

URBANDALE *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN AROUND TOWN

URBANDALE CHAMBER'S AM EXCHANGE HOSTED BY RENEW JORDAN CREEK ON DEC. 28.



Jay Mathes and Jennifer Paulson



Pat Pithan and Jason Parkin



Tara Knight-Ortiz and Dean Zelle



Teresa Squier and Jill Ellsworth



Lena Nguyen and Laura Davis



Kris Howard and Sandee Cook

5-DAY FORECAST

FRIDAY HIGH 25 | LOW -1
Not as cold, becoming breezy



SATURDAY HIGH 39 | LOW 21
Partly cloudy, breezy



SUNDAY HIGH 32 | LOW 4
Periods of clouds and sun



MONDAY HIGH 26 | LOW 25
Mostly sunny



TUESDAY HIGH 45 | LOW 26
Mostly sunny



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FROM THE PUBLISHER

BREAK OUT THE LONG JOHNS

It's cold outside, and that means one thing — it's time to break out the long johns.

I recall being a child and staying with family friends on their farm for a few days. The woman of the household was a wonderful lady named Marge, and she told me that we would be making long johns. The brain of this 5-year-old envisioned some sort of sweatshop with sewing machines humming away. I was pleasantly surprised to find out that she and I would be in the kitchen making long donuts with a maple glaze of incredibly sugary frosting. Not too many years later, I learned to also appreciate thermal underwear and its waffle weave texture just as much. Long johns were — and continue to be — necessary clothing in the winter weather of northern Iowa, and they were effective sweat-soaker-uppers worn under the then-legal, plastic “sauna suits” we wrestlers wore when trying to make weight.

Even in my suit-and-tie days out of college, I was known to wear long johns. While in a meeting at The Des Moines Register where we were all seated in chairs in a circle, I could see my coworker Shannon laughing at me from across the room. With my legs crossed at the knee, I leaned forward and tried mouthing, “What’s so funny?” She kept laughing. Shannon could see that I was becoming irritated with her, and she finally blurted out, “Quit being such a jerk. I am just laughing at your long underwear that I can see from your suit pant leg.” Laugh all you want, Shannon. I was toasty warm.

Maybe you wonder where the term “long johns” came from. Some say it began with soldiers in World War II who donned the thermal underwear, but the words appeared many years



prior. According to a story in the Summit (Colorado) Daily, the invention of long johns is credited to John Smedley in the English town of Matlock in Derbyshire. Smedley manufactured the clothing on the premises of his Lea Mills in the late 18th century, the story says. The name “long johns” supposedly refers to American boxer John L. Sullivan, who reigned as the heavyweight champion from 1882-1892.

So now you know. The next time you slip into some long johns, you can think of John Smedley and John L. Sullivan. And the next time you eat a delicious maple-glazed long john donut, you can think of me.

Have a great week, and thanks for reading. ■

Shane Goodman

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Publisher

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Living Weekly

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ICE RINK OPEN

The Portable Ice Rink is now open and located just south of the Urbandale Public Library (open from dawn to noon for hockey players and from noon to dusk for all other skaters). If the red flag is up, the rink is unsafe to use and is closed. If the green flag is up, the rink is suitable for skating. Iowa Wild and Wells Fargo donated the rink to the City last year. To check the rink's status, visit <https://www.urbandale.org/civicalerts.aspx?AID=1275>. ■

FIRE DEPARTMENT LAUNCHES NEW SMS ALERTS PROGRAM

To help keep you informed and improve emergency preparedness, the Fire Department has partnered with Dallas County Emergency Management Agency to send you text messages in emergency situations. These messages are "emergency" messages only (tornados, severe thunderstorm, high wind, flash flooding, extreme cold, and more). To receive these alerts, text "UFDAlerts" to 67283. Any warnings or emergencies will be delivered right to your phone. Be sure to follow the Fire Department on Twitter @UFDPIO and the City @CityofUrbandale for non-emergency information. ■

JOIN BOOK WORMS, LED BY A NATURALIST

In response to the feedback the library received from its community surveys, it will be offering the following monthly book clubs starting in February.

