

URBANDALE *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN URBANDALE

The Urbandale Chamber of Commerce celebrated a ribbon cutting for Design 2 Build at their new location at 2772 104th St. on Feb. 17.



Beth Montpas, Nancy Anstoetter, Jen Bolder, Brenda Rieman-Miller and Jen Moulton



Kim Hinkhouse and Sheila Waller



Keegan Wilkening, Ryan Siedenborg and Jonny Bosworth

URBANDALE WEATHER FORECAST

FRIDAY HIGH 26 | LOW 11
Partly sunny and cold



SATURDAY HIGH 47 | LOW 21
Sunny and mild



SUNDAY HIGH 45 | LOW 18
Plenty of sunshine



MONDAY HIGH 41 | LOW 28
Mostly sunny



TUESDAY HIGH 52 | LOW 25
Partly sunny, warmer



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FROM THE PUBLISHER

HELP ME, EARL TUPPER

Earl Tupper likely never imagined the frustrating matching game that occurs in American homes after meals. When he created his plastic storage containers with airtight seals 75 years ago, he must have thought that he revolutionized leftover food storage. And he did, if you can find the lids to those containers.

Somewhere between the time when we purchase Tupperware and when I need to use them, either the lid or the container plays an incredible game of hide and seek. Where do they go? And without their partner? I don't understand how this happens. The lids seem to be the main culprit, at least in our home. We have dozens of containers and, theoretically, we should have dozens of matching lids. Not so. But we can't throw them away quite yet, because in some Houdini-inspired way, they sometimes reappear. I don't get it.

I dread opening the cupboard from hell where the Tupperware is

stored. I especially abhor the 2-ounce container, which Jolene says is essential for taking salad dressing to work, that tumbles out each time I open the door.

Every so often, we partake in a Tupperware purge. And thank goodness. My obsessive-compulsive behaviors are then in check, at least for a week or two.

I once bought a knock-off brand of storage containers with the lids attached. Ingenious, I thought. Jolene hated them, as she said they did not stack well. They not-so-mysteriously disappeared.

I know I am not alone with this Tupperware match-up frustration, as a simple online search for how to store Tupperware lids and containers shows a month's worth of reading on how to improve this process. I have tried many of the suggestions. Putting the lids sideways in one of the larger



containers seemed like a good plan, but I feel like a toddler trying to put the round peg in the square hole after I fail at matching attempt No. 6. Meanwhile, the lids still disappear, and I am fully convinced that they are in the attic with my single socks, all laughing at me.

Earl Tupper died in 1983, but I have faith that he is still with us in an Obi-Wan Kenobi type of way. The Tupperware website says the company is driven by the desire to help save time, money, space, food and energy for people around the world. Now if they could just somehow assist me in finding the lids. Help me, Earl Tupper, you are my only hope.

Have a great week, and thanks for reading.

Shane Goodman

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

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. ■

URBANDALE PUBLIC LIBRARY NEW BOOK CLUBS

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, MAR. 1
7 P.M.

**BOYS VARSITY
BASKETBALL
SUBSTATE
TOURNAMENT**
@ INDIANOLA

TUESDAY, MAR. 1
7 P.M.

**BOYS VARSITY
BASKETBALL
SUBSTATE
TOURNAMENT**
@ TBA



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

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. ■

FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com and run for free.

JAMES P. KOHER

James P. Koher, 53, died Feb. 9, 2022, at Kavanagh House Hospice in Des Moines. He graduated from Bishop Dwenger High School in Fort Wayne, Indiana, and attended Michigan University before graduating from Ball State University with a bachelor of science degree in actuarial science. He obtained his Fellow of Society of Actuaries (FSA) designation in 1999 and worked in the insurance industry throughout his career. He most recently spent 13 years with Homesteaders Life in Des Moines, where he was executive vice president and chief actuary. He was also president and co-owner of Brighter Future Holdings, LLC, along with his wife, Chanda Koher.

A memorial gathering will be held from 3-5 p.m., Saturday, Feb. 26 at Iles Dunn's Chapel in Des Moines. ■



DANIEL THOMPSON

Daniel Thompson, 53, of Urbandale, died at Mercy Hospital in Des Moines on Tuesday, Feb. 15. He graduated from Valley High School in 1987 and later attended Arizona State University, where he received his bachelor's degree in communications.

He worked for various banks and mortgage companies in Phoenix after graduating college. He later started up his own mortgage company called Sunrise Loan Services.

