

URBANDALE Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN URBANDALE URBANDALE 'BEST OF DES MOINES' WINNERS



Adam Sondag, Chloe Garman, Brooke O'Hollearn and Brett Calussen with Brown's Shoe Fit with their winning CITYVIEW's "Best of Des Moines poll" certificate for Best Local Shoe Store on Feb. 5.



Mary Knueven, Denise Day, Tiffany Menke and Tara Knight-Ortiz with the Urbandale Chamber of Commerce with their CITYVIEW's "Best of Des Moines poll" winning certificate for Best Local Chamber of Commerce on Feb. 5.



Thomas Davis with Bike World shares the CITYVIEW's "Best of Des Moines poll" winning certificate for Best Local Bike Shop/Salesperson on Feb. 5.



Brian Houk and Louie Wickett pose for a photo at CITYVIEW's Best of Des Moines event on Feb. 1. Key Mortgage was the winner for Best Local Mortgage Company.



Katie Stessman with Learning Post & Toys with their CITYVIEW's "Best of Des Moines poll" winning certificate for Best Local Children's Store on Feb. 5.

URBANDALE WEATHER FORECAST

FRIDAY HIGH 45 | LOW 6
A morning rain or snow shower



SATURDAY HIGH 22 | LOW 13
Mostly sunny, much colder



SUNDAY HIGH 35 | LOW 14
Rather cloudy, not as cold



MONDAY HIGH 33 | LOW 18
Mostly sunny



TUESDAY HIGH 50 | LOW 31
Mostly cloudy and mild



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FROM THE PUBLISHER

HERE WE GO AGAIN

The more we do something, the better we get at it, or so the saying goes. If we are being honest, the whole “practice makes perfect” theory really isn’t true. If we continue to do something incorrectly, it will never become perfect. The better saying is “perfect practice makes perfect.” Meanwhile, we keep doing things. Repetition. And it adds up.

My mother had me making my bed every morning at an early age. By 5 years old, this was a daily habit. With me now at age 53, I estimate that I have made my bed more than 17,500 times. Sleep on that.

I take a shower or bath every day, whether I need to or not. (That’s a joke.) When I am in a cycle of exercising, that number increases. Based on once per day since my birth, I have showered or bathed more than 19,500 times. That’s a lot of soap and water.

I have been brushing my

teeth on my own since I was about 5. Doing so twice per day, I have used a toothbrush somewhere in the neighborhood of 35,000 times. Floss? Not so much.

Like most of you, I have been driving a vehicle since I was 16 years old. On average, I would guess that I start and drive a car about five times per day — maybe more. Even at five times, I have operated a vehicle at least 67,500 times.

According to one poll, about 40 percent of us check our email between six and 20 times per day. If you are reading this via newsletter email, you can relate. I am on the higher end of the range, but let’s go with an average of 10 times per day. I’ve been using email regularly since about 1995, which is 27 years. When I do the math, I



learn that I have checked my email more than 98,500 times — and I discovered that I won a lottery in about one-third of those instances!

The good news is, I think I am getting better at these and the other tasks I continue to repeat — but still not perfect. When Mom visits, she continues to find a wrinkle in my bedspread, and my dentist seems to locate an occasional cavity. And even with all my driving practice, I have still garnered a few traffic violations. Meanwhile, the practicing for perfection continues.

Here we go again.

Have a great week, and thanks for reading. ■

Shane Goodman

President and
Publisher

Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



URBANDALE
Living Weekly

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Address: 8101 Birchwood Court, Suite, D, Johnston, IA 50131

Website: www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

Jolene Goodman
515-326-0082
jolene@iowalivingmagazines.com

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.polkcountyowa.gov/conservation/>. This free book club is for ages 12 and older. Dates and topics are:

Feb. 22, 6:30 p.m., "The Story of More: How We Got to Climate Change and Where to Go from Here" by Hope Jahren

March 31, 6:30 p.m., "Bicycling with Butterflies: My 10,201 Mile Journey Following the Monarch Migration" by Sara Dykman ■

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. ■

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. ■

UHS SPORTS SCHEDULES

Friday, Feb. 11

4:45 p.m. **Basketball:** Boys 9A @ WDM Valley

4:45 p.m. **Basketball:** Boys 10th Game

vs. WDM Valley

6:15 p.m. **Basketball:** Girls JV2 @ WDM Valley

6:15 p.m. **Basketball:** Girls Varsity @ WDM Valley

6:15 p.m. **Basketball:** Boys 9B @ WDM Valley

7:45 p.m. **Basketball:** Boys Varsity @ WDM Valley

Saturday, Feb. 12

11 a.m. **Wrestling:** Varsity District Tournament @ Carlisle

Monday, Feb. 14

9 a.m. **Bowling:** Boys Varsity/ Girls Varsity Regional Tournament @ Game Day Lanes

