

URBANDALE  
*Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

# SPRING FEVER

Does the warmer weather, sounds of birds singing, longer days and a hint of spring plants emerging have you itching to get outdoors to enjoy Urbandale's miles of trails and dozens of parks? If so, here are some updates to help with your planning.

• **Registration open for spring and summer programs:** The Parks & Recreation Department has camps, classes, events and programs 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](https://urbandale.activityreg.com/selectactivity_t2.wcs). Check out what is available and join in on your favorite activities — and maybe try something new, too.

• **Restrooms opening:** When planning for outings, it's helpful to know where the available restrooms



are. April 1 is the start date for the parks' portable restroom service. A total of eight portable restrooms will be opened across seven parks in Urbandale. These will include two handicap accessible toilets and one ADA toilet in Walker Johnston, Dunlap and Waterford parks. Urbandale Parks and Recreation will monitor future weather forecasts to determine a date

to open flushable restrooms and water fountains throughout all parks. This is to ensure the weather will not fall below freezing to prevent pipes from bursting.

“Urbandale is proud to offer various amenities throughout our more than 50 parks,” said Director of Parks and Recreation Jan Herke.

**SPRING, CONTINUED ON BACK**

URBANDALE  
**WEATHER FORECAST**

**FRIDAY HIGH 43 | LOW 31**  
Rain mixed with snow early



**SATURDAY HIGH 55 | LOW 35**  
Mostly sunny and warmer



**SUNDAY HIGH 67 | LOW 48**  
Partly sunny, warm



**MONDAY HIGH 65 | LOW 45**  
Thunderstorms



**TUESDAY HIGH 53 | LOW 38**  
A thunderstorm possible, cooler



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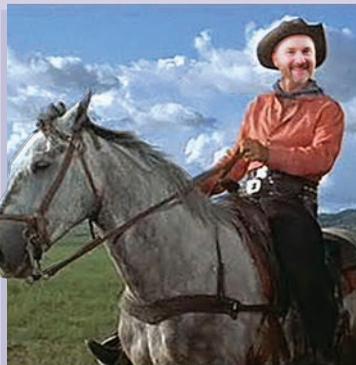
FROM THE PUBLISHER

# OH, WHAT A BEAUTIFUL MORNIN'

“Oh, what a beautiful mornin’, oh, what a beautiful day. I’ve got a wonderful feeling, everything’s going my way.”

My friend Jim Gorsche brightened my morning by singing that song during a vacation our families spent together a few years ago. I told him I loved his attitude. His son, Jack, gave an eye roll and told me that his dad sings that song every morning. And why not?

Some of you know that “Oh, what a beautiful mornin’” is the opening song for the “Oklahoma!” musical and premiered on Broadway in 1943. It was written by Richard Rodgers and Oscar Hammerstein II and sung in the original musical by Curly McLain. Personally, I prefer Jim Gorsche’s version. Regardless, you are likely going to struggle to get this song out of your head for the remainder of the day. That’s a good thing.



One of my goals in column writing is to bring a smile to the faces of our readers. Meanwhile, I receive demands from a handful of you telling me that I need to tackle contentious subjects locally and from around the world. Sometimes I do, but, more often than not, I simply want to make you smile with something other than Russian invasions, educational funding, or COVID updates. There is enough

anger and division in the world today, and you have hundreds of news sources to find that — with more on the way. We might all do better by listening to the words of author and motivational speaker Zig Ziglar: “A positive attitude will have positive results because attitudes are contagious.”

How about you? Do you have a song, phrase, prayer or meditation that starts your day off right? I hope that you do and that you will join my friend Jim and me and have a beautiful morning. I have a wonderful feeling that everything will go your way.

Have a wonderful week, and, as always, thanks for reading.

## Shane Goodman

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# SEEN IN URBANDALE

THE URBANDALE CHAMBER OF COMMERCE CELEBRATED A RIBBON CUTTING FOR DESIGN 2 BUILD AND THEIR NEW LOCATION AT 2772 104TH ST. ON FEB. 17.



