, and music and culture. I also direct the eighth-grade show choir, Pizzazz. When I came to Urbandale last year, I directed a show choir for the first time in 20 years, and it has been a wonderful two seasons."

Russell spreads joy through music, but the job is not without challenges.

"One of the challenges is the sheer number of students I have in a day and at one time," she says. "The challenge is keeping them connected to and challenged by the material, as well as understanding each student's individual skill level. But we get the opportunity to work together as a team and make music as a community."

Russell says she often emphasizes "the 'we' before the 'me,'" reminding students that the



Holly Russell teaches at Urbandale Middle School, making the move there when her daughter started attending the school.

whole is greater than the sum of its parts and that every role matters in creating beautiful music.

"I think the students look forward to the performances, but I love the nitty-gritty of the process," she says. "I get the opportunity to come into a room with students every day and challenge them to be the best versions of themselves as human beings and musicians. I love when we reach that first moment after learning a song when students begin to add emotion. I get to see the excitement

and goosebumps when they hit notes with expression for the first time. That doesn't happen often in middle school classrooms, and it's amazing."

Russell adds that she welcomes the opportunity to mentor those interested in music or choir education.

"Being a mom and a music teacher to our daughters has been a fantastic step in my career, and I look forward to teaching the next generations of Urbandale students and voices," she says. ■



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## HOME HEALTH

By Stacey Miller

# HOME HOSPICE: Comfort, familiarity and support

In a recent national survey, seven in 10 Americans said, if they were diagnosed with a life-limiting illness, they would prefer to spend their time in familiar surroundings with the routines and comforts they count on. In other words, they'd want to be home.



For families facing end-of-life decisions, that preference has helped drive growing interest in hospice care delivered at home. While inpatient hospice centers remain an important option, home-based hospice offers a different kind of experience — one centered on comfort, familiarity and personalized support.

### Understanding hospice at home

Hospice is not limited to a specific location. It's a philosophy of care focused on comfort and quality of life, typically for individuals with a serious illness who no longer are pursuing curative treatment. When provided at home, hospice services are brought directly to wherever a person lives, whether that is a private residence, apartment or community setting.

Care at home generally includes pain and symptom management, emotional and spiritual support, and assistance with daily needs that may become difficult over time. The goal is to help individuals remain as comfortable and engaged as possible and to support those close to them.

### A team approach to care

One of the defining aspects of hospice is its team-based model. Families typically work with a group of professionals who collaborate to meet medical, emotional and practical needs. This may include registered nurses who oversee care plans and medications, nursing assistants who provide direct support, and social workers who help navigate resources and decisions. Many programs also offer volunteers, spiritual care providers and specialized services such as music therapy or pet visits. Together, this team adapts as needs change, aligning with the individual's condition and preferences.

### When hospice is not the right fit

Not every situation calls for hospice. For individuals managing serious illness while still pursuing treatment, palliative care can provide similar layers of support without the same eligibility requirements.

Palliative care focuses on symptom management, emotional support and planning for future care needs. In some cases, it can serve as a bridge, helping families transition if hospice becomes appropriate later.

### Practical considerations

Deciding on hospice at home involves both emotional and logistical factors. Families often weigh a loved one's wishes alongside the realities of caregiving, the suitability of the home environment, and the availability of support. Financial questions are also common. Medicare and many private insurers typically cover a wide range of hospice services, though details can vary.

Ultimately, there is no single "right" choice. What matters most is finding an approach that honors the individual's preferences while providing the level of care and support the family needs. ■

Stacey Miller is executive director of WesleyLife at Home, which offers a broad network of services, including medical and non-medical at-home care. Visit [wesleylife.org](http://wesleylife.org) or call 515- 978-2777.

# URBANDALE Food Pantry marks one year in new facility with more than 24,000 pantry visits

One year after opening its new facility, the Urbandale Food Pantry has served 17,215 unique individuals and 7,418 unique families, expanding access to food and essential resources for people across the community.

Since opening in April 2025, the pantry has experienced record demand, highlighting both the growing need for support and the critical role the organization plays in the region. Over the past year, the pantry has also served individuals from 67 counties across Iowa, reflecting both the reach of its services and the growing need for accessible food resources.

