

URBANDALE
Living Weekly

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN URBANDALE



Urbandale High School seniors Kasey Ross, Kaleb German, Colten Teem and Hayden Hearne, as well as sophomore Gabe Carver, qualified for State Wrestling Tournament, with four walking away with medals and leading the J-Hawks to place 15th overall. Final individual medal results from the 2022 State Wrestling Tournament: **Kasey Ross** – third place, 170 pounds; **Gabe Carver** – sixth place, 160 pounds; **Kaleb German** – eighth place, 138 pounds; **Colten Teem** – eighth place, 220 pounds.

URBANDALE
WEATHER FORECAST

FRIDAY HIGH 56 | LOW 49
Cloudy



SATURDAY HIGH 60 | LOW 25
Thunderstorms, some severe



SUNDAY HIGH 40 | LOW 24
Partly sunny, much cooler



MONDAY HIGH 41 | LOW 19
Cloudy



TUESDAY HIGH 48 | LOW 27
Mostly sunny



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FROM THE PUBLISHER

BEFORE YOU START POLISHING YOUR HALO...

I generally avoid giving press to survey results, as they are often ploys from public relations companies to avoid purchasing advertising and gain free publicity for their clients. Even so, this one was too good to pass up.

Are you ready? Of the 50 states, Iowa ranks No. 46 in sinfulness. That means 45 other states have greater problems than Iowans with issues like anger and hatred, jealousy, excesses and vices, greed, lust, vanity and laziness. The study was issued by WalletHub, a website that offers credit scores and reports. Just keep that in mind.

What defines sinful? WalletHub says they examined the aforementioned issues using many relevant metrics, which are too lengthy to list here. For the study, all 50 states were compared across 47 indicators of immoral or illicit behavior, from violent crimes per capita to excessive drinking to



the share of the population with gambling disorders. Each metric was graded on a 100-point scale, with a score of 100 representing the highest level of sinfulness. Of course, one person's sin may be another's virtue, but please play along.

What are the most sinful states, according to the study? Nevada, California, Texas, Florida and Louisiana, in that order.

And the least sinful? Idaho, Wyoming, Vermont, South Dakota and good old Iowa.

But before you start polishing your halo, you should know that

all is not virtuous in the Hawkeye state. In the excessive drinking metric, Iowa ranked No. 4. That's not exactly something to say cheers to, unless, of course, you are in the excessive drinking industry.

Overall, though, we Iowans fared well in this survey. Our more-sinful neighbors may call us flyover country, but we don't mind. We have room to breathe, lower stress levels and faith in our Midwestern values. And we are quite trusting, so much so that we even believe survey results that make us look good.

Cheers!

Have a great week, and thanks for reading.

Shane Goodman

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Publisher

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CITY COUNCIL RECAP

The Mayor and City Council met for a regularly scheduled meeting on Tuesday, Feb. 22.

At the start of the meeting, Mayor Andeweg declared that coronavirus conditions had improved to a level that allowed the “Time of Emergency” to be rescinded. Even though the coronavirus has not disappeared, Iowa has seen increased vaccination rates and declining infection rates.

The City Council approved a \$650,000 bid for plantings along Douglas Avenue, from Patricia Drive to North Walnut Creek. These plantings will help enhance the area and create a beautiful and welcoming passageway through the community. The Council also approved two bids totaling about \$100,000 for trail repairs at Glen Eagles Park, north of Meredith Drive, and Northview Park, west of 72nd Street.

The Council approved a site plan near 142nd Street and Hickman Road for a three-story building with space for a restaurant. ■

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. ■

SPRING CLEAN UP INFORMATION

The annual no-charge curbside clean up allows residents to dispose of almost anything, and it’s hard to know what crews will encounter curbside. The city normally rents large trucks, equipment, and employs temporary workers to help collect all the items — but due to supply chain issues, the City is making some changes to the event. For information about dates and times, as well as what can and can not be put on the curb, visit <https://www.urbandale.org/942/Spring-Clean-Up>. ■

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

UHS SPORTS SCHEDULES

MON., MARCH 7 • 2 P.M.
TRACK: GIRLS VARSITY MEET
 @ UNIVERSITY OF NORTHERN IOWA

TUES., MARCH 8 • 2 P.M.
TRACK: BOYS VARSITY MEET
 @ UNIVERSITY OF NORTHERN IOWA

REGISTRATION OPEN FOR SPRING AND SUMMER PROGRAMS

The Parks & Recreation Department has camps, classes, events and programs that are available both virtually and in-person this spring and summer. View the current listing of e-Sports, Youth Programs, Adult Programs, Adaptive Programs, and Senior Programs online at https://urbandale.activityreg.com/selectactivity_t2.wcs. ■