Jen Bolder, McKenna Waller and Kate Hinkhouse



Megan Barber and Logan Shaver



Jacque Matsen and Kevin Diehl



Amy Anderson and Michelle Odor



Kim Hinkhouse and Heath Hinkhouse



Andrea Love and Brocke Palmer

## SPRING CLEAN UP INFORMATION

The annual no-charge curbside clean up will be held on various dates in May. The event allows residents to dispose of almost anything, and it's hard to know what crews will encounter curbside. The city normally rents large trucks and 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 cannot be put on the curb, visit <https://www.urbandale.org/942/Spring-Clean-Up>. ■

## 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, March 26 from 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](mailto:tmenke@urbandalechamber.com). ■

## URBANDALE STUDENTS WIN PRIZE IN C-SPAN COMPETITION

C-SPAN announced that Luis Jimenez, Will Schumacher and Cody Iwig, students at Urbandale High School, are honorable mention prize winners in C-SPAN's national 2022 StudentCam competition. Jimenez, Schumacher and Iwig will receive \$250 for the documentary, "Agriculture and the Farm Bill."

The competition, now in its 18th year, invited all middle and high school students to enter by producing a short documentary. C-SPAN, in cooperation with its cable television partners, asked students to explore a federal policy or program and address the theme: "How does the federal government impact your life?"

In response, more than 3,000 students across the country participated in the contest. C-SPAN received more than 1,400 entries from 41 states, Washington, D.C., Morocco and South Korea.

The 150 winning videos can be viewed at [www.studentcam.org](http://www.studentcam.org). ■

## SURVEY UNDERWAY OF URBANDALE SENIOR RECREATION CENTER

Are you 55 or older? The City of Urbandale asks you to participate in one of two surveys. One is for those who attend the USRC, and one is for those who do not regularly participate in USRC programs. Take a few minutes to fill one out and help the City plan for expanding its offerings. Visit <https://www.urbandale.org/1043/Senior-Recreation-Program-Surveys>. ■

## FUNERAL NOTICES

Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) and run for free.

### VELDA FAY JAMES

Velda Fay James, 88, died March 6, 2022, at home. A Mass of Christian Burial was held Thursday, March 17 at St. Pius X Catholic Church. Graveside services followed at Hopeville Cemetery, Hopeville.

Velda was born in Barney and graduated from Murray High School and later from Creighton University. She married Gerald "Red" James in 1950. He preceded her in death. She is survived by her children, Jerome (Myra) James, Edward (Lulu) James, Sheila Stevens (Kevin) and Susan Donnelly, and many other relatives and friends.

A vigil service was held March 16 at Iles Westover Chapel. A full obituary is available at [IlesCares.com](http://IlesCares.com). ■



### LONNY RAY BARTELS

Lonny Ray Bartels, 81, died March 12, 2022, at Mercy Hospice in Johnston. Memorial services were held March 17 at St. Paul Presbyterian Church in Johnston. He was born in Carroll and married Janet Mason on Sept. 24, 1961, in Westside. Lonny was an accountant for Wellmark Blue Cross/Blue Shield, retiring in 2001.

He is survived by his wife, Janet Bartels; his children, Patricia (Rob) Atkinson, Janette (Skip) Frey and Brett Bartels; and many other relatives and friends. A full obituary is available at [IlesCares.com](http://IlesCares.com). ■



## NEW BOOK CLUBS AT THE LIBRARY

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.

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

## FILM REVIEWS

By Michael C. Woody

### 'KIMI'

A hidden gem on HBO/Max streaming service, "Kimi" stars Zoe Kravitz (Lenny's daughter) as a young woman working for an Apple-like service. She scans and answers questions on their Siri-like service. When she thinks she hears a crime committed, all the bad guys come looking for her. It has echoes of the Hitchcock thriller "Rear Window," and that's never a bad thing.

**Grade: B+**



"Kimi"

### 'DOG'

Channing Tatum, in an effort to get back in the military after health issues, volunteers to drive a fallen soldier's service dog to Texas for his funeral. Wild and completely unbelievable antics follow, which also include Tatum removing his shirt multiple times and being soaked with water once, too. Harmless but brainless.

**Grade: B**



"Dog"

### 'UNCHARTED'

Tom Holland ("Spider-Man") and Mark Wahlberg join forces to find a mythical treasure with many, many, many bad guys on their tails. This is an action-adventure movie that would be perfect for grade-school-aged kids. It is charming and funny at times, and the special effects are great.