“The past year has made one thing very clear: People are relying on this resource every day,” said Patty Sneddon-Kisting, chief executive officer of the Urbandale Food Pantry. “This space allows us to meet that need in a way that is consistent, accessible and respectful of the people we serve.”

**The expanded facility has made it possible to:**

- Serve more individuals and families each week
- Improve access and flow for those visiting the Pantry
- Increase storage and distribution capacity
- Strengthen partnerships with local organizations and donors
- Launch the Community Hub to provide families with wraparound support
- Respond to immediate needs during times of uncertainty for families navigating food access

To mark the one year milestone, the pantry is also releasing a short documentary that captures the stories behind the work, the journey to build the new facility, and the impact of the new space. Watch the documentary: [https://youtu.be/q\\_jjzjigOoI](https://youtu.be/q_jjzjigOoI).



“This isn’t just about a building,” said Sneddon-Kisting. “It’s about making sure people have a place to go when they need support and that we can continue to show up with food, dignity and compassion.”

**By the numbers** (April 2025 – March 2026)

- 57,678 individuals served (duplicated)
- 24,526 families served (duplicated)
- 750,193 pounds of food rescued from partner organizations
- 1.935 million pounds of food distributed
- 1,481 new families
- 68,387 visits to the “Anytime Room”
- 67 counties represented across Iowa

The work of the Urbandale Food Pantry is sustained by community support. As demand continues, ongoing partnerships, volunteers and local investment remain critical to keeping services accessible for those who rely on them. To learn more or get involved, visit [www.urbandalefoodpantry.org](http://www.urbandalefoodpantry.org). ■

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## FAITH By Erica Schieffer

# WHAT WE carry with us

There is something about graduation season that feels like standing on the edge of something — equal parts exciting and uncertain. Caps are tossed, celebrations are planned and, underneath it all, is a quieter reality: Life is about to change. Routines shift. Friendships stretch. Familiar places become memories.

It's not just graduates who feel it. Parents, siblings, even younger students sense that something is different. In seasons like this, it is easy to focus on what is next — new schools, new opportunities, new responsibilities. But transitions have a way of reminding us how much we need something steady to hold on to.

Connection doesn't have to disappear just because circumstances change. The relationships that have shaped us, the values we have grown into, and the quiet practices that ground us can come with us. Growth often means moving forward — but it doesn't have to mean starting over. There is a quiet strength in staying rooted, even while stepping into something new.

So, whether this season finds you celebrating a milestone or simply navigating change, it may be worth asking: What do I want to carry with me? Because, while much may change, the things that matter most are often the ones we choose to keep close. ■



Information provided by Erica Schieffer, Director of Youth Ministry, Saint Mary of Nazareth Catholic Church, 4600 Meredith Drive, Des Moines, 515-251-7568, ericas@stmarysdsm.org.

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# BUILDING connections that last

The Urbandale Schools and Alumni Foundation impacts Urbandale schools.

The Urbandale Schools and Alumni Foundation (URBSAF), a nonprofit whose mission is to enhance opportunities for Urbandale students, teachers and staff in the Urbandale Community School District by providing scholarships and funding projects and initiatives not covered in existing budgets, is involved in several new efforts.

This was the foundation's first year hosting A Tall and Small Ball in the Fall. URBSAF collaborated with Urbandale High School's work-based learning program, in which students helped create and develop the event. The class organized the all-ages community dance, held in November, and its success has already sparked conversations about next fall.

Additionally, URBSAF guided the German Club in planning a spring car show fundraising event, where foundation members volunteered. The German Club raised more than \$500.

This semester, the group has worked with high school intern Irakoze Alphonse, who assisted with the foundation's digital needs.

This time of year is especially important, as the group secures sponsorships for its annual URBSAF Golf Tournament. The 2026 tournament, presented by DLR Group, is the foundation's largest fundraising event, benefiting the Making a Difference Grants and the Dollars for Scholars program. The tournament will be held Monday, June 29, at Hyperion Field Club. Event registration and sponsorship donations are available at [urbsaf.org](http://urbsaf.org).

With a focus on strengthening connections between alumni and current students, the foundation encourages alumni and Urbandale residents to follow its Facebook and LinkedIn



The Urbandale Schools and Alumni Foundation awarded 22 Making a Difference Grants totaling nearly \$20,000.

pages, URBSAF (Urbandale Schools and Alumni Foundation), as part of a broader effort to expand its alumni network and foster collaboration.