7 p.m. **Basketball:** Boys JV vs. Johnston

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

Tuesday, Feb. 15

4:45 p.m. **Basketball:** Boys 9th @ Indianola

6:15 p.m. **Basketball:** Boys 10th @ Indianola

7:45 p.m. **Basketball:** Boys Varsity @ Indianola

**PREMIUM
AD SPOT
AVAILABLE**

Contact Jolene Goodman at
jolene@iowalivingmagazines.com

FUNERAL NOTICES

Funeral notices, which run free of charge, can be emailed to tammy@iowalivingmagazines.com

RHONDA CURRIE

Rhonda Currie, 64, of Urbandale died suddenly on Jan. 30, 2022. She is survived by her husband of 39 years, Mark; her children: Alex (Alison), Tyler, and Jacey (An Nguyen); and many other family members and friends. She worked as a medical transcriptionist for more than 20 years in the Des Moines area. A celebration of life and service were Feb. 10 at Iles Westover Chapel. A full obituary is online at www.IlesCares.com. ■



JAMES WILLIAM MILLER

James William Miller, 61, died Feb. 2, 2022, at Iowa Methodist Medical Center. He worked most of his life in the auto industry, first in sales then in service. A mass of Christian burial will be held at noon on Feb. 12 at St. Francis of Assisi Catholic Church, 7075 Ashworth Road, West Des Moines with Fr. Ray McHenry officiating. Friends may visit with family on Saturday at the church from 11:30 a.m. until the time of the service. A full obituary is available at www.caldwellparrish.com. ■



KAREN WIMMER

Karen Wimmer, 66, of Urbandale, died Feb. 6, 2022, from Acute Myeloid Leukemia. She is survived by her husband, Bill Wimmer; her adult sons, Alex and Jon Teig; their father, Bob Teig; her older brother and sisters, Craig, Nancy, and Cathy, and many other relatives and friends.

She graduated from AIB's school of court reporting in Des Moines and completed her career in 2017 when she retired as an official reporter in Iowa District Court in Cedar Rapids. Karen was past president of the Iowa Court Reporters' Association and served on the Board of the National Court Reporters' Association. She helped establish a new court reporter program at Des Moines Area Community College.

She volunteered with the Cedar Rapids Public Schools and was a member of the Cedar Rapids Science Station Board of Directors, Junior League in Cedar Rapids, and Saint Francis of Assisi Catholic Church in West Des Moines.

Burial was at Highland Memory Gardens Cemetery in Des Moines following a funeral mass at Saint Francis of Assisi Catholic Church Feb. 10. A full obituary is online at www.caldwellparrish.com. ■



CAROLE L. SLUMP

Carole L. Slump, 80, formerly of Urbandale, died Feb. 8, 2022, following a brief illness. She graduated from Red Oak High School in 1959 and attended the University of Nebraska and Drake University.

She worked for the Urbandale School District for many years. In 1962, she married Jack Slump. After living several years in both Nebraska and Michigan, they settled in Urbandale where they raised their three children. He preceded her in death in 2003. She is survived by her three children, Cindy Mina and husband, John, of Portland, Maine; Kris Robson of Urbandale; and Jeff Slump and wife, Lori, of Urbandale.

She enjoyed gathering with family and friends, whether it be a neighborhood cookout, the Birthday Club, the bridge group, for Thursday night Margaritas or wine, and her daily golf outings with her husband Jack at the Urbandale Golf and Country Club.

Visitation is 5-7 p.m. on Friday, Feb. 11, at Iles Westover Chapel. Funeral services will be at 10 a.m. Saturday, Feb. 12, at MDRC The Bridge Church and will be live streamed by the church. Iles Westover Chapel was in charge of arrangements. ■



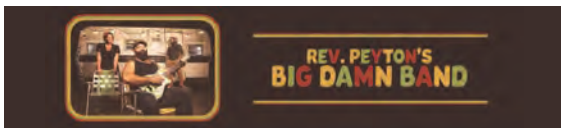
EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**'AGATHA CHRISTIE'S MURDER ON THE ORIENT EXPRESS'**

Through Feb. 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.dmplayhouse.com

**WINTER BLUES FEST: THE REVEREND PEYTON'S BIG DAMN BAND**

Friday, Feb. 11

Marriott, 700 Grand Ave. in downtown Des Moines

Said to possess a "burly, commanding voice" and to boast "eloquent original material" with "catchy tracks that have the zing of classic pop music, only greasier." The Reverend Peyton's Big Damn Band will play at Winter Bluesfest this month. The two-time Blues Music Awards nominees are said to be "the greatest front-porch blues band in the world led by Reverend Peyton, who is considered to be the premier finger picker playing today." For more information, visit www.cibs.org/2021/11/2022-winter-blues-fest.

