

URBANDALE *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN AROUND TOWN

THE URBANDALE CHAMBER HELD A RIBBON CUTTING DEC. 9 FOR DRESS FOR SUCCESS, 7025 HICKMAN ROAD, SUITE 3.



Jen Boldt, Barb Ranck and Mary Anne Kennedy



Matt Gillon, Laura Gillon and Doris Gorius



Christy Jones and Carole Chambers



Lindsey Lamb and Penny Schmidt



Jamie Hansen and Julie Wolfe

5-DAY FORECAST

FRIDAY HIGH 14 | LOW 10
Mostly sunny and cold



SATURDAY HIGH 22 | LOW 1
Cold, breezy in the morning



SUNDAY HIGH 27 | LOW 12
Rather cloudy and cold



MONDAY HIGH 33 | LOW 19
Cloudy, breezy in the p.m.



TUESDAY HIGH 10 | LOW -8
Mostly sunny and colder



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MORTGAGE COMPANY SPREADS HOLIDAY CHEER WITH DONATIONS

Through 25 years of serving families across the Midwest, a local mortgage company has recognized the “most wonderful time of the year” can also be one of the most stressful — especially for families struggling with job loss, a death in the family, military deployment, a health crisis, etc.

“Many local families are facing a variety of hardships, which can feel magnified this time of year,” says Chuck West, president of Midwest Family Lending. “Although we would love to do more, we hope a little support will ease the burden for these families — especially during this season.”

The Urbandale-based team wanted to make the Christmas season a bit brighter for at least a few by donating to more than a dozen local families in need throughout the 12 Days of Christmas. They reached out to local schools, hospitals, churches, ministerial associations and other community groups to identify families in need of support and a little hope in the second year of the company’s #SpreadCheer project.

Recipients of the #SpreadCheer campaign are listed below. To learn more about their individual stories, visit the Midwest Family Lending’s blog online.

- Eastern Iowa family with a child battling a heart condition at UIHC Children’s Hospital
- Lincoln, Nebraska single mom of three living paycheck-to-paycheck who has been hit by a “snowball” of challenges
- Martensdale family hit with COVID, father now fighting for his life
- Des Moines single mom of four through Jeff Hill’s Future All-American Basketball Camp’s

Holiday Giveaway

- Adel small-business owner (plumber) who, due to COVID, developed liver failure requiring many hospitalizations not covered by insurance
 - Altoona single mom of three who’s had a “rocky” year
 - Spring Hill family scraping by to make ends meet and care for non-verbal, autistic child while living in a camping trailer after home burned down on Valentine’s Day
 - 11-year-old Norwalk boy fighting aggressive bone cancer, discovered after football injury
 - Yale family consumed with care needs of children suffering from brittle bone disease and other health issues
 - Indianola family of five regrouping from lasting effects of tough year that included loss, medical bills and long COVID
 - Creston single mom of two small children with limited resources trying to keep up with going to school while caring for her kids
 - Des Moines single mother and Ruth Harbor alum who recently lost her job
 - 17-year-old West Des Moines student managing her household’s bills while maintaining a 4.0 GPA
 - Des Moines mother of four, including two children with autism, homeschooling due to the impacts of COVID-19
- “We find each year these families help us more than we help them,” West says. “They continue to provide an increased understanding and appreciation for the incredible strength and perseverance of our neighbors and communities in which we live.” ■

WE WILL RUN YOUR URBANDALE NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to:

tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

FUNERAL NOTICE

CLEVER "TY" BEAL

Clever "Ty" Beal, 84, died Jan. 16, 2022. He graduated from high school at Hamilton, Kansas. He attended Emporia State College in Emporia, Kansas, but interrupted his education when he joined the Air Force in 1956. Six months after he joined the service, he married his high school girlfriend, Juanita "Nita" Hanson. After his discharge in 1959, he returned home and continued his education.

He worked for Hallmark Cards and was transferred to Des Moines in 1964.