The foundation is also exploring adding a student representative to board meetings. Board members hope this will come to fruition for the 2026-27 school year, as a student voice and perspective would be invaluable.

These efforts build on the foundation's impact. In 2025, URBSAF awarded 22 Making a Difference Grants totaling nearly \$20,000 and 27 student scholarships totaling more than \$28,000. The URBSAF board, which includes alumni, current and former parents, business leaders and district liaisons, brings together diverse voices to guide its work. Alumni remain actively involved in many aspects of the foundation, including committees such as Dollars for Scholars and Making a Difference Grants, as well as finance, marketing, community outreach, social media and website development.

The foundation has a long history in the community. It is now 34 years old, with its articles of incorporation filed in March 1992 as the Urbandale Education Foundation. The school district's Dollars for Scholars program, which began in 1962 and is the oldest chapter

in Iowa, later came under the foundation's umbrella. In November 2013, the organization expanded to include the Urbandale Alumni Association. It also added Making a Difference Grants, providing educators with funds to support projects that "bring learning to life" in the classroom. With these additions, the organization rebranded to its current name, Urbandale Schools and Alumni Foundation, to better reflect its mission.

"As a trusted community foundation, we are committed to responsible stewardship of all contributions," Amy Gulling, president of URBSAF, says. "Depending on the nature of each gift, contributions may support our general fund, Dollars for Scholars or endowments held at the Community Foundation of Greater Des Moines. Regardless of where funds are directed, URBSAF is committed to the highest standards of financial integrity."

The foundation remains dedicated to creating meaningful opportunities for students, supporting educators and keeping alumni connected to the Urbandale community. The board has recently added director positions, and those interested in learning more or getting involved are encouraged to reach out at [contact@urbsaf.org](mailto:contact@urbsaf.org). ■

## PLAN AHEAD

By Scott Eriksen

### ADVANCE planning offers peace of mind

Planning ahead is one of the kindest gifts you can give the people you love. Many families tell us that the greatest benefit of advance planning is the sense of calm it brings during an otherwise overwhelming time. When important decisions have already been made, your family is free to focus on what truly matters: being together, supporting one another and honoring a life well-lived without added stress or uncertainty.



There can also be meaningful financial benefits to planning and paying in advance. Designed to give families confidence and clarity about future expenses, you can have your selected services and merchandise guaranteed — protecting your family from the impact of rising costs over time.

Whether you are just beginning to think about your wishes or you are ready to put a full plan in place, starting the conversation can be simple and should be completely pressure-free. Advanced planning counselors are here to listen, answer questions, and help you explore your options at your own pace. They will meet you where you are and make sure your preferences are thoughtfully recorded.

Every family deserves compassionate care and affordable options, regardless of budget or preferences. Advance planning is simply about creating peace of mind — for yourself and for those who mean the most to you. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).

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## LIBRARY

By Staci Stanton, Programming and Outreach Manager

### URBANDALE Public Library news

Dates, times, and details may be subject to change. Registration is encouraged for all programs.

#### Urbandale Public Library

3520 86th St., Urbandale

515-278-3945

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

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

Friday – Saturday: 9 a.m. to 6 p.m.

Sunday: noon to 6 p.m.

#### National Bike Month

Celebrate National Bike Month by riding your bike to the library during the month of May. Snap a selfie and email [uploutreach@urbandale.org](mailto:uploutreach@urbandale.org) or tag the library @UrbandaleLibrary on social media to be entered to win a Bike World gift card. The contest is open to all ages and entries must be received by May 31.

#### All Urbandale Reads Announcement

All Urbandale Reads is a “one book, one community” reading initiative that encourages all Urbandale citizens to read and discuss the same book. The title selected for 2026 was announced at the April 21 council meeting, with Mayor Bob Andeweg recommending “The Soul of Civility” by Alexandra Hudson. The library has partnered with the city of Urbandale to host book discussions and other events throughout the year to promote community conversations. Learn more at <https://events.urbandale.org/civility-series/>.