- Book Chat meets the first Wednesday at 1 p.m. to discuss what participants are randomly reading.
- Double-Booked has two sessions to choose from, on the second Tuesday at 6 p.m. and fourth Wednesday at 1 p.m. to discuss a literary fiction or non-fiction title.
- Page Turners meets the third Thursday at 6 p.m. to discuss a mystery/thriller title.

View all programs by visiting www.urbandalelibrary.org to find the online calendar and register or call 515-278-3945. Most events have limited space and require registration. ■

UHS SPORTS SCHEDULES

Friday, Feb. 4

- 4:45 p.m. **Basketball:** Girls JV1 vs. Dowling Catholic
- 4:45 p.m. **Basketball:** Boys 10th vs. Dowling Catholic
- 6:15 p.m. **Basketball:** Girls Varsity vs. Dowling Catholic
- 6:15 p.m. **Basketball:** Boys 9th vs. Dowling Catholic
- 7:45 p.m. **Basketball:** Girls JV2 vs. Dowling Catholic
- 7:45 p.m. **Basketball:** Boys Varsity vs. Dowling Catholic

Saturday, Feb. 5

- 9:00 a.m. **Bowling:** Boys JV/Girls JV Invitational @ Game Day Lanes

Monday, Feb. 7

- 9:00 a.m. **Bowling:** Boys JV/Boys Varsity Central Conf Meet @ Game Day Lanes
- 6:00 p.m. **Basketball:** Girls JV1 vs. Des Moines Roosevelt
- 6:00 p.m. **Basketball:** Boys 9th vs. Des Moines Roosevelt
- 6:00 p.m. **Basketball:** Boys JV Game @ Indianola
- 7:15 p.m. **Basketball:** Girls JV2 vs. Des Moines Roosevelt
- 7:15 p.m. **Basketball:** Boys 9th @ Indianola

**PREMIUM
AD SPOT
AVAILABLE**

Contact Jolene Goodman at
jolene@iowalivingmagazines.com

WE WILL RUN YOUR URBAN DALE 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 NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com.

THEODORE JOHN WACHT

Theodore John Wacht, 70, died Jan. 31, 2022, at EveryStep Hospice Kavanagh House in Des Moines. He was born in Adel but spent the majority of his life in Urbandale and graduated from Urbandale High School in 1971. He worked for the Urbandale Athletic Department from 1985 until retiring in 2013. During his years at Urbandale, he was the assistant to the athletic director; kept the official scorebook for varsity girls' basketball for many years; coached junior high girls' basketball, softball, and volleyball; and was an avid J-Hawk fan and supporter. He worked for the IGHSAU at the girls' state basketball tournament an official scorebook keeper. Prior to retirement, Ted kept the official scorebook for the Drake men's basketball team as well.



Per Ted's wishes, there will be no services. His cremains will be interred at a private family ceremony at East Linn Cemetery north of Redfield. A full obituary is online at www.caldwellparrish.com ■

THOMAS WAYNE MARKLE

Thomas Wayne Markle died peacefully at home Jan. 23, 2022. He was a 1983 graduate of Ventura High School. While in high school he was involved with Voc. Ag, FFA and in 4-H. He attended Iowa Lakes Community College where he specialized in construction. He later moved to Fort Collins, Colorado, and worked as a carpenter.



In 1991, Tom married Teri Cowger and lived on an acreage near Ventura. They had two children. In 2013, he moved to Grimes and worked for CKF and Home Depot.

A gathering for friends and family was held Jan. 28 at Iles Westover Chapel. ■

RYAN FRED SMITH

Ryan Fred Smith died surrounded by family on Jan. 21, 2022, at Iowa Methodist Hospital. Ryan fought many health issues; in 1993 he became paralyzed from the waist down due to an auto accident. Later on, he became diabetic. In the latter years of his life, he fought infections, where that battle was lost.

He attended Olmstead Elementary, Urbandale Jr. High School, and Dowling Catholic High School. Ryan enjoyed wrestling and soccer. He is survived by his mother Jane Barnes, father Ronald Smith, sister Dawn Garrett and step-mother Carol Smith, and other relatives and friends. ■

JOSEPH ANTHONY PAGANO

Joseph Anthony Pagano, 41, died unexpectedly on Jan. 24, 2022, at the University Of Iowa Hospital in Iowa City. He grew up in Urbandale and attended St. Pius X school. He was a graduate of Dowling Catholic High School and continued his education at UNLV in Las Vegas. After college, Joe moved back to Iowa and went on to work for several family businesses.