A visitation will be held on Saturday, Jan. 22, 2022, from 10-11 a.m. with a funeral service to follow at 11 a.m. at Caldwell Parrish Funeral Home & Crematory in Urbandale. A graveside service will follow at Glendale Cemetery. ■



ANNUAL MOTHER-SON DANCE ON FEB. 5

Mothers, grandmothers, aunts, guardians — grab your little wild things and get ready for a Wild Rumpus at the annual Mother-Son Dance, which will be held from 6-8 p.m. Feb. 5 at Faith Lutheran Church, 10395 University Ave.

This year's theme, "Wild Rumpus," is based on the classic children's book, "Where The Wild Things Are," by Maurice Sendak. The event includes dancing, games, crafts and all sorts of other fun activities, including a photo booth.

The cost is \$30 per family, which will go to funding scholarships for summer camp at Lutheran Lakeside in Okoboji. Tickets can be purchased at <http://www.faithlc.org>.

For more information, visit the church's website or call 515-225-8334. ■

JOIN BOOK WORMS, LED BY A NATURALIST

Join the Book Worms book club with Polk County Conservation Naturalist Heidi Anderson to discuss an environmentally themed book each month at the Urbandale Public Library. Registration is due the day before the event. Register online at <https://www.polkcountyiowa.gov/conservation/>. This free book club is for ages 12 and older. ■

UHS SPORTS SCHEDULES

Saturday, Jan. 22

9:00 a.m. **Wrestling:** Varsity Invitational vs. Multiple Schools

Monday, Jan. 24

5:30 p.m. **Basketball:** Girls JV1 vs. Lewis Central

7:00 p.m. **Basketball:** Girls Varsity vs. Lewis Central

7:00 p.m. **Basketball:** Boys JV @ Johnston

8:15 p.m. **Basketball:** Boys 9th @ Johnston

Tuesday, Jan. 25

4:45 p.m. **Basketball:** Girls JV1 @ Des Moines Hoover

4:45 p.m. **Basketball:** Boys 10th @ Des Moines Hoover

5:00 p.m. **Wrestling:** JV/Varsity vs. Multiple Schools

6:15 p.m. **Basketball:** Boys 9th @ Des Moines Hoover

6:15 p.m. **Basketball:** Girls Varsity @ Des Moines Hoover

7:45 p.m. **Basketball:** Boys Varsity @ Des Moines Hoover

**PREMIUM
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AVAILABLE**

Contact Jolene Goodman at
jolene@iowalivingmagazines.com

FROM THE PUBLISHER

MILK AND HONEY

Nothing seems to warm a person up on a cold day like a hot cup of coffee, or at least that's what my dad said when he filled up his Thermos each morning. But each time I tried a cup of his coffee, it tasted like dirty water.

I never understood the attraction, and whenever a friend or customer wanted to meet for coffee, I would embarrassingly order a hot chocolate — until my friend and CITYVIEW columnist Joe Weeg convinced me to slowly wade into this ocean of java.

Joe introduced me to cappuccinos, lattes, macchiatos, mochas and more, and I learned that these things are sinful. After taking out a small loan and going to the next notch on my belt, I decided maybe these cousins of coffee were not such a good idea. So I took a necessary hiatus — until my daughter Samantha familiarized

me with dairy creamer. Not the basic stuff, mind you. French vanilla. Italian sweet cream. I was hooked again.

While at an industry conference, my Tennessean friend Will Thomas watched me pour a cement truck load of creamer into my coffee. Will, a definite coffee snob, helped me come to the realization that I didn't like coffee at all and that what I really liked was coffee creamer. He was right. If you have done any research on this, you know that coffee creamer is awful for you, but the addiction is real.

So I tried going cold turkey with the creamer, but I was instantly reminded of the dirty water taste of Dad's coffee. I tried cutting back on creamer, which isn't easy to do when it



pours out so quickly and easily from that perfectly contoured 32-ounce bottle. Then my wife encouraged me to try almond milk and a bit of honey in my coffee. So I tried almond milk and more than a bit of honey — and it was delicious. I am working on reducing the honey, but she tells me that it is better for me than dairy creamer, so I am going with the lesser of two evils.