Due to health issues related to his juvenile diabetes, he suffered renal failure in 2003 and, shortly after, suffered three strokes. This resulted in him having to learn the basics, like learning how to walk, eat, talk and think all over again. This was the start of his long journey with health issues, including more minor strokes. After 15 months of dialysis, he received his mother's kidney and later a pancreas from a donor in 2005.

He is survived by parents Sandy of Urbandale and Duane of Forest City, and other family and friends. ■



FERN J. DICKEY

Fern J. Dickey, 97, of Urbandale, died Feb. 15, 2022, at the Urbandale Health Care Center. She graduated from Waukee High School in 1941. She married Lloyd on June 23, 1945. They made their home in Mitchellville before moving to Urbandale in 1957. Fern worked at Sears until she retired in 1984. Fern and Lloyd were married for 57 years before his passing.

She is survived by daughters Linda Keasey of Madrid, Sheryl Westbrook (Dan) of Altoona and son Dennis Dickey of Urbandale and other relatives and friends.

A full obituary is online at www.ilesfuneralhomes.com. ■

EVENTS IN THE AREAEMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

All photos by Dave-Penny

'SANAA YA SANAA'**Feb. 26****Greater Des Moines Botanical Garden**

Gateway Dance Theatre is celebrating its 50th year and is presenting a special Black History program with guest of honor Simon Estes. Admission is free to "SANAA YA SANAA," Swahili for "Art in Art," but freewill donations will be welcomed. Masks required. Register for a free ticket and a raffle online https://docs.google.com/forms/d/e/1FAIpQLScfRVCih3R7L53d-GmKRz3Q10rAS9FLikAEb5gl_xg_qCpHA/viewform.

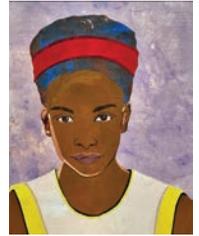
'LIVING AMERICAN COMPOSERS'**Sunday, March 6, 3-4 p.m.****Franklin Junior High, 4801 Franklin, Des Moines**

The Central Iowa Wind Ensemble will be performing its "Living American Composers" concert. The brilliance and legacy of a composer's musical output is often not fully realized until long after their death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works in this program represent the energy and "joie de vivre" of the American spirit that inspired these artists to write such amazing music. Those American composers include John Williams ("Jaws," eight of the "Star Wars" movies, "E.T." and the first three "Harry Potter" films), Michael Miller, Samuel R. Hazo, and Robert Jager (from 1962 to 1965 he was arranger/composer for the U.S. Navy Armed Forces School of Music).

Admission is free. Tickets are available at <https://www.ciwe.org/living-american/>.

'BLACK WOMEN OF DISTINCTION' EXHIBIT**Now through April 30**

Reception: Sunday, March 20, 1-3 p.m. with artist talk at 2 p.m.
Artisan Gallery 218, 218 Fifth St., Valley Junction



The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.

THE DES MOINES ARTS FESTIVAL'S REVEAL**Thursday, March 3, 5-8 p.m.****Franklin Jr. High, 4801 Franklin Ave., Des Moines**

The Des Moines Arts Festival, presented by Nationwide, announced that REVEAL, presented by Foster Group, returns. This is the exclusive first look at the artists invited to the June Festival. The event raises awareness and funds to support arts education and artist professional development. The event includes, from 5-6:30 p.m., classes, activities, dinner and libations; and, from 6:30-8 p.m., the artist reveal. The event also features a 50/50 Raffle with one winner taking home 50% of the proceeds in Art Bucks to spend with the artist of their choice at the 25th Anniversary Des Moines Arts Festival, June 24 – 26. The remaining 50%, as well as other event proceeds, benefits the Festival's work in arts education and development.

Tickets for REVEAL are available online at www.desmoinesartfestival.org/reveal. ■

RECIPE

DELICIOUSLY HEALTHY DISHES FROM SWEET TO SAVORY



(Family Features) Supplementing meals and snacks with powerful, versatile ingredients can take healthy eating from bland and boring to delicious and adventurous.

Take your breakfasts, appetizers, dinners and desserts to new heights while maintaining nutrition goals with naturally nutritious and surprisingly versatile California Prunes. Rich and smooth with an ability to enhance both sweet and savory flavors, they can expand your menu with nearly endless powerful pairing options.

One serving of 4-5 prunes packs a powerful punch of vitamins, minerals, antioxidants and fiber. Together, these nutrients form a web of vital functions that support overall health.