#### Summer Reading Kickoff

Join us on Thursday, May 28 from 4:30-6:30 p.m. for our Summer Reading Kickoff. Back by popular demand: Absolute Science’s foam cannon and giant bubble wands as well as appearances from Avengers of the Knight. Enjoy popcorn and sno cones from the Urbandale Lions Club while you check out our craft and information tables to get you excited for the summer ahead. All ages are encouraged to participate in the Summer Reading Challenge and events. Anyone who participates will receive a prize, and everyone who completes the challenge will be entered in a grand prize drawing.

#### New Adventure Pass Destination

The library is pleased to announce a new Adventure Pass venue: the Danish Museum of America, located in Elk Horn. It is dedicated to the art, history and culture of Denmark. Learn more at [www.urbandalelibrary.org/adventure-pass](http://www.urbandalelibrary.org/adventure-pass).

#### “Amazing Iowa”

Author Michelle Sprout Murray will share fascinating facts from her book, “Amazing Iowa,” on Thursday, June 4 at 6 p.m. The author will take us on a tour of the state’s famous and infamous figures, including mobsters and artists, musicians and authors, astronauts and inventors, and athletes and coaches. Prepare to be amazed by the people and places you will discover on this entertaining trip around the Hawkeye State. ■

# KNOW which programs can benefit you

Social Security provides benefits for eligible individuals who cannot work due to a physical or mental disability. Other programs are linked to Social Security benefits. Make sure you know which programs can benefit you.



Supplemental Security Income (SSI) is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

If you receive SSI, you may also be eligible for Supplemental Nutritional Assistance Program (SNAP) benefits. To make it even easier, when you apply for SSI, the Social Security Administration (SSA) also allows you to apply for your state's SNAP to save time.

SNAP provides food-purchasing assistance to low-income households. Benefits are deposited monthly into SNAP accounts linked to EBT cards, which work just like credit or debit cards. Most major grocery store chains and retailers — like Target or Walmart, for example — accept

EBT cards to purchase SNAP-eligible items. Eligible items are typically food items that can be prepared at home (or seeds to plant and later provide food), excluding food that is hot when sold or other prepared meals.

SSI provides benefits to those with limited income and resources. SSI is also for certain people who are 65 or older, and those who are blind or have disabilities.

While your SNAP benefit amount depends on your household income and size, the basic monthly SSI payment for 2026 is the same nationwide — \$994 for one person or \$1,491 for a couple.

If your household is applying for SSI or already receiving SSI, the SSA will help you complete your SNAP application over the phone, in person, or through the state's benefit portal.

If you believe that you qualify for Supplemental Security Income (SSI) but have not applied — or if you've been denied — then you need an experienced attorney to assist you. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes so you can receive all of the benefits you're entitled to. ■

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

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# A FAMILY tradition on the fairway

Montgomery keeps Holy Name’s Golf Tournament alive.



For nearly 53 years, the Holy Name Parish Golf Tournament has been bringing the Urbandale community together — and, for the past seven or eight of those years, Bob Montgomery has been the one making it happen.

Montgomery’s connection to the event runs deeper than logistics. His father-in-law, Paul Sweeney, was one of the event’s early organizers back when it was known as the Golf and Steak Fry. Held on Saturdays at Jester Park, golfers would play individual tee times before gathering at the church for a steak dinner with baked potatoes and prizes. Paul eventually asked Bob to emcee, and he did so for several years.

When Sweeney passed away in 2016, Montgomery stepped up to take the reins.



Ryan Mehalovich, Edward Jones, presents the Neighbor Spotlight certificate to Bob Montgomery.

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“That’s kind of my impetus,” Bob says. “I’m going to get involved and run this event in honor of my father-in-law.”

Bob is quick to dispel a common misconception about the event: You don’t have to be a golfer to participate. Thanks to the best-shot scramble format, even occasional players can contribute meaningfully — and have a great time doing it.

“If you do it right, it’s a great source of camaraderie to bring the parish together, both men and women,” he says.

Over its five-decade run, the tournament has raised well into the six figures for Holy Name Church and school, funding everything from two refrigerators and a freezer for the new school kitchen to \$40,000 toward the recent parish center remodel. Montgomery hopes to see the event continue to grow.

“We’re not just out playing golf,” he says. “We’re raising money that’s going to go back into the church and school that I’ve been a member of for 40 years.” ■

**St. Pius X Golf Outing**  
**June 12**  
7 a.m. registration  
8 a.m. shotgun start  
Jester Park Golf Course  
18-Hole Best Ball, \$125 per player  
Lunch and prizes included  
**Register:** [vancoevents.com/us/DRVHSt](https://vancoevents.com/us/DRVHSt)

**Do you know a neighbor who deserves recognition?**  
Nominate by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

# FRESH produce for pantry families

Urbandale Food Pantry, Master Gardeners collaborate on community garden.



Raised garden beds are featured in the new community garden that is a collaboration between the Urbandale Food Pantry and Master Gardeners.

The Urbandale Food Pantry began installation and planting of its new community garden on May 8 through a collaboration with local Master Gardeners aimed at growing fresh produce for families accessing pantry services.

Volunteers and community partners installed raised garden beds, moved and placed more than 15 tons of soil, and planted the first crops for the growing season.

The project is the first collaborative community garden between Master Gardeners and a food pantry site in the area, creating a hands-on opportunity to connect food access, nutrition, education and community engagement.

“In 2025 alone, local gardeners donated more than 16,000 pounds of homegrown produce to the pantry,” said Patty Sneddon-Kisting, CEO of the pantry. “This garden is another step toward increasing access to fresh food while also creating opportunities for community connection, learning and dignity-centered food support.”

The garden project is being supported through partnerships with local volunteers, Master Gardeners, the city of Urbandale and community businesses, including Anderson Properties and Iowa Outdoor Products, which is assisting with hauling and delivering soil for the site.

The community garden aligns with the pantry’s broader vision of creating a community hub focused on food access, wellness and supportive partnerships for families across the metro. To learn more or get involved, visit [www.urbandalefoodpantry.org](http://www.urbandalefoodpantry.org). ■

## Start your morning off right with an update from the **daily**umbrella

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## Upcoming in Urbandale Living magazine:

**Play sets, play houses and tree houses:**  
Share the stories of your memorable play sets, play houses and tree houses. Perhaps your family has play structures that entertain your kids for hours. Or maybe you have memories of the play house you enjoyed as a child. Big or small, if it creates happy times, let us know. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



## Summer Concert Series: Major Blues and the Mugshots

Wednesday, June 17, 6:30-8 p.m.  
Charles Gabus Memorial Tree  
Park and Gardens, 3400 86th St.,  
Urbandale

Bold blues and soulful energy take over the park. This performance brings big sound and a fun, lively atmosphere. Bring your lawn chair or blanket and settle in just south of the Urbandale Public Library. All ages are welcome and coolers are permitted, so pack your favorites and make a night of it. This free concert series is made possible through the support of AO Wealth and the city of Urbandale. Other upcoming concerts: June 23, June Bugs; July 21, Kinda Petty; June 26, Pullin' Strongs; Aug. 11, Richie Lee.



**CITYVIEW Midday Mixer**  
Saturday, May 30, 1-4 p.m.  
The District at Prairie Trail, S.W.  
District Drive, Ankeny

Enjoy summer cocktails to kick off the season. Check in is at El Presidente. Cost is \$25 for advance tickets, \$35 at the door. For more information, or to buy tickets, scan the QR code.



## Hoover on the Road Exhibit Through May 31

Living History Farms, 11121 Hickman Road, Urbandale  
Designed to introduce audiences across Iowa to the life and legacy of President Herbert Hoover, the exhibit highlights Hoover's remarkable journey from his humble beginnings in Iowa to the presidency, along with his lasting humanitarian impact around the world.



## Free Pop-In Pickleball

June 2, 9, 16, 23, 30 and July 7, 14, 21  
Recreation Station, 4020 121st St.,  
Urbandale

Come check out Urbandale's new recreation facility and enjoy free indoor pickleball all summer long. No registration fee. Grab some friends or come solo and meet new people. Doors open right at 5 p.m. each week.

## Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m.  
4700 Grand Ave., Des Moines

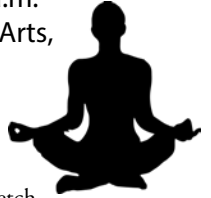
Discover the vast variety of the Des Moines Art Center's permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

## Greater Des Moines Botanical Garden Spring Programs

909 Robert D. Ray Drive, Des Moines  
• **Summer Camp Registration:** Give your child a summer of discovery, creativity and outdoor adventure. These nature-based camps combine science, art, exploration and play in a safe, inspiring environment led by experienced educators. Perfect for students entering grades 1-5. Register at <https://dmbotanicalgarden.com>.

## Free Yoga Friday at Farrell's Martial Arts

Fridays, 6-6:45 a.m.  
Farrell's Martial Arts,  
3843 121st St.,  
Urbandale  
Beginner and intermediate yoga for adults. Come stretch, flow and take a deep breath in a calming stress-releasing class.



## Celebrate Spring in the Park

Monday, June 15, 6 p.m.  
Water Works Park, 2201 George  
Flagg Parkway, Des Moines

The Kerry and Linda Killinger Foundation Community Series features live performances on the Killinger Family Stage throughout the summer. The Des Moines Performing Arts takes the stage in June, featuring a national touring act in the park. Learn more at [www.waterworkspark.org/events-in-the-park/community-series](http://www.waterworkspark.org/events-in-the-park/community-series).



## Des Moines Downtown Farmers Market

Saturdays through Oct. 31, 7  
a.m. to noon, 8 a.m. to noon in  
October  
Historic Court District,  
Downtown Des Moines

The 2026 season will feature 305 vendors, including 43 new participants, with 75 produce and agriculture vendors highlighting the region's strong farming community. Vendors represent 74 cities across 42 Iowa counties, spanning 12 city blocks from Water Street to Fifth Street. For more information, visit [www.dsmpartnership.com/desmoinesfarmersmarket](http://www.dsmpartnership.com/desmoinesfarmersmarket).

Be sure to check for cancellations

## Arts For All

Des Moines Performing Arts will bring free, world-class performances to parks and neighborhoods across the metro, meeting people where they are with joyful experiences that inspire and unite. This partnership with Hy-Vee transforms a vision for accessible arts into something the entire community can share. And, once again this summer, DMPA is teaming up with Operation Downtown in partnership with the Greater Des Moines Partnership to bring *Domino Effect* by Ingrid Ingrid to Cowles Commons for an interactive experience from Aug. 29 to Sept. 30. You know that deeply satisfying feeling of setting off a chain reaction? This is that, but bigger. *Domino Effect* fills Cowles Commons with oversized luminous dominoes, each one humming with its own musical atmosphere. You push them over. That's the whole point. It's playful, it's communal, and it's oddly irresistible for every age.

- **FLIP Fabrique: Summer Break:** Do you remember your summer camp, the bus ride away from your parents, the smell of campfires, the coldness of the lake in the morning? FLIP Fabrique does, and they built a circus experience for audiences to jump into nostalgia. Bring your popcorn and marshmallows and hop on the Vacation Bus. Saturday, June 13, 10 a.m. and 11:30 a.m., Cowles Commons, 221 Walnut St., Des Moines. Sunday, June 14, 5:30 p.m., Ankeny Bandshell, 410 W. First St., Ankeny. Monday, June 15, 6 p.m., Water Works Park, 2201 George Flagg Parkway, Des Moines.

- **Polyglot Theatre's Bees.** Bees is a joyful, hands-on experience where children don't just watch — they become part of it. They'll enter a humming hive of activity, transforming into bees themselves as they play alongside three human-sized Bee performers and find themselves welcomed into a world of community, communication, wonder and imagination. Tuesday, July 14, 10:30 a.m. and 12:30 p.m., Ashby Park, 3200 38th St., Des Moines. Wednesday, July 15, 6 p.m., Polk City Town Square, Polk City. Thursday, July 16, 11 a.m., The Station, 100 Main St. N.E., Bondurant, and 6 p.m., Colby Park, 6900 School St., Windsor Heights. Friday, July 17, 4:30 p.m. and 7 p.m., Walker Johnston Park, 9000 Douglas Ave., Urbandale.

- **Storytime Under the Green Umbrella:** Des Moines Performing Arts education partners will lead a playful sharing of songs and stories for toddlers, preschoolers and early elementary-aged youth accompanied by their fun-loving grown-ups. Wednesdays: June 10 and 24, July 8 and 22, Aug 5 and 19, 10:30 a.m., Cowles Commons, 221 Walnut St., Des Moines.

- **Dance Fitness with Tony Zika:** Des Moines Performing Arts invites you to join their annual outdoor dance parties with Tony Zika! MixedFit is a people-inspired fitness program that combines explosive dance moves with body weight toning, while focusing on positivity, self-love and community. This class will get you charged up while you get down to your new favorite songs. Bring some water and some friends and prepare to sweat, laugh and spread some joy. Sundays: June 28, July 26 and Aug. 23, 9 a.m., Cowles Commons, 221 Walnut St., Des Moines.

See all events and details by scanning this QR code, or visit [www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org).



## Iowa Craft Brew Festival

Saturday, June 6, noon to 4 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

The Iowa Brewers Guild Iowa Craft Brew Festival encourages attendees to log off, raise a glass and enjoy an afternoon together in a relaxed outdoor setting. Each festival ticket includes unlimited samples, a commemorative tasting glass and access to the festival grounds featuring shade tents, vendors, yard games and a variety of Iowa-based food trucks. The festival highlights the best in Iowa craft beer while also featuring Iowa craft cideries, wineries, distilleries and a growing selection of Iowa-produced non-alcoholic beverages. One hundred percent of festival revenue supports Iowa's craft beverage industry and the Iowa Brewers Guild Brewed in Iowa campaign, which raises awareness about the economic and community impact of local breweries across the state. Tickets available at [www.iowacraftbrewfestival.com](http://www.iowacraftbrewfestival.com).

## Beyond The Summit

Thursday, June 11, 8 a.m. to 4:30 p.m.

ITA Group, 7000 Vista Drive, West Des Moines

Beyond the Summit is a one-day conference created for cancer survivors and caregivers seeking practical tools, inspiration and connection during and after the cancer journey. Through expert-led sessions, attendees will explore whole-person approaches to healing that support the body, mind and spirit. Sessions include: The Arts as Medicine; FOOD: What You Eat Matters; Strength in Motion, Clarity in Mind; and Living with Uncertainty and Change. Whether you are a survivor or a caregiver, Beyond the Summit offers education, encouragement and community — meeting you where you are and helping you move forward in your cancer journey. Register at <https://pro.gofundme.com/event/beyond-the-summit-2026/e761738>. Vendor space is available for nonprofits and more. Visit the registration page for more information.

## Seni-Om-Sed: A Fresh Take on Fridays

Friday through the summer, 4-7 p.m.

Des Moines Biergarten, Water Works Park, 2251 George Flagg Parkway

This summer, the Des Moines Chamber of Commerce invites the community to flip the script on their typical Friday and celebrate Des Moines and the end of the week with SENI-OM-SED — Des Moines, spelled backwards. This weekly event series brings together professionals, families and friends for an energized and easygoing kickoff to the weekend. Guests are encouraged to follow the Des Moines Biergarten on social media for the latest updates, including any schedule changes or closures due to weather. For more information, visit [dtchamber.com](http://dtchamber.com).

## CITYVIEW's Summer Stirs

Friday, June 26, Downtown Des Moines

Friday, July 31, Des Moines East Village

CITYVIEW's traveling cocktail parties return in 2026. For \$25 advance ticket, sample 10 summer cocktails at downtown bars and restaurants. Cost is \$35 at the door. For information and tickets, visit [summerstirs.dmcityview.com](http://summerstirs.dmcityview.com). ■

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The May 2011 **Urbandale Living** magazine featured the story, “Pampering preemies: Nurse opens unique daycare in Urbandale.” The cover photo pictured Genevieve “Ginger” Gale, owner of Pampered Preemies, holding Jordyn, one of the four babies she and her staff cared for. Staff members pictured were Lavon Grimes, Caitlin Turgeon, Ginger Gale, Lindsay Gale and Dannette Cunningham. ■

## TAKE OUR POLL

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3. Fallen behind on essentials
4. Nothing, the prices haven’t affected me.

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RESULTS FROM APRIL POLL: April is National Hope Month.  
Which do you hope for most?



Better health..... 53%  
A surprise windfall of cash..... 30%  
A vacation ..... 10%  
Someone to do all your chores... 7%  
Better relationships..... 0%

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# RECIPE

By Jolene Goodman

## SAUSAGE and cheese breakfast bake is easy, filling and practical

Mornings get busy, which is why I love having a breakfast recipe I can rely on. This one checks every box for me. It is incredibly easy to make — just mix, pour and bake — with simple ingredients I usually already have in the fridge. No complicated steps. No mess. No standing over the stove while trying to get ready for the day. I love the idea of cooking once and enjoying for days.



What I appreciate most is how protein-packed this recipe is. Between the eggs, sausage and cheeses, it is the kind of breakfast that actually keeps you full and focused all morning. I am not reaching for a snack an hour later, which makes a big difference on busy days.

It is also perfectly sized for real life. The recipe makes enough for two people to enjoy breakfast for a couple of days, which means less cooking and more convenience. Or, double the batch and freeze some for future quick meals. I can warm up a slice and have a hot, satisfying meal in minutes. Easy, filling and practical — exactly how breakfast should be. ■

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

### Savory sausage and cheese breakfast bake

#### INGREDIENTS:

- 8 large eggs
- 1/4 cup water
- 2/3 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 package of Jimmy Dean breakfast sausage cooked, crumbled
- 1 teaspoon Nature's Seasoning



#### DIRECTIONS:

- Preheat oven to 350 F. Lightly grease a small baking dish (8-inch by 8-inch works well).
- Blend eggs, water and cottage cheese for 10-15 seconds in a blender.
- Combine with mozzarella and sausage and pour into the prepared baking dish. Spread evenly.
- Bake for 30-35 minutes or until the center is set and the top is lightly golden. Rest for 5 minutes, then slice and serve.
- Vary this recipe by adding sauteed onions, peppers or mushrooms. Pictured is the original recipe plus a version with peppers and mushrooms. ■

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## OUT & ABOUT

# RIBBON Cutting

Urbandale Chamber held a ribbon cutting for Iowa Holistic Dentistry and Plaza Dental Group April 13.



Urbandale Mayor Bob Andeweg and Dr. Stephanie Mohen



Dr. Stephanie Mohen accepting a commemorative award from the Urbandale Chamber of Commerce



Marti McMahan and Geoff Counasse

## SPARK Lab opens



The SPARK Lab at Living History Farms is now officially open. This space is designed to "spark" creativity, innovation and interest in the invention process among children and families. The lab offers a variety of activities for kids 6-12 and their families, allowing them to create, collaborate and experiment with STEM (science, technology, engineering and math) and creative art. The SPARK Lab is sponsored by the Lemelson Center for the Study of Invention and Innovation at the Smithsonian's National Museum of American History. Photo by Paul Houston

# OUT & ABOUT



Mike Martin and Jay Mathes at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Bridget Zeman and Liz Robbins at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Jenny Blankenship and Sheena Green at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Tom Triplett and Teresa Gehrels at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Todd McDonald and Ray Hanysh at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Marti Miller and Jess Bishop at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Kris Howard, Jen Paulsen and Lisa Gardner at the Urbandale Chamber AM Exchange April 2 at Triplett Office Solutions, Urbandale.



Martha Knapper, Ron Knapper and Jeff Thibadeau at the Urbandale Chamber of Commerce B.A.S.H. April 14.



Amanda Eggers, Elli Harrel and Martha Knapper at the Urbandale B.A.S.H Chamber event April 14.



Wade Laughridge with Toggle Space at the Urbandale B.A.S.H Chamber event April 14.



Nathan Nicolaisen with Redspire Wealth Management at the Urbandale B.A.S.H Chamber event April 14.

# CLASSIFIEDS

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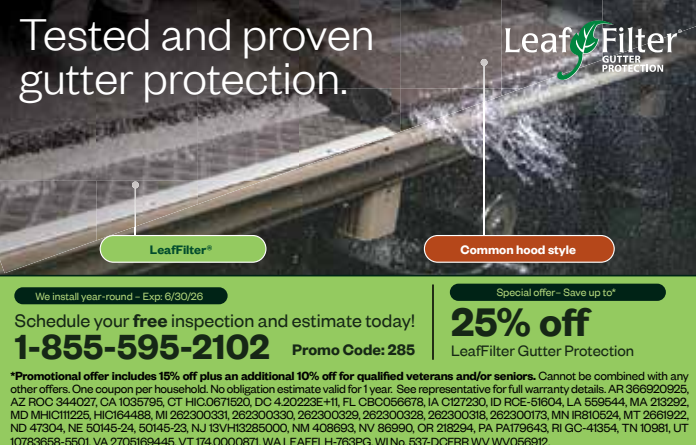
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