**Grade: B**



"Uncharted"

### 'THE WORST PERSON IN THE WORLD'

An art film from Norway about a young woman and her search to find love. This won't be for everyone, but my wife and I both loved it. Funny, poignant and, at many times, surprising.

**Grade: A- ■**



"The Worst Person in the World"

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.



## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**ENTIRELY KIDS DAY:  
FIND YOURSELF INSIDE ART**

Saturday, March 19, 10 a.m. to 3 p.m.

Des Moines Art Center

This free event features immersive arts opportunities for families. Participate in hands-on art projects, take an interactive museum tour, or enjoy storytime, all while experiencing the Art Center's must-see exhibition "Immersive." The schedule includes Storytime with Rosie from the Des Moines Public Library at 11 a.m.; Eulenspiegel Puppet Theatre presents "Shenanigans: Animals in Charge!" at 1 p.m.; and Participatory Walk with Art Center Museum Educator Mia Buch at 2 p.m.

**DES MOINES SYMPHONY:  
BEETHOVEN MEETS SHOSTAKOVICH**

March 19, 7:30 p.m., and March 20, 2:30 p.m.

Des Moines Civic Center

Beethoven meets Shostakovich under the guest baton of maestro Jahja Ling in this brilliant package of orchestral power that begins



with American composer John Harbison's glittery, effervescent "Remembering Gatsby." Rising star Janice Carissa plays Beethoven's poetic Third Piano Concerto, equal parts turbulent and tender. Shostakovich's Fifth Symphony, composed under Stalin's oppressive Soviet regime, expresses hope and despair alike in a dramatic cry of rebellion. <https://my.desmoinesperformingarts.org/events>.

**STORM SPOTTER TRAINING**

March 22, 6:30-8:30 p.m.

1907 Carpenter Avenue, Des Moines

The National Weather Service (NWS) Des Moines office and Polk County Emergency Management are collaborating again for an in-person Storm Spotter Training during Severe Weather Awareness

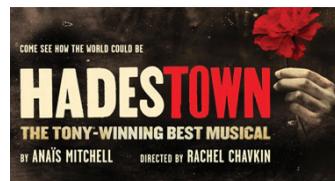
Week. Storm Spotter volunteers are important to the community to provide severe weather reports. Spotters relay their reports to the NWS as they see it unfolding, and forecasters use this information to track storms and alert the public to dangerous weather situations. Registration is required as seating is limited: <https://www.eventbrite.com/e/2022-national-weather-storm-spotter-training-tickets-272232212877>. If you are not able to make this training, but still want to be a Storm Spotter, the NWS has other options for you to attend. Visit <https://www.weather.gov/dmx/stormspotting>.

**'HADESTOWN'**

March 22-27

Des Moines Civic Center

The national tour of this winner of eight Tony Awards comes to Des Moines. Welcome to Hometown, where a song can change



your fate. This acclaimed new show by celebrated singer-songwriter Anaïs Mitchell and innovative director Rachel Chavkin is a love story for today... and always. <https://desmoinesperformingarts.org/events/hadestown/>.

**'SINGIN' IN THE RAIN'**

March 25 - April 10

Des Moines Community Playhouse, 831 42nd St., Des Moines

Hollywood, California, 1927. Silent movies are becoming a thing of the past, and "talkies" are all the rage. Leading ladies now must have voices as endearing as their physical form, but the vocals of Monumental Studios' biggest star, Lina Lamont, are found lacking, so something must be done. [www.dmplayhouse.com](http://www.dmplayhouse.com). ■

## RECIPE

# 5 STEPS FOR MASTERING FAMILY MEAL PLANNING

*(Family Features)* As you and your family embark on a mission to create delicious, nutritious meals all while saving money, it's key to remember meal planning is essential for success. From tracking a list of ingredients you'll need to noting your loved ones' favorite foods, there are some easy steps you can take to make dinners at home enjoyable and budget friendly.

Getting on track with your own plan can start with these tips from Healthy Family Project's Mission for Nutrition, which aims to help families find weekly meal success with an internationally inspired e-cookbook including grocery lists, recipe ideas and cooking hacks.