Joe is survived by his wife, Molli Pagano and many other relatives and friends.

A vigil service was held Jan. 31 at Westover Funeral Home in Des Moines. A funeral Mass was held Feb. 1 at St. Pius Catholic Church. Burial followed at Glendale Cemetery in Des Moines. ■

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com.

DOROTHY WALKER

Dorothy Walker, 95, died Jan. 24, 2022. She married Cecil Walker, July 30, 1948. He preceded her in death. A celebration of her life was held at The Mission Church in Urbandale on Jan. 29. A full obituary can be found online at www.merlehayfuneralhome.com. ■



RONALD EUGENE HOWARD

Ronald Eugene Howard, 63, of Urbandale, died at home on Jan. 20, 2022. He retired from serving in the U.S. Navy as a cook on the USS Ramage. After retirement, he lived in Corpus Christi, Texas, and worked for the U.S. Postal Service, eventually transferring to the Des Moines Main Post Office. He retired in August of 2021. Services were held Jan. 29 at McLaren's Resthaven Chapel. ■



EMMA PAVON

Emma Esther Pavon, 91, died Jan. 28, 2022. She and her husband, Dr. Sixto J. Pavon, who preceded her in death, were married in Cuba in 1949. In July 1968, they chose to emigrate to the United States to seek a better life for their young family. They moved to Des Moines in 1974.

Funeral services were held Feb. 1 at Caldwell Parrish Funeral Home & Crematory. Burial followed at Glendale Cemetery. A full obituary can be found at www.caldwellparrish.com. ■



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OWL YOU NEED IS LOVE

Join Polk County Conservation Saturday, Feb. 12, 10:30 a.m. to celebrate Iowa's true winter romantics...the owls! By Valentine's Day, owls are often sitting on a nest of eggs. Learn why owls court in winter and which owls call Iowa home. This free program is for ages 5 and older and is held at Jester Park Nature Center. Registration required by Feb. 11. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■

KNEE-HIGH NATURALISTS

Are you ready to get outside and explore? Join Knee-High Naturalists Feb. 16, 10 a.m. at Jester Park and hear a story followed by some outdoor fun. The topic will be Reptiles & Amphibians. As naturalists, participants will hike, investigate, and navigate through the trails and grounds of Jester Park as they learn what makes the outdoors such an amazing place. Come dressed to be outside. Registration required the day before this free event recommended for ages 3-6. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■

ANIMAL GUIDES MEDITATION

Each animal in our world offers powerful messages, healing and wisdom simply by being itself. Join Kara Simons for a guided meditation and discussion honoring our energetic and physical connections with animals as teachers and guides Wednesday, Feb. 16, at 6 p.m. at Jester Park Nature Center. Reframe your perception and explore the rich symbolism of animal characteristics and attributes, from birds to mammals to reptiles, amphibians and insects. Cost is \$15 and the event is for ages 14 and older. Registration required by Feb. 14. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■

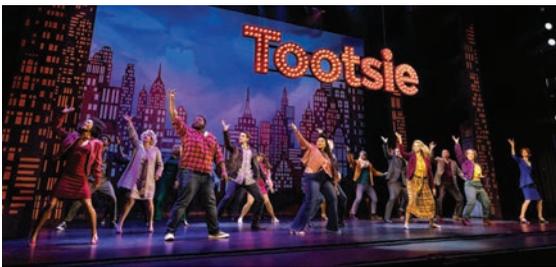
EVENTS IN THE AREA

EMAIL EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**LIL DURK IN CONCERT****Horizon Events Center, 2100 N.W. 100th St. in Clive**
Saturday, Feb. 5, 6 p.m.

Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his “Signed to the Streets” mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, “Remember My Name” and “Lil Durk 2X.” www.horizoneventscenter.com.

ERIC CHURCH - THE GATHER AGAIN TOUR**Wells Fargo Arena, 730 Third St. in Des Moines**
Saturday, Feb. 12, 8 p.m.