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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. ■

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 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. ■

FUNERAL NOTICES

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

DANIEL ‘DAN’ WALKER SMITH

Daniel “Dan” Walker Smith, 90, died Feb. 25, 2022, at UnityPoint Iowa Methodist Medical Center in Des Moines. He resided at Ramsey Village, Des Moines, for the past 2.5 years and in Urbandale prior to that for more than 50 years.



He was born in Des Moines and graduated from North Des Moines High School in 1949. He graduated in 1955 from Drake University with business and law degrees.

Following college, he served as a first lieutenant in the U.S. Air Force from 1955 to 1957. Dan married Lois Grace Gooder Nov. 25, 1954, and they spent 61 years together before her death in 2016.

Dan began a life-long career in 1957 with Bankers Life Company, now Principal Financial Group, where he held a number of positions in the individual insurance department, including second vice president-Financial Planning Support. He retired from the home office in 1992 and began a second career as an attorney and consultant in Principal Financial Group’s Des Moines Agency and Midwest Region Business Center until retiring in January 2019. He was a member of the Iowa and Polk County Bar Associations, a Chartered Life Underwriter, a Chartered Financial Consultant, and a Certified Financial Planner. He was also a long-time member of the Central Iowa Chapter of the Society of Financial Service Professionals. He was a member of the First Christian Church.

He is survived by his children, David D. Smith (Florie), Gregory G. Smith (Janet), Bradley B. Smith (Rebecca), and Marsha M. Sassatelli (Mark), and many other family and friends.

Funeral services were March 2 at Iles Westover Chapel. Private burial was at Glendale Cemetery. ■

PEGGY JOY RHINER

Peggy Joy Rhiner, 86, died Feb. 21, 2022. Funeral services were Feb. 28 at McLaren’s Resthaven Chapel in West Des Moines with burial following at Resthaven Cemetery. For the full obituary, visit www.mclarensresthavenchapel.com. ■



GARDENING

TAKE A COLOR-THEMED APPROACH FOR MORE ATTRACTIVE ARRANGEMENTS

By MELINDA MYERS

Growing dahlias is a must for anyone who loves cutting and arranging flowers. But there are hundreds of beautiful dahlia varieties to choose from, and that can be overwhelming. To make the selection process easier, choose compatible colors that will look good together in the garden and in arrangements.

The combination of peach and burgundy is both striking and sophisticated. Peach-colored flowers add a fresh and soothing feel to the garden. Dahlia American Dawn is a blend of peach, mango and papaya with plum-purple highlights. Good partners include other varieties in the same warm, sunset tones, such as dinnerplate dahlia Belle of Barmera, decorative dahlia Great Silence and ball dahlia Maarn.

Planting dahlias in a perennial garden ensures non-stop color from July into October. The fluttering, melon-colored blooms of HS Date work particularly well, due to this variety's maroon foliage and open growth habit. Complete your peach and burgundy theme with the dark-hued flowers of Rip City. These large, velvety flowers are almost black in the center and soften to wine-red toward the petal edges. Add ball dahlia Jowey Mirella for blooms that are smaller in size yet equally striking.

For another eye-catching color combination, narrow your selection to dahlias with purple and hot-pink flowers. Historically, purple was associated with royalty, spirituality and knowledge. While pastel purple evokes a sense of calm and serenity, deeper tones add drama and excitement. Dinnerplate dahlia Lilac Time is an heirloom variety with fluffy, lavender blooms that can measure eight to ten inches across. Be sure to also include flowers in juicy grape and violet hues such as dahlias Thomas Edison, Cartouche and Purple Taiheijo.

Complement these moody purples with vivid pink dahlias. Bursca is a cute little pompon dahlia with tightly rolled petals that reveal hints of peach, burgundy and violet. Fascination's rose-pink, semi-double flowers



Photo courtesy Longfield Gardens

contrast beautifully with the plant's dark foliage, and the blossoms are irresistible to bees and butterflies. Ball dahlia Rocco is an all-star variety that is long lasting in both garden and vase.