**1. Work together.** Before heading to the store or heating up the oven, sit down with your loved ones and make a list of easy-to-make recipes you all enjoy. Each time you discover a new favorite, add it to the list so you'll have a reference guide when it's time to plan a week's worth of meals.

**2. Stick to a schedule.** Set a day and time each week your family can meet and plan out dinners. This also offers an opportunity to bring to light any newfound favorites or fresh ideas while bringing everyone to the same room for quality time together.

**3. Plan time-saving processes.** Think ahead while planning meals and consider the equipment you'll need. Saving time while cooking can be as easy as sticking to recipes that call for hands-off appliances like a slow cooker or pressure cooker and using a food processor rather than a knife



and cutting board.

**4. Schedule a "leftovers night."** When you prep dinners that call for crossover ingredients, it's easier to turn one meal into two. For example, buying sweet onions and chicken breast to make Chicken Apple Enchiladas means you'll have those ingredients on hand for Greek Chicken Bowls later in the week.

**5. Make a list.** Once you've decided on recipes for the week, create a list of all the ingredients you'll need. While you're at the store, stick to your plan and avoid impulse buys to help stay on track while getting in and out quicker.

Find more recipes and meal planning tips by downloading the free e-cookbook at [healthyfamilyproject.com/mission-for-nutrition](http://healthyfamilyproject.com/mission-for-nutrition) and join the conversation by following #missionfornutrition on social media. ■

## CHICKEN APPLE ENCHILADAS

*Recipe courtesy of Healthy Family Project's Mission for Nutrition*

1/2 sweet onion, diced  
 1 jalapeno, diced  
 1 Envy or Jazz apple, diced  
 2 cups cooked shredded chicken  
 8 flour tortillas  
 6 ounces shredded Mexican blend cheese, divided  
 1 can red enchilada sauce  
 cilantro (optional)

### Directions

Heat oven to 350 F.  
 In skillet, cook onions until translucent. Add jalapeno and apple; saute 2-3 minutes.  
 Add cooked chicken and mix well. Remove from heat.  
 Lay out tortillas and sprinkle cheese on each. Add chicken mixture and roll. Place in baking dish and cover with enchilada sauce.  
 Bake 20 minutes, or until heated throughout. ■

# METRO-WIDE MENTORING MORNING FOR WOMEN SET

Join the Grimes, Johnston and Urbandale chambers as they come together for networking, coaching and mentoring sessions from the region's most influential business leaders on Thursday, March 24 at West48 - Blue Compass, 1601 48th St., Suite 200. This event will allow you to try out what a mentoring relationship might be like and gain insightful advice from regional leaders. These events are designed for women to find inspiration and guidance on their careers. All events are open to anyone in the Greater Des Moines community who would like to network and further their professional development. Cost is \$25 for chamber members and \$35 for nonmembers.

The Grimes Chamber is taking registrations online at <https://business.grimesiowa.com/events/details/women-s-mentoring-event-1672?calendarMonth=2022-03-01>. Register under "Guest/Not a Member" and use the promotional code, "URBANDALE," which will be on the first screen. ■

## SPRING, FROM FRONT

"Opening these portable restrooms is just one way we can create a more enjoyable and convenient experience for people who want to get out and enjoy the spring weather."

Urbandale Parks & Recreation manages 57 parks, more than 50 miles of paved trails, and offers more than 300 athletic, instructional, recreational and wellness programs during the year. Indoor and outdoor programs are provided throughout the spring and summer and can be found online at [www.Urbandale.org/Spring](http://www.Urbandale.org/Spring)

or call the Parks & Recreation Office at 515-278-3963.

• **Registration open for park facilities.** Planning a get-together and wanting to use park facilities? Remember, Urbandale has three enclosed facilities and nine open air shelters available for rent for Urbandale residents and non-residents. Facility rentals are taken up to 365 days in advance. Plan now to reserve your date this summer and take advantage of the beautiful parks in Urbandale. Visit [https://urbandale.activityreg.com/selectfacility\\_t2.wcs?parcs=28](https://urbandale.activityreg.com/selectfacility_t2.wcs?parcs=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.

**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.

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## JOKE OF THE WEEK



*Why do people wear shamrocks on St. Patrick's Day?*

*Because real rocks are too heavy!!!*