For more information, visit www.iowaeventscenter.com.

**‘TOOTSIE’****Feb. 8-13****Des Moines Civic Center, 221 Walnut St.**

The Willis Broadway Series returns with “Tootsie.” For more information, visit www.desmoinesperformingarts.org.

CAT SHOW**Saturday - Sunday, Feb. 12-13****Iowa State Fairgrounds**

A flood of fancy-footed felines compete for various awards and distinctions. This Fairgrounds event will be at E. 30th and University in Des Moines in the Animal Learning Center. For more information, visit www.iowastatefairgrounds.org.

**CITYVIEW CHOCOLATE WALK****Friday, Feb. 25, 5-9 p.m.****West Glen Town Center, 5465 Mills Civic Parkway,**
West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

‘THE REVOLUTIONISTS’**Tallgrass Theatre Company, 2019 Grand Ave., West**
Des Moines**Feb. 4-20**

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. www.tallgrasstheater.org

IOWA WOLVES HOME GAMES**Saturday, Feb. 5 vs. Agua Caliente Clippers/**
Clippers, 7 p.m.**Sunday, Feb. 6 vs. Austin Spurs/Spurs, 4 p.m.****Tuesday, Feb. 8 vs. Austin Spurs/Spurs, 10:30 p.m.**
Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit iowa.gleague.nba.com. ■

RECIPE

COOKING SWAPS TO HELP MANAGE CHOLESTEROL



(Family Features) When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** – Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.

- **Eat more fish** – Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.

- **Use liquid oils in place of solid fats** – For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.

- **Lower dairy fats** – Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.

- **Increase fiber and whole grains** – Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at heart.org/cholesterol. ■

CHICKEN TORTILLA SOUP

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
- 2 cups frozen whole-kernel corn, thawed
- 2 cups fat-free, no-salt-added chicken broth
- 1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves, minced
- 1/4 teaspoon salt
- 2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
- 1 corn tortilla (6 inches), torn into pieces
- 2-4 tablespoons snipped fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper, cut into matchstick-size strips

Directions:

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

TALK WITH OFFICIALS

Talk with Officials is a forum for the business community to connect with elected officials representing Urbandale at the State, County, City and School District. The events are open to the general public and held on the last Saturday of each respective month. The next event is Saturday, Feb. 26, 10:30 a.m. to noon. Registration is required. Check for updates on whether or not the event will be virtual.

Invited elected officials include: Urbandale Mayor Robert Andeweg, Sen. Brad Zaun (R), Rep. John Forbes (D), Rep. Eddie Andrews (R), Polk County Supervisor Robert Brownell (R) and Katherine Howsare, Urbandale School Board president.

For more information and registration, visit <http://www.uniquelyurbandale.com> or email Tiffany Menke, tmenke@urbandalechamber.com. ■

CITY COUNCIL UPDATE

The Mayor and City Council met for a regularly scheduled meeting on Tuesday, Jan. 25. The City Council approved the final application for the Iowa Reinvestment Act regarding the Merle Hay Mall area. Planned projects for the site include a 3,500-seat multi-use arena, a hockey training and competition center, a multi-story hotel, expanded shopping opportunities, an improved corridor offering additional entertainment experiences, and infrastructure to ensure an enhanced experience for residents and visitors.

The Council also approved a \$31,000 agreement for monument sign designs which will end up being placed at the intersection of 100th Street and 54th Avenue, at the N.W. Urbandale Drive Interstate interchange and at the north edge of town on 128th Street. This ongoing project will help identify Urbandale for visitors and residents, convey a welcoming entrance to Urbandale, promote community identity, and support economic development initiatives. ■

RENTAL RESERVATIONS

Do you have a family reunion, high school graduation, or even a wedding coming up? You can now make a rental reservation online for any of the City facilities. Urbandale has nine open air shelters located around town for rent. They are great economical places to host an outdoor party. To place reservations, visit https://urbandale.activityreg.com/selectfacility_t2.wcs?parks=28. ■

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.

SEND IN YOUR FREE CLASSIFIED AD BY THURSDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



If a child refuses to nap, are they guilty of resisting a rest?