CHAD ELLIOTT

Friday, Feb. 11, 8 p.m.

xBk, 1159 24th St., Des Moines

Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as "Iowa's Renaissance man" by Culture Buzz Magazine. For more information, visit www.xbklive.com.

RIBBON BACON FESTIVAL

Saturday, Feb. 26

Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival's website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be "Bacon Gras" and feature bacon-infused Cajun dishes along with: Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa's top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won't want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com.

**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>. ■

RECIPE

MADE WITH LOVE

SET THE TABLE FOR ROMANCE WITH A DELICIOUS DATE NIGHT AT HOME



(Family Features) Planning a delicious, romantic date night doesn't have to take you any further than your own kitchen. You don't have to be an accomplished chef to set the table for romance, but you can take inspiration from simple, quality Italian dishes to celebrate the link between food and love.

As this recipe shows, a romantic meal can be ready in minutes or, like a great love story, simmered to perfection. To plan the ultimate date night at home, start by trying this dreamy main dish made with mouthwatering sauce.

Flavorful sauces make a great Italian meal, but the sauce doesn't need to be made from scratch (at least, not completely). For example, Bertolli d'Italia sauces are made in Italy for authentically delicious flavor. They are crafted with tomatoes vine-ripened under the Italian sun, finely aged Italian cheeses, fresh cream and Mediterranean olive oil. The result is a sauce that's perfect for your date-night meal.

Once you select your main course, prepare a simple salad of greens with a drizzle of Italian vinaigrette or Caesar dressing. Pop a loaf of bakery-fresh Italian or focaccia bread into the oven to warm through and serve with butter or olive oil for dipping. If you're so inclined, cap off the meal with a classic Italian dessert from your local bakery, like tiramisu, cannoli or a creamy panna cotta topped with fresh fruit.

Find more romantic dishes perfect for sharing at Bertolli.com. ■

ITALIAN SAUSAGE SPINACH AND TOMATO RIGATONI

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

Water

1/2 box rigatoni pasta

1 tablespoon olive oil

1/2 cup onions, chopped

4 cloves garlic, minced

1/2 cup mushrooms, sliced

16 ounces sweet Italian sausage

1 jar Bertolli d'Italia Marinara Sauce

2 cups fresh baby spinach

salt, to taste

pepper, to taste

Parmesan cheese, for garnish

Directions

Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.

FILM REVIEWS

By Michael C. Woody

'THE LOST DAUGHTER'

New to Netflix, this is an intense drama starring Olivia Colman, Ed Harris and Dakota Johnson and the feature film directing debut of Maggie Gyllenhaal. Colman's character is on holiday when she finds herself in the middle of a dangerous group of family members. Very dark, very sexual.

Grade: B

'C'MON C'MON'

If you have ever doubted Joaquin Phoenix's ability to act (and why should you?), "C'mon C'mon" will definitely show you his range. Phoenix plays a man tasked with keeping track of his very young nephew due to a medical situation. This is a small, quiet film about this charming relationship and the balance it takes (from both of them) for it to work. Also shot in beautiful black and white. Phoenix is brilliant.

Grade: B+

'NIGHTMARE ALLEY'

Director Guillermo del Toro leans back into his roots as a horror film director in this movie about carnival workers in the Depression era 1930s and 1940s. The movie also probably features the most talented cast I saw all year. Bradley Cooper, Cate Blanchett, Toni Collette, Willem Dafoe to name a few. Del Toro tries his best to recreate the tough-guy look and feel of movies like "The Big Sleep," "The Maltese Falcon" and "Double Indemnity." Unfortunately he falls short. One too many twists at the end was too much for me, though I did love the final scene.

Grade: B ■

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.



"THE LOST DAUGHTER"



"NIGHTMARE ALLEY"

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NEW BOOK CLUBS

In response to the feedback the Urbandale Public 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. ■

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. ■

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/>. ■

CRITTER CLUB AT JESTER PARK

March 16, 1-2:30 p.m. open house format
Jester Park Nature Center

Come visit Jester Park Nature Center's resident turtles, snakes and salamanders to learn about these misunderstood animals. You may even get to touch a turtle or snake. This is an open house program, so come anytime between 1-2:30 p.m. No registration required for this free event. ■

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.

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.

WANTED: Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

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



What did Yoda say when he saw himself in 4K?

HDMI!!!