If you prefer pastels to brights, choose dahlias in shades of pale yellow, soft pink and cream. The enormous flowers of dinnerplate dahlia Café au Lait are a must. Complement them with ball dahlias such as peachy Linda's Baby or buttery Boom Boom yellow. Decorative dahlia Fluffles have taffy-pink petals that fade to white, while Milena Fleurs are a mélange of pink, peach and pale butterscotch.

When you start with flowers in compatible colors, designing floral arrangements becomes so much easier. You'll have all you need to quickly create a centerpiece for any gathering, an impressive bouquet for your own home, or an informal handful of blooms to share with friends.

For more tips about cut flowers, read the Longfield Gardens article *How to Design a Cutting Garden* (www.longfield-gardens.com). ■

RECIPE

MAKE YOUR ST. PATRICK'S DAY SPREAD GREEN WITH ENVY



(*Culinary.net*) Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These open-faced noshes can be perfect for lunch, snack time or even as an appetizer for get-togethers with friends and family.

Layered with a smooth cream cheese and mozzarella mixture then topped with crisp cucumber and a stem of green bell pepper, these St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite.

Plus, this recipe is quick to make. When you're in a rush to get everything on the table for the party, it's easy to throw together and get on the platter in next to no time.

The sandwiches pop off the plate with their bright, seasonal garnishes. While sure to attract attention and have your loved ones asking "Where did you get this idea?" they're also an easy way to sneak a few vegetables into your kids' diets.

Find more festive recipes and ideas at Culinary.net. ■

ST. PATRICK'S DAY SANDWICHES

Yield: 8 sandwiches

8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
salt
4 English muffins
24 slices cucumber
8 thin slices green pepper
fresh cilantro leaves
lemon juice
lemon slices, for garnish (optional)

Directions:

In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

'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 death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works on 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/>.



JURASSIC QUEST

Friday and Saturday, March 11-12, 9 a.m. to 8 p.m.;

Sunday, March 13, 9 a.m. to 6 p.m.

Iowa Events Center, 730 Third St., Des Moines

Tickets are available online at <https://www.jurassicquest.com/events/des-moines-ia> and cost \$22 for kids and adults and \$19 for seniors. Ticket for unlimited rides for kids is \$36, which includes entry. General admission includes live shows, arts and crafts activities, dinosaur and marine exhibits. Tickets for individual and premium activities will be available on-site (from \$6).

Off peak hours are weekdays (all day) and weekends after 3 p.m. Free entry for children younger than 2.

ST. PATRICK'S DAY PARADE

Thursday, March 17, noon

Downtown Des Moines

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at www.friendlysonsiowa.com.

HOOPS AND HOPS

**Thursday through Friday,
March 17-19**

Cowles Commons

Des Moines Performing Arts (DMPA) announced the return of the immensely popular event, Hoops and Hops, on Cowles

Commons. Now in its fifth year, this three-day free event invites basketball fans to enjoy all the NCAA tournament action starting Thursday, March 17. Times are 10 a.m. to 10 p.m. on Thursday, 1-10 p.m. Friday and noon to 10 p.m. Saturday

Admission is free, and fans can purchase food from local food trucks including: The Big Red Food Truck, Roadside Tacos and Big Mamas Bistro while enjoying a beverage from the Iowa Craft Beer Tent or the Iowa Spirits Bar. Guests will be able to stay warm inside the heated tent with large-screen TVs broadcasting the games or enjoy their own game of pickup on one of two half-court basketball courts being assembled on Cowles Commons.

Fans of all ages are welcome and encouraged to wear their favorite team's colors. Guests are asked not to bring coolers or outside food. ■



POLK COUNTY CONSERVATION

STORY TELLEBRATION

Wednesday, March 9, 10 a.m.
Spring has Sprung
Jester Park Nature Center

Join storyteller Carmen Epstein for a free, fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. Registration required two days before event. Register online at <https://www.polkcountyiowa.gov/conservation/>.



MINDFULNESS & MOVEMENT

Jester Park Nature Center
Tuesday, March 8 at 6:30 p.m.

Sometimes we forget we are part of nature, sharing water and air with all other beings on the planet. Controlling our breath and moving our bodies in focused ways can bring back a connection with the natural world. This class will offer ways to connect with breath, body and the earth, regardless of experience with yoga. Instructors will vary each month. Cost is \$15 for this program for ages 12 and older. Registration required the day prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>.



CRITTER CLUB

March 16
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. 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



*Why did the traffic light turn red?
 You would too if you had to change in the middle of the street!!!*