Whole, diced or pureed, the versatility of prunes allows you to enhance the flavor of recipes from morning to night in dishes like Citrus Breakfast Toast, which brings together vitamin B6 and copper from prunes and vitamin C from citrus to support a healthy immune system.

Find more recipe ideas at CaliforniaPrunes.org. ■

CITRUS BREAKFAST TOAST

Prep time: 13 minutes

Cook time: 2 minutes

Servings: 2

Prune Puree:

16 ounces pitted California Prunes

1/2 cup hot water

1 large citrus fruit, peels and piths removed with knife, sliced into rounds

1 1/2 tablespoons raw sugar

4 tablespoons sunflower butter

2 slices whole-grain sourdough bread, toasted to desired darkness

2 tablespoons prune puree

1 tablespoon sunflower seeds

2 California Prunes, finely diced

To make prune puree: In blender, pulse prunes and water to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store in airtight container up to 4 weeks.

To make bruleed citrus wheels: Place citrus wheels on baking sheet and divide sugar evenly among each piece. Using circular motion, pass flame of culinary torch repeatedly over sugar until it boils and turns lightly charred and amber.

To build toast: Spread 2 tablespoons sunflower butter on each piece of toast. Top each with 1 tablespoon prune puree spread evenly across sunflower butter. Sprinkle each evenly with sunflower seeds and diced prunes. Top each with half broiled citrus and serve.

Alteration: Use broiler set on high instead of culinary torch to caramelize sugar.

FILM REVIEWS

By Michael C. Woody

'THE TENDER BAR'

George Clooney directs and Ben Affleck stars as an uncle keeping a close eye on his sister's adolescent son. A small, charming film about a dysfunctional family full of love and a heaping dose of crazy.

Grade: B+



'THE TENDER BAR'

'TICK TICK BOOM!'

This is one of my big surprises of the year. Andrew Garfield plays Jonathan Larson, a struggling playwright trying to launch his first play on Broadway, or off Broadway, or in the back room of a store. He just wants to succeed. Garfield should get an Oscar nomination. The film is charming and packs quite the emotional punch!

Grade: A



'TICK TICK BOOM!'

'THE TRAGEDY OF MACBETH'

I will admit that a black-and-white movie written by the Bard, starring Denzel Washington and Frances McDormand, directed by one of the Coen brothers (and McDormand's husband Joel) had my attention. Unfortunately, not for long. The movie looks great, the actors are excellent, the photography is stunning, and the Shakespearian dialect is near perfect... maybe too perfect. I was an English major, and I still struggled to understand what was going on and what was being said. But the movie looks great.

Grade: C+



'THE TRAGEDY OF MACBETH'

'THE UNFORGIVABLE'

Sandra Bullock plays a woman released from prison for a heinous crime that she was involved with many years previously in which a police officer lost his life. No one seems to be particularly happy to see her out of prison. Not what you expect from Bullock, but she carries it well.

Grade: B



'THE UNFORGIVABLE'

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.



POLK COUNTY CONSERVATION

OLDER, WISER, LIVELIER, SENIORS - FARM TO FOREST

Join Polk County Conservation Naturalist Lindsey Page Tuesday, March 1, 11 a.m., as she outlines how being raised a farm kid in rural Iowa ultimately led her down the path of environmental education and conservation, as well as how the world of agriculture and the world of conservation overlap in the state of Iowa. A cookies and coffee social starts at 10:30 a.m. and the program at 11 a.m. at Jester Park Nature Center. No registration required for this free program for ages 12 and older.



TODDLER TALES

Let your imagination run wild with this free nature-themed story time aimed at ages 3 and older at Jester Park Nature Center. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. Registration required the day prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>. Monthly themes are: March 3, 10 a.m. - Ducks; April 7, 10 a.m. - Birds & Nests



FITNESS IN THE PARK

Join trainers from Fitness Nomad, a mobile personal training business, at a monthly fitness class Thursdays, March 3 and April 7 at 6 p.m. at the Jester Park Outdoor Recreation & Wellness Center. The 45-minute class will focus on a full-body strength and functional fitness work out. Classes will include strength training, functional fitness, core strengthening and some interval training. These classes are great for people who are new to their fitness journey as well as for the experienced fitness enthusiasts and outdoor recreation junkies. All equipment is provided. Participants are encouraged to bring a water bottle and dress in comfortable gym clothes. This program costs \$15 and is for ages 16 and older. Registration required two days prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■



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. 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 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 is small, red and whispers?
A hoarse radish!!!*