Now, nothing seems to warm me up on a cold day like a hot cup of coffee — with almond milk and honey.

Have a great week, and thanks for reading. ■

Shane Goodman
President and
Publisher
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515-953-4822, ext. 305



CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

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URBANDALE PUBLIC LIBRARY HAPPENINGS

View all programs and register by visiting www.urbandalelibrary.org call the Library at 515-278-3945. Most events have limited space and require registration.

- **Winter Reading Challenge:** Everyone, birth through adult, can log 15 days of reading from Jan. 17 - Feb. 28 to complete the challenge. Participants ages 0 - 17 will win a classic book to keep, while adults ages 18 and older will be entered into a prize drawing. ■

'TOWARD A UNIVERSAL SUFFRAGE' EXHIBIT AND EVENTS

The Urbandale Public Library will host "Toward a Universal Suffrage: African American Women in Iowa and the Vote for All" exhibit Jan. 27 - Feb. 4. This traveling exhibit honors and celebrates the contributions of African American women in Iowa to the women's suffrage movement. The exhibit is a collaboration between the Iowa Department of Human Rights' Office on the Status of Women, the Central Iowa Community Museum and the Carrie Chapman Catt Center for Women and Politics at Iowa State University.

- The opening keynote address by Karen Kedrowski will be at 6 p.m. Jan. 27 and is for adults and teens. Kedrowski is director of the Carrie Chapman Catt Center.

- Judge Romonda D. Belcher will present Sojourner Truth's "Ain't I a Woman" speech and share other details about this historical figure and her involvement with the suffrage movement at 10 a.m. on Jan. 29 for ages middle school and older.

- Continuing the Conversation: Panel Discussion will be at 2 p.m. Jan. 30 for adults and teens. A group of women will share their experiences as members of the African American community and business. Guest speakers include: Betty Andrew, president of the Iowa/Nebraska NAACP; Dwana Bradley with Iowa Urban Media and DSM School Board; Linda Franker, owner of Optimal Health & Wellbeing; State Representative Ruth Ann Gaines; Renee Hardman, CEO of BBBS of Central Iowa and WDM City Council member; Tere Caldwell Johnson, DSM School Board and Oak Hills Neighborhood Association member. ■

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EVENTS IN THE AREA

'THAT GOLDEN GIRLS SHOW! A PUPPET PARODY'

Jan. 25-30

The Temple Theater, 1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit www.desmoinesperformingarts.org.

'IMMORTAL BELOVED' BY THE DES MOINES SYMPHONY

Saturday, Jan. 29, 7:30 p.m.

and Sunday, Jan. 30, 2:30 p.m.

Des Moines Civic Center, 221 Walnut St.

Des Moines

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit www.dmsymphony.org.

IOWA WILD HOCKEY HOME GAMES

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.

Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

EXHIBIT: DOUBLE EXPOSURE

Through Feb. 25

Polk County Heritage Gallery, 111 Court Ave.

Des Moines

This year's photo show features still photography shot exclusively with film cameras and with camera phones. www.polkcountyheritagegallery.org

AGATHA CHRISTIE'S 'MURDER ON THE ORIENT EXPRESS'

Feb. 4-20

Des Moines Community Playhouse, 831 42nd St.

Des Moines

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. www.dmplyhouse.com

VARIOUS SHOWS

February dates

Hoyt Sherman Place, 1501 Woodland Ave.

Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit www.hoytsherman.org.

Feb. 5: "Brooklyn Rider: Healing Modes" at 7:30 p.m.

Feb. 11: "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

Feb. 15: "Des Moines Storytellers Project: Love" at 7 p.m.

Feb. 16: "An Evening With Bruce Dickinson" at 7:30 p.m.

Feb. 18: "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

Feb. 19: "Yola: Stand For Myself Tour" at 8 p.m. ■

RECIPE

POSITIVE CHANGES TO MAKE IN 2022

(Family Features) Before you completely overhaul the way you live, keep in mind making positive changes may just be a few simple steps away. Starting small with attainable goals can help keep you on the right track throughout the year.

Drink more water

Preventing dehydration, keeping a normal body temperature and lubricating joints are all benefits of drinking enough water daily. Try carrying a reusable bottle as a reminder, choosing water over sugary drinks and opting for water when dining out.

Learn to cook

If you're not comfortable in the kitchen, start with simple recipes that don't force you to sacrifice flavor. After all, an eating plan is easier to stick to when you enjoy the foods you're making. For example, baja fish taco bowls take just 20 minutes for a spicy, fresh-flavored family dinner.

Eat more whole grains

Skip refined grains and instead opt for whole grains like brown rice and quinoa, which offer a more complete package of health benefits. You can be confident in options like Boil-in-Bag Brown Rice and Tri-Color Boil-in-Bag Quinoa from Success Rice, which are ready in just 10 minutes to help remove the guesswork in cooking while giving home cooks more time to focus on elevating dishes for loved ones.

Find more delicious recipe inspiration at SuccessRice.com. ■

BAJA FISH TACO BOWLS

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

2 bags Success Tri-Color Quinoa
 2 tablespoons olive oil
 4 white-fleshed fish fillets (5-6 ounces each)
 1 teaspoon Cajun seasoning
 1/2 teaspoon salt
 3/4 cup plain Greek yogurt
 1 tablespoon lime zest
 1 teaspoon lime juice
 1/4 teaspoon ground cumin
 4 cups packed baby kale
 1 ripe avocado, halved, pitted, peeled and thinly sliced

Directions

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Taco seasoning or chili powder can be used in place of Cajun seasoning. Arugula or baby spinach may be used instead of kale.

FILM REVIEWS By Michael C. Woody

As I write this, we are digging out of the end of the holiday movie season. Here's a quick (but large) list of what's out there. Some of them are easy to find (i.e.: wide release or streaming) and some not so much (art house). Several of these will be on my top 10 list for 2021 for sure.

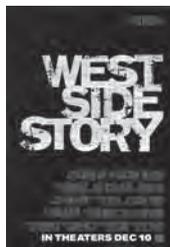
"BEING THE RICARDOS": "I Love Lucy" fans will love writer/director Aaron Sorkin's look at this television legend. I grew up watching Lucy but didn't know much of the backstory. Crazy to think that CBS would balk at showing a pregnant woman on television. Nicole Kidman is near perfect as Lucy, and so is Javier Baram as her husband Desi Arnaz. Easily one of the year's best. **Grade: A-**



"THE BEATLES: GET BACK": Stay at home for this one and watch it on Disney+. "The Beatles: Get Back" is filmmaker Peter Jackson's ("Lord of the Rings" trilogy) transformation of all the video that was shot around the making of their last album. Allegedly there was backbiting and fighting amongst the Fab Four as they were about to split. To everyone's surprise, the lads were in good spirits and, for the most part, friendly with each other. I found watching their creative process to be fascinating, and the music is outstanding. You will want to break it into pieces, as the total is in the eight-hour range. **Grade: A**



"WEST SIDE STORY": Who am I to question the great Steven Spielberg and his remake of the 1961 classic? The new film is tremendous — the voices, the dancing and everything else. My fear is that no one will see it. (The opening weekend was way soft at only \$10 million). Spielberg has remade the original almost exactly. Same dancing, same songs, storyline and setting. If you've seen the original, why bother? If you are younger than 25 (most movie-goers), do you want to see a movie set in the late 1950s and early 1960s about competing gangs in New York? My guess is no. Why not update it with the same issues and songs to bring more people into the theater? We might never know. A great try but it could have been more. **Grade: A** ■



Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.

CLASSIFIED ADS

FOR SALE: Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

PUPPY: 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

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LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



Did you know your pupils are the last part to stop working when you die?